

What does the future look like for obesity prevention?

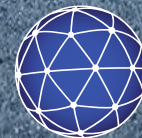
A/Prof Gary Sacks



@gary_sacks

11 December 2019

East Region Obesity
Prevention Summit



GLOBE
GLOBAL OBESITY CENTRE

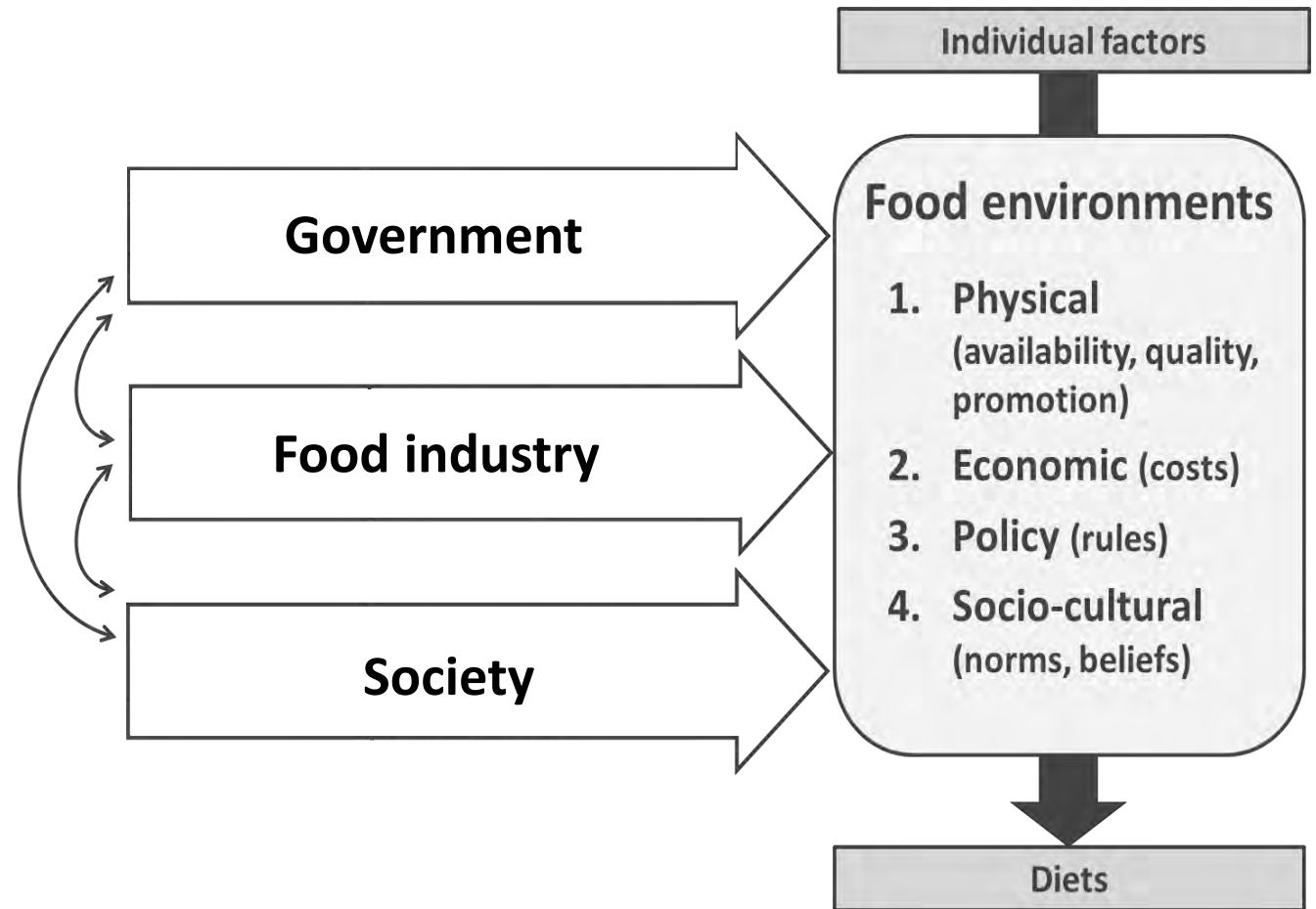


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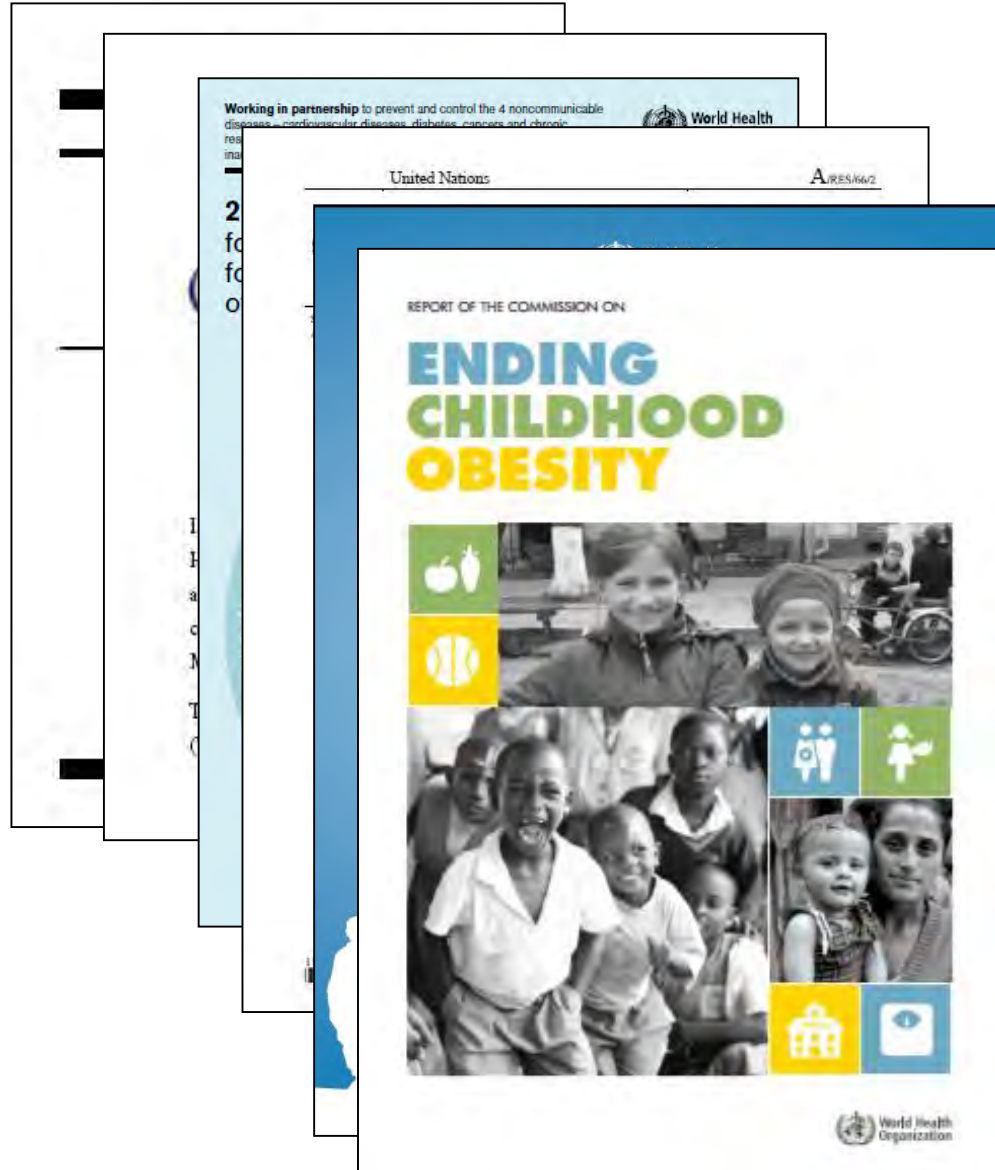


