



# Policies for tackling obesity and creating healthier food environments

Scorecard and  
recommended actions  
for the **Australian Federal  
Government**

October 2022

[www.foodpolicyindex.org.au](http://www.foodpolicyindex.org.au)

FED

**Policies for tackling obesity and creating healthier food environments: scorecard and priority recommendations for the Australian Federal Government, October 2022.**

Sacks G, Mann D.

Published by Deakin University. 2022.

ISBN: 978-0-7300-0618-3

© Copyright Deakin University 2022. All Rights Reserved.

**Cite this report as:** Sacks G, Mann D. Policies for tackling obesity and creating healthier food environments: scorecard and priority recommendations for the Australian Federal Government, October 2022. Melbourne: Deakin University, 2022.

### **Acknowledgements**

This report forms part of the Food Policy Index (Food-EPI) Australia initiative conducted by researchers within the Global Centre for Preventive Health and Nutrition (GLOBE) in the Institute for Health Transformation (IHT) at Deakin University.

The Food-EPI Australia initiative forms part of INFORMAS (International Network for Food and Obesity / NCDs Research, Monitoring, Action and Support), a global network focused on monitoring and benchmarking the healthiness of food environments globally.

The researchers would like to thank the public health experts and government officials across Australia that contributed their time and expertise to the Food-EPI Australia initiative.

Graphic design: Adele del Signore

### **Funding declaration**

Gary Sacks is a recipient of a National Health and Medical Research Council (NHMRC) Emerging Leadership Fellowship (2021/GNT2008535), and is supported by a Heart Foundation Future Leader Fellowship (102035) from the National Heart Foundation of Australia. This research was conducted as part of a NHMRC Centre of Research Excellence in Food Retail Environments for Health (RE-FRESH) (2018/GNT1152968).

The contents of this published material are solely the responsibility of the authors and do not reflect the views of the NHMRC or funding partners. The research was approved by the Human Ethics Advisory Group of the Faculty of Health at Deakin University, project number HEAG-H 162\_2015.

For more details of the Food-EPI Australia initiative go to:  
[www.foodpolicyindex.org.au](http://www.foodpolicyindex.org.au)

# Executive summary

Unhealthy diets and obesity are leading contributors to poor health in Australia.

A comprehensive government response is needed to improve population diets and create healthier food environments.

- A whole-of-government multi-sectoral approach is needed, driven by strong leadership.
- A coherent policy response needs to result in substantial reform of food systems, address food security, improve equity and consider environmental sustainability.
- The Food-EPI Australia initiative, first developed and implemented in 2017, aims to benchmark Australian governments (Commonwealth and States / Territories) on their implementation of globally recommended policies for improving population diets and creating healthier food environments.
- This report presents results from the second full assessment of Australian governments.
- The project team worked closely with government officials to document current policy actions (up to 30 June 2021) in each jurisdiction, across over 50 policy areas. The extent of implementation in each policy area was assessed for each jurisdiction, with reference to international best practice benchmarks. Policy recommendations were then developed for each jurisdiction, prioritised based on their relative importance and feasibility.
- **Eighty-four experts from 37 organisations participated in the assessment process** and the prioritisation of recommendations.

## Overall assessment

- Implementation of globally recommended policies for improving population diets and addressing obesity in Australia falls far short of international best practice.
- There has been only limited policy progress in Australia in the last five years.
- The lack of policy progress compared to other countries means that Australia is going backwards.

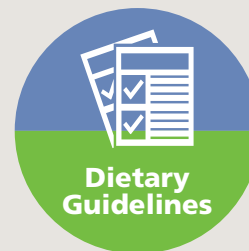


## Australia Federal Government

Areas of good progress  
(with reference to international best practice benchmarks)



The *National Preventive Health Strategy (2021-2030)* and the *National Obesity Strategy (2022-2032)* provide long-term strategies to improve the healthiness of Australian diets and address overweight and obesity



Investment into the review of the Australian Dietary Guidelines, including strong governance processes to minimise and manage conflicts of interest



No GST on fresh fruit and vegetables



Regulation of ingredient lists, nutrition information panels and health claims

## Priority policy recommendations for the Australian Federal Government (2022-2025)



### Policy actions targeting food environments

1

**Restrict the exposure of children and young people (under 18 years) to the marketing of unhealthy food and beverages** and related brands, through comprehensive and consistent national legislation applying across a range of media and settings

2

**Implement a health levy on manufacturers of sugar-sweetened beverages and other unhealthy foods**, designed in a way that incentivises product reformulation, with the revenue raised invested in health promotion strategies

