

Australia

Policies, Interventions and Actions



National Obesity Strategy 2022–2032

The National Obesity Strategy is a 10-year framework for action to prevent, reduce, and treat, overweight and obesity in Australia. It focuses on prevention, but also includes actions to better support Australians who are living with overweight or obesity, to live their healthiest lives.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2022-2032
Target age group:	Dorośli i dzieci
Organisation:	Australian Department of Health
Find out more:	www.health.gov.au
Linked document:	Download linked document

Obesity and pregnancy (including post bariatric surgery)

This guideline summarises findings and makes consensus recommendations relating to women with a raised BMI or who have had BS and become pregnant or are planning a pregnancy.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2021 (ongoing)
Target age group:	Dorośli
Organisation:	Queensland Health
Linked document:	Download linked document
References:	Queensland Clinical Guidelines. Obesity and pregnancy (including post bariatric surgery). Guideline No. MN21.14-V6-R26. Queensland Health. 2021. Available from: http://www.health.qld.gov.au/qcg

Obesity and pregnancy (including post bariatric surgery)

This guideline summarises findings and makes consensus recommendations relating to women with a raised BMI or who have had BS and become pregnant or are planning a pregnancy.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2021 (ongoing)
Target age group:	Dorośli
Organisation:	Queensland Health
Linked document:	Download linked document
References:	Queensland Clinical Guidelines. Obesity and pregnancy (including post bariatric surgery). Guideline No. MN21.14-V6-R26. Queensland Health. 2021. Available from: http://www.health.qld.gov.au/qcg

State public Health plan 2019-2024

Vision is for a South Australia where communities are friendly, safe and sustainable with well designed places which support physical, mental health and wellbeing. This includes being able to walk or cycle to local services and easily access public transport to larger centres, make nutritious food choices and enjoy being active in parks and other recreational facilities. The vision also sees South Australia's rich diversity celebrated, community activities accessible to everyone and residents participating and having a say in community life. Vision provides opportunity for everyone to work together at a local and state level to improve health and well being in south australia.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2019-2024
Target age group:	Dorośli i dzieci
Organisation:	Government of South Australia.
Find out more:	www.sahealth.sa.gov.au
Linked document:	Download linked document
References:	Government of South Australia. State public Health plan 2019-2024. Available from: https://www.sahealth.sa.gov.au/wps/wcm/connect/d18380e5-6792-4cdd-a193-08d80fd47df4/FINAL+State+public+Health+Plan+2019-2024.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-d18380e5-6792-4cdd-a193-08d80fd47df4-mxUSYZt . [Accessed 13 February 2019].

WA Healthy Weight Action Plan

The WA Healthy Weight Action Plan 2019-2024 is a joint initiative of WA Health, WA Primary Health Alliance, and Health Consumers' Council to create a roadmap for sustainable changes to support people and families who are at-risk of overweight and those with overweight and obesity. The Action Plan is intended to be a catalyst to support ongoing system-wide change and reorientation of services.

Categories:	Non-national obesity strategies
Year(s):	2019-2024
Organisation:	Government of Western Australia - Department of Health
Find out more:	ww2.health.wa.gov.au
Linked document:	Download linked document
References:	Western Australian Department of Health. WA Healthy Weight Action Plan 2019-2024. Perth: Health Networks, Western Australian Department of Health; 2019.

National Obesity Summit

12 October 2018: Council of Australian Governments (COAG) Health Council (CHC) meeting, Ministers agreed that a National Obesity Strategy would be developed and that the first phase of the development process would include a Commonwealth funded National Obesity Summit. The National Obesity Summit was held in Canberra on 15 February 2019 and was attended by approximately 120 participants from government, academia/research, medical and public health organisations, the food industry and consumer groups. The National Obesity Summit was held in Canberra on 15 February 2019 and was attended by approximately 120 participants from government, academia/research, medical and public health organisations, the food industry and consumer groups.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018-2019
Target age group:	Dorośli i dzieci
Organisation:	Council of Australian Governments (COAG) Health Council (CHC) meeting
Find out more:	www1.health.gov.au
Linked document:	Download linked document
References:	Anon (2019) Overweight and Obesity. [Online]. 2019. Health.gov.au. Available from: https://www1.health.gov.au/internet/main/publishing.nsf/Content/Overweight-and-Obesity.[]

Secondary Years Kitchen Garden Project

The project will develop the first curriculum-integrated kitchen garden program model for Australian secondary schools. The programme will result in a kitchen garden programme model that secondary schools can integrate within their curriculum ultimately aiming to improve well-being, health, education and community integration. Students will gain experience in growing, preparing, harvesting and cooking seasonal food.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Dzieci
Organisation:	The Kitchen Garden Foundation (Narre Warren South P-12 College, Numurkah Secondary College and Western Heights College are the first to collaborate with the foundation)
Find out more:	www.kitchengardenfoundation.org.au
Linked document:	Download linked document
References:	Kitchen Garden Foundation. Secondary years project welcomes first three pilot schools. [Available from: https://www.kitchengardenfoundation.org.au/content/secondary-years-project-welcomes-first-three-pilot-schools]. Last Accessed 23rd January 2019.