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A comprehensive societal approach is needed to tackle obesity



There is a good understanding of what needs to be done



There is strong consensus about priority actions in Australia



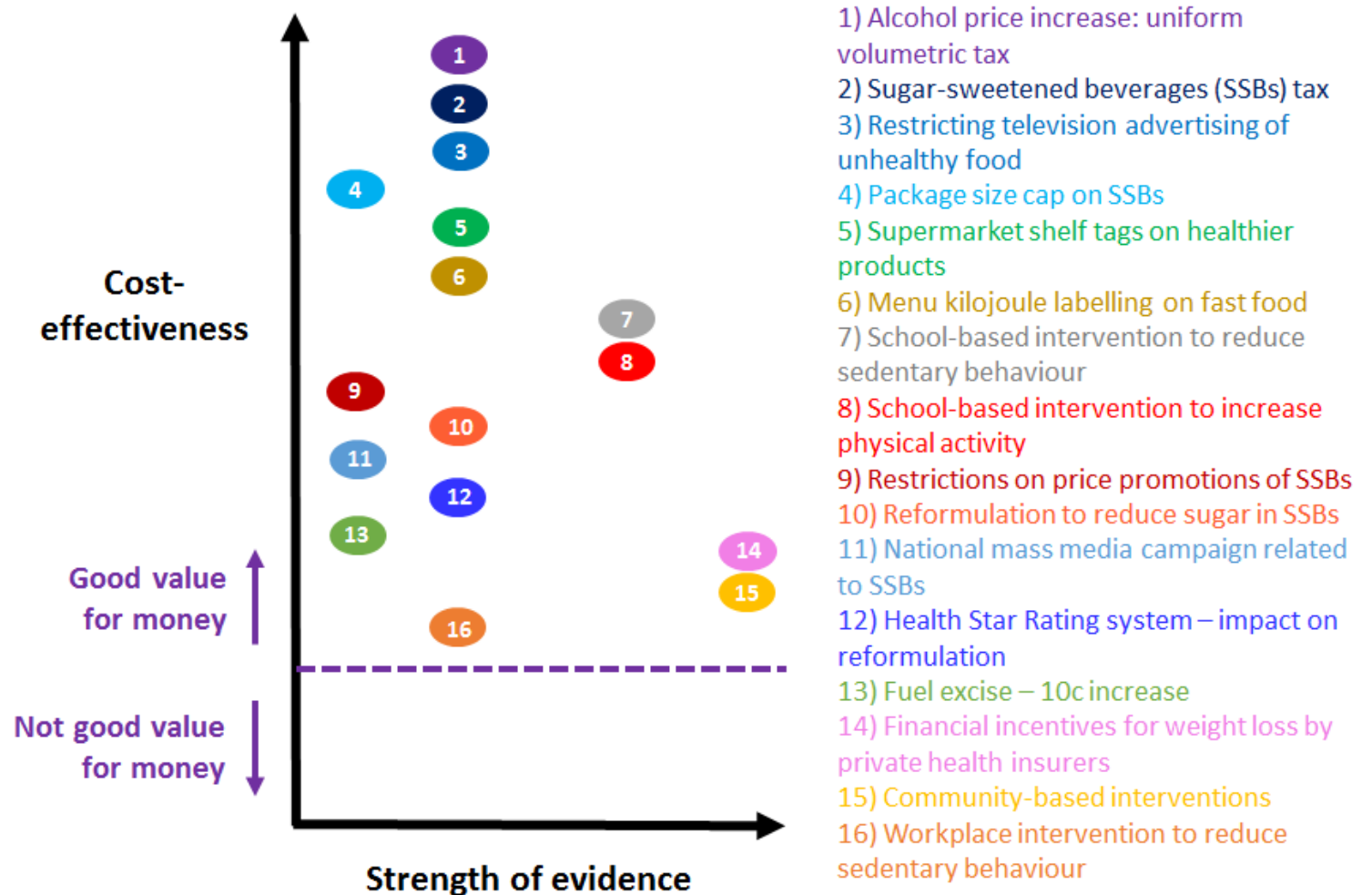
Australian Chronic Disease Prevention Alliance