3

**Make the *Health Star Rating (HSR)* labelling scheme mandatory** for all intended packaged food and drinks, with modifications to the HSR criteria to ensure ongoing alignment with the Australian Dietary Guidelines

4

Building on the *Healthy Food Partnership*, **establish strong mandatory national targets for reductions in sodium, saturated fat, added sugar and portion size in key food categories**, with extensive support for implementation, and independent monitoring and evaluation of progress

5

Address affordability of healthy food by **implementing freight subsidies for rural and remote communities, and ensuring that healthy food remains GST-free in retail settings**



### Infrastructure support actions

6

**Develop a detailed implementation plan** (including publicly available monitoring and evaluation) **for the *National Preventive Health Strategy* and *National Obesity Strategy***, with a dedicated national taskforce and sustained funding

7

**Develop and implement a *National Food and Nutrition Strategy*** that aims to ensure an accessible, affordable, healthy and environmentally sustainable food supply across all settings, including a focus on food security

8

**Commit sustained funding and ongoing support for a comprehensive diet and nutrition survey**, with robust survey methodology, conducted every 3-5 years

9

**Invest in nationally-coordinated ongoing monitoring of food environments**, including the exposure of children to marketing of unhealthy foods (and related brands), the price and affordability of healthy and unhealthy foods, and the nutritional quality of food available in schools, early childhood education and care (ECEC) settings, and other public sector settings

10

**Increase government investment in the capacity of the public health nutrition workforce**, including consideration of diversity and a focus on Indigenous peoples

These actions are recommended as part of a comprehensive and coherent policy response.

# Unhealthy diets and obesity are a public health crisis in Australia

- Unhealthy diets and obesity are leading contributors to poor health in Australia, and have significant impacts on individuals, communities, the health-care system and the economy.<sup>1</sup>
- Almost 2 out of 3 (63%) Australian adults, and 1 in 4 (25%) Australian children are overweight or obese.<sup>2</sup> Few people in Australia consume a healthy diet consistent with the Australian Dietary Guidelines.<sup>3</sup>
- There is widespread recognition that unhealthy diets and obesity are driven by food environments in which unhealthy foods and drinks are readily available, heavily promoted, and often relatively cheap.<sup>4</sup>

## Comprehensive government policy action is needed to improve population diets and create healthier food environments

There is expert consensus globally on the range of policy actions that are required to address unhealthy diets and obesity.<sup>5</sup>

- A comprehensive policy response needs to result in substantial reform of food systems, and incorporate measures to address food security, improve equity and consider environmental sustainability.
- A coherent whole-of-government approach is needed, driven by strong leadership, and including action in the areas of health, education, finance, sport and recreation, and several other sectors. Due to inherent conflicts of interest, policy development processes need to be free from food industry influence.
- While the COVID-19 pandemic has highlighted the importance of co-ordinated preventive health action, it has also diverted resources away from efforts to address key drivers of chronic disease.
- In Australia, the **National Preventive Health Strategy (2021-2030)** and the **National Obesity Strategy (2022-2032)** provide clear frameworks for action. However, there is currently a lack of comprehensive action and coherence across jurisdictions.



What's needed now is a **strong focus on implementation**

<sup>1</sup> Australian Institute of Health and Welfare 2021. Australian Burden of Disease Study (2018); Colagiuri et al. MJA 2010

<sup>2</sup> Australian Bureau of Statistics 2018. Overweight and obesity, Australia

<sup>3</sup> Australian Bureau of Statistics. 4364.0.55.007 – Australian Health Survey: Nutrition First Results – Foods and Nutrients, 2011-12: Discretionary foods Australian Government; 2015