Health and wellbeing strategic framework 2017-2026

National strategy with a prevention focused pathway aiming to improve the health of all living in Queensland. The focus is on modifiable behaviours including unhealthy diet and sedentary behaviours.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of NCD strategy
Year(s):	2017-2026
Target age group:	Dorośli i dzieci
Organisation:	Queensland Health
Find out more:	www.health.qld.gov.au
Linked document:	Download linked document
References:	Queensland Health. Health and wellbeing strategic framework 2017-2026. Available from: https://www.health.qld.gov.au/__data/assets/pdf_file/0036/651798/health-wellbeing-strategic-framework.pdf [Accessed 15 August 2019].

NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

Obesity epidemic in Australia

A report outlining the recommendations of the Select Committee into the Obesity Epidemic

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2017 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Commonwealth of Australia
Find out more:	www.health.gov.au
Linked document:	Download linked document
References:	Select Committee into the Obesity Epidemic in Australia

Tipping the scales: Australian obesity prevention consensus

Over the past two years the Obesity Policy Coalition and The Global Obesity Centre, Deakin University, have convened an expert advisory group of public health professionals representing a range of organisations. Through this process we have developed the agreed key components of a national obesity prevention strategy for Australia. Further, these priority actions have been endorsed by a range of academic, public health, consumer and other groups. This consensus delivers a rigorous and evidence-based agenda to our Federal Government and establishes the key elements to include in a national strategy as well as the basis for an ongoing dialogue about the best ways to address the obesity epidemic.

Categories:	Non-national obesity strategies
Year(s):	2017 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Global obesity centre; Obesity Policy Coalition
Find out more:	www.opc.org.au
Linked document:	Download linked document
References:	Anon (n.d.) TIPPING THE SCALES. [Online]. Available from: https://www.opc.org.au/downloads/tipping-the-scales/tipping-the-scales.pdf . []

Western Australia Health Promotion Strategic Framework 2017-2021

A five year plan to reduce preventable chronic disease and injury in communities

Categories:	Evidence of NCD strategy
Year(s):	2017-2021
Target age group:	Dorośli i dzieci
Organisation:	Government of Western Australia, Department of Health
Find out more:	ww2.health.wa.gov.au
Linked document:	Download linked document
References:	Anon (2017a) A five-year plan to reduce preventable chronic disease and injury in our communities. [Online]. Available from: https://ww2.health.wa.gov.au/-/media/Files/Corporate/Reports-and-publications/HPSF/WA-Health-Promotion-Strategic-Framework-2017-2021.pdf . []

Healthy Food Partnership

The Healthy Food Partnership provides a mechanism for government, the public health sector and the food industry to cooperatively tackle obesity, encourage healthy eating and empower food manufacturers to make positive changes. The Healthy Food Partnership aims to improve the dietary habits of Australians by making healthier food choices easier and more accessible and by raising awareness of better food choices and portion sizes.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Department of Health
Find out more:	www1.health.gov.au

Action Plan to Reduce the Double Burden of Malnutrition in the Western Pacific Region (2015–2020)

The WHO action plan to reduce the double burden of malnutrition in the Western Pacific Region. It calls for accelerated efforts to improve nutrition. The plan includes targets to halt the increase in childhood overweight and adult and adolescent diabetes and obesity by 2025.

Categories:	Evidence of Obesity Target Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2015-2020
Target age group:	Dzieci
Organisation:	World Health Organisation
Find out more:	www.who.int
Linked document:	Download linked document
References:	World Health Organization. 2015. Action plan to reduce the double burden of malnutrition in the Western Pacific Region (2015–2020).

Health Star Rating (HSR)

The Health Star Rating is a front-of-pack labelling system that rates the overall nutritional profile of packaged food and assigns it a rating. It provides a quick, easy, standard way to compare similar packaged foods. It is being implemented on a voluntary basis by the food industry.

