

HEALTHY FOOD ENVIRONMENT POLICY INDEX (FOOD-EPI) – AUSTRALIA 2021

South Australian Government

Summary of current government policy action to 30 June 2021

Policy details

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Definitions

- **Food:** refers to food and non-alcoholic beverages. It excludes breastmilk or breastmilk substitutes.
- **Food environments:** the collective physical, economic, policy and socio-cultural surrounding, opportunities and conditions that influence people's food and beverage choices and nutritional status.
- **Government:** includes any government departments and, where appropriate, other agencies (i.e. statutory bodies such as offices, commissions, authorities, boards, councils, etc). Plans, strategies or actions by local government should not be included, although relevant information can be noted in the 'context/comments' sections.
- **Government implementation:** refers to the intentions and plans of the government and actions and policies implemented by the government as well as government funding for implementation of actions undertaken by non-governmental organisations, academic institutions, private companies (including consultants), etc.
- **Healthy/unhealthy food:** Categorisation of foods as healthy / unhealthy are in accordance with the Australian Dietary Guidelines (i.e. core and discretionary foods). Where it is not clear which category to use, categorisation of foods should be informed by rigorous criteria or the use of a nutrient profiling model.
- **Nutrients of concern:** salt (sodium), saturated fat, *trans* fat, added sugar
- **Policy actions:** A broad view of "policy" is taken so as to include all government policies, plans, strategies and activities. Only current policy actions are considered, generally defined as policy activity of the previous 12 months (except where otherwise specified). Evidence of policy implementation takes consideration of the whole policy cycle, from agenda-setting, through to policy development, implementation and monitoring. A broad view of relevant evidence was taken, so as to include, *inter alia*:
 - Evidence of commitments from leadership to explore policy options
 - Allocation of responsibility to an individual/team (documented in a work plan, appointment of new position)
 - Establishment of a steering committee, working group, expert panel, etc.
 - Review, audit or scoping study undertaken
 - Consultation processes undertaken
 - Evidence of a policy brief/proposal that has been put forward for consideration
 - Preparation of a regulatory or economic impact assessment, health impact assessment, etc.
 - Regulations / legislation / other published policy details
 - Monitoring data
 - Policy evaluation reports

Policy area: Food Labelling

Good practice statement for this domain: There is a regulatory system implemented by the government for consumer-oriented labelling on food packaging and menu boards in restaurants to enable consumers to easily make informed food choices and to prevent misleading claims

Indicators in this domain by level of government:

Policy area: Food labelling		
National	Federal	State/Territory
NAT_LABEL1: Ingredient lists/declarations		ST_LABEL1: Nutrition labelling in fast food outlets
NAT_LABEL2: Labelling added sugars		
NAT_LABEL3: Labelling fats and oils		
NAT_LABEL4: Regulatory system for health claims		
NAT_LABEL5: Regulatory system for nutrition content claims		
NAT_LABEL6: Front-of-pack nutrition labelling: healthiness indicator		
NAT_LABEL7: Front-of-pack nutrition labelling: health warnings		
NAT_LABEL8: Nutrition information on alcoholic beverages		
NAT_LABEL9: Nutrition labelling in fast food outlets		

Details on State/Territory-level indicators in this domain:

<h3>ST_LABEL1 Nutrition labelling in fast food outlets</h3>	
<p><i>Good practice statement</i></p> <p>Consistent, interpretive, evidence-informed nutrition labelling at point-of-purchase is applied by all major quick service restaurant chains, which clearly informs consumers regarding the energy content and nutrient quality of foods and meals on sale</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Quick service restaurants: In the Australian context this definition includes fast food chains as well as coffee, bakery and snack food chains. It may also include supermarkets where ready-to-eat foods are sold. • Labelling systems: Includes any point-of-sale (POS) nutrition information such as total kilojoules; percent daily intake; traffic light labelling; star rating, or specific amounts of nutrients of concern • Menu board includes menu information at various points of purchase, including in-store, drive-through and online purchasing • Includes endorsement schemes (e.g., accredited healthy choice symbol) on approved menu items
<p>Context</p>	<p>In each state where regulations apply (ACT, NSW, SA, VIC, QLD), chain food companies with a minimum number of outlets in the state/nationally and who sell standardised ready-to-eat food/drink items must display the kilojoule content of each standard menu item on all menus, drive through menu boards, tags and labels that display the name or price of menu items. The display must be clear and legible. The statement, “The average adult daily energy intake is 8700kJ,” must also be prominently featured. In these states (except Victoria), other chains/food outlets are allowed to provide this information on a voluntary basis, but must follow the provisions of the legislation. As a result, national companies will in some cases implement menu labelling changes in all of their stores across Australia (ref). However, there is the need for auditing in some jurisdictions for this to continue to be implemented consistently (ref).</p> <p><i>National Review of fast-food menu labelling schemes</i></p> <ul style="list-style-type: none"> • A review of the fast-food menu labelling schemes was conducted in 2018 and included 2 roundtable discussions with stakeholders. The summary report for this work is available at the Food Regulation website (ref). • Views on additional information and interpretative information were sought as part of the consultation. • In June 2018, the then Australian and New Zealand Ministerial Forum on Food Regulation agreed for further targeted consultation to be undertaken to develop policy options that aim to improve and strengthen fast food menu labelling in Australia. • Between October and December 2018, a co-design process was used to work with public health and industry stakeholders on possible solutions for five key issues: legibility; business coverage and equity; electronic menus; combination meals; multiple serve items. • In August 2019, the Forum agreed that nationally consistent menu labelling is desirable for food industry, public health organisations and government. The Forum agreed the most effective way would be to develop a food regulatory measure under the Food Standards Code, with the development of a Ministerial policy guideline in line with best practice regulation) as a first step. • Australian and New Zealand stakeholders were invited to respond to the Public Consultation Regulatory Impact Statement to inform the development of policy guidance and effective policy framework for consistent menu labelling (ref) (consultation opened 8 April and closed 3 June 2021).

	<ul style="list-style-type: none"> The consultation found that industry stakeholders did not believe the HSR system was appropriate for fast food. Some (but not all) public health organisations advocated that HSR could be adapted for fast food. Refer to pages 23-24 of consultation summary report (ref).
<p>Policy details (to 30 June 2021)</p>	<p><i>Food Regulations 2002</i></p> <ul style="list-style-type: none"> In February 2012, amendments were made to the South Australian Food Regulations 2002 (under the Food Act 2001) to require multiple site food businesses to display certain nutrition information. The information that needs to be displayed is the average energy content of each standardised food item (expressed in kilojoules) as well as a statement that ‘the average daily energy intake is 8,700 kilojoules’. The requirements came into effect on 23 February 2012, with a 12 month implementation period for businesses to comply. The regulation applies to businesses with 20 or more outlets in South Australia or 50 or more outlets nationally. Businesses that are initially exempt, then open additional outlets and thus become captured by the scope of the new legislation are given 12 months to comply. Standard food items are ready-to-eat foods that are sold in standardised servings, shown on a menu, drive through menu boards, or displayed for sale with a tag or label. These requirements are monitored and enforced by state government (SA Health). Supermarkets and convenience stores that sell standard food items are excluded from the regulation. Food outlets where the sale of food is only for consumption on the premises (i.e. eat-in-only restaurants) are also excluded. Nutritional information must be: <ul style="list-style-type: none"> conspicuous and legible expressed in ‘kJ’ in the same font, and at least the same font size, as the price (or if no price is displayed, the same font/size as the name of the item) Other food outlets that are not required by law to comply with the labelling requirement are allowed to provide this information on a voluntary basis, but for the purpose of consistency for the consumer, must follow the provisions of the legislation The SA Government has produced a user-guide to support food companies to implement the policy. Further Information about Labelling of kilojoule information in chain food outlets is available on the SA Health website (ref). <p><i>Compliance with the policy</i></p> <ul style="list-style-type: none"> Maximum penalty for non-compliance is \$2,500. After the initial 12 month implementation, included food businesses were surveyed to assess compliance with the new legislation. New multiple site food businesses are informed of this relevant legislation and provided 12 months extension to implement the requirements. A kilojoule labelling monitoring survey was conducted annually for three years after the commencement date (2012-13, 2013-14, 2014-15). Kilojoule labelling continues to be monitored in particular any new franchises that meet the requirements in the Food Regulations 2002. This is done by SA Health.

Policy area: Food Promotion

Good practice statement for this domain: There are comprehensive regulations to reduce the exposure of children (<18 years) to the promotion of unhealthy food and beverages (and related brands) across all media and in public spaces

Indicators in this domain by level of government:

Policy area: Food promotion		
National	Federal	State/Territory
	FED_PROMO1: Restrict promotion of unhealthy foods in broadcast media	ST_PROMO1: Restrict exposure of children to promotion of unhealthy food in public settings
	FED_PROMO2: Restrict promotion of unhealthy foods online	ST_PROMO2: Restrict the promotion of unhealthy foods within elite sport
	FED_PROMO3: Restrict use of elements appealing to children on food packaging	
	FED_PROMO4: Restrict the promotion of unhealthy foods within elite sport	

Details on State/Territory-level indicators in this domain:

<p>ST_PROMO1 Restrict exposure of children to promotion of unhealthy food in public settings</p>	
<p><i>Good practice statement</i> Effective policies are implemented by the government to restrict the exposure of children (including adolescents) to the promotion of unhealthy foods and beverages (and related brands) in public settings (e.g. outdoor and public transport advertising, community events)</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • This indicator is about promotion (eg. advertising, sponsorship). Product availability (eg in canteens, vending machines) is covered in the FOOD PROVISION domain • Public settings include: public transport (train stations, bus stops etc), outdoor billboards, government buildings, areas in and around schools, preschools/ kindergartens, day-care centres, children’s health services (including primary care, maternal and child health or tertiary settings), community sport, recreation and play areas / venues/ facilities and cultural/community events where children (including adolescents) are commonly present • Includes fundraising and direct marketing in these settings • Includes restrictions on marketing in government-owned or managed facilities/venues (including within the service contracts where management is outsourced) • ‘Effective’ means that the policies are likely to reduce overall exposure of children (including adolescents) to promotion of unhealthy food and beverages and related brands • Excludes alcohol marketing restrictions • Excludes elite sport (covered in ST_PROMO2)
<p>Policy details (to 30 June 2021)</p>	<p><i>South Australian schools</i></p> <ul style="list-style-type: none"> • The Department for Education Right Bite Healthy Food Supply Strategy for SA Schools and Preschools (ref, pg 57) under its guiding principles states: <i>Schools and preschools will take all opportunities to promote GREEN category foods and drinks and eliminate the promotion and supply of RED category foods and drinks.</i> • Further it (pg 59) suggests that sponsorship and advertising be carefully considered under the Strategy and within the terms of the department’s Administrative Instructions and Guidelines 85A, which includes avoiding endorsement of products, consistency with ethos and values of education and are used only to enhance education. • Products or equipment provided by industry groups is considered advertising under this Strategy and should be limited to products that fit with the GREEN or AMBER categories. • There are no formal monitoring activities to report. • The Right Bite Food and Drink Supply Standards will replace the current Right Bite Food and Drink Strategy in 2022. The inclusion of advertising and sponsorship considerations will remain consistent. <p><i>Community sport settings</i></p> <ul style="list-style-type: none"> • The South Australian government is exploring ways to reduce children’s exposure to unhealthy food and drink promotion via a Public Health Partner Authority (PHPA) agreement between Wellbeing SA and the Office for Recreation Sport and Racing. • The PHPA includes a high-level priority to Engage with local sporting clubs to explore barriers and enablers to healthy food and drink promotion and provision to club members, spectators and the wider community.

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| | <ul style="list-style-type: none">• The working group is scoping a pilot study to understand the support and resources required to deliver and implement an initiative at scale. |
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ST_PROMO2 Restrict the promotion of unhealthy foods within elite sport

Good practice statement

Effective policies are implemented by the government to ensure that professional/elite sports are not sponsored by brands associated with unhealthy foods and beverages

Definitions and scope

- This indicator is focused on promotion related to professional/elite sports only
- Sponsorship includes advertising at sporting grounds/events, naming rights of stadiums, games or series; branded merchandise, product giveaways, logos on uniforms, and exclusive sale rights of unhealthy food at events
- Excludes alcohol marketing restrictions

Policy details (to 30 June 2021)

There are no current policies for this indicator.

Policy area: Food Provision

Good practice statement for this domain: The government ensures that there are healthy food service policies implemented in government-funded settings to ensure that food provision encourages healthy food choices, and the government actively encourages and supports private companies to implement similar policies

Indicators in this domain by level of government:

Policy area: Food Provision		
National	Federal	State/Territory
NAT_PROV1: Healthy food policies in early childhood settings	FED_PROV1: Healthy food policies in public sector workplaces	ST_PROV1: Healthy food policies in schools
NAT_PROV2: Healthy food policies in schools	FED_PROV2: Support and training systems for private companies	ST_PROV2: Healthy food policies in health services (visitors and staff)
NAT_PROV3: Healthy food policies in care settings (resident/in-patient food provision)		ST_PROV3: Healthy food policies in care settings (resident/in-patient food provision)
		ST_PROV4: Healthy food policies in public sector workplaces
		ST_PROV5: Healthy food policies in community settings
		ST_PROV6: Support and training systems for public sector settings

Details on State/Territory-level indicators in this domain:

ST_PROV1 Healthy food policies in schools	
<p><i>Good practice statement</i></p> <p>The government ensures implementation of clear, consistent policies to provide and promote healthy food choices in schools, inclusive of all food service activities (canteens, food at events, fundraising, promotions, vending machines etc.)</p>	
Definitions and scope	<ul style="list-style-type: none"> • Schools include government and non-government primary and secondary schools (up to year 12) • Includes policies and nutrition standards to provide and promote healthy food choices or to limit or restrict the provision or promotion of unhealthy food choices • Includes policies that relate to school breakfast programs, where the program is partly or fully funded, managed or overseen by the government • Excludes training, resources and systems that support the implementation of these policies (see ST_PROV6)
Context	<p><i>Government and non-government schools</i></p> <p>The operation of government schools is the responsibility of the relevant State/Territory Education Minister, while non-government schools (i.e. Catholic and Independent schools) are established and operate under conditions set by State/Territory government registration authorities.</p>
Policy details (to 30 June 2021)	<p><i>Primary and secondary schools</i></p> <p>Right Bite, Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools</p> <ul style="list-style-type: none"> • The Right Bite policy, “The Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools,” was implemented in 2008. The policy is based on the Australian Dietary Guidelines and assists schools and preschools in selecting food and drinks that promote healthy eating, contributing to significant long term health and learning benefits for children (ref). • The Department for Education and Wellbeing SA are working in partnership to review food and drink supply standards for South Australian schools, and create an updated food and drink classification guide. • The Right Bite Healthy Food and Drink Supply Standards will replace the current Right Bite: “The Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools”. The Standards will be released to schools in early 2022, along with an awareness and communication campaign. • The Department for Education and Wellbeing SA are working in partnership to develop tools and strategies to build the capability of schools to implement the Standards and will commence after the new Standards are launched. • Wellbeing SA is developing a Healthy Food Environments Hub website featuring menu/product assessment digital tools and online training to support capacity building and implementation of the classifications. • The Department for Education hosts webpages with information to support schools and school food providers to implement Right Bite. These webpages are currently under review and it is anticipated the new webpages will be launched simultaneously to the Standards. • The Department for Education provides tailored school support and advice on request. • Compliance with Right Bite is a condition of funding agreements with two Non-Government Organisations for the delivery of a breakfast program for every school that needs one.