<sup>4</sup> Swinburn et al. Lancet 2011

<sup>5</sup> Swinburn et al. Lancet 2019

# Food Policy Index (Food-EPI) Australia

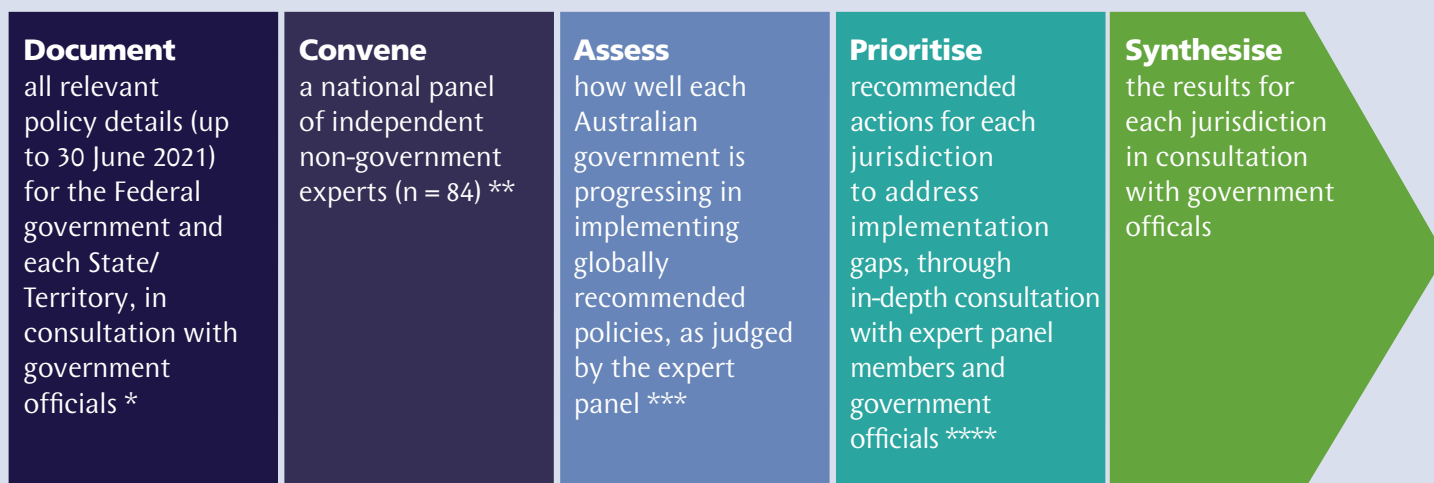
- The Food Policy Index (Food-EPI) Australia initiative is an ongoing process to benchmark Australian governments (Commonwealth and States / Territories) on their progress in implementing globally recommended policies to improve population diets and address obesity. The goal of the initiative is help facilitate implementation of a comprehensive and cohesive set of actions.
- The Food-EPI Australia initiative, first implemented in Australia in 2017, is based on the Food-EPI tool that was developed by INFORMAS ([www.informas.org](http://www.informas.org)) and applied in 25+ countries.
- The Food-EPI tool covers key globally recommended policies, including: **1) policy actions** targeting specific aspects of food environments (such as food composition, labelling, promotion, prices

and provision) that have been shown to have an important impact on population diets and obesity, and **2) infrastructure support** (including leadership, governance, monitoring and funding) that helps facilitate effective policy implementation.

- In each policy area, the extent of government implementation is assessed against best practice benchmarks, with reference to international and national examples of good practice (see Appendix).
- The report includes as assessment of policy action by the Commonwealth (Federal) Government as well as policy areas where the Commonwealth Government collaborates with State and Territory governments to set national guidance and policy ('National' policy areas).



## Process for assessing extent of policy implementation in Australia



\* Detailed summaries of each government's policy details are available at [www.foodpolicyindex.org.au](http://www.foodpolicyindex.org.au)

\*\* Panel members included academics, nutritionists, and senior representatives from health NGOs and community groups with expertise in population health, nutrition and / or obesity prevention

\*\*\* Assessment was conducted with reference to global best practice statements, as identified by INFORMAS, taking into account policy characteristics and the extent of policy implementation. The Commonwealth Government and each State/Territory were assessed separately; however, in some policy areas, policy development involves collaboration between the Commonwealth Government and State/Territory governments, and implementation of national guidance and policy is at the discretion of each jurisdiction

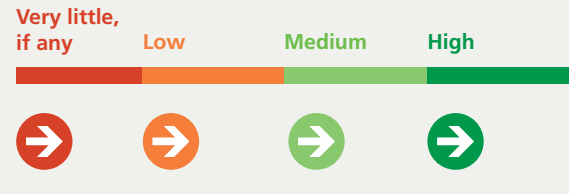
\*\*\*\* As part of the prioritisation process, priority recommendations for action in the short-term (next three years) were identified for each jurisdiction, taking into account the relative importance and feasibility of each proposed action, as part of a comprehensive and coherent policy response