Policy options for obesity prevention are highly cost-effective



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HEALTH
ECONOMICS**



However, levels of acceptability for different policy options vary



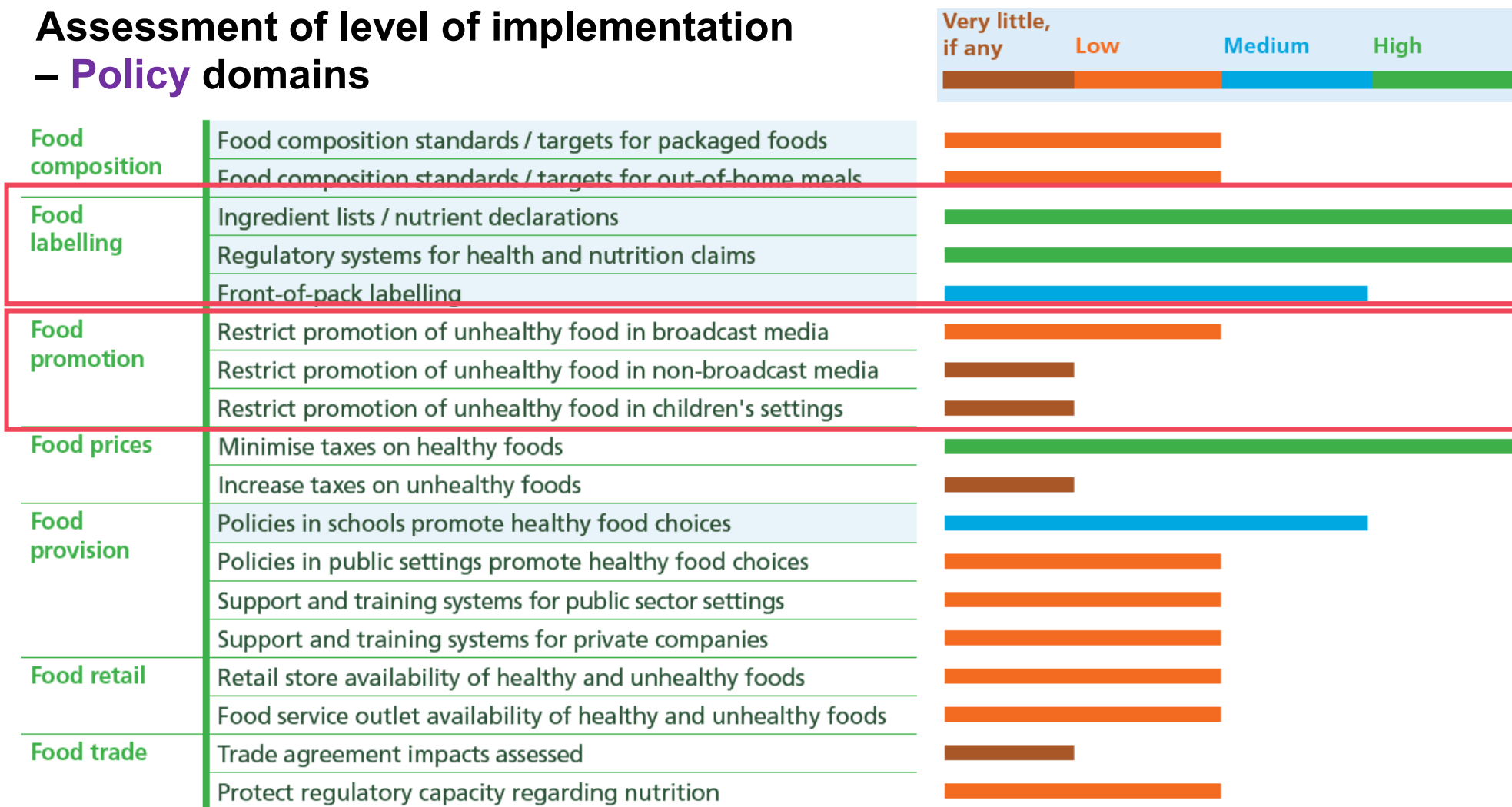
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Intervention	Policy type	Acceptability		
		Public	Govt	Industry
Community-based interventions	Program	High	High	High
School-based intervention to increase physical activity	Program	High	High	High
Health Star Rating (HSR) system – impact on reformulation	Regulation	High	High	Med
Supermarket shelf tags on healthier products	Program	High	High	Med
Workplace intervention to reduce sedentary behaviour	Program	High	High	Med
Menu kilojoule labelling on fast food	Regulation	High	High	Med
Restricting television advertising of unhealthy foods	Regulation	High	Med	Low
Financial incentives for weight loss by private health insurers	Program	Med	High	Med
Reformulation to reduce sugar in sugar-sweetened beverages	Regulation	Med	High	Med
National mass media campaign – sugar-sweetened beverages	Program	Med	Med	Med
Sugar-sweetened beverages tax (20%)	Regulation	Med	Med	Low
Fuel excise: 10c increase	Regulation	Low	Low	Med
Package size cap on sugar-sweetened beverages	Regulation	Low	Low	Low
Restrictions on price promotions of sugar-sweetened beverages	Regulation	Low	Low	Low