- In 2020 a monitoring exercise was undertaken by the Department for Education within primary and secondary Government school canteens to determine uptake, perceptions and barriers to implementing Right Bite with the outcome of this review to be utilised in informing future actions. Menu assessments were conducted on a sample representing 25% of canteen menus.

Early Childhood Education and Care Services

- Early Childhood Education and Care Services are assessed for compliance with the legislation, regulations and standards within the National Quality Framework (see 'context' above). In SA, monitoring and enforcement is undertaken by the Education and Early Childhood Services Registration and Standards Board.
- Early Childhood centres are guided by the National Quality Standard 2.1 healthy eating and physical activity are embedded in the program for children: Element 2.1.3 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child ([ref](#)).
- Under Regulation 168 of the Education and Care Services National Regulations – Education and care services must have policies and procedures relating to nutrition, food and beverages and dietary requirements.
- DECD (now known as the Department for Education) Preschools must support healthy choices by promoting healthy eating and physical activity. Learning about healthy lifestyles in the children's everyday routines and experiences should be encouraged.

ST_PROV2 Healthy food policies in health services (visitors and staff)

Good practice statement

The government ensures implementation of clear, consistent policies to provide and promote healthy food choices for visitors and staff in health service settings, inclusive of all food service activities (canteens, food at events, fundraising, promotions, vending machines etc.)

Definitions and scope

- Includes government-owned, funded health services inclusive of all food service activities (canteens, food at events, fundraising, promotions, vending machines etc.)
- Includes private businesses that are under contract by the government to provide food
- Includes policies and nutrition standards to provide and promote healthy food choices or to limit or restrict the provision or promotion of unhealthy food choices
- Includes the strategic placement of foods and beverages in cabinets, fridges, on shelves or near the cashier
- Includes the use of signage to highlight healthy options or endorsements (such as traffic lights or a recognised healthy symbol)
- Includes modifying ingredients to make foods and drinks healthier, or changing the menu to offer healthier options

Policy details (to 30 June 2021)

Health services: visitors and staff

- The *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities* policy applies to all of SA Health including hospitals, central and regional offices, community health services, GP Plus Centres, and state-wide services such as Pathology SA and the South Australian Ambulance Service ([ref](#)).
- The policy categorises food and drinks into three categories according to their nutritional value:
 - GREEN (best choices that should take up the largest proportion of the available menu and be actively promoted)
 - AMBER (select carefully- these foods should not dominate the menu or choices displayed and avoid large serve sizes)
 - RED (availability of these products should be limited to no more than 20% of the foods and drinks displayed; they should not be promoted or advertised, displayed in prominent areas, supplied at functions or meetings, or used for fundraising purposes).
- This mandatory policy applies to all situations where food and drinks are provided including cafeterias, kiosks, cafes, shops, vending machines, catering for functions, meetings, training and client education programs as well as fundraising, advertising and sponsorship.
- Changes required were phased in over an 18 month implementation period with compliance required from 1 October 2010.
- The policy does not apply to inpatient meals or food prepared by SA Health for the aged care sector (e.g. Meals on Wheels) where specific clinical standards apply.
- An evaluation of the implementation of the Healthy Food and Drink policy was conducted between December 2011 and February 2012. Site mandatory self-reporting utilising a reporting questionnaire template was undertaken. Overall, SA Health facilities had made substantial progress towards achieving the key requirements of the policy and recommendations were made to further strengthen its implementation ([ref](#)).
- It is up to each SA Health site/agency to ensure compliance with the current Policy.
- Wellbeing SA is exploring additional support mechanisms it can provide to SA Health agencies and Attached Offices to maximise implementation and compliance monitoring.

Policy update

- The Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities mandatory policy (the Policy) is in the process of being updated, led by Wellbeing SA public health nutrition experts.
- The draft Policy includes the same scope as the current Policy and applies to food and drink supply and promotion in cafeterias, kiosks, cafes, shops, vending machines, catering for functions, meetings, training and client education programs as well as fundraising, advertising and sponsorship.
- This Policy will include an updated Food and Drink Classification Guide for South Australia (the guide). This guide utilises a traffic light approach to food and drink classification, with an expanded range of food and drink categories, and updated classification criteria for many food categories, including some with new/revised nutrient criteria.
- The draft revised Policy will go through an internal consultation process across SA Health agencies on selected aspects of the updated policy in the second half of 2021. Endorsement of the revised Policy will then be sought in 2022.
- The changes proposed within the updated Policy seek to:
 - support consistency with the Health Council Healthy food and drink choices in public sector healthcare settings for staff and visitors: Goals, principles and recommended nutritional standards ([ref](#)) (the national standards) endorsed by Health Council in August 2020. This includes a new minimum target of 50% GREEN products (best choices), and no more than 20% RED (unhealthy) products;
 - support those responsible for implementation with digital tools and resources via a new Healthy Food Environments Hub (see ST_PROV6 for further detail);
 - introduce monitoring and reporting mechanisms, co-ordinated/supported by Wellbeing SA's Healthy Food Environments Hub team.

ST_PROV3 Healthy food policies in care settings (resident/in-patient food provision)

Good practice statement

The government ensures implementation of clear, consistent policies to provide and promote healthy food choices in health services, aged, disability, custodial and community care settings (resident/in-patient food provision)

Definitions and scope

- Include government-funded or managed services where the government is responsible for the provision of food, including public hospitals and other in-patient health services (acute and sub-acute, including mental health services), residential care homes, aged and disability care settings, custodial care facilities, prisons and home/community care services
- Includes private businesses that are under contract by the government to provide food
- Includes policies and nutrition standards to provide and promote healthy food choices or to limit or restrict the provision or promotion of unhealthy food choices
- Includes modifying ingredients to make foods and drinks healthier, or changing the menu to offer healthier options

Context

National Standards – Health services

- The Australasian Commission on Safety and Quality in Health Care (the Commission) is responsible for maintaining and implementing the National Safety and Quality Health Service (NSQHS) Standards (64). They outline the broad, minimum standards required for accreditation; the purpose is not to prescribe the specific best practice.
- The Standards provide a nationally consistent and uniform set of measures of safety and quality for application across a wide variety of health care services. They provide a quality assurance mechanism that tests whether relevant systems are in place to ensure minimum standards of safety and quality are met.
- Action 5.27 relates to nutrition and hydration to ensure that health service organisations that admit patients overnight has systems for the preparation and distribution of food and fluids that include nutrition care plans based on current evidence and best practice ([ref](#)).
- Action 5.28 relates to nutrition and hydration to meet patients' nutritional needs and requirements; monitor the nutritional care of patients at risk; identify, and provide access to, nutritional support for patients who cannot meet either nutritional requirements with food alone; and support patients who require assistance with eating and drinking ([ref](#)).

National Standards – Aged, disability and community care services

- The Department of Health is responsible for the development of quality standards for aged care including home care, home support, flexible care and residential services. The Australian Aged Care Quality Agency is responsible for assessing aged care services against the Accreditation Standards. The Commission on Safety and Quality in Health Care (the Commission) is responsible for assessing aged care services in multipurpose sites (MPS) against the NSQHS Standards (Aged Care Module) ([ref](#)).

	<p><i>National Standards – Prison and custodial facilities</i></p> <ul style="list-style-type: none"> • Australian prisons, youth detention and custody/remand facilities are operated by the relevant State/Territory departments or bodies. The Standard Guidelines for Corrections in Australia published by the Australian Institute of Criminology (updated in 2012) and endorsed by all States and Territories were updated (2018) by the Corrective Services Administrators’ Council and released as Guiding Principles for Corrections in Australia (ref). • The Australasian Juvenile Justice Administrators ‘Juvenile Justice Standards 2009 Part 1 & 2’ (ref) have been developed to support jurisdictions to deliver services in accordance with the relevant jurisdictional legislation. These standards are broadly used by jurisdictions to monitor service quality and performance.
<p>Policy details (to 30 June 2021)</p>	<p><i>Public hospitals and other in-patient health services (acute and sub-acute, including mental health services)</i></p> <ul style="list-style-type: none"> • The Menu and Nutritional Standards for Public Health Facilities in South Australia (the Standards) (ref) are being revised. • The Standards aim to meet the nutritional requirements of the majority of patients, residents, consumers, and clients considering length of stay, age, nutritional status and type of facility. • A menu consistent with the Australian Dietary Guidelines is appropriate for patients whose appetites are not diminished. The Australian Dietary Guidelines are intended for people of all ages and backgrounds within the general healthy population including people with common diet-related risk factors, such as Type 2 diabetes, overweight but do not apply to people with medical conditions requiring specialised dietary advice or to those people at risk of malnutrition. • The Standards continue to be applicable to patients requiring standard ward diet, including specific patient groups such as patients who require texture modified diet, paediatrics and those who may be eating poorly. • Various SA Health facilities such as hospitals have patients (including long stay patients) who are awaiting appropriate accommodation (such as to residential aged care or disability care facilities). <p><i>Mental Health Services</i></p> <ul style="list-style-type: none"> • The Standards provide additional guidance about menu planning considerations for mental health services. <p><i>Aged care settings</i></p> <ul style="list-style-type: none"> • SA Health’s six regional Local Health Networks are the largest aged care provider in South Australia as ‘multipurpose sites’, i.e. shared hospital and aged care facilities, plus some Residential Aged Care facilities. • Menus for SA Health’s residential aged care facilities follow the (SA Health) Menu and Nutritional Standards for Public Health Facilities in South Australia. Aged care menu provision in SA Health multi-purpose facilities must meet the National Safety and Quality Health Service (NSQHS) Standards; these accreditation Standards include consideration of good nutrition in aged care via the National Safety and Quality Health Service (NSQHS) Standards Multi-Purpose Services Aged Care Module. This requires that the Multi-Purpose Service providing food and fluids to people accessing its aged care services ensures the food and fluids meet their preference, are varied, nutritious, appetising, and of adequate quantity. Suitable evidence includes policy, procedure and protocol documents that are evidenced-based and provide person-centred care (ref).

- Menus for SA Health’s Residential Aged Care Facilities follow the (SA Health) Menu and Nutritional Standards for Public Health Facilities in South Australia and are accredited under the Australian Aged Care Quality Agency (AACQA) Accreditation Standards.

Home/community care services

- Some regional SA Health hospitals prepare meals for Meals on Wheels in their local communities. These meals follow the Australian Meals on Wheels Association (2016) *National Meal Guidelines: A Guide for Service Providers, Caterers and Health Professionals Providing Home Delivered and Centre Based Meal Programs for Older Australians* ([ref](#)).

Disability care settings

- Hampstead Rehabilitation Centre (HRC) is a campus of Central Adelaide Local Health Network (CALHN). It is a facility which provides clinical rehabilitation services for people suffering from traumatic brain injury, stroke, other neurological and medical disorders, spinal cord injury, orthopaedic conditions and amputations. Menu provision at HRC follows the *Menu and Nutritional Standards for Public Health Facilities in South Australia*. The Standards include additional guidance about menu planning considerations for rehabilitation/long stay patients, and patients requiring food with a modified consistency.
- The Commonwealth funded “Transition to Home” (T2H) service has been established through a collaboration between Department of Human Services (DHS), Wellbeing SA and SA Health Local Health Networks ([ref](#)).
- T2H is managed is managed by the Department for Human Services (DHS), with approximately 30 beds at two SA Health sites (St Margaret’s and the Repat). The T2H service is for South Australians living with disability who are eligible for the NDIS to move out of an acute hospital setting and into a more home-like environment while they prepare for permanent supported community living, with support to regain their independence and rebuild important connections with their community.
- Meals provided by both T2H sites comply with the Menu and Nutritional Standards for Public Health Facilities in South Australia.

Juvenile/Youth Justice

- Under the *Youth Justice Administration Act 2016*, Youth Justice Services must pay regard to, and seek to implement to the fullest extent possible, the terms of the *Charter of Rights for Youths Detained in Detention Centres*, which include the following right:
 - “To have enough good food (including food that is suitable for your culture or religion, or dietary requirements), and to have drinking water available whenever you need it.”
- Further, part 10.3 of the Australasian Youth Justice Administrators (formerly Australasian Juvenile Justice Administrators) Juvenile Justice Standards 2009 highlights the need to provide services in the custodial environment that meet health, nutrition, and hygiene standards.
- The Kurlana Tapa Youth Justice Centre (‘KTYJC’) creates seasonal menus for the children and young people at the centre, which are prepared by the Catering and Stores Supervisor. This Supervisor holds a Nutrition Business Certificate qualification. The menus are prepared in line with the Australian Guide to Healthy Eating, with consideration given to the dietary requirements and preferences of the children and young people. Considerations also include religious dietary requirements, medical dietary requirements and accommodating vegetarian and vegan diets.