# Scorecard for the Australian Federal Government 2022

## Policy actions targeting food environments



### Assessment of level of implementation of key policies for tackling obesity and creating healthier food environments



Category	Policy Action	Implementation Level
Food composition	Standards/targets for added sugar	Low
	Standards/targets for sodium	Low
	Standards/targets for saturated fat	Low
	Standards/targets for trans fats	Low
Food labelling	Ingredient lists/declarations	High
	Labelling added sugars	Medium
	Labelling fats and oils	Low
	Regulatory system for health claims	High
	Regulatory system for nutrition content claims	Medium
	Front-of-pack nutrition labelling: healthiness indicator	Medium
	Front-of-pack nutrition labelling: health warnings	Very little, if any
	Nutrition information on alcoholic beverages	Low
	Menu labelling	Low
Food promotion	Restrict promotion of unhealthy foods in broadcast media	Low
	Restrict promotion of unhealthy foods online	Very little, if any
	Restrict use of elements appealing to children on food packaging	Very little, if any
	Restrict the promotion of unhealthy foods related to sport	Very little, if any
Food prices	Minimise taxes on healthy foods	High
	Increase taxes on unhealthy foods	Very little, if any
	Taxes on alcoholic beverages	Low
Food provision	Healthy food provision in early childhood settings	Medium
	Healthy food provision in schools	Medium
	Healthy food provision in care settings (resident/in-patient food provision)	Low
	Healthy food provision in public sector workplaces	Very little, if any
	Support and training systems for private companies	Very little, if any
Food retail	Remote retail store availability of healthy and unhealthy food	Medium
	Availability of healthy foods in food service outlets	Low
	Restriction of marketing of unhealthy food in retail outlets	Very little, if any

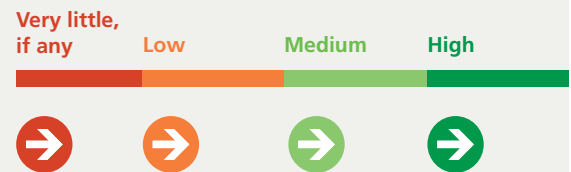
Indicates areas in which the Federal Government collaborates with State and Territory governments to set national guidance and policy

# Scorecard for the Australian Federal Government 2022

## Infrastructure support actions



### Assessment of level of implementation of key policies for tackling obesity and creating healthier food environments



Category	Policy	Implementation Level
Leadership	Government strategy and related implementation plan for addressing nutrition and obesity	Low
	Government taskforce dedicated to addressing nutrition and obesity	Very little, if any
	Strong, visible, political support for population nutrition	Low
	Population intake targets established	Medium
	Food-based dietary guidelines implemented	Medium
Governance	Restricting commercial influence on policy development	Low
	Transparency in the development of food and nutrition policies	Medium
	Assessing the potential health impacts of all policies	Low
	Government workforce to support public health nutrition	Low
	Independent health promotion agency	Very little, if any
Monitoring & Intelligence	Monitoring food environments	Low
	Monitoring population nutrition intake	Medium
	Monitoring population body weight	Medium
	Evaluation of major nutrition-related programs and policies	Low
	Research funding for obesity and NCD prevention	Medium
Platforms for interaction	Government coordination mechanisms	Medium
	Platforms for government and food sector interaction	Medium
	Platforms for government and civil society interaction	Medium
Support for communities	Coordinated support for community-based interventions	Very little, if any
	Implementation of social marketing campaigns	Low
	Food and nutrition in education curricula	Medium

■ Indicates areas in which the Federal Government collaborates with State and Territory governments to set national guidance and policy



# Progress in the last five years

In Australia, implementation of recommended policies for creating healthy food environments and addressing obesity falls far short of international best practice.

There has been only limited progress by the Australian Federal Government in the five years since the previous (2017) Food-EPI Australia assessments.

Australian Federal Government	2017		2022
Policy areas with a 'HIGH' level of implementation*	16%	▶	6%
Policy areas with a 'MEDIUM' level of implementation*	21%	▶	31%
Policy areas with a 'LOW' level of implementation*	47%	▶	41%
Policy areas with 'VERY LITTLE, IF ANY' implementation*	16%	▶	22%

\* With reference to international best practice, as assessed by Expert Panel

- **Key areas in which implementation has improved include:**
  - Strengthened government leadership with the release of key national public health strategies
  - Investment into the review and update of the Australian Dietary Guidelines that has strong governance processes to minimise and manage potential conflict of interest
- Both the 2017 and 2022 Food-EPI Australia assessments prioritised the need for a nationally co-ordinated approach to address unhealthy diets and obesity.
- Actions to **restrict the exposure of children to the marketing of unhealthy food and beverages, and to implement a health levy on manufacturers of sugar-sweetened beverages** were considered implementation priorities in both the 2017 and 2022 assessments.
- Globally, Australia is performing similarly to many other countries.<sup>6</sup> However, the lack of policy progress compared to other countries means that **Australia is going backwards.**

<sup>6</sup> Vandevijvere et al. Obesity Reviews 2019

# Recommended actions for the Australian Federal Government

The following set of actions are recommended for the Australian Federal Government as part of a comprehensive and coherent strategy to improve population diets and create healthy food environments. Priority recommendations for action in the short-term (2022-2025) are highlighted.