Categories:	Labelling Regulation/Guidelines
Year(s):	2014 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	The Health Star Rating system was developed by the Australian, state and territory governments in collaboration with industry, public health and consumer groups.
Find out more:	healthstarrating.gov.au
Linked document:	Download linked document
References:	Anon (2011) Health Star Rating. [Online]. 2011. Healthstarrating.gov.au. Available from: http://www.healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/content/home . []

(Now Rescinded) Clinical Practice Guidelines for the Management of Overweight and Obesity

This is a set of clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia. The Guidelines make recommendations regarding the management of individuals who have a body mass index (BMI) greater than 25.0 kg/m² and are at risk or currently have an obesity related comorbidity.

Categories (partial):	Evidence of Management/treatment guidelines
Year(s):	2013
Target age group:	Dorośli i dzieci
Organisation:	National Health and Medical Research Council
Find out more:	www.nhmrc.gov.au
Linked document:	Download linked document
References:	Anon (2013) Clinical Practice Guidelines for the management of overweight and obesity NHMRC. [Online]. 10 October 2013. Nhmc.gov.au. Available from: https://www.nhmrc.gov.au/about-us/publications/clinical-practice-guidelines-management-overweight-and-obesity . []

Eat For Health: Australian dietary guidelines.

These guidelines aim to promote the benefits of healthy eating, not only to reduce the risk of diet-related disease but also to improve community health and wellbeing.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	National Health and Medical Research Council
Find out more:	www.nhmrc.gov.au
Linked document:	Download linked document
References:	Anon (2013a) Australian Dietary Guidelines NHMRC. [Online]. 7 February 2013. Nhmrc.gov.au. Available from: https://www.nhmrc.gov.au/about-us/publications/australian-dietary-guidelines#block-views-block-file-attachments-content-block-1 . □

National Preventive Health Research Strategy 2013-2018 A Priority-Driven Research Agenda for Obesity Prevention

This document outlines priorities for research in the context of obesity prevention policies. It organises research questions related to obesity prevention policies into ten key domains: 1) economic interventions 2) supply, access and availability of food 3) advertising, promotion and sponsorship 4) public education, awareness and engagement 5) packaging and labelling of food 6) reshaping physical environments towards healthy options 7) settings and community based approaches 8) maternal and child health 9) high risk population groups 10) emerging issues and cross-cutting themes.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2013-2018
Target age group:	Dorośli i dzieci
Organisation:	Australian National Preventive Health Agency and the Government of Western Australia, Department of Health
Find out more:	health.gov.au
Linked document:	Download linked document
References:	Australian National Preventive Health Agency and Government of Western Australia, A Priority-Driven Research Agenda for Obesity Prevention, in National Preventive Health Research Strategy 2013-2018 2013, Australian Government: Canberra.

New South Wales Healthy Eating and Active Living Strategy: Preventing overweight and obesity in New South Wales 2013-2018

This document outlines goals and objectives related to obesity, healthy eating and physical activity. It details the current status of obesity and its antecedents in different age groups, as well as what actions the New South Wales government will be taking to address obesity. This includes four strategic directions; environments to support healthy eating and active living, state-wide healthy eating and active living support programs, healthy eating and active living advice as part of routine service delivery, and education and information to enable informed, healthy choices.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Non-national obesity strategies
Year(s):	2013-2018
Target age group:	Dorośli i dzieci
Organisation:	New South Wales (NSW) Ministry of Health
Find out more:	www.health.nsw.gov.au
Linked document:	Download linked document
References:	New South Wales Government, NSW Healthy Eating and Active Living Strategy: Preventing overweight and obesity in New South Wales 2013-2018. 2013, New South Wales Government, Department of Health: Sydney.

Obesity: a call for urgent action. Federal obesity policies.

This call to action recommends four key actions to address obesity, including the development of a national healthy weight strategy, reducing children to unhealthy food marketing, supporting the effective implementation of the health star rating food labelling system, and investigate food pricing policies to encourage healthier eating patterns.

Categories (partial):	Non-national obesity strategies
Year(s):	2013
Target age group:	Dorośli i dzieci
Organisation:	Obesity Policy Coalition
Find out more:	www.opc.org.au
Linked document:	Download linked document
References:	Obesity Policy Coalition, Obesity: a call for urgent action. Federal obesity policies. 2013, Obesity Policy Coalition: Melbourne.