- In recent years, KTYJC has implemented the following initiatives to encourage healthier choices for the children and young people at the centre:
 - All meals are made fresh onsite for each meal period;
 - All meals are cooked with olive oil only;
 - Skinless chicken breast is used for all chicken meals;
 - 95% lean fresh mince used;
 - Salt not added to dishes.
 - Desserts are offered four times per week, compared to previously offered seven times per week.
 - All cakes and biscuits are made on site to reduce to use of refined sugars by substituting with fruits.
 - Individual salads are served with each meal.
 - Cordial is no longer offered and has been replaced with pure fruit juice.
 - Fresh fruit, milk and bread is delivered to the accommodation units daily.
 - Butter and condiments provided to the accommodation units is delivered in portion-controlled packaging.
- KTYJC offers children and young people the opportunity to participate in healthy cooking programs within the accommodation units, which include learning how to cook healthy meal alternatives and making protein balls.
- In 2014, KTYJC engaged the Women’s and Children’s Hospital Nutrition Department to conduct a review and nutritional analysis of the menus being provided to children and young people at the centre, which has informed the current practices implemented at KTYJC.
- In June 2021, KTYJC approached Wellbeing SA seeking advice about a nutritional review of the meals provided at KTYJC; Wellbeing SA facilitated provision of advice for KTYJC through the assistance of Dr Alison Yaxley, Lecturer of Nutrition and Dietetics at Flinders University, and a team of 12 Flinders University student dietitians; who have commenced an in-depth analysis of the menus provided at KTYJC within the Nutrition and Dietetics course foodservice intensive topic.

Prisons and custodial care

- Under a Public Health Partner Authority Agreement, the Department for Correctional Services (DCS) and Wellbeing SA aim to improve health and wellbeing outcomes for prisoners, and contribute to reducing re-offending through a range of collaborative measures. Improving nutrition is one of the areas of mutual interest and the initial focus of the partnership. Since 2019:
 - Wellbeing SA has assessed nutrition quality of all South Australian prison food services menus against the Australian Dietary Guidelines.
 - DCS and Wellbeing SA co-developed strategies which aim to achieve a consistent, nutritious food service across South Australian prisons. These strategies focussed on priority areas to ensure food provision supports the Australian Dietary Guidelines and are nutritionally adequate and accurate for all prisoners.
 - Additional strategies include promoting efficient food service practices involving relevant procurement opportunities and providing relevant nutrition and health promotion education to staff and prisoners.
- Through the partnership, DCS and Wellbeing SA are continuing to implement the suite of recommended strategies across South Australian prisons in order to meet the nutrition requirements of prisoners through food and drink options ([ref](#)).
- In 2019 and 2020, Wellbeing SA assessed the nutrition quality of all South Australian prison food services menus against the Australian Dietary Guidelines. The findings informed a suite of recommendations for consideration by the DCS to improve nutrition in South Australian prisons through food provision.

ST_PROV4 Healthy food policies in public sector workplaces

Good practice statement

The government ensures implementation of clear, consistent policies to provide and promote healthy food choices in public sector workplaces

Definitions and scope

- The focus of this indicator is public sector workplaces (excluding schools, hospitals, healthcare facilities etc that are covered in other indicators):
- Includes private businesses that are under contract by the government to provide food in public sector workplaces
- Includes policies and nutrition standards to provide and promote healthy food choices or to limit or restrict the provision or promotion of unhealthy food choices
- Includes the strategic placement of foods and beverages in cabinets, fridges, on shelves or near the cashier
- Includes the use of signage to highlight healthy options or endorsements (such as traffic lights or a recognised healthy symbol)
- Includes modifying ingredients to make foods and drinks healthier, or changing the menu to offer healthier options

Policy details (to 30 June 2021)

Public sector workplaces

- The Healthy Food and Drink Choices for Staff and Visitors in SA policy applies to all of SA Health workplaces including hospitals, central and regional offices, community health services, GP Plus Centres, and state-wide services such as Pathology SA and the South Australian Ambulance Service ([ref](#)). See ST_PROV2 for further details.
- Note that the updating of the Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities mandatory policy (the Policy) (refer to ST_PROV2 Healthy food policies in health services (visitors and staff)) also applies to SA Health agencies and Attached Offices (in addition to hospital/healthcare facilities).

Under development

- The Office of the Commissioner for Public Sector Employment (OCPSE) are part of the Collaborative Partnership for Workplace Health and Wellbeing ([ref](#)). OCPSE works collaboratively to develop an innovative, responsive and inclusive public sector that benefits all South Australians and will be one of many South Australian organisations to use the new Healthy Workplaces Advisory Service, due to launch in 2022. This service aims to build the capabilities of SA businesses (including public sector organisation) to implement healthy workplace strategies including the promotion of healthy food policies. This is still under development.

ST_PROV5 Healthy food policies in community settings

Good practice statement

The government ensures implementation of clear, consistent policies to provide and promote healthy food choices in community settings and events that are government-owned, funded or managed

Definitions and scope

- Includes food relief programs, sport and recreation facilities, parks, community events (government-owned, funded or managed)
- Excludes 'public settings' that are not funded or managed by the government
- Excludes school and early childhood settings (see ST_PROV1)
- Excludes health services (visitors and staff) (see ST_PROV2)
- Excludes in care settings (resident/in-patient food provision) (see St_PROV3)
- Excludes public sector workplaces (see (ST_PROV4)
- Includes policies and nutrition standards to provide and promote healthy food choices or to limit or restrict the provision or promotion of unhealthy food choices
- Includes the strategic placement of foods and beverages in cabinets, fridges, on shelves or near the cashier
- Includes the use of signage to highlight healthy options or endorsements (such as traffic lights or a recognised healthy symbol)
- Includes modifying ingredients to make foods and drinks more healthy, or changing the menu to offer more healthy options

Policy details (to 30 June 2021)

- Sport and recreation facilities, parks, community events (government-owned, funded or managed)*
- There is no state-wide healthy eating policy covering sport and recreation facilities, parks or community events. These settings will be encouraged to adopt healthy eating policies/guidelines in future work under Wellbeing SA's Strategic Plan 2020-2025.
- SA Healthy Towns Challenge*
- Since launching in 2018, the SA Healthy Towns Challenge has provided grants to regional and rural towns to develop preventive health programs within their community ([ref](#)). Successful projects have increased access or opportunity for communities to make healthier choices or participate in activities with a prevention focus across regional and rural areas.
 - Wellbeing SA provides advice to grant recipients to refer and apply relevant national and state nutrition policy guidelines (e.g. Nutrition Guidelines for the Food Relief Sector in South Australia, and the NHMRC's Australian Guide to Healthy Eating) during project/evaluation planning, contracts negotiation, and project implementation. For example, ensuring that:
 - Healthy food catering options are provided during community events and school holiday programs.
 - Healthy cooking workshops and nutrition workshops uses the Australian Guide to Healthy Eating.
 - Seven of the previous Healthy Towns Challenge grant recipients were related to supporting healthy eating for children, youth and families in regional communities. These projects referred to evidence-based information on nutrition guidelines/policies to ensure that healthy food options are available and/or build knowledge and skills on healthy eating, meal preparation and food choices.
 - Pt Pirie Food Hub: Training of volunteers to deliver healthy cooking classes and develop healthy meal packs.

- Establishment of a new Foodbank Food Hub at Ceduna to increase access to healthy food options for recipients experiencing food insecurity; Foodbank are a signatory to the *South Australian Food Relief Charter* ([ref](#)), which requires commitment to implement the *Nutrition Guidelines for the food Relief Sector in South Australia* ([ref](#)).
- Kickstart for Kids - Mid-Murray school holiday wellbeing camps and family day for children in the Mid-Murray Council region, with preventive health education included in the program, including nutrition standards to provide and promote healthy food choices, and limit the provision or promotion of unhealthy food choices.
- Millicent North Primary School -Construction upgrades of classroom kitchen facilities at Millicent North Primary School, where students and families learn and develop skills to prepare safe and nutritious meals.
- Coonalpyn Community Garden project: delivery of workshops included nutrition standards to provide and promote healthy food choices, and limit the provision or promotion of unhealthy food choices.
- Barossa/Gawler School Holiday Program for Aboriginal and Torres Strait Islander young people aged 8-18 years of age; included activities for preparing and cooking healthy meals.
- Barossa REACH program included supermarket tours increasing food label reading skills to identify healthier food choices.
- The SA Healthy Towns Challenge – Partnering for Children’s Wellbeing 2021 – 2023 is the latest phase of the Healthy Towns Challenge program and aims to support the wellbeing of children and their families in South Australia’s regional and rural towns through the creation of healthy environments ([ref](#)).

South Australian Food Relief Charter and Nutrition Guidelines

- The *South Australian Food Relief Charter* (the Charter) and the *Nutrition Guidelines* for the Food Relief Sector in South Australia (the Nutrition Guidelines) were launched in 2019 and have been developed to improve the availability of a nutritious food supply to food relief recipients ([ref](#)).
- The development of the Charter and the Guidelines were a part of implementing the Food Security Project recommendations and are a result of a collaborative co-design process with the food relief sector, the Department for Health and Wellbeing and the Department of Human Services.
- The Charter is voluntary and states a shared set of principles related to improved client and community outcomes regarding food relief.
- The *Nutrition Guidelines* are designed to assist South Australian food relief providers move towards a healthy food supply and provides examples of the type of food across three food categories: green (healthy), amber (less healthy), and red (unhealthy).
- Food relief provides are encouraged to consider:
 - Nutrition quality and quantity of food available
 - Placement of food items so that healthy items are more prominent
 - Promotion of healthy food and drinks
 - Where relevant, using any pricing of food or drinks to increase availability of healthy over unhealthy food products

ST_PROV6 Support and training systems for public sector settings

Good practice statement

The government ensures that there are good support and training systems to help schools, health services, other public sector organisations and their service providers/vendors to meet healthy food service policies and guidelines

Definitions and scope

- Includes support for schools, early childhood education services, hospitals and health settings, other public sector organisations and their service providers
- Support and training systems include guidelines, toolkits, templates (e.g. policy/guidelines or contracts), recipes and menu planning tools, expert advice, menu and product assessments, online training modules, cook/caterer/other food service staff information and training workshops or courses

Policy details (to 30 June 2021)

Primary and secondary schools

- The Right Bite Healthy Food and Drink Supply Strategy for SA schools and preschools, and the Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities policy and the associated Food and Drink Classification Guides for schools and health facilities are currently being updated. See ST_PROV1 (schools) and ST-PROV2 (health services visitors and staff) for further information.
- A Healthy Food Environments Hub (The Food Hub) is being established to support government schools, SA Health facilities and community organisations to provide healthy food and drink. The Food Hub will include on-line training, be a source of evidence-based nutrition information and support adherence to healthy food and drink requirements through the provision of digital assessment tools and online training modules that check menus and products against the relevant policies and standards.
- Wellbeing SA will be able to monitor usage of the digital assessment tools, online training modules and compliance of menus for those organisations that use it.

Early childhood education and care settings

- SA Health also has a number of webpages to support early childhood settings ([ref](#)) (such as childcare centres, preschools and playgroups) and parents to promote healthy learning environments for under 5s by promoting breastfeeding, supporting healthy eating ([ref](#)), encouraging being active and limiting screen time; and providing smoke free environments. More detailed pages include:
 - Healthy learning and lifestyle environments
 - What can I do as a parent to develop healthy learning?
 - Healthy learning what can I do as an early childcare educator?
 - Healthy eating resources for early childcare educators

Resources for community organisations

- SA Health has developed the Healthy Catering Ideas ([ref](#)) and Fundraising Ideas ([ref](#)) resources that can be used by these settings.

Resources for SA Health facilities

The *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities* policy has a range of on-line guidance resources for use by all SA Health facilities including hospitals, central and regional offices, community health services, GP Plus Centres, and state-wide services such as Pathology SA and the South Australian Ambulance Service. See ST_PROV2 for further detail.

Policy area: Food Retail

Good practice statement for this domain: The government implements policies and programs to support the availability of healthy foods and limit the availability of unhealthy foods in communities (e.g food retail outlet density and locations) and in-store (product placement)

Indicators in this domain by level of government:

Policy area: Food retail		
National	Federal	State/Territory
	FED_RETAIL1: Remote retail store availability of healthy and unhealthy food	ST_RETAIL1: Planning policies: unhealthy food retail outlets
	FED_RETAIL2: Availability of foods in food service outlets	ST_RETAIL2: Planning policies: healthy food retail outlets
	FED_RETAIL3: Restriction of marketing of unhealthy food in retail outlets	ST_RETAIL3: Remote retail store availability of healthy and unhealthy foods
		ST_RETAIL4: Availability of foods in food service outlets
		ST_RETAIL5: Restriction of marketing of unhealthy food in retail outlets

Details on State/Territory-level indicators in this domain:

ST_RETAIL1 Planning policies: unhealthy food retail outlets	
<p><i>Good practice statement</i></p> <p>Planning frameworks enable the government to place limits on the density or placement of outlets selling mainly unhealthy foods by making community health and wellbeing an enforceable objective of the planning system</p>	
Definitions and scope	<ul style="list-style-type: none"> • Includes the consideration of public health in relevant Planning Acts that guide the policies, priorities and objectives to be implemented at the local government level through their planning schemes • Includes the consideration of public health in State/Territory subordinate planning instruments and policies • Includes a State/Territory guideline that sets the policy objective of considering public health when reviewing and approving food outlet planning applications • Excludes laws, policies or actions of local governments
Context	<p><i>National context</i></p> <ul style="list-style-type: none"> • In Australia, planning is a shared responsibility between state and local governments. Although there is variation in the planning policy approach, in general, state governments set overarching planning legislation and policy frameworks and standards and local governments are responsible for developing and implementing more specific municipal policies and schemes in line with these and considering planning applications.
Policy details (to 30 June 2021)	<p><i>Planning, Development and Infrastructure Act 2016</i></p> <ul style="list-style-type: none"> • Generally, South Australia’s planning system has not historically sought to regulate or otherwise enforce fine-grained retail competition policy. • Retail policy at a development assessment level is limited to the spatial distribution of areas zoned as retail centres, caps on retail floor areas (in certain zones), form and function of retail development and accessibility. • Zones within the Planning and Design Code provide policy guidance on appropriate forms of development and uses of land, however the broad definitions of retail development (shops) provided in the Code and in the legislation don’t generally differentiate between different sub-classes of retail development (apart from bulky goods outlets, personal or domestic services establishments and restaurants). • Under the current policy settings, it is considered that the regulation of the density or placement of retail outlets selling unhealthy foods via the planning system would be challenging to implement in South Australia at this time. • Since 19 March 2021, SA has now implemented a fully electronic online planning system. The Planning and Design Code is the core development rulebook for most forms of development in the state, and its policies have been designed to have strong linkages to higher-level strategic planning instruments such as State Planning Policies and Regional Plans. • It is anticipated that The 30-Year Plan for Greater Adelaide – 2017 Update will undergo a review and update from 2022 (ref). This update may provide an opportunity to revise strategic land use policies for retail development with input from the community and a broad range of stakeholders. • There are no proposed/planned updates/changes to the relevant policies of the Planning and Design Code at this time.