## Policy actions targeting food environments

Policy area	Recommended policy action
Food composition	Building on the <i>Healthy Food Partnership</i> , establish strong mandatory national targets for reductions in sodium, saturated fat, added sugar and portion size in key food categories, with extensive support for implementation, and independent monitoring and evaluation of progress*
	Implement national actions to support increased uptake of reduced-sodium salts (enriched with potassium) by both food companies and consumers*
	Ban industrially-produced trans-fatty acids from the Australian food supply
Food labelling	Continue efforts to introduce mandatory labelling of added sugars on all packaged food and drinks*
	Make the <i>Health Star Rating (HSR)</i> labelling scheme mandatory for all intended packaged food and drinks, with modifications to the HSR criteria to ensure ongoing alignment with the Australian Dietary Guidelines*
	Introduce health warning labels on food and drinks that are high in nutrients of concern and/or energy content*
	Continue and expand efforts to introduce warning labels on alcoholic beverages, and mandate the provision of nutrition information (e.g., energy and sugar content), with restrictions on the use of nutrition content claims on alcohol products*
	Restrict the use of nutrition content claims on foods that do not reach a threshold for overall healthiness and on foods designed for infants and toddlers*
	Continue efforts to develop mandatory national guidelines for expanded nutrition labelling on the menus of food service outlets*
Healthy food marketing	Restrict the exposure of children and young people (under 18 years) to the marketing of unhealthy food and beverages and related brands, through comprehensive and consistent national legislation including: <ul style="list-style-type: none"> <li>(1) on broadcast media (e.g. television and radio) up until 9:30pm;</li> <li>(2) on digital media at any time (including websites and apps, social media platforms);</li> <li>(3) in sport and recreation settings, including sponsorship and signage</li> <li>(4) in settings where children gather e.g. schools, hospitals, events popular with families;</li> <li>(5) in public spaces, public transport and at public events (including government and privately owned);</li> <li>(6) on product packaging, including the use of licensed or brand characters, toys and/or giveaways;</li> <li>(7) all other marketing directed to children (e.g. direct text messages or emails, giveaways)</li> </ul>
	Staged removal of sponsorship by brands associated with unhealthy food and beverages from major sporting codes and events

\* In collaboration with State / Territory governments as part of a national approach

# Recommended actions for the Australian Federal Government

Policy area	Recommended policy action
<b>Food prices and affordability</b>	Implement a health levy on manufacturers of sugar-sweetened beverages and other unhealthy foods, designed in a way that incentivises product reformulation, with the revenue raised invested in health promotion strategies
	Increase taxes on alcoholic beverages, including application of a uniform volumetric tax, coupled with a minimum floor price
	Increase the supply of affordable healthy food for rural and remote communities, through freight subsidies and/or other funding mechanisms, with strong monitoring in place
	Keep fresh fruit and vegetables GST-free, and ensure that all other healthy foods (consistent with the Australian Dietary Guidelines) are also GST-free in retail settings
	Ensure that relevant government subsidies and grant programs (e.g., for research and development / innovation) available to the food industry include explicit considerations related to nutrition, health and environmental sustainability
<b>Healthy food procurement and provision in key settings</b>	Work with States and Territories to adopt a national co-ordinated approach for healthy and environmentally sustainable food provision in schools, early childhood education and care (ECEC) settings, health facilities, sport and recreation facilities, and other settings controlled or managed by Australian governments, with a strong focus on consistency of implementation, support and monitoring*
	Implement clear, consistent national policies to provide and promote healthy and environmentally sustainable food choices in food service activities in settings under government control (including food procurement, in public sector workplaces, and in government-owned, funded or managed services), with a strong focus on implementation, support and compliance monitoring*
<b>Healthy food retail</b>	<p>Establish a national licensing and accreditation scheme for healthy food retail in remote Indigenous communities, building on the National Indigenous Australians Agency (NIAA) Community Stores Licensing Scheme, including*:</p> <ul style="list-style-type: none"> <li>• Mechanisms for Indigenous-led governance</li> <li>• Adequate resources, through a well-trained workforce and links to an incentivised funding scheme for store infrastructure</li> <li>• Monitoring and benchmarking systems, with performance indicators and transparency in processes and outcomes, with a focus on continuous improvement and accountability</li> </ul>
	Implement policies to restrict the marketing of unhealthy foods and drinks in retail outlets (such as supermarkets), including requirements for healthy checkouts and restrictions on temporary price reductions / promotions on unhealthy foods and drinks, coupled with policies to increase in-store marketing of healthy foods and drinks
	Restriction of sales of 'energy drinks' (formulated caffeinated beverages) to children and young people (under 18 years)