Shape Up Australia

An initiative to help Australians reduce their waist measurements and improve their overall health and wellbeing. 'Shape Up Australia' was a national obesity-prevention and healthy lifestyle campaign, funded through the National partnership agreement on preventive health, and launched in February 2013. It was administered by the Australian National Preventive Health Agency (ANPHA), whose essential functions have since been transferred to the Department of Health. Shape Up Australia followed on from previous ANPHA campaigns, including 'Swap It, Don't Stop It' and 'Measure Up'. Organisations who partnered with the initiative were able to use the 'Shape Up Australia' brand to promote their services, resources and programs to consumers.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign Non-national obesity strategies
Year(s):	2013
Target age group:	Dorośli i dzieci
Organisation:	Australian National Preventative Health Agency
Find out more:	healthinfonet.ecu.edu.au
References:	Anon (n.d.) Programs - Promote and practice. [Online]. Australian Indigenous HealthInfoNet. Available from: https://healthinfonet.ecu.edu.au/key-resources/programs-and-projects/1796/ [Accessed: 5 July 2020h]. []

Summary guide for the management of overweight and obesity in Primary care

Information on how to assess and manage overweight and obesity in adults, adolescents and children. This summary guide includes key messages, recommendations, practice points, and management models. Recommendations and practice points (PPs) have retained their gradings from the Obesity Guidelines.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2013 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Australian Government, National Health and Medical Research Council.
Find out more:	nhmrc.gov.au
Linked document:	Download linked document
References:	Australian Government, National Health and Medical Research Council. 2013. Summary guide for the management of overweight and obesity in Primary care. Available from: https://www.hnecphn.com.au/media/14254/nh-and-mrc-obesity_guidelines_summary_guide_131219.pdf . [Accessed 18 December 2018].

Towards Zero Growth: Healthy Weight Action Plan

This document outlines the proposed actions the Australian Capital Territory government will take towards preventing obesity and overweight within the state. It outlines a list of actions to be taken within differing themes that include workplaces, urban planning, schools, social inclusion, food environment and evaluation.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign Non-national obesity strategies
Year(s):	2013 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Australian Capital Territory (ACT) Department of Health
Find out more:	www.health.act.gov.au
Linked document:	Download linked document
References:	Australian Capital Territory Government, Towards Zero Growth: Healthy Weight Action Plan, Australian Capital Territory Government, Editor. 2013: Canberra.

LiveLighter

LiveLighter is a public health education program that aims to encourage people to eat well, be physically active and maintain a healthy weight. The LiveLighter program engages with Australian adults through social media, using digital platforms, and with printed tools and resources

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Dorośli
Organisation:	Cancer Council WA
Find out more:	livelighter.com.au

Policy at a glance: Marketing of food and beverages to children

The frameworks guide consistent and robust reviews for parties interested in either monitoring or reviewing children's exposure to marketing and advertising of unhealthy foods and drinks, or monitoring compliance of the food industry self-regulatory marketing to children initiatives.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Dzieci
Organisation:	National Preventative Health Agency
Find out more:	www.phaa.net.au
Linked document:	Download linked document
References:	Anon (n.d.) Public Health Association of Australia: Policy-at-a-glance: Marketing of Food and Beverages to Children. []

School-based Systems Change for Obesity Prevention in Adolescents: Outcomes of the Australian Capital Territory 'It's Your Move!'

Intervention incorporated multiple initiatives at individual, community and school policy levels to facilitate healthier nutrition and physical activity. Intervention school-specific objectives related to increasing active transport, physical activity and mental wellbeing.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2012-2014
Target age group:	Dzieci
Organisation:	Malakellis, M., Hoare, E., Sanigorski, A., Crooks, N., et al. (2017) School-based systems change for obesity prevention in adolescents: outcomes of the Australian Capital Territory 'It's Your Move!' Australian and New Zealand Journal of Public Health. [Online] 41 (5), 490–496. Available from: doi:10.1111/1753-6405.12696 [Accessed: 23 May 2019]. []
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Malakellis et al. (2017). School-based systems change for obesity prevention in adolescents: outcomes of the Australian Capital Territory 'It's Your Move!'. Aust N Z J Public Health. 41(5):490-496.

Eat Well Be Active Strategy 2011-16

This document outlines five action areas that the state of South Australia aims to undertake to increase healthy eating and physical activity, with the aim of preventing and managing overweight and obesity.

Categories:	Evidence of Management/treatment guidelines
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Multidisciplinary Intervention
Year(s):	2011-2016
Target age group:	Dorośli i dzieci
Organisation:	Government of South Australia, Department of Health
Find out more:	www.sahealth.sa.gov.au
Linked document:	Download linked document
References:	Government of South Australia, Eat Well Be Active Strategy 2011-16. 2011, Government of South Australia, Department of Health: Adelaide.