ST_RETAIL2 Planning policies: healthy food retail outlets

Good practice statement

Zoning laws and related policies are implemented to encourage the availability of health food retail outlets (e.g those selling mainly fresh fruit and vegetables) and/or access to these outlets (e.g. opening hours, frequency)

Definitions and scope

- Healthy food retail outlets include produce markets, farmers' markets, greengrocers, food co-operatives
- Includes fixed or mobile outlets
- Excludes community gardens, edible urban or backyard gardens (usually regulated by local governments)
- Includes State/Territory policies to streamline and standardise planning approval processes or reduce regulatory burdens for these outlets
- Includes policies that support local governments to reduce license or permit requirements or fees to encourage the establishment of such outlets
- Includes the provision of financial grants or subsidies to outlets
- Excludes general guidelines on how to establishment and promote certain outlets
- Excludes laws, policies or actions of local governments

Context

- In Australia, planning is a shared responsibility between state and local governments. Although there is variation in the planning policy approach, in general, state governments set overarching planning legislation and policy frameworks and standards and local governments are responsible for developing and implementing more specific municipal policies and schemes in line with these and considering planning applications.

Farmers' markets

- In general, farmers' markets require approvals and permits from local councils, which will involve an application to assess issues such as use of public land, traffic and parking, amenities. There are ways that local governments could support the establishment and promote farmers' markets such as securing appropriate sites on a regular basis, waiving site fees, supporting the permit application processes, supporting marketing and engaging other community stakeholders.

Policy details (to 30 June 2021)

State Public Health Plan – mechanisms to support healthy food access

- The second State Public Health Plan 2019-2024 has revised priorities ([ref](#)):
 - Promote: Build stronger communities and healthier environments.
 - Note that this priority acknowledges the positive impact of improving local food environments on the health and wellbeing of individuals and the wider social, emotional and economic benefits for communities; and notes built environments that support health and wellbeing for all through improved accessibility and availability of healthy food as a potential action area for inclusion by local government areas in their Regional Public Health Plans.
 - Prevent: Prevent chronic disease, communicable disease and injury
 - Protect: Protect against public and environmental health risks and respond to climate change
 - Progress: Strengthen the systems that support public health and wellbeing
- As part of the first priority, SA Health encourages Local Councils to consider the four CHES principles for healthy environments when developing their Public Health Plans:
 - Connected Environments
 - Healthy Eating Environments

	<ul style="list-style-type: none">- Safe Environments- Sustainable Environments. <ul style="list-style-type: none">• Councils are also provided specific support through key resources such as the 'Creating Healthier Local Food Environments – A Guide for Local Government' (ref) resource tool.• Public Health Plans (PHPs) are submitted to SA Health; strategies related to healthy eating environments and increasing opportunities for healthy eating are noted internally by the department. Through feedback mechanisms, SA Health can suggest interventions to create healthier food environments at the local level, but this is not mandated in any particular way.• A number of Council PHPs support community access to vegetables and fruit via local farmers markets and community gardens. <p><i>The 30-Year Plan for Greater Adelaide</i></p> <ul style="list-style-type: none">• It is anticipated that The 30-Year Plan for Greater Adelaide – 2017 Update will undergo a review and update from 2022 (ref). This update may provide an opportunity to revise strategic land use policies for retail development with input from the community and a broad range of stakeholders.• There are no proposed/planned updates/changes to the relevant policies of the Planning and Design Code at this time.
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ST_RETAIL3 Remote retail store availability of healthy and unhealthy foods

Good practice statement

The government ensures support systems are in place to encourage remote food stores to promote the in-store availability of healthy foods and to limit the in-store availability of unhealthy foods

Definitions and scope

- Remote food stores include supermarkets, convenience stores (including 'general stores' or 'milk bars'), greengrocers and other speciality food retail outlets in remote areas
- Support systems include guidelines, resources or expert support
- In-store promotion includes the use of key promotional sites such as end-of-aisle displays, checkouts and island bins as well as the use of shelf signage, floor decals or other promotional methods
- In-store availability includes reducing or increasing supply (volume) of a product such as reducing the amount of shelf-space dedicated to sugar-sweetened drinks and confectionary, or offering fresh produce in a convenience store

Policy details (to 30 June 2021)

There are no current works that are actioned by SA Government in relation to remote retail store availability of healthy and unhealthy foods for Aboriginal communities.

ST_RETAIL4 Availability of foods in food service outlets

Good practice statement

The government ensures support systems are in place to encourage food service outlets to increase the promotion and availability of healthy foods and to decrease the promotion and availability of unhealthy foods

Definitions and scope

- For this indicator, food service outlets include for-profit quick service restaurants, eat-in or take-away restaurants, pubs, clubs
- Support systems include guidelines, resources or expert support
- Includes settings such as train stations, venues, facilities or events frequented by the public
- Excludes settings owned or managed by the government (see ST_PROV2-ST_PROV5)
- Includes the strategic placement of foods and beverages in cabinets, fridges, on shelves or near the cashier
- Includes the use of signage to highlight healthy options or endorsements (such as traffic lights or a recognised healthy symbol)
- Includes modifying ingredients to make foods and drinks more healthy, or changing the menu to offer more healthy options

Policy details (to 30 June 2021)

Healthy Kids Menus Initiative

- The South Australian Healthy Kids Menus Initiative aims to increase the provision of and access to, healthy menu options for children in South Australian restaurants, cafes, hotels and clubs ([ref](#)).
- The Healthy Kids Menu Initiative has been running since a successful pilot program in 2017. The Initiative was developed through a co-design process which engaged the restaurant, café, hotel and club industries, parents, and public health experts.
- Healthy Kids Menu was also chosen to facilitate a D3 Digital Challenge where start-ups and entrepreneurs could pitch innovative ideas for seed funding to help encourage the use of healthy kids menus ([ref](#)).
- Following the COVID-19 lockdowns, a desktop review of venues who have been registered and accredited as HKMI venues was completed. Of 44 previously accredited venues, many were not actively participating and promoting their 'Healthy Kids Menu'. The Caring Futures Institute (Flinders University) was commissioned to evaluate the Healthy Kids Menu Initiative in 2020. The purpose of the evaluation was to "appraise the adoption of the Healthy Kids Menu Initiative, assess the sustainability of the initiative and its readiness for scalability. Overall, the HKMI was well received by all venues, however venues reported the 'healthier' options were less popular than standard items, and therefore impacted on profitability. The HKMI project team noted that face-to-face engagement was the most successful method for engaging venues; increasing venue buy-in and making follow-through easier. Acknowledging face-to-face engagement is the most successful method for engaging venues, a key challenge for sustainability and scalability is ongoing funding and staff capacity.
- Wellbeing SA is reviewing the Healthy Kids Menu Initiative against the Wellbeing SA Strategic Plan 2020-2025 as part of annual business planning.

ST_RETAIL5 Restriction of marketing of unhealthy food in retail outlets

Good practice statement

Effective policies are implemented by the government to restrict the way unhealthy foods are marketed within supermarkets and other retail stores, including through restrictions on product placement in prominent in-store positions (such as checkouts and end-of-aisle displays), price discounts and sales to children

Definitions and scope

- Includes mandatory policy (i.e. legislation or regulations) or voluntary standards, codes, guidelines set by government or by industry where the government plays a role in development, monitoring, enforcement or resolving complaints
- Includes restriction of volume promotional offers such as multi-buys “3 for 2”, “buy-one-get-one-free” offers, extra free promotions e.g. “50% extra free” and fixed price savings on unhealthy foods
- Includes restriction of product placement of unhealthy foods, e.g. at aisle ends, checkouts, store entrances and online equivalents
- Includes the restriction of unhealthy foods promoted through in-store advertisement directed at children

Policy details (to 30 June 2021)

- Wellbeing SA is working with the Australian Prevention Partnership Centre on a collaborative project where researchers and practitioners work together on the potential design and use of codes of practice to prevent or reduce the impact of a non-communicable disease.

INFRASTRUCTURE SUPPORT

Policy area: Leadership

Good practice statement for this domain: The political leadership ensures that there is strong support for the vision, planning, communication, implementation and evaluation of policies and actions to create healthy food environments, improve population nutrition, and reduce diet-related inequalities

Indicators in this domain by level of government:

Policy area: Leadership		
National	Federal	State/Territory
NAT_LEAD1: Government strategy for addressing nutrition and obesity	FED_LEAD1: Political support for population nutrition	ST_LEAD1: Political support for population nutrition
NAT_LEAD2: Government taskforce dedicated to addressing nutrition and obesity	FED_LEAD2: Population intake targets established	ST_LEAD2: Government strategy and related implementation plan for addressing nutrition and obesity
NAT_LEAD3: Comprehensive implementation plan linked to national needs	FED_LEAD3: Evidence-based dietary guidelines implemented	

Details on State/Territory-level indicators in this domain:

<p>ST_LEAD1 Political support for population nutrition</p>	
<p><i>Good practice statement</i> There is strong, visible, political support (at the Head of State/Cabinet level) for improving food environments, population nutrition, diet-related NCDs and their related inequalities</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Visible support includes statements of intent, election commitments, budget commitments, establishing priorities and targets, demonstration of support in the media • Documents that contain evidence of strong political support include media releases, speeches, pre-election policy papers, introduction of a bill, State-level strategic plans with targets or key performance indicators • Head of State is the Premier or the Chief Minister • Excludes health-specific strategic plans (covered in ST_LEAD2 below)
<p>Policy details (to 30 June 2021)</p>	<ul style="list-style-type: none"> • There is support for improving food environments, population nutrition, diet-related NCDs and their related inequalities through the South Australian Government’s establishment of Wellbeing SA, an independent government agency established in January 2020 in a step towards a significant and renewed focus on prevention in South Australia. Wellbeing SA has established a Health Promotion Branch, which includes an Aboriginal Health Promotion team. • Wellbeing SA’s establishment delivered the State Government’s commitment to ensure a renewed focus and action on prevention, outlined in the South Australian Government’s 2018 election policies <i>Better Prevention for a Healthy South Australia</i> and <i>Targeted Health Prevention</i> (ref). • Wellbeing SA’s <i>Strategic Plan 2020-2025</i> includes two priority areas where improving healthy food environments in SA is a key objective (see ST_LEAD2).

ST_LEAD2 Government strategy and related implementation plan for addressing nutrition and obesity

Good practice statement

There is a long-term government strategy for addressing diet, nutrition, obesity and related NCDs, including prioritisation for reducing inequalities and protecting vulnerable populations. There is also a corresponding comprehensive, transparent, adequately resourced implementation plan, with annual performance and process targets, linked to state/national needs and priorities.

Definitions and scope

- The focus of this indicator is State/Territory specific strategies and plans. Federal and National strategies and plans are covered by other indicators.
- Frameworks strategies or implementation plans specify aims, objectives or targets for addressing diet, nutrition, obesity and NCDs and to reduce inequalities and protecting vulnerable populations including taking a preventive approach that addresses the social and environmental determinants of health
- Includes specific priorities for reducing inequalities for specific population groups
- Excludes priorities to reduce inequalities in secondary or tertiary prevention
- Implementation plans should be current (i.e. maintain endorsement by the current government and/or are being reported against)
- Plans should refer to actions to improve food environments (as defined in the policy domains above) and should include both policy and program strategies

Context

National Strategic Framework for Chronic Conditions

The National Strategic Framework for Chronic Conditions was published in August 2019. The framework is directed at decision and policy makers at national, state and local levels; and provides guidance for those developing and implementing policies, strategies and actions.

The Framework considers shared health determinants, risk factors and multimorbidities across a broad range of chronic conditions and provide national direction for improving chronic disease prevention and care across Australia.

The Framework moves away from a disease specific approach by recognising that there are often similar underlying principles for the prevention and management of many chronic conditions ([ref](#)).

National preventive health strategy

In 2019 the Australian Government announced that it would develop a National Preventive Health Strategy. The strategy aims to help Australians improve their health at all stages of life and is a 10-year long-term plan. The consultation for the draft strategy closed 19 April 2021 ([ref](#)).

This was released by the Australian Government in December 2021 ([ref](#)). It outlines the overarching, long-term approach to prevention in Australia over the next 10 years, and includes improving access to and the consumption of a healthy diet.

National obesity strategy

The Australian Government is currently working with states and territories to develop a National Obesity Strategy. Results from a national public consultation on a proposed framework and ideas to be included in a national obesity strategy report was released November 2020. A final draft strategy is due to be considered by Health Ministers in 2022 ([ref](#)).

	<p><i>Aboriginal health: Commonwealth and State Government context</i></p> <p>The Council of Australian Governments (COAG) established the National Indigenous Reform Agreement (NIRA) in 2008 and committed to a range of targets to Close The Gap in Indigenous disadvantage, including two targets specifically related to health. Underpinning NIRA are a series of national Health Plans for priority health areas including chronic disease, mental health, and social and emotional wellbeing.</p> <p><i>National Aboriginal and Torres Strait Islander Health Performance Framework report</i></p> <p>The Aboriginal and Torres Strait Islander Health Performance Framework monitors progress in Indigenous Australian health outcomes, health system performance and broader determinants of health (ref).</p> <p><i>The People of Australia – Australia’s Multicultural Policy</i></p> <p>Australia’s multicultural policy acknowledges that government services and programs must be responsive to the needs of our culturally diverse communities. It commits to an access and equity framework to ensure that the onus is on government to provide equitable services to Australians from all backgrounds. The policy aims to strengthen social cohesion through promoting belonging, respecting diversity and fostering engagement with Australian values, identity and citizenship, within the framework of Australian law (ref).</p>
<p>Policy details (to 30 June 2021)</p>	<p><i>State Public Health Plan</i></p> <ul style="list-style-type: none"> • The State Public Health Plan 2019-2024 is the second State Public Health Plan (ref). The Plan was developed after several rounds of consultation and builds on the objects and principles of the <i>South Australian Public Health Act 2011</i>. • The Plans priorities are: <ul style="list-style-type: none"> - Promote: Build stronger communities and healthier environments - Protect: Protect against public and environmental health risk and respond to climate change - Prevent: Prevent chronic disease, communicable disease and injury - Progress: Strengthen the systems that support public health and wellbeing <p><i>Wellbeing SA Strategic Plan 2020-2025</i></p> <ul style="list-style-type: none"> • Was released by the Minister for Health and Wellbeing on 21 August 2020. • The Health and Wellbeing Strategy 2020-2025 builds on the previous SA Health Strategic Plan 2017-2020. Within the plan a stronger focus on delivering better public health services to the community is highlighted. This strategy informs the works, priorities and direction for the public health system for the next five years (ref). • The Plan outlines the five-year goal for the Wellbeing SA agency (described in ST_GOVER5) with three priority focus areas (ref): <ul style="list-style-type: none"> - The early years - Mental health and wellbeing and suicide prevention - Chronic disease, integrated care and injury prevention • The Health Promotion Branch within Wellbeing SA has developed a business plan to implement the Strategic Plan 2020-2025. This includes an objective to Improve healthy food environments in South Australia, and sub-objectives, below: <ul style="list-style-type: none"> - To support the creation of healthy food and drink environments — develop policies, implementation plans and monitoring mechanisms using a co-design approach with key partners from other departments and organisations;

- Increase the capacity, capability and commitment of SA organisations to implement healthy food and drink environments;
- Improve awareness, knowledge and skills of South Australians to purchase and prepare healthy food, targeting disadvantaged groups.
- This objective supports healthy eating for the Wellbeing Strategic Plan 2020-2025 priority focus areas of the early years and chronic disease prevention. A program logic has been developed to describe the inputs, outputs, short term outcomes and measures to 2025, and long-term outcomes (to 2040).