\* In collaboration with State / Territory governments as part of a national approach

# Recommended actions for the Australian Federal Government

## Infrastructure support actions

Policy area	Recommended policy action
Leadership	Develop a detailed implementation plan (including publicly available monitoring and evaluation) for the <i>National Preventive Health Strategy</i> and <i>National Obesity Strategy</i> , with a dedicated national taskforce and sustained funding*
	Establish a National Centre for Disease Control (CDC) as an independent agency, with a secure funding stream, to coordinate health promotion functions (including improving population nutrition and preventing non-communicable diseases) across jurisdictions
	Develop and implement a <i>National Food and Nutrition Strategy</i> that aims to ensure an accessible, affordable, healthy and environmentally sustainable food supply across all settings, including a focus on food security
Workforce and governance	Increase government investment in the capacity of the public health nutrition workforce, including consideration of diversity and a focus on Indigenous peoples
	Implement a health co-benefits approach to policy development and proposal processes across government, including explicit consideration of the impacts of policies on population nutrition and health
Political lobbying and industry influence	Make political lobbying transparent, including by modifying government lobby registers to require more detailed reporting of specific lobbying activities
	Reduce industry influence by placing national limits on political donations, with real-time declaration
Monitoring, evaluation and learning	Commit sustained funding and ongoing support for a comprehensive diet and nutrition survey, with robust survey methodology, conducted every 3-5 years
	Establish a consistent national approach to regular measuring of height and weight at key stages of children and young people's development, following best practice protocols (including 'opt-out' consent)*
	Invest in nationally-coordinated ongoing monitoring of food environments, including the exposure of children to marketing of unhealthy foods (and related brands), the price and affordability of healthy and unhealthy foods, and the nutritional quality of food available in schools, early childhood education and care (ECEC) settings, and other public sector settings*
	Ensure research funding allocation, including the Medical Research Future Fund, takes into account the diseases and conditions with the highest burden, including an increase in the proportion of research funding that is allocated specifically to improving population nutrition and prevention of diet-related non-communicable disease, with particular emphasis on implementation research
	Include robust evaluation (including nutrition-related outcomes) in the design and routine review of nutrition-related programs and policies, with results made publicly available
Support for communities	Implement a national knowledge translation and exchange hub to support community-based interventions related to food security and nutrition
	Develop and fund ongoing comprehensive nutrition-focused social marketing campaigns, developed based on best-practice principles, implemented across a wide range of platforms and channels, designed to support related policy initiatives
	Provide additional resources to support increased understanding, use and uptake of the Australian Dietary Guidelines among the general public
	Integrate practical skills in growing and cooking foods, as well as nutrition education, into the curriculum for early childhood education and care (ECEC) and all school years in a way that supports existing teaching priorities

\* In collaboration with State / Territory governments as part of a national approach

## Appendix: Examples of good practice – Policy actions targeting food environments

Domain	Policy area	Selected examples of good practice (as identified by INFORMAS)
Food composition	Food composition standards/ targets for added sugar	There are currently no international benchmarks available
	Food composition standards/ targets for sodium	<b>Several countries</b> have mandatory composition standards for sodium including Argentina and South Africa. Many countries have set voluntary targets for implementation by industry including Portugal and the UK
	Food composition standards/ targets for saturated fat	There are currently no international benchmarks available
	Food composition standards/ targets for trans fats	<b>Several countries</b> have mandatory composition standards for trans fat including the European Union and Canada
Food labelling	Ingredient lists/declarations on back of pack	<b>Many countries</b> , including Australia, have introduced legislation requiring all pre-packaged food products (with some limited exceptions) to list product ingredients and nutrient contents. The rules define which nutrients must be listed and on what basis (e.g. per 100g/per serving).
	Labelling added sugars	<b>United States:</b> Nutrition Facts labels for foods and beverages with added sugars must list the number of grams and the percent Daily Value (%DV) for added sugars.
	Labelling fats and oils	<b>Several countries</b> require that nutrient lists on pre-packaged food must, by law, include the <i>trans</i> -fat content of the food. <b>United States:</b> Requires each individual fat or oil to be declared by its specific common or usual name with exceptions
	Regulatory system for health claims	Regulation on the use of health claims on food varies widely by country. A limited number of countries, including South African and Brunei, <b>do not</b> permit the use of health claims on food products. In many other countries (including Australia), health claims are strictly regulated, with mandatory processes in place regarding what health claims can be made and on what products
	Regulatory system for nutrition content claims	<b>Most countries</b> (including Australia) permit nutrition content claims to be made, provided they are factually correct and are not considered misleading
	Front-of-pack nutrition labelling: healthiness indicator	<b>Ecuador:</b> Requires packaged foods to carry a "traffic light" label in which the levels of fats, sugar and salt are indicated by red (high), amber (medium) or green (low). <b>Several countries</b> (including Australia) have endorsed a simple easy to understand indicator of product healthiness for voluntary implementation
	Front-of-pack nutrition labelling: health warnings	<b>Peru:</b> All processed food and drink products sold must carry a mandatory black and white nutrition warning label if they are high in salt, sugar and/ or saturated fat, or contain trans fats
	Nutrition information on alcoholic beverages	There are currently no international benchmarks available
	Menu labelling	<b>South Korea:</b> All fast-food outlets required to display detailed nutrition information (incl. energy, total sugars, protein, saturated fat and sodium) on menus