Implementation of recommended policies in Australia (2017)



Assessment of level of implementation – Policy domains



Substantial variation at the State and Territory level (2017)

INFORMAS

Benchmarking food environments

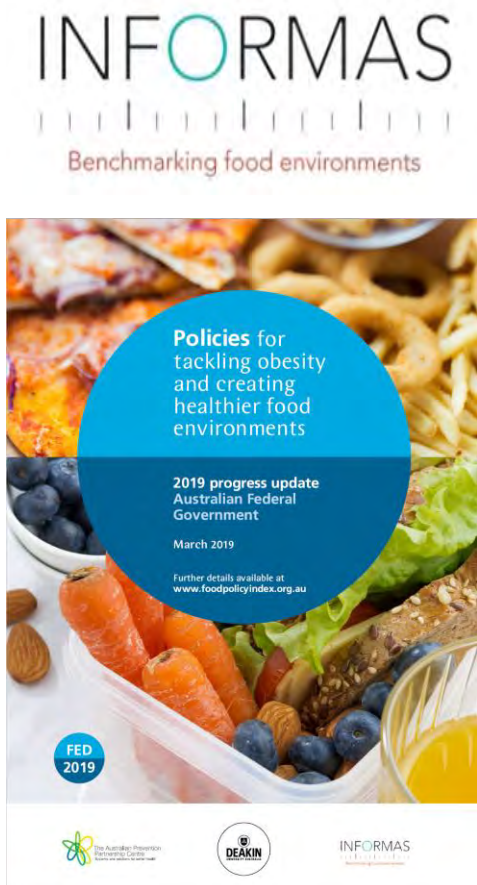


		ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Food labelling	Menu labelling	High	High	Very little, if any	High	High	Low	Medium	Very little, if any
Food promotion	Restrict promotion of unhealthy food in non-broadcast media	Medium	Low	Very little, if any	Very little, if any	Very little, if any	Very little, if any	Very little, if any	Low
	Restrict promotion of unhealthy food in children's settings	Medium	Low	Very little, if any	Low	Very little, if any	Low	Low	Low
Food provision	Policies in schools promote healthy food choices	High	High	Medium	High	Medium	High	Medium	High
	Policies in public settings promote healthy food choices	Medium	Medium	Medium	Medium	Low	Very little, if any	Medium	Medium
	Support and training systems for public sector settings	Medium	High	Low	Medium	Low	Medium	High	Medium
	Support and training systems for private companies	Medium	Medium	Low	Medium	Low	Medium	Medium	Medium
Food retail	Planning policies and zoning laws: unhealthy foods	Low	Very little, if any	Very little, if any	Medium	Low	Medium	Very little, if any	Very little, if any
	Planning policies and zoning laws: healthy foods	Low	Low	Very little, if any	Medium	Low	Medium	Low	Low
	Retail store availability of healthy and unhealthy foods	Low	Very little, if any	Medium	Low	Very little, if any	Low	Low	Low
	Food service outlet availability of healthy and unhealthy foods	Low	Low	Low	Low	Medium	Very little, if any	Low	Low

Level of implementation (with reference to international best practice)

Very little, if any Low Medium High

Progress has been made in some areas (Food Policy Index 2019)



Key areas in which Australian governments have made progress:



Leadership

National: The Council of Australian Governments (COAG) Health Council agreed that a national strategy be developed on obesity, with a strong focus on the primary and secondary prevention and social determinants of health

Queensland: Leading efforts to develop the National Obesity Strategy. Developed a new strategy for improving the wellbeing and prosperity of Queenslanders, including two whole-of-government priorities focused on healthy weight

Western Australia: Hosted the WA Preventive Health Summit to explore ways to reduce obesity and harm caused by alcohol