Better prevention for a healthy South Australia

- SA Government (March 2018) released the *Better Prevention for a Healthy South Australia* policy (see ST-LEAD1) ([ref](#)). The policy aims to deliver prevention outcomes through five key strategic levers; and includes aspects of public health nutrition in aspects of all levers:
 - Individual and Community Action
 - Education, Screening and Vaccination
 - Research, Monitoring, and Evaluation
 - Public Health Regulation
 - Leadership and Coordination
- Key short term outcomes from implementation of this election policy commitment include the establishment of Wellbeing SA (<https://www.wellbeingsa.sa.gov.au/about-wellbeing-sa>), and the South Australian Healthy Towns Challenge grants (\$1M over four years to fund preventive health projects in regional areas).
- The *SA Healthy Towns Challenge – Partnering for Children’s Wellbeing 2021 – 2023* is the latest phase of the Healthy Towns Challenge program and aims to support the wellbeing of children and their families in South Australia’s regional and rural towns through the creation of healthy environments ([ref](#)).

Public Health Partner Authorities

- Public Health Partner Authorities (PHPA) have been formally established under section 51 of the *South Australian Public Health Act 2011* (the Act).
- These partnerships provide opportunities for collaborative action to improve health and wellbeing outcomes for South Australians.
- Entities voluntarily partner with the South Australian Department for Health and Ageing, and work is progressed through a co-benefits approach that is formalised in a PHPA agreement.
- As of 30 June 2021, 23 PHPA’s have been established, including with government and non-government organisations and academic institutions.
- The PHPA agreement between Wellbeing SA and the South Australian Department of Human Services (agreement renewed in June 2021) includes a focus on food security and increasing access to healthy food, particularly in the food relief sector.
- A Social Supermarket Pilot was established in 2019 to support implementation of the SA Food Relief Sector Nutrition Guidelines and improved pathways for people to move out of food insecurity. The pilot is now being implemented in four sites across metropolitan and regional SA. The findings from the pilot will facilitate guidance for a South Australian Social Supermarket Model. In addition, the agreement captures the early years as a priority, providing opportunities for improved nutrition in children and families in vulnerable communities.

	<ul style="list-style-type: none">• The PHPA agreement between Wellbeing SA and the Caring Futures Institute (CFI) was established in June 2021 to better connect with parents, caregivers and families to improve the health and wellbeing of parents and caregivers, and subsequently improve health and wellbeing outcomes for children in the early years. Child growth, development and wellbeing is a focus area for the work, encompassing early obesity prevention through pre-natal/antenatal nutrition and development of healthy lifestyle behaviours (diet, movement, sleep, body image).• The PHPA agreement between Wellbeing SA and the Department for Education supports the delivery of the revised Right Bite standards for healthy food and drink supply and promotion, supported by the anticipated Healthy Food Environments Hub (The Food Hub) in public schools. In addition, the work will strengthen health promotion messaging, including nutrition within Playgroups curricula and facilitator materials.
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Policy area: Governance

Good practice statement for this domain: Governments have structures in place to ensure transparency and accountability, and encourage broad community participation and inclusion when formulating and implementing policies and actions to create healthy food environments, improve population nutrition, and reduce diet-related inequalities

Indicators in this domain by level of government:

Policy area: Governance		
National	Federal	State/Territory
	FED_GOVER1: Restricting commercial influence on policy development	ST_GOVER1: Restricting commercial influence on policy development
	FED_GOVER2: Transparency in the development of food and nutrition policies	ST_GOVER2: Transparency in the development of food and nutrition policies
	FED_GOVER3: Assessing the potential health impacts of all policies	ST_GOVER3: Assessing the potential health impacts of all policies
	FED_GOVER4: Government workforce to support public health nutrition	ST_GOVER4: Government workforce to support public health nutrition
	FED_GOVER5: Independent health promotion agency	ST_GOVER5: Independent health promotion agency

Details on State/Territory-level indicators in this domain:

<p>ST_GOVER1 Restricting commercial influence on policy development</p>	
<p><i>Good practice statement</i> There are robust procedures to restrict commercial influences (where they have conflicts of interest with improving population nutrition) on the development of policies related to food environments</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Includes government policies, guidelines, codes of conduct or other mechanisms to guide actions and decision-making by government employees, for example conflict of interest declaration procedures • Includes procedures to manage partnerships with private companies or peak bodies representing industries that are consulted for the purpose of developing policy, for example committee procedural guidelines or terms of reference • Includes publicly available, up-to-date lobbyist registers that specify the lobbying activities
<p>Context</p>	<p><i>National regulation reform</i> In 2012, the Council of Australian Governments* (COAG) agreed to a new regulatory and competition reform agenda: <i>National Compact on Regulatory and Competition Reform: Productivity Enhancing Reforms for a More Competitive Australia</i> (the Compact). The Compact builds on previous COAG agreements such as 1995 National Competition Policy and the 2006 National Reform Agenda. One aspect of this reform agenda was that all governments will establish processes to undertake best-practice regulation impact assessment to demonstrate that the benefits of regulations outweigh the costs, including having regard to the differential impact and experience of regulation on businesses (ref).</p> <p>*As of 2020 the COAG Health Council is now known as the Health Council (HC) (ref).</p>
	<p><i>The Office of the Commissioner of Public Sector Employment</i></p> <ul style="list-style-type: none"> • The Code of Ethics for the Australian Public Sector ('the Code') (ref), to which all public sector employees are bound, is issued in accordance with the Public Sector Act 2009, where it is referred to as the Code of Conduct. The Code has been updated to ensure its relevance to the opportunities and challenges that face modern South Australia. The Code is divided into four sections: <ul style="list-style-type: none"> - Application of the Code, including the roles of chief executives and other organisational leaders - Four Foundations of public service: Democracy, Impartiality*, Accountability, and Diversity - The Public Sector Values (ref) - The Professional Conduct Standards • In relation to restricting commercial influences on policy development, the foundation regarding Impartiality requires that public sector employees must be detached from political influence and the influence of partisan interests within the community. Instead, public sector employees must rely on evidence to provide objective advice to Government and implement directions promptly and thoroughly. <p><i>SA Health and private sector collaboration</i></p> <ul style="list-style-type: none"> • The SA Health Chief Executive's performance agreement also includes deliverables related to private sector collaboration.

Register of Member's Interests

- In accordance with the Members of Parliament (Register of Interests) Act 1983 (the Act), every Member within 30 days of first taking and subscribing an oath or affirmation as a Member and within 60 days of 30 June of the year in which they are a Member must submit to the Registrar (the Clerk of the House of Assembly) a Primary Return or Ordinary Return, as the case may be. These are published on their website yearly.

Lobbying registers

- The Department of Premier and Cabinet maintains the SA Lobbyist Register on behalf of the South Australian Government ([ref](#)). The South Australian Government Lobbyist Code of Conduct has been in force since 1 December 2009. Under the code, any lobbyists must be registered on a public register before they can conduct lobbying activities with the South Australian Government. Details on the trader's name, their business name and ABN must be provided.
- The Code is intended to ensure that those representing others in seeking to influence government adhere to high standards of probity and transparency.
- The Premier and Cabinet Circular 32 - Lobbyist Code of Conduct is binding on ministerial staff members and on employees of public sector agencies.

Political donations disclosures

- Under the Electoral Act 1985, participants of the electoral process (including candidates, groups, registered political parties, associated entities, donors, and members of the general public who incur political expenditure above the threshold amount) are required to lodge returns with the Electoral Commissioner reporting details of political donations and expenditure.
- From January 2018, disclosures can be lodged and viewed on the Funding Disclosure Portal. Pre-January 2018 hardcopy returns can be viewed in the Public Inspection section ([ref](#)).
- Donations must be reported if a donation greater than \$5,000 to a candidate or relevant entity is made.
- If the gift or loan was made outside the designated period (for a general election, this period starts 1 January in an election year and ends 30 days after polling day. For all other elections, this period starts on the day the vacancy is announced, and ends 30 days after polling), then it must be reported within 30 days of the start of the designated period.
- If the gift or loan was made during the designated period, then it must be reported at the end of the designated period.

Public health and food regulation/legislation development processes

- Although no specific policy exists in SA to restrict commercial influences, the legislative process for assessing food regulatory changes requires that the protection of public health is paramount. This is also set out as a main objective in the SA Public Health Act, 2011.
- Conflict of interest is also declared at every meeting of national food policy and legislation, including the Food Regulation Standing Committee and the Food Ministers' Meeting.
- In the development of national food standards and food policy, protection of public health is paramount; and reflected in the principles in relevant legislation, e.g. FSANZ Act and the Agreement between the Government of Australia and the Government of New Zealand concerning a joint food standards system. While industry is consulted, public health priorities will be at the forefront.

A specific example of the food policy development process was the development of the KJ Labelling legislation:

- In 2011, the Minister for Health announced moves to require kilojoule information to be displayed at the point of sale in food service chains in SA through new Regulations under the Food act 2001.
- The initiative was part of SA Government multi-faceted approach to improving population nutrition status and reducing population levels of overweight and obesity.
- The laws were based on similar laws introduced in NSW in 2010, and in line with National Principles for Introducing Point of Sale Nutrition Information at Standard Food Outlets, October 2011.
- The development of the Regulations included intensive discussions with business groups, NGO's, consumer and public health advocacy groups. As part of the public consultation process there was also the opportunity for interested parties or individuals to make written submissions.
- The Regulatory Impact Statement identified the introduction of mandatory requirements as having the greatest benefit in terms of filling the information gap that currently exists at the point of sale of fast food, and provides support for consumers to make healthier choices.

Better Together

- The South Australian Government is committed to fostering good engagement practices as an integral part of the way it operates. This is reflected in Premier and Cabinet Circulars PC036 and PC034 ([ref](#)). As such The Department of Premier and Cabinet maintains Better Together as a means of increasing engagement with South Australian citizens and stakeholders on the issues which are relevant to them.
- Established in 2013, Better Together is an engagement framework centred on the following six principles to provide a consistent approach and to guide best practice:
 1. We know why we are engaging
 2. We know who to engage
 3. We know the history
 4. We start together
 5. We are genuine
 6. We are relevant and engaging
- The Better Together program offers South Australian public sector employees practical support through advice, training and events and partnerships to support and deliver innovate engagement strategies.

ST_GOVER2 Transparency in the development of food and nutrition policies

Good practice statement

Policies and procedures are implemented for ensuring transparency in the development of food and nutrition policies

Definitions and scope

- Includes policies or procedures to guide the online publishing of private sector and civil society submissions to government around the development of policy and subsequent government response to these
- Includes policies or procedures that guide the use of consultation in the development of food and nutrition policy
- Includes policies or procedures to guide the online publishing of relevant scoping papers, draft and final policies

Context

National regulation reform

In 2012, the Council of Australian Governments* (COAG) agreed to a new regulatory and competition reform agenda: *National Compact on Regulatory and Competition Reform: Productivity Enhancing Reforms for a More Competitive Australia* (the Compact). The Compact builds on previous COAG agreements such as 1995 National Competition Policy and the 2006 National Reform Agenda. One aspect of this reform agenda was that all governments will establish processes to undertake best-practice regulation impact assessment to demonstrate that the benefits of regulations outweigh the costs, including having regard to the differential impact and experience of regulation on businesses ([ref](#)).

*As of 2020 the COAG Health Council is now known as the Health Council (HC) ([ref](#)).

Policy details (to 30 June 2021)

South Australian context

- SA Health adopted a revised policy governance framework in early 2020 ([ref](#)). The intention of the SA Health Policy Framework is to ensure a consistent approach to the development and management of system-wide policy across SA Health. The SA Health Policy Governance applies to all policies and guidelines. It outlines the principles-based approach to policy development, the governance for policy management, and the process and templates required for policy development and approvals. The SA Health Policy Governance structure is outlined in the following documents:
 - SA Health Policy Framework ([ref](#))
 - SA Health Policy Governance Policy ([ref](#))
- The Policy Governance Framework and all policies apply to all employees of SA Health and Attached Offices; this is all employees of the:
 - Department for Health and Wellbeing
 - Local Health Networks (including state-wide services aligned with those Networks)
 - SA Ambulance Service
 - Wellbeing SA
 - The Commission on Excellence and Innovation in Health.
- Supporting documents for the Policy Framework include a set of Consultation Principles and Standards for consideration in the policy development process.
- Policies are mandatory and must be complied with and implemented as part of ongoing SA Health operations.
- The revised Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities mandatory policy (the Policy) is being revised in line with the above new SA Health Policy Framework and governance.

- The State-wide Consumer, Carer and Community Engagement Strategic Framework (the Framework) provides direction for all SA Health agencies and Attached Offices including: Department for Health and Wellbeing, Local Health Networks, including state-wide services aligned with those Networks; and SA Ambulance Service ([ref](#)). The purpose of the Framework outlines the responsibilities of SA Health to strengthen and improve the practice of consumer, carer and community engagement. It identifies SA Health's principles, core values and goals around the importance of partnering with consumers, carers and the community. The Framework supports DHW and health services to meet national and state legislative responsibilities.
- Data.SA is the South Australian Government's Open Data Portal. The portal is managed by the Department of the Premier and Cabinet ([ref](#));
- The portal contains open datasets released by South Australian Government Agencies and Local Councils. Data.SA helps citizens, businesses, entrepreneurs and industry discover openly licensed data so that it can be transformed into ideas, applications and visualisations which benefit the community.