## Appendix: Examples of good practice – Policy actions targeting food environments

Domain	Policy area	Selected examples of good practice (as identified by INFORMAS)
Food promotion	Restrict promotion of unhealthy foods in broadcast media	<b>UK:</b> Advertising for foods high in fat, salt and/or sugar not permitted on television before 9pm (proposed to take effect from 2024)
	Restrict promotion of unhealthy foods online	<b>UK:</b> Complete ban on paid advertising for foods high in fat, salt and/or sugar online (proposed to take effect from 2024)
	Restrict use of elements appealing to children on food packaging	<b>Chile:</b> Food labels may not feature cartoon mascots designed to appeal to children
	Restrict the promotion of unhealthy foods related to sport	<b>Amsterdam:</b> Sponsorship of sports events with >25% young people in attendance is not permitted by unhealthy food or drink manufacturers
Food prices	Minimise taxes on healthy foods	<b>Australia:</b> Goods and services tax (GST) exemption exists for basic foods (including fresh fruits and vegetables)
	Increase taxes on unhealthy foods	<b>Many countries (&gt;50)</b> around the globe have varying taxes applied to sugar sweetened beverages, energy drinks and similar products
	Taxes on alcoholic beverages	There are currently no international benchmarks available
Food provision	Healthy food provision in early childhood settings	<b>Finland:</b> Recommendations based on the Finnish nutrition guidelines provide food and nutrient recommendations for salt, fibre, fat, and starch content for school meals. No soft drinks, energy drinks or any other acidified beverages or beverages with added sugar are permitted to be served at school
	Healthy food provision in schools	<b>Chile:</b> Regulatory norms define limits for energy, saturated fat, sugar and sodium contents. Foods and beverages exceeding these limits are prohibited from being sold in schools
	Healthy food provision in care settings (resident/in-patient food provision)	<b>New York City, USA:</b> Nutritional standards apply for all food purchased or served by city agencies, which applies to prisons, hospitals and senior care centres. The Standards include: maximum and minimum levels of nutrients per serving; standards on specific food items (e.g. only no-fat or 1% milk); portion size requirements; a prohibition on the deep-frying of foods; and daily calorie and nutrient targets, including population-specific guidelines (e.g. children, seniors)
	Healthy food provision in public sector workplaces	<b>Brazil:</b> Procurement guidelines for food served or sold for purchase in the Ministry and its entities are based on the Food Guide for the Brazilian population
	Support and training systems for private companies	<b>UK:</b> <i>Responsibility Deal</i> included collective pledges for health at work, including a focus on healthier staff restaurants - over 160 signatories
Food retail	Remote retail store availability of healthy and unhealthy food	<b>Canada:</b> A subsidy programme helps provide populations in isolated communities with improved access to perishable, nutritious food. Eligibility is based on isolation factors and focuses on communities that lack year-round surface access.
	Availability of foods in food service outlets	<b>Singapore:</b> Government partnership ( <i>Healthier Hawker</i> program) with selected food vendors to improve healthiness of take-away food
	Restriction of marketing of unhealthy food in retail outlets	<b>UK:</b> As from October 2022, products high in fat, salt or sugar can not be displayed in prominent locations in supermarkets, such as at store entrances, aisle ends and checkouts. Additional restrictions on price promotions proposed.