Food provision

New South Wales: Implementation of comprehensive food provision policies in schools and health facilities, including detailed auditing and compliance monitoring

Victoria: Supporting public and private-sector settings to implement healthy food policies, through the Healthy Eating Advisory Service and the Achievement Program



Food promotion

ACT: Removal of unhealthy food and drink advertisements on Canberra's public bus network

Western Australia: Banning the advertisement of alcohol on public transport, including train infrastructure, digital billboards and buses

Recommended action areas for Australian governments 2019/2020:



Leadership: Develop a comprehensive National Obesity Strategy, based on best practice recommendations for obesity prevention and incorporating consensus recommendations from public health groups



Food labelling: Finalise the outcomes of the 5-year review of the HSR system, including adoption of the recommendations coming out of the review. Finalise work on the labelling of added sugars on packaged food and drinks



Food promotion: Adopt a national co-ordinated approach to restrict exposure of children to unhealthy food and beverage promotion across multiple settings, including sport and recreation settings and those controlled or managed by Australian governments



Food provision: Implement a national co-ordinated approach for healthy food provision in schools, health facilities, sport and recreation facilities, and other settings controlled or managed by Australian governments, with a strong focus on implementation and compliance monitoring

Chile has adopted a range of strong regulatory actions



Canada considering implementing a suite of policies



Vision: Make the healthier choice the easier choice for all Canadians

Collaboration with other federal initiatives such as *A Food Policy for Canada*

Better nutrition information



Revise Food Guide
Improve Food Labels

Front-of-Package Labelling

Improve food quality



Reduce Sodium in Food

Prohibit Industrial Trans Fat

Protect vulnerable populations



Restrict Marketing of Unhealthy Food & Beverages to Children

Improve food access & availability



Expand and update Nutrition North Canada

Meaningful impacts on long-term health outcomes for Canadians

Mutually-reinforcing initiatives developed using strong evidence and meaningful, open, and transparent consultations



High in / Élevé en

Sat fat / Gras sat

Sugars / Sucres

Sodium

Health Canada / Santé Canada

Taxes on sugar-sweetened beverages increasingly prevalent



IMPLEMENTED SUGAR TAXES WORLDWIDE

* LISTS ACCURATE AT TIME OF PRODUCTION.

1. COOK ISLANDS
2. KIRIBATI
3. FRENCH POLYNESIA
4. MEXICO
5. CHILE
6. DOMINICA
7. BARBADOS
8. PORTUGAL
9. SPAIN (CATELONIA)
10. IRELAND
11. UNITED KINGDOM
12. FRANCE
13. BELGIUM
14. NORWAY
15. FINLAND
16. ESTONIA
17. HUNGARY
18. ST HELENA
19. SOUTH AFRICA
20. SAUDIA ARABIA
21. UNITED ARAB EMIRATES
22. MAURITIUS
23. SEYCHELLES
24. BRUNEI
25. NAURU
26. FIJI
27. SAMOA
28. TONGA



28 COUNTRIES &

7 US CITIES (so far...)*

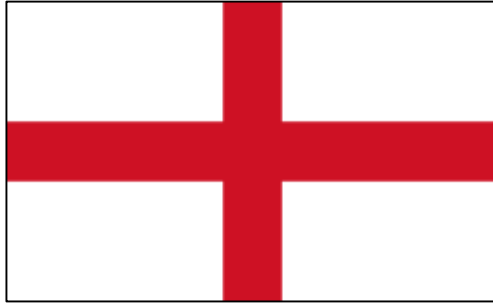


1. SAN FRANCISCO, CA
2. BERKELEY, CA
3. ALBANY, CA
4. OAKLAND, CA
5. SEATTLE, WA
6. BOULDER, CO
7. PHILADELPHIA, PA

Increased attention on restricting price promotions



Department
of Health &
Social Care



Consultation on restricting promotions of products high in fat, sugar and salt by location and by price

Published January 2019

<https://www.gov.uk/government/consultations/restricting-promotions-of-food-and-drink-that-is-high-in-fat-sugar-and-salt>



Reducing Health Harms of Foods High in Fat, Sugar or Salt

Consultation Paper

October 2018



Scottish Government
Riaghaltas na h-Alba
gov.scot

<https://www.gov.scot/publications/reducing-health-harms-foods-high-fat-sugar-salt/>

New interventions emerging based on existing initiatives



What is a *Healthy City*?

“A healthy city is one that is **continually creating and improving** those **physical and social environments** and expanding those community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential” (Health Promotion Glossary, 1998)



Local government and local organisations can act as leaders in supporting healthy behaviours





MILAN
URBAN
FOOD
POLICY
PACT



City Region Food System Toolkit
Assessing and planning sustainable city region food systems

CITY REGION FOOD SYSTEM TOOLS/EXAMPLES

Food for the Cities Programme/RUAF-CityFoodTools Project



Published by the Food and Agriculture Organization of the United Nations
and
RUAF Foundation
and
Wilfrid Laurier University, Centre for Sustainable Food Systems



C4O CITIES



London: ban on unhealthy food ads on the public transport network



New York City Food Policy

Your meals are healthier than ever.



Less Fat

Zero Calories

Less Salt

More Vegetables

Whole Grains

New York City's new food standards mean healthier meals for you. Eating well can help prevent weight gain and lowers your risk of heart disease and diabetes.