SA Health policies

- Various SA Health policies (mandatory and non-mandatory) ensure transparency in development of policies ([ref](#)).
 - Relevant SA Health mandatory policy directives: The Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities Policy ([ref](#)).
 - This policy underwent public consultation as part of its development phase; over 50 submissions were received and considered by the Healthy Food in SA Health Services Policy Advisory Committee.
- Relevant non-mandatory policy guidelines: Guide For Engaging With Consumers And The Community, Stakeholder Engagement Guide. The Guide is to be used by all SA Health staff to strengthen and improve the practice of consumer and community engagement processes across SA Health. The accompanying tools will assist staff who are planning, managing or implementing consumer and community quality improvement projects, programs activities. The tools are based on current best practice consumer methodology toolkits and resource guides.
- In the case of legislative changes to SA Legislation, cabinet processes incorporate mandatory public consultation phases.

Access to information

- SA has a Freedom Of Information Act 1991 ([ref](#)) that requires information to be released on request by members of the public.

ST_GOVER3 Assessing the potential health impacts of all policies

Good practice statement

There are processes (e.g. health impact assessments) to assess and consider health impacts during the development of policies that affect the healthiness of food environments and/or diet, nutrition, obesity and NCDs

Definitions and scope

- Includes policies, procedures, guidelines, tools and other resources that affect the healthiness of food environments and/or diet, nutrition, obesity and NCDs during and following implementation of all policies
- Includes the establishment of cross-department governance and coordination structures while developing policies with food-related outcomes
- Includes workforce training and other capacity building activities in healthy public policy for non-health departments (e.g. agriculture, education, communications, trade)
- Includes monitoring or reporting requirements related to health impacts for non-health departments

Context

National regulation reform

In 2012, the Council of Australian Governments* (COAG) agreed to a new regulatory and competition reform agenda: *National Compact on Regulatory and Competition Reform: Productivity Enhancing Reforms for a More Competitive Australia* (the Compact). The Compact builds on previous COAG agreements such as 1995 National Competition Policy and the 2006 National Reform Agenda. One aspect of this reform agenda was that all governments must establish processes to undertake best-practice regulation impact assessment to demonstrate that the benefits of regulations outweigh the costs, including having regard to the differential impact and experience of regulation on businesses ([ref](#)). In other words, the objective of a new or amended policy proposed must not restrict competition unless there are net benefits to the community as a whole.

*As of 2020 the COAG Health Council is now known as the Health Council (HC) ([ref](#)).

Policy details (to 30 June 2021)

Health-in-All-Policies

- The SA Government's Health-in-All-Policies ([ref](#)) (HiAP) is a practical policy oriented response to addressing the social determinants of health. HiAP has been successfully implemented across government agencies in South Australia for the past 12 years and is recognised internationally as leading the way in cross government action on the social determinants of health.
- HiAP is 'joined up government' in action and provides a method of addressing complex public policy issues. By incorporating a focus on population health into the policy development processes of all sectors and agencies, it allows governments to address the social determinants of health in a systematic manner.
- By considering health impacts across all policy domains such as agriculture, education, the environment, fiscal policies, housing and transport, the overall population health can be improved. HiAP seeks to highlight the connections and interactions between positive health outcomes and policies within other sectors, and in so doing, identify the gains for both policy agendas.
- The South Australian Public Health Act 2011, Section 51, introduces Public Health Partner Authorities. A Public Health Partner Authority is an organisation that has agreed to collaborate and consult with SA Health and/or local government in public health planning or actions that lead to improved population health and wellbeing, and/or help to reduce health disparities between population groups.
- The Health-in-All-Policies is implemented by Wellbeing SA, including using Public Health Partner Authorities (PHPA) as a mechanism to support collaboration across sectors for improved health and wellbeing.

	<ul style="list-style-type: none"> • Where relevant, nutrition is considered as part of the work under the PHPA Agreements. For example, nutrition is a focus of the food security partnership for <i>Improving individual and household food security outcomes in South Australia</i> with the Department of Human Services. • Wellbeing SA leads the implementation of collaborative action with Public Health Partner Authorities. To date, 23 Public Health Partner Authorities have been established with government and non-government organisations and academic institutions. Nutrition is a key focus for a number of the PHPA agreements, including the Department of Human Services, the Department for Education and the Caring Futures Institute (see section ST_LEAD2 for more information). Other PHPA agreements may not explicitly focus on nutrition but contribute to addressing obesity and non-communicable diseases, for example the PHPA with the Office for Recreation, Sport and Racing, the Department for Environment and Water and the Cancer Council. The delivery of collaborative efforts with Public Health Partner Authorities is critical to the work of Wellbeing SA, as per the Wellbeing SA Strategic Plan (2020 – 2025) (partnerships is a strategic enabler for the delivery of Wellbeing SA's work). • Most PHPAs have a high-level governance arrangement in place to facilitate strategic action, buy-in and support for the partnership work at the highest level within Wellbeing SA and the partnering agency. • See ST_LEAD2 for a detailed example of the PHPA Agreement between the Department of Human Services and Wellbeing SA. • Critical steps in the health lens analysis process such as evidence gathering and analysis are used to better understand the policy issue and inform possible solutions to maximise outcomes and delivering co-benefits. • Health Lens Analysis has formed a critical component of the SA HiAP model. A number of Health Lens Analysis projects have been conducted during HiAP's history. For example, Transit Oriented Development (TODs), Healthy Weight Desktop Analysis, International Students' Health & Wellbeing. • An evaluation framework has been established for Public Health Partner Authorities to guide process and outcome evaluation and ensure the partnership model is delivering expected outcomes for Wellbeing SA, partner agencies and population health and wellbeing outcomes in South Australia.
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ST_GOVER4 Government workforce to support public health nutrition

Good practice statement

The capacity (number of staff and their capabilities) of the government's public health nutrition workforce is commensurate with the size of the food and nutrition problems of the population and government resources for health

Definitions and scope

- Estimate of the size (i.e. number of full time equivalent (FTE) persons employed) of the government's population nutrition workforce
- The workforce comprises anyone whose primary role relates to public health nutrition and who is employed full time, part time or casually by the government to perform a public health nutrition-related role. The position may be in the Department of Health, independent statutory authority/agency, other government agency/department.
- 'Public health nutrition' includes promotion of healthy eating, and policies and programs that support healthy food environments for the prevention of obesity and diet-related NCDs. The definition **excludes** all one-on-one and group-based promotion (primary care, antenatal services, maternal and child nursing services etc.), food safety, micronutrient deficiencies (e.g. folic acid fortification) and undernutrition

Policy details (to 30 June 2021)

- Wellbeing SA's public health nutrition workforce expanded in 2019 and now includes 2.8 FTE in total (2.0 FTE permanent roles in Wellbeing SA to progress the business plan commitment to improve healthy food environments in SA, and a 0.8 FTE contract role based in the Department for Correctional Services to improve food provision across six publicly managed South Australian prison sites.
- The Food Standards Development team within the Food and Controlled Drugs Branch continue to lead on national and state food regulation matters.

ST_GOVER5 Independent health promotion agency

Good practice statement

There is a statutory health promotion agency in place that includes an objective to improve population nutrition, with a secure funding stream

Definitions and scope

- The focus of this indicator is on whether there is a health promotion agency established through legislation that includes an objective to improve population nutrition (as specified in relevant legislation, strategic plans or on the agency website)
- Secure funding stream involves the use of a hypothecated tax or other source of funding that can be considered relatively secure

Policy details (to 30 June 2021)

Wellbeing SA

- The SA Government established the “Wellbeing SA” as a Prevention, Health Promotion and Primary Health Care agency, within SA Health. It is attached to the Department of Health and Wellbeing ([ref](#)).
- Wellbeing SA was established as a new agency in January 2020.
- Wellbeing SA will:
 - Lead: provide system leadership in prevention, the collection and use of data and evidence to inform practice and out of hospital strategies and services
 - Commission: fund approaches and services for prevention, health promotion, early intervention, and hospital avoidance.
 - Partner: work collaboratively with community and stakeholders to impact health and wellbeing and coordination of care.
 - Deliver: support the implementation of evidence-based approaches for health promotion and integrated community-based health care
 - Prioritise: Focus on priority settings and priority population groups who experience poorer health outcomes and are at higher risk of preventable hospital admission.

Wellbeing SA Strategic Plan 2020-2025

- In August 2020, the Wellbeing SA Strategic Plan 2020-2025 (the Plan) ([ref](#)); was released by the Minister for Health and Wellbeing.
- The Plan outlines Wellbeing SA’s vision to 2040, a balanced health and wellbeing system that supports improved physical, mental, and social wellbeing for all South Australians and a five year goal, to lead the system change required to support health and wellbeing and embed prevention across the life course.
- Development of the Plan was informed by more than 250 contributions from community members, non-government organisations, public health stakeholders and state and local government agencies, including through participation at workshops and written submissions.
- The Plan provides a framework to support and enable a significant change in the policy and planning environment for prevention and wellbeing in South Australia. It also aligns with other existing statewide prevention policies and plans such as the *State Public Health Plan 2019-2024* ([ref](#)), and has three Priority Focus Areas ([ref](#)) of:
 - the early years
 - chronic disease, integrated care and injury prevention
 - mental health and wellbeing and suicide prevention

	<ul style="list-style-type: none">• Implementation of the Plan is underpinned by a population health approach and a series of enablers (ref) including partnerships with the community and other stakeholders to achieve improved health and wellbeing outcomes for South Australians.• In 2021 Wellbeing SA's Health Promotion Branch developed a business plan with objectives and strategies to progress the Early Years and Chronic Disease prevention priority areas of its Strategic Plan. This included an objective to Improve healthy Food environments in South Australia. A program logic and evaluation plan has been developed to support the implementation of this objective. Wellbeing SA funds various initiatives under this objective, including the new Healthy Food Environments Hub, and a number of food security initiatives.
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Policy area: Monitoring & Intelligence

Good practice statement for this domain: The government's monitoring and intelligence systems (surveillance, evaluation, research and reporting) are comprehensive and regular enough to assess the status of food environments, population nutrition and diet-related NCDs and their inequalities, and to measure progress on achieving the goals of nutrition and health plans

Indicators in this domain by level of government:

Policy area: Monitoring and intelligence		
National	Federal	State/Territory
	FED_MONIT1: Monitoring food environments	ST_MONIT1: Monitoring population nutrition intake
	FED_MONIT2: Monitoring population nutrition intake	ST_MONIT2: Monitoring population body weight
	FED_MONIT3: Monitoring population body weight	ST_MONIT3: Evaluation of major nutrition-related programs and policies
	FED_MONIT4: Evaluation of major nutrition-related programs and policies	ST_MONIT4: Research funding for obesity and NCD prevention
	FED_MONIT5: Research funding for obesity and NCD prevention	

Details on State/Territory-level indicators in this domain:

ST_MONIT1 Monitoring population nutrition intake	
<p><i>Good practice statement</i></p> <p>There is regular monitoring of adult and childhood nutrition status and population intakes against specified intake targets or recommended daily intake levels</p>	
Definitions and scope	<ul style="list-style-type: none"> • Includes monitoring of adult and child intake in line with the Australian Dietary Guidelines • Includes monitoring of adult and child intake of nutrients of concern and non-core/discretionary foods including sugar-sweetened beverages (even if there are no clear intake targets for all of these) • 'Regular' is considered to be every five years or more frequently
Context	<p><i>National data sources</i></p> <p>With funding from the Federal Government, the Australian Bureau of Statistics conducts nationwide National Health Surveys every 3 years, and data from these surveys is available at the State/Territory level. See the Australian Federal Government summary for more information.</p>
Policy details (to 30 June 2021)	<p><i>South Australian Population Health Survey System (previously South Australian Monitoring Surveillance System)</i></p> <ul style="list-style-type: none"> • Wellbeing SA monitors nutrition intakes using the South Australian Population Health Survey (SAPHS). Data is collected for adults and children across the following indicators: <ul style="list-style-type: none"> - Fruit and Vegetable consumption (reported against the Australian Dietary Guidelines) - Water consumption - Sugar-free soft drinks, sports drinks and energy drinks - Soft drinks, sports drinks and energy drinks - Snack food consumption - Fast Food consumption - Flavoured milk consumption • The SAPHS have collected data on nutrition intakes since 2018 and is a replacement survey of the previous monitoring system called the South Australian Monitoring and Surveillance System (SAMSS). Data are collected year round, with annual reports available on the SA Health/Wellbeing SA websites (ref).

ST_MONIT2 Monitoring population body weight

Good practice statement

There is regular monitoring of adult and childhood overweight and obesity prevalence using anthropometric measurements

Definitions and scope

- Anthropometric measurements include height, weight and waist circumference
- 'Regular' is considered to be every five years or more frequently

Context

With funding from the Federal Government, the Australian Bureau of Statistics conducts nationwide National Health Surveys every 3 years, and data from these surveys is available at the State/Territory level. Since 2007-08, the National Health Survey has included measured height and weight data for all ages.

Policy details (to 30 June 2021)

South Australian Population Health Survey (SAPHS)

- Wellbeing SA monitors rates of overweight and obesity in adults (18 years and over) and children (5 to 17 years) using the South Australian Population Health Survey (SAPHS). Height and Weight are self-reported using a combination of Computer-assisted telephone interviewing (CATI) and Computer Aided web interviewing (CAWI) methodologies. Proxy respondents are used for participants 15 years and under.
- Data are collected year round, with annual reports available on the SA Health/Wellbeing SA websites ([ref](#)).

Pregnancy Outcome Reporting

- The BMI of the majority of pregnant women in South Australia are monitored. Reports can be found here ([ref](#)).