## Appendix: Examples of good practice – Infrastructure support actions

Domain	Policy area	Selected examples of good practice (as identified by INFORMAS)
Leadership	Government strategy and related implementation plan for addressing nutrition and obesity	<b>Ireland:</b> <i>A Healthy Weight for Ireland, the Obesity Policy and Action Plan 2016-2025 (OPAP)</i> prescribes 'Ten Steps Forward' that should be taken to reverse obesity trends, prevent health complications and reduce the overall burden
	Government taskforce dedicated to addressing nutrition and obesity	There are currently no international benchmarks available
	Strong, visible, political support for population nutrition	<b>New York City, USA:</b> Mayor (Michael Bloomberg) showed strong political leadership in introducing landmark food policies, including restrictions on trans-fat and portion size restrictions on sugary-drinks
	Population intake targets established	<b>Norway:</b> <i>The National Action Plan for a Better Diet (2017-2021)</i> contains quantitative intake targets for nutrient of concern and specific food groups in the population
	Evidence-based dietary guidelines implemented	<b>Brazil:</b> The national dietary guidelines of Brazil address healthy eating from a cultural, ethical and environmental perspective. They also provide advice on planning, shopping and sharing meals, as well as warning people to be wary of food marketing and advertising
Platforms for Interaction	Government coordination mechanisms	<b>Thailand:</b> <i>The National Food Committee (NFC) Act</i> frames food management policies and strategies in all dimensions and at all levels, including facilitating coordination among related agencies charged with strengthening food management efficiency and effectiveness
	Platforms for government and food sector interaction	<b>Norway:</b> The <i>Partnership for a healthier diet</i> is organised in a Coordination group with representatives from the main partners including the health authorities. The Coordination group reports to the Minister's food industry group (lead by the Minister for the Elderly and Public Health) that ensures dialogue and political focus on the areas of action. A Reference group of scientists within nutrition, food technology, consumer behaviour, psychology and marketing provide expert advice to the Coordination group
	Platforms for government and civil society interaction	<b>Brazil:</b> The National Council of Food and Nutrition Security (CONSEA) was a formal advisory platform made up of civil society (2/3) and government reps (1/3)
Governance	Restricting commercial influence on policy development	<b>USA:</b> Mandatory and publicly accessible lobby registers – including extensive reporting of nature of lobbying activities
	Transparency in the development of food and nutrition policies	<b>Canada:</b> Health Canada publishes a table of all correspondence, and all meetings with stakeholders with the intent to inform the development of policies, guidance or regulation related to healthy eating initiatives
	Assessing the potential health impacts of all policies	<b>Slovenia:</b> In 2003, a national health impact assessment was conducted related to agricultural policy that included the analysis of Slovenian data for key health-related indicators
	Government workforce to support public health nutrition	There are currently no international benchmarks available
	Independent health promotion agency	<b>Thailand:</b> The <i>Thai Health Promotion Foundation (ThaiHealth)</i> is an autonomous government agency established by the Health Promotion Foundation Act as a dedicated health promotion agency

## Appendix: Examples of good practice – Infrastructure support actions

Domain	Policy area	Selected examples of good practice (as identified by INFORMAS)
Monitoring and intelligence	Monitoring food environments	<b>The Netherlands:</b> The Dutch Institute of Public Health and Environment monitor at product level any progress in product improvement of salt, saturated fat and calories (sugar and/or saturated fat)
	Monitoring population nutrition intake	<b>USA:</b> National Health and Nutrition Examination Survey (NHANES), conducted annually, provides detailed national information on health status, disease history and nutritional intake of adults and children
	Monitoring population body weight	<b>UK:</b> National Child Measurement Program for children's BMI, assessing children ages 4-6 years and 10-11 years
	Evaluation of major nutrition-related programs and policies	<b>USA:</b> The National Institutes for Health (NIH) provides dedicated funding for research that evaluates new policies/programs expected to influence obesity related behaviours
	Research funding for obesity and NCD prevention	<b>Ireland:</b> The Food Institutional Research Measure (FIRM) is funded by the Department of Agriculture, Food and the Marine and is the primary national funding mechanism for food research in higher education institutions and other public research institutes. Beneficiaries are required to widely disseminate the results of their research.
Support for communities	Coordinated support for multi-faceted community-based interventions	<b>Australia:</b> Previous National Partnership Agreement on Preventive Health (now defunct) provided State and Territory level support for initiatives aimed at obesity and NCD prevention. The Collaboration of Community-based Obesity Prevention Sites (CO-OPS) (in the 2000s) was a national knowledge translation and exchange platform (funded by the Federal Government) which aimed to support community-based obesity prevention initiatives in Australia by providing advice, promoting best practice, disseminating and translating knowledge and by offering networking opportunities.
	Food and nutrition in education curricula	<b>UK:</b> National framework for core food competency skills and knowledge in children ages 5-16 years
	Implementation of social marketing campaigns	Multiple international examples