Eat better. Live better.

Made possible by funding from the Department of Health and Human Services.

NYC
Health



Nutrition is Priceless
LUNCH for All Students. No Charge.



Tasty

Fresh

Crisp

Smooth

Crunchy

Good snacks served here.

Good snacks provide vitamins and minerals, protein and fiber to keep you strong and healthy.

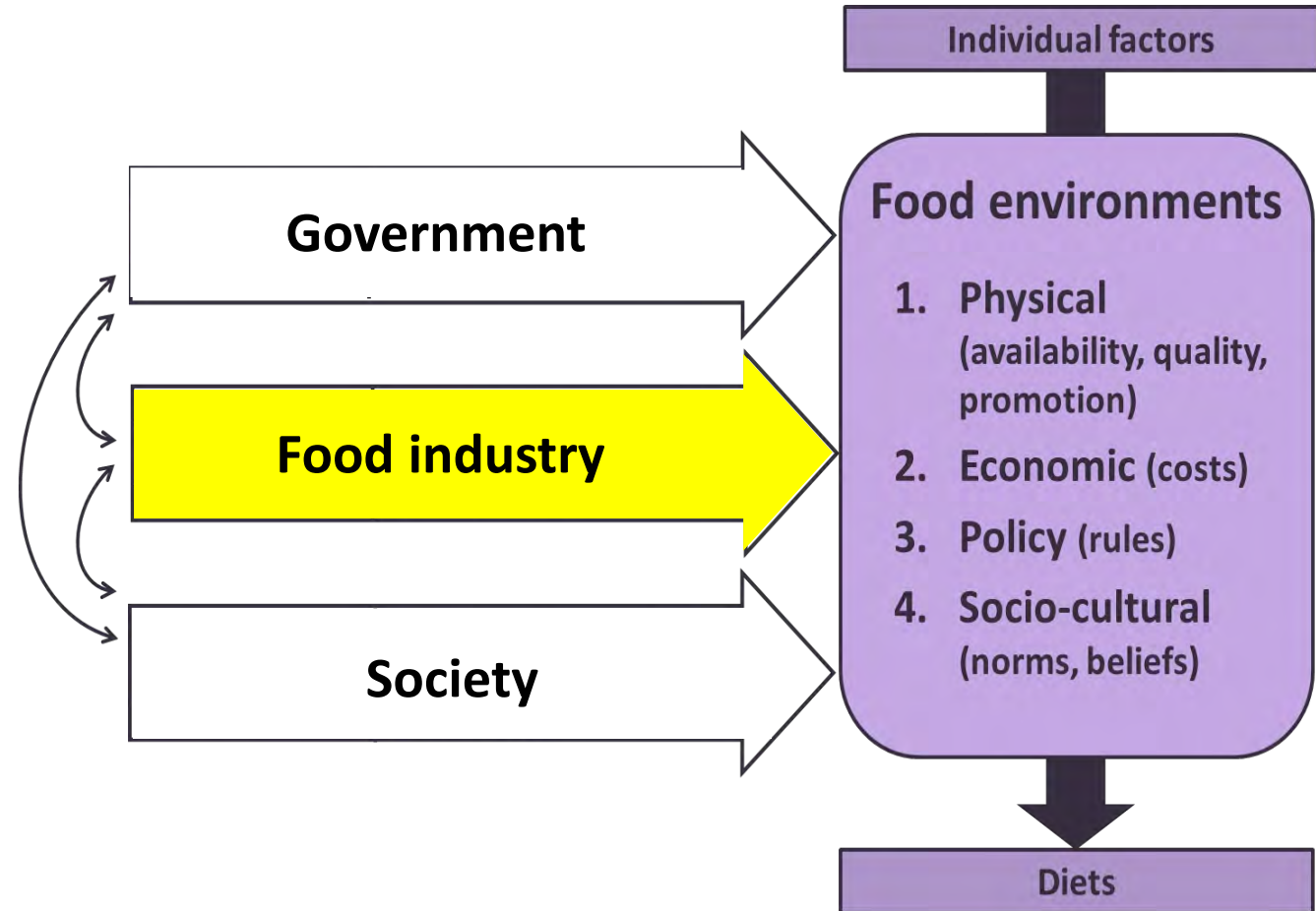
Made possible by funding from the Department of Health and Human Services.