ST_MONIT3 Evaluation of major nutrition-related programmes and policies

Good practice statement

Major nutrition-related programs and policies are regularly evaluated to assess their effectiveness and contributions to achieving the goals of the nutrition and health plans

Definitions and scope

- Includes any policies, guidelines, frameworks or tools that are used to determine the depth and type (method and reporting) of evaluation required
- Includes a comprehensive evaluation framework and plan that aligns with the key preventive health or nutrition implementation plan
- The definition of a major programs and policies is to be defined by the relevant government department
- Evaluation should be in addition to routine monitoring of progress against a project plan or program logic

Policy details (to 30 June 2021)

Wellbeing SA is leading the design of new programs and interventions that will be evaluated, for example:

Evaluation of actions to improve healthy food environments

- Wellbeing SA has a policy which guides the scope and scale of evaluations - including of its Public Health Nutrition action. Evaluation services include formative and summative evaluations.
- Healthy Food Environments - Wellbeing SA has developed a portfolio, and related project level, logic models (including measures) to evaluate success in meeting the objective of “Improving health food environments in South Australia” between 2021 and 2025.
- Food security – Wellbeing SA is completing an evaluation of the implementation of a social supermarket model of food security service provision. The final report is due mid-2022.
- Improving nutrition in South Australian prisons – Wellbeing SA is commencing an evaluation of the implementation of this project. The final report is expected in early 2023.

Healthy Kids Menus Initiative

- The South Australian Healthy Kids Menus Initiative aims to increase the provision of and access to, healthy menu options for children in South Australian restaurants, cafes, hotels and clubs ([ref](#)).
- The Healthy Kids Menu Initiative has been running since a successful pilot program in 2017. The Initiative was developed through a co-design process which engaged the restaurant, café, hotel and club industries, parents, and public health experts.
- Following the COVID-19 lockdowns, a desktop review of venues who have been registered and accredited as HKMI venues was completed. Of 44 previously accredited venues, many were not actively participating and promoting their ‘Healthy Kids Menu’. The Caring Futures Institute (Flinders University) was commissioned to evaluate the Healthy Kids Menu Initiative in 2020. The purpose of the evaluation was to “appraise the adoption of the Healthy Kids Menu Initiative, assess the sustainability of the initiative and its readiness for scalability. Overall, the HKMI was well received by all venues, however venues reported the ‘healthier’ options were less popular than standard items, and therefore impacted on profitability. The HKMI project team noted that face-to-face engagement was the most successful method for engaging venues; increasing venue buy-in and making follow-through easier. Acknowledging face-to-face engagement is the most successful method for engaging venues, a key challenge for sustainability and scalability is ongoing funding and staff capacity.

- Wellbeing SA is reviewing the Healthy Kids Menu Initiative against the Wellbeing SA Strategic Plan 2020-2025 as part of annual business planning.

OPAL (Obesity Prevention and Lifestyle) program (now ceased) evaluation

- The OPAL program had a 7-strategy approach to improving healthy eating and physical activity in 20 discrete communities located in metropolitan and regional areas across the State.
- It was a community based approach to obesity prevention that was scaled accordingly, where specific sites and settings are targeted in 'smaller scale' pieces of work that are intertwined with other projects to generate a combined multi-dimensional influence on children, their families and communities. It delivered Education and Training in a variety of contexts and settings.
- The OPAL evaluation project final report was released in September 2016 by Flinders University ([ref](#)).
- Findings included: participation numbers, anthropometrics for early childhood and primary school students, healthy eating behaviours and environments, physical activity, sedentary behaviour and sleep, quality of life, an economic evaluation and community capacity building.

Access to key public health data and documents

- The following publicly available reports are examples of monitoring public health nutrition related indicators relevant to various nutrition policies and initiatives.
 - SA Food Act Annual Report (this includes a summary of monitoring activities for kilojoule labelling on menu boards of multi-site food businesses ([ref](#));

ST_MONIT4 Research funding for obesity & NCD prevention

Good practice statement

Government funded research is targeted for improving food environments, reducing obesity, NCDs and their related inequalities

Definitions and scope

- Includes the clear identification of research priorities related to improving food environments, reducing obesity, NCDs and their related inequalities in health or medical research strategies or frameworks
- Includes identifying research projects conducted or commissioned by the government specifically targeting food environments, prevention of obesity or NCDs (excluding secondary or tertiary prevention)
- It is limited to research projects committed to or conducted within the last **three years**
- Excludes research grants administered by the government (including statutory agencies) to a research group where the allocation of a pool of funding was determined by an independent review panel
- Excludes routine evaluation of interventions that can be expected to be included as part of an intervention program budget (this is explored in ST_MONIT3)

Policy details (to 30 June 2021)

Wellbeing SA

- Wellbeing SA provides in-kind support to research proposals and applications, with a focus on translational research in line with the public health priorities for South Australia.
- The South Australian Population Health Surveys team within Wellbeing SA manages ethics and approval processes for external requests to use a range of health data about diet-related NCDs and their risk factors for research and publications purposes.

The following research priorities or projects were committed to or conducted in the last three years to 30 June 2021 are related to improving food environments, reducing obesity, NCDs and their related inequalities in health or medical research strategies or frameworks.

Social supermarkets research

- The concept of a 'social supermarket' is an emerging social enterprise food assistance model which is adjunct to existing food relief models. They are recognised as a possible mechanism to support people to move from food insecurity to food security. The pilot of the Social Supermarket Model (SSM) is in the final stages.
- The Food Centre at Gepps Cross provided the initial site to pilot a social supermarket in SA to apply a Social Supermarket Best Practice Rubric (co-designed by key stakeholders in SA). Following a successful pilot, three additional expansion sites (Uniting Country SA, Pt Pirie; and the City of Onkaparinga, Anglicare SA and the Adventist Development and Relief Agency) are in the process of applying the Social Supermarket Best Practice Rubric as a proof of concept, and to determine feasibility of the approach across different food relief operators.
- The pilot at the expansion sites ran until 31 December 2021. Wellbeing SA are evaluating the pilots, anticipated for completion by February 2022.

Towards 'zero hunger': improving food relief services in Australia

- Wellbeing SA supports and is committed to this three-year ARC Linkage Project led by Flinders University. Wellbeing SA staff sit on the project's steering committee. The research provides an opportunity to capitalise on SA's leadership in endorsing an industry-wide best practice framework (through the South Australian Food Relief Charter ([ref](#))) and to generate new and robust evidence to inform SA food relief practice.

South Australian Health & Medical Research Institute (SAHMRI)

- The South Australian Health & Medical Research Institute (SAHMRI) is partly supported by SA Government, and is Australia's first independent health and medical research institute. The SAHMRI houses more the 700 medical researchers who are working to tackle the biggest health challenges in society today.
- SAHMRI's five research themes are: SAHMRI women and kids, Aboriginal health equity, precision medicine, lifelong health, SAHMRI impact.

HUNTT Tool

- Wellbeing SA funded the Southgate Institute for Health, Society and Equity (previously based at Flinders University) to trial the application of the Healthy Urban Neighbourhood transition (HUNTT) tool across metropolitan Adelaide in 2020.
- The HUNTT is designed to be the first stage of the transition management process from an automobile suburb towards a healthy liveable form.
- The HUNTT can be used to assess the health promoting/harming potential and liveability strengths and weaknesses of the physical form and function of established neighbourhoods and the regulations and standards (e.g. the Planning Code) that are shaping current change within existing suburbs based on a comprehensive range of social determinants of health and health equity indicators.
- The objective is for the HUNTT to be used by local governments and neighbourhood based community groups to make assessments of their neighbourhoods to guide neighbourhood transition management and planning. It aims to provide an evidence-base of social and physical determinants in the urban environment. It assesses public realm, transport and access, housing, social inclusion and food (land protection, stores, gardens).

Policy area: Support for Communities

Good practice statement for this domain: The government provides coordinated support mechanisms and resources for community-based interventions to create healthy food environments, improved population nutrition, reductions in obesity, diet-related NCDs and their related inequalities

Indicators in this domain by level of government:

Policy area: Support for communities		
National	Federal	State/Territory
NAT_COMM1: Coordinated support for multi-faceted community-based interventions	FED_COMM1: Implementation of social marketing campaigns	ST_COMM1: Coordinated support for multi-faceted community-based interventions
NAT_COMM2: Food and nutrition in education curricula		ST_COMM2: Implementation of social marketing campaigns
		ST_COMM3: Food and nutrition in education curricula

Details on State/Territory-level indicators in this domain:

<p>ST_COMM1 Coordinated support for multi-faceted community-based interventions</p>	
<p><i>Good practice statement</i></p> <p>The government has put in place mechanisms to provide broad and coordinated support for creating and maintaining healthy food environments at the community level across multiple settings</p>	
<p>Definitions and scope</p>	<ul style="list-style-type: none"> • Community settings include workplaces, sporting clubs, recreation centres and groups (e.g. art, music, dance and drama; scouts and guides), youth groups, cultural and religious community groups, community centres and neighbourhood houses, service clubs, men’s sheds, community groups involved in gardens or sustainable living, community markets and events, church and other nongovernment groups who provide support to others • Includes comprehensive and flexible resources, guidelines and frameworks, expertise and workforce training to support implementation of community-based interventions • Includes the establishment of workforce networks for collaboration, shared learning and support across settings • Includes recognition or award-based programs to encourage implementation • Excludes specific support for healthy food provision in schools, hospitals and other government settings (this is covered in the Food Provision and Food Retail domains) • Excludes the implementation of programs that focus on one-on-one or group-based nutrition education or health promotion
<p>Policy details (to 30 June 2021)</p>	<p>Obesity Prevention and Lifestyle (OPAL) (ceased 2017)</p> <ul style="list-style-type: none"> • State and Local Government utilised funds from each, combined with Federal Government contributions to plan, implement and evaluate the OPAL Program. Its Logic Model (see ST_LEAD2) and Staff Training program provided expert staff with decades of field experience to local communities, based in local Councils, with a free reign to identify and tackle the issues impacting the local community, both positively and negatively, in regards to healthy eating and physical activity. • The OPAL Program has been recognised as a National leader in the area of community-based obesity prevention programs, regarded by Professor Boyd Swinburn as 3rd generation. • The Federal contribution was withdrawn midway through the program, however Local Government and State government have continued on with the original agreement (2009-2017). • It was a whole-of-community focus, joining sectors, sectors and populations, with opportunities for healthy behaviours that are delivered in harmony in accordance to key environmental and individual needs. • It had the ability to intervene at structural and individual levels and intertwine a portfolio of projects in a way that predisposes, enables and reinforces positive change in the community. • The OPAL approach went beyond Systems-Thinking, and provided a meaningful, scalable and transferrable methodology that can be regarded as Systems-Doing. • Its clarity of logic enabled specific elements of the ‘causal relationships’ to be managed in isolation, as well as in context without compromising the integrity of the methodology. • Supporting the Logic Model was a purpose built on-line Project Management system (colloquially known as the Single Platform) that brought the Logic Model of OPAL to life in the field, with all staff using it to generate a standardized framework for planning, implementing, evaluating and reporting on OPAL.

- more than 4000 projects were loaded into the system and were readily accessible to all OPAL sites for accelerated transfer and replication across multiple communities.
- OPAL was regarded by the EPODE International Network as a pioneer on an international scale, recommending elements of it to countries seeking to reverse obesity trends in children.

Healthy Workers – Healthy Futures (HWHF) Initiative

- The HWHF initiative delivered by SA Health, was funded through the Men’s Health Strategy state election commitment for \$2million (2014-2018). The central platform of the Healthy Workers – Healthy Futures Initiative was to fund peak industry bodies in male dominated sectors to support health and wellbeing through workplaces, with a focus on improving four modifiable chronic disease risk factors; Smoking, poor Nutrition, Alcohol and Physical inactivity (SNAP). These peak bodies facilitate and support workplaces and their respective sectors to create sustainable changes in workplace cultures, policies, programs and environments to support health.
- The initiative partnered with four peak industry bodies to build the capacity and capability of South Australian industry, businesses and workers to implement health and wellbeing strategies in the workplace.
- The implementation of Healthy Workers also involved state level support to promote health and wellbeing, establishing strategic partnerships, creating state-wide training and developing a range of resources.
- The peak industry bodies were selected through a rigorous selection process which included weighting for those bodies whose target audience represented high need groups including those with low incomes, low educational attainment, regional or remote location, Aboriginal or Torres Strait Islander or Culturally and Linguistically Diverse communities.
- Examples of strategies to create healthy food environments in workplaces include having clean amenities for staff meal breaks, availability of clean tap water, improve the balance of healthy food options in vending machines, on-site cafeterias and fundraising efforts.
- Peak industry bodies are ideal partners as they have the existing infrastructure, communication mechanisms and strategic alignment to use a change management and capacity building approach to create sustainable change across their industry and member businesses.
- The peak bodies are supported by SA Health to create healthy food environments, policies and programs in the workplace through funding (for a full time project officer), regular face-face training and ongoing support for the project officers plus the provision of evidence based tools, resources and links to relevant services.
- A set of Project Guiding principles (including equity, flexibility, evidence based, worker involvement, leadership, use of a multi-strategy approach) is communicated through the tools used by workplaces (i.e. the HWHF Toolkit), training for the Project Officers and within the funding Service Agreement with the peak bodies.
- HWHF used a systems approach to also build the capacity of key government departments such as the Department of State Development and SafeWork SA as well as the key industry bodies.
- The HWHF approach in businesses is tailored and flexible to the needs of each workplace and both management and worker level involvement is critical in the planning and implementation of action.
- The full HWHF evaluation report* highlights successes and findings across four levels:
 - State-wide
 - Industry led approaches
 - Business/Workplace
 - Worker health

- The HWHF initiative evaluation report (2014-2018) showed measurable impact at the workplace level ([ref](#)). Businesses demonstrated an increased awareness, capacity and capability to implement workplace health programs.
 - 90% of businesses strongly agreed/agreed that the capacity and capability of their workplace to deliver workplace health and wellbeing strategies had improved.
 - Increase in businesses' healthy policies, programs, environmental and cultural changes in workplaces;
 - Participating businesses demonstrated significant measurable improvements to supporting worker health and wellbeing;
 - 80% of businesses increased the programs and support offered to workers
 - 71% improved policies and workplace culture, and
 - 67% of businesses made structural changes to their workplaces environments to support workers' health and wellbeing.
- A number of evidence based tools and resources for all workplaces, including good practice case studies from a range of SA workplaces ([ref](#)).
- Building upon the learnings of the Healthy Workers – Healthy Future Initiative, Wellbeing SA is now collaborating with partners to adopt an integrated approach to workplace health and wellbeing across the state through the establishment of the Collaborative Partnership for Workplace Health and Wellbeing.
- The Healthy Workers-Healthy Futures Toolkit provides a step by step checklist, fact sheets and templates that SA workplaces can personalise according to the needs of their organisation ([ref](#)).