Healthy Together Victoria

Healthy Together Victoria is population-wide health policy effort set up to tackle the rising rates of overweight and obesity and related chronic disease. It targets change in the places where Victorians live, work, learn and play. Healthy Together Victoria is working with childcare centres, schools, workplaces, food outlets, sporting clubs, businesses, local governments, health professionals and more to create healthier environments.

Categories:	Non-national obesity strategies Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Physical Activity Guidelines/Policy Evidence of Marketing Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Dzieci
Organisation:	The Department of Health and Human Services
Find out more:	www.healthytogether.vic.gov.au
Linked document:	Download linked document
References:	Strugnell, C., Millar, L., Churchill, A., Jacka, F., et al. (2016) Healthy together Victoria and childhood obesity—a methodology for measuring changes in childhood obesity in response to a community-based, whole of system cluster randomized control trial. Archives of Public Health. [Online] 74 (1). Available from: doi:10.1186/s13690-016-0127-y [Accessed: 13 May 2019].

National Cycling Strategy

This strategy is the next step in helping more people to realise those benefits. Building on the National Cycling Strategy 2005 - 2010, it identifies a series of actions to help more people get on their bikes, and start riding for a better life. This strategy sets out a series of actions that will help to deliver its overarching vision which is to double the number of people cycling in Australia over the next five years. This will require the commitment and support of governments and non-government organisations across the country. The Australian Bicycle Council (ABC) is the national body that manages and coordinates implementation of The Australian National Cycling Strategy (NCS). Over recent years, Australia has seen a significant growth in bicycle ownership and use. Australians are becoming increasingly aware of the convenience, enjoyment and widespread health and environmental benefits of cycling, and, as a result, initiatives to promote and increase this activity have been incorporated into many government agency programs within the portfolios of Health, Road and Transport, Education, Environment, Tourism, Sport and Local Government. The NCS has been developed as a coordinating framework identifying responsibilities that lie with the various governments at all levels, as well as community and industry stakeholders, to encourage and facilitate increased cycling in Australia. It sets out actions, with targets, timeframes and resources that will ensure the continued growth of this important component of Australia's transport system.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011-2016
Target age group:	Dorośli i dzieci
Organisation:	Australian Bicycle Council
Find out more:	www.bicyclecouncil.com.au
Linked document:	Download linked document
References:	Anon (2011a) Cycling to the future Australian Bicycle Council. [Online]. Available from: https://www.parliament.qld.gov.au/documents/committees/THLGC/2013/INQ-CYC/tp-18Jun2013NCS.pdf [Accessed: 5 July 2020]. □

Australian National Breastfeeding Strategy 2010-2015

The aim of the Australian National Breastfeeding Strategy is to contribute to improving the health, nutrition and wellbeing of infants and young children, and the health and wellbeing of mothers, by protecting, promoting, supporting and monitoring breastfeeding.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010-2015
Target age group:	Dzieci
Organisation:	Australian Health Ministers' Conference
Find out more:	extranet.who.int
Linked document:	Download linked document

Children's television standards

The Children's Television Standards 2009 (CTS), applying to free-to-air television, is the only government regulation dealing specifically with advertising to children. The Australian Communications and Media Authority (ACMA) developed the CTS under the Broadcasting Services Act 1992 (Cth). Compliance with the CTS is a licence condition for all free-to-air television broadcasters and ACMA is responsible for its administration and enforcement. CTS 32(7) is the only provision that deals specifically with food advertising. It prohibits advertisements that contain any misleading or incorrect information about the nutritional value of foods or beverages – a prohibition which is very limited in scope. Aside from the limited scope of its provisions, the main problem with the CTS is that it does not restrict the volume of unhealthy food advertising to children on TV and therefore does not reduce the amount of unhealthy food advertising that children are exposed to. Another significant limitation is that the CTS only apply to designated children's viewing times and programs, and not to general audience programs watched by large numbers of children.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Dzieci
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=3

Finish with the Right Stuff

This programme encourages children who participate in junior community sport to eat and drink healthier at sport before, during and after the game. Water is promoted as a drink of choice instead of sugar sweetened drinks and club canteens are supported to provide and promote healthier food options to make it easier for parents and children to make smarter food choices.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Dzieci
Organisation:	NSW Ministry of Health - part of the NSW Healthy Children Initiative
Find out more:	www.rightstuff.health.nsw.gov.au
Linked document:	Download linked document
References:	Anon (n.d.) http://www.rightstuff.health.nsw.gov.au/ . [Online