NYC
Health

Amsterdam's fight for childhood obesity



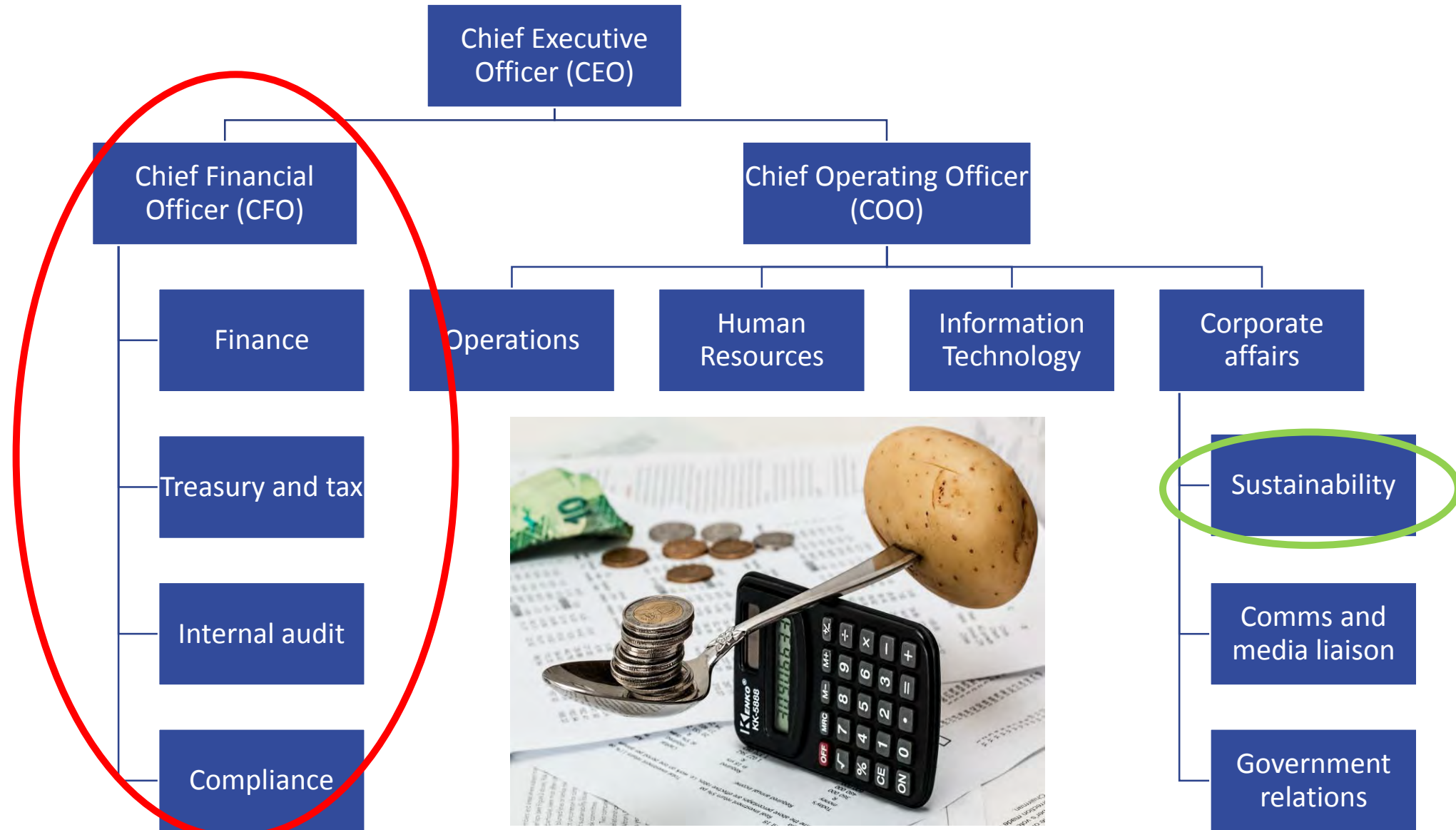
The food industry has an important role to play



New business models needed for the 21st century



Financial statements dominate company reporting

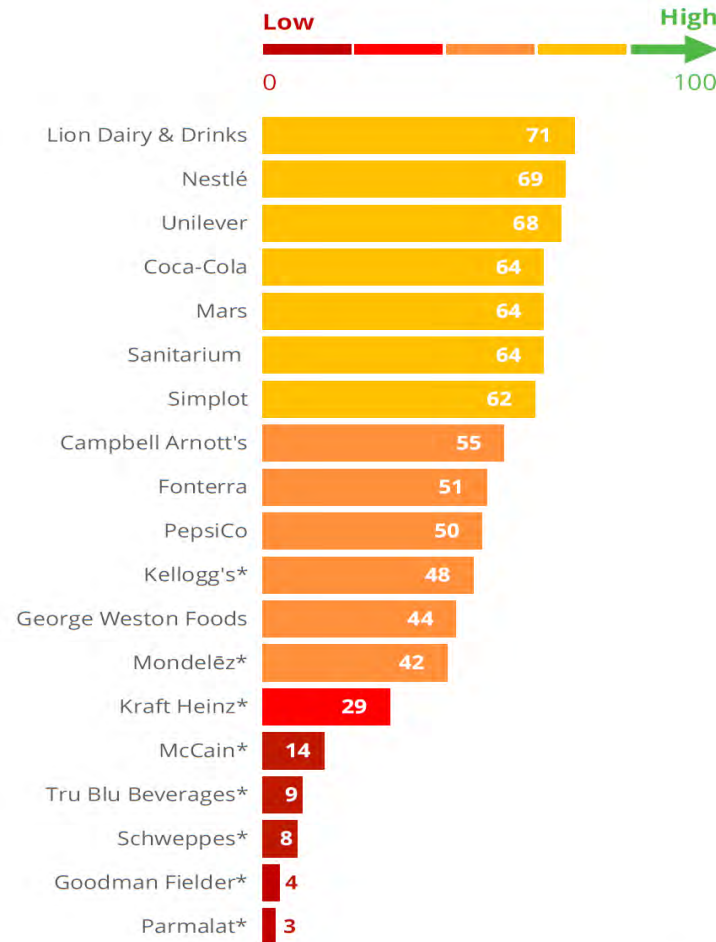


Australian food companies vary widely in their commitment to health and nutrition, more action needed



www.insideourfoodcompanies.com.au

Assessment of company policies and commitments related to obesity prevention and nutrition (out of 100)