Community Foodies

- SA Health funded UnitingCare Wesley to manage the Community Foodies program across South Australia.
- The Community Foodies funding contract between UnitingCare Wesley Bowden and SA Health ended on 30 June 2020 as planned. The Community Foodies program returned to Wellbeing SA.
- The program aims to support disadvantaged and vulnerable adults, (including Aboriginal and CALD) and their children, to improve knowledge and increase behaviours in relation to healthy eating. Community Foodies uses volunteers to deliver healthy eating information and services such as cooking demonstrations, budget conscious shopping and growing your own vegetables with disadvantaged adults and their families.
- More than 140 volunteers worked across the state to provide a range of services that focus on four key healthy eating messages: eat more fruit and vegetables, drink more water, eat more whole foods and enjoy breakfast every day.
- As part of its 2021-22 business plan, Wellbeing SA's Health Promotion Branch will review the evidence behind community food education models and engage with the SA emergency food relief sector to consider a potential model to support those experiencing food insecurity.

Department for Human Services (Previously known as the Department for Communities and Social Inclusion)

- The Australian Service Excellence Standards (ASES) is a quality improvement program initiated by the Department for Human Services (DHS) to support non-government organisations (NGOs) in the Community Services Sector across Australia.
- The ASES standards are owned and managed by DHS, and are internationally accredited for use in community and health services by the International Society for Quality in Health and Social Care.

- Through ASES there is a requirement under the Work Health and Safety standard for organisations to provide a healthy workplace. This relates to the ability of organisations to adopt healthy food policies to benefit both staff and consumers. The wording for the requirements, examples of evidence and resources for this have recently (2021) been reviewed and rewritten in partnership between Wellbeing SA and DHS.
- DHS provides participating organisations with a number of tools and resources to assist in the development of these policies, including the SA Health 'A workplace health and wellbeing toolkit: Step by step guide to development a successful workplace program'.

In community:

Healthy Towns Challenge

- The state government made an election commitment to invest \$1M over four years to provide grants to regional towns to develop local approaches to reduce preventable disease and improve health and wellbeing through the Healthy Towns Challenge (launched late June 2018) ([ref](#)).
- Grants of up to \$50,000 each will be provided to a minimum of five towns across the six regional SA Local Health Networks, each year for four years (until 2021).
- The SA Healthy Towns Challenge – Partnering for Children’s Wellbeing 2021 – 2023 is the latest phase of the Healthy Towns Challenge program, and aims to support the wellbeing of children and their families in South Australia’s regional and rural towns through the creation of healthy environments.
- Successful projects must meet the following essential criteria:
 - support infrastructure (construct and/or upgrade) for children and families in their communities;
 - support children and families in the community to feel more connected and active
 - collaborate with community organisations with expertise in supporting health and wellbeing outcomes for children and their families;
 - support with co-investment through funding and in-kind contributions to the project
 - implement and fund (at least 10% of the total budget) a robust evaluation plan measuring the success of the project.

Community sport settings

- The South Australian government is exploring ways to create and maintain healthy food environments in sport settings via a Public Health Partner Authority (PHPA) agreement between Wellbeing SA and the Office for Recreation Sport and Racing.
- The PHPA includes a high-level priority to *Engage with local sporting clubs to explore barriers and enablers to healthy food and drink promotion and provision to club members, spectators and the wider community*. The working group is scoping a pilot study to understand the support and resources required to plan and implement an initiative at scale.

Public Health Plans as a mechanism to support healthy food environments

- The second State Public Health Plan 2019-2024 ([ref](#)) has revised priorities:
 - Promote: Build stronger communities and healthier environments.

- Note that this priority acknowledges the positive impact of improving local food environments on the health and wellbeing of individuals and the wider social, emotional and economic benefits for communities; and notes built environments that support health and wellbeing for all through improved accessibility and availability of healthy food as a potential action area for inclusion by local government areas in their Regional Public Health Plans.
- Prevent: Prevent chronic disease, communicable disease and injury
 - This priority identifies “Plans, policies and practices that address the risk factors for chronic disease focussing on healthy eating (including breastfeeding and food security)” as a potential action area for inclusion by local government areas in their Regional Public Health Plans.
- Protect: Protect against public and environmental health risks and respond to climate change.
- Progress: Strengthen the systems that support public health and wellbeing.

Learning Together program

- The Department for Education’s Learning Together program ([ref](#)) incorporates nutrition and healthy eating as a part of the everyday learning opportunities that are available to families at supported playgroup and other activities within the program. Nutrition is also part of the wider wellbeing aspect of the Learning Together program which encourages and supports families to make healthy food choices when providing snacks at playgroup and provides many opportunities for families to cook with their children and try new healthy food and recipes.
- Some Learning Together programs have partnered with community organisations such as KickStart for Kids, Foodbank, Community Foodies and Community Food SA to provide access to fresh fruit and vegetables, pantry staples and support in cooking healthy, budget friendly meals for the family at home.

In community/Primary Health Care settings:

Get Healthy

- ‘Get Healthy’ is a free service offering telephone-based expert advice and confidential health coaching designed to assist people in making sustainable lifestyle changes around healthy eating and increased physical activity to achieve and maintain a healthy weight.
- The investment in Get Healthy will significantly increase in coming years, moving from \$300K p.a. in 2020-21 to \$575K in 2021-22.
- \$130,000 was allocated to a two-month communications campaign during May and June 2021. Targeting the general public and health professionals, the campaign generated over 25,000 users on the Get Healthy website and 318 referrals to the Get Healthy service.
- Wellbeing SA plans to repeat this campaign in coming months and continue to promote the service via local health networks.

ST_COMM2 Implementation of social marketing campaigns

Good practice statement

The government implements evidence-informed public awareness, informational and social marketing campaigns across a range of broadcast and non-broadcast media to promote healthy eating

Definitions and scope

- Includes television, radio, news media, web-based (including websites and social media), billboards and posters, etc (see examples in the Food promotion domain)
- Evidence-informed includes the use of peer-reviewed literature in the design and implementation of the campaign, the use of an existing successful campaign that has been evaluated, or the co-design and testing of campaign messages with the target audience(s)
- Includes campaigns that focus on promoting the intake of specific foods (e.g. fruit and vegetables, water), reducing intake of nutrients of concern, or supporting the public to make healthy choices (e.g. use of front-of-pack nutrition labels)
- Includes campaigns that are embedded within and complemented by broader policies and programs

Policy details (to 30 June 2021)

Wellbeing SA Strategic Plan 2020-2025

- The Wellbeing SA Strategic Plan 2020-2025 ([ref](#)) outlines our agency's vision to 2040 of a balanced health and wellbeing system that supports improved physical, mental and social wellbeing for all South Australians and five year goal, to lead the system change required to support health and wellbeing and embed prevention across the life course.
- The Plan provides a framework to support and enable a significant change in the policy and planning environment for prevention and wellbeing in South Australia. It also aligns with other existing statewide prevention policies and plans such as the State Public Health Plan 2019-2024.

Website and Social media - promotion of healthy eating and healthy living information

- A new Wellbeing SA website ([ref](#)) was launched in October 2021 an action of the Strategic Plan to ensure that Wellbeing SA has the essential infrastructure in place to support its establishment, and a population health approach by providing evidence-based wellbeing information and advice relevant to all South Australians. The website includes:
 - a healthy food and nutrition section with practical tips on healthy eating in line with the Australian Dietary Guidelines ([ref](#)); and
 - links to a YouTube channel with Healthy Living cooking videos for adults and kids; see ([ref](#)).
- Wellbeing SA also includes healthy eating/nutrition related posts on its Facebook page ([ref](#)) and Aboriginal Health Promotion page ([ref](#)).

Healthy Kids Menu Initiative

- Promotion of the Healthy Kids Menu Initiative throughout 2019 targeted community awareness and promotion of the program to food venues that provide child-specific menu options. This included a Facebook campaign with ads targeting families, food business managers/owners and chefs, and an influencer campaign using Tribe food influencers focussed on promoting the program via Instagram posts.

Healthy Workplaces ([ref](#)) – Collaborative Partnership for Health and Wellbeing in SA

- As part of a partnership between Wellbeing SA and eight other state government agencies and external industry partners, in 2020 a website and suite of online tools was developed as a one stop shop for SA workplaces to promote and build knowledge and capabilities around workplace health and wellbeing.
- Wellbeing SA has also been working with Common Cause Australia to conduct social research and develop values-based messaging around workplace health and wellbeing.
- From April to July 2021 a community consultation campaign was undertaken to assess the attitudes, motivation, and support service requirements relating to workplace health and safety amongst the South Australian business community. Data was collected via a combination of a boosted LinkedIn campaign, feedback from organisations currently engaged in the Healthy Workplace program, and a cold-calling campaign of SA businesses. Feedback from this campaign will help to shape specific support frameworks and toolkits provided to businesses, as well as how and when we communicate with the SA business community.

Get Healthy

- The 2021 campaign promoted the Get Healthy service to the general public, with a particular focus on at risk groups including lower socio-economic locations, ages 30-55, and individuals without private health insurance. This iteration of Get Healthy also targeted healthcare professionals who would refer patients to the service.
- The paid campaign targeted these two groups via paid campaigns utilising LinkedIn, Facebook, Xaxis Display and Audio, and Google Ads. Earned media exposure was also achieved through an article and feature image promoting the program in The Advertiser on 3 June 2021, in addition to the utilisation of Wellbeing SA's usual owned media channels (website, blogs, organic social media, and internal comms).

Public Health Week 2017 and 2019

- Public Health Week was held again in 2017 and 2019 ([ref](#)).
- The 2019 campaign theme was *5 Ways to wellbeing* focusing on five easy ways to build a healthier community for all South Australians. Veggie characters were at the Public Health Week stall and a Healthy Living Expo was held at Salisbury Primary School.
- The 2017 campaign theme was ***Step Up. Be Healthy'***, focusing on the physical as well as metaphorical steps that we can take as policy makers, Councils, communities and individuals, to build a healthier community for all South Australians.
- The Public Health Week animation (You Tube) about "A day in your life with public health" continues to feature messages about the importance of healthy food choices; and the role of the Health Star Rating System in helping to select healthier packaged foods.

ST_COMM3 Food and nutrition in education curricula

Good practice statement

The government provides guidance and support to educators for the inclusion of food and nutrition curricula for preschool, primary and secondary school children

Definitions and scope

- Includes food and nutrition as a priority/focus area of the curriculum as a stand-alone component or embedded within other curriculum areas
- Includes the provision of training, resources, guidelines or expert support to educators to support them in educating students
- Includes government-funded education programs on healthy eating or growing and preparing food (e.g. kitchen garden programs)
- Includes government-supported programs that encourage healthy eating in the education setting (e.g. fruit and vegetable snack and water breaks)

Context

National Curriculum

Australia transitioned to a new national curriculum in 2015. The national curriculum is currently undergoing a review which is due to be completed by the end of 2021 with a revised Australian Curriculum to be released in 2022 ([ref](#)). The national curriculum incorporates food and nutrition as a focus area within the Health and Physical Education and Science and Technology Learning Areas. The Australian Curriculum Assessment and Reporting Authority is responsible for the development of the national curriculum and national assessment of student progress.

Policy details (to 30 June 2021)

South Australian context

- The South Australian Department for Education follows the Australian Curriculum. Within the Health and Physical Education focus area of Food and Nutrition the Australian Curriculum states:
 - This focus area addresses the role of food and nutrition in enhancing health and wellbeing. The content supports students to develop knowledge, understanding and
 - skills to make healthy, informed food choices and to explore the contextual factors that influence eating habits and food choices.
 - It is expected that all students at appropriate intervals across the continuum of learning from Foundation to Year 10 will learn about the following:
 - food groups and recommendations for healthy eating (including The Australian Guide to Healthy Eating)
 - nutritional requirements and dietary needs (including The Australian Dietary Guidelines)
 - food labelling and packaging
 - food advertising
 - personal, social, economic and cultural influences on food choices and eating habits
 - strategies for planning and maintaining a healthy, balanced diet
 - healthy options for snacks, meals and drinks
 - sustainable food choices.

Primary and secondary schools

Healthy Eating Guidelines

- Eat Well SA schools and preschools Healthy Eating Guidelines (Healthy Eating Guidelines) were launched in 2006 provides a framework for schools and preschools to develop their own Healthy Eating Policy through six areas of practice, one of which relates specifically to the curriculum:

- Schools and preschools are responsible for children’s and students’ learning regarding food and nutrition as part of the South Australian Curriculum, Standards and Accountability Framework.
- Learning programs should provide opportunities for developing practical food skills related to growing, selection, storage, preparation, cooking and serving food.
- Healthy eating learning programs should be inclusive of the socio-economic, cultural and spiritual perspectives of their communities.
- These guidelines are not currently promoted

Healthy Eating Curriculum Kit for South Australian Primary Schools

- The Healthy Eating Curriculum Kit for South Australian Primary Schools (revised 2013) is a very comprehensive resource for primary school teachers (Reception to Year 7) that incorporates information from the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.
- It covers a range of topics for different age groups including: healthy choices; food labelling; food preparation; growing food; media; cultural, religious, and spiritual influences; with links to the Australian Curriculum.
- The resources include lesson plans, case studies, worksheets, links to information and other resources.
- The Healthy Eating Curriculum Kit for South Australian Primary Schools is accessible from the Department for Education webpages ([ref](#)).
- Department for Education nutrition expertise input into sample course content, teacher notes and class activities has recently been provided to the Department’s curriculum writers for Year 5/6, 7/8 teachers. This material is embedded into the Department’s intranet for teachers to access.

Early Childhood Education and Care Services

- Belonging, Being and Becoming - The Early Years Learning Framework (EYLF) describes the principles, practices and outcomes that support and enhance young children's learning from birth to five years of age, as well as their transition to school. The EYLF is currently being reviewed.
- DE Preschools, Children’s centres and Family Day care use this Framework to guide their work (practice) with children, develop a program of experiences and plan their environment.
- The EYLF states that good nutrition is essential to healthy living and enables children to be active participants in play and leisure. Education and Care settings provide many opportunities for children to experience a range of healthy foods and to learn about food choices from educators and other children.
- Outcome 3: Children have a strong sense of wellbeing – Children take increasing responsibility for their own health and physical wellbeing. Evidence of meeting this outcome could include:
 - children show an increasing awareness of healthy lifestyles and good nutrition
 - educators engaging children in experiences, conversation and routines that promote healthy lifestyles and good nutrition.

Media content

- There are no specific requirements on the media content teachers use within their classroom programs, however, teachers are guided by the Right Bite policy and the Australian Curriculum: Health and Physical Education (AC:HPE) learning area ([ref](#)).