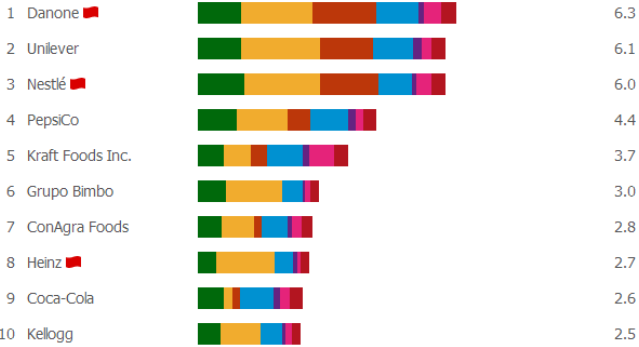
* Assessment based on publicly available information only



Call to ban junk at supermarket checkouts



Need to explore incentives for businesses to change



Company	Score	Land	Women	Farmers	Workers	Climate	Transparency	Water	Total
1 Unilever	74%	7	6	8	8	9	7	7	52/70
2 Nestlé	67%	8	5	7	6	8	7	7	48/70
3 Coca-Cola	57%	8	6	3	6	6	5	6	40/70
4 Kellogg	52%	5	6	5	3	8	5	5	37/70
5 MARS	49%	4	5	5	4	6	6	4	34/70
6 PEPSICO	49%	7	4	3	3	7	5	5	34/70
7 Mondelez	41%	4	6	4	4	5	4	2	29/70
8 3M	40%	2	3	3	3	6	5	6	28/70
9 Associated British Foods	36%	5	3	3	4	4	3	3	25/70
10 CARINGS	36%	2	2	3	3	6	5	4	25/70



There needs to be a shift in corporate structures to ones that support sustainability and population health

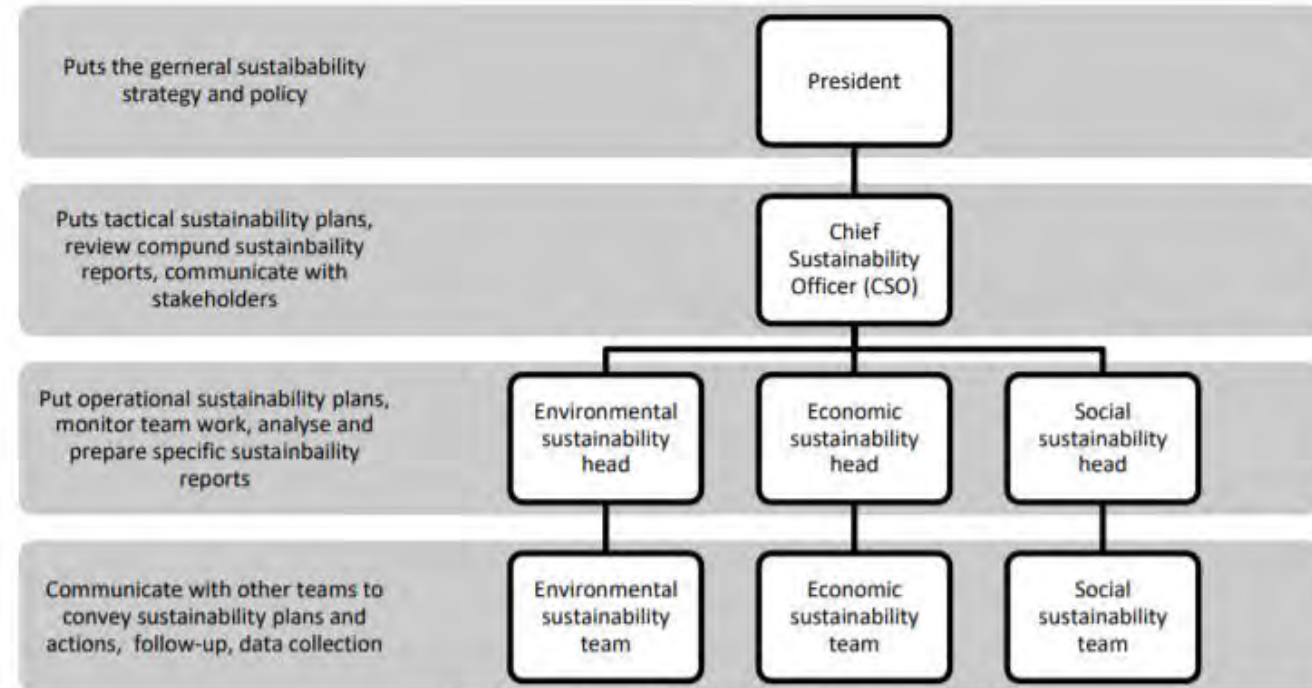


Fig. 1 organizational chart for organizational sustainability

Global Obesity Centre (GLOBE)



**WHO Collaborating Centre
for Obesity Prevention**



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Thank you!

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www.globalobesity.com.au

www.foodpolicyindex.com.au

www.insideourfoodcompanies.com.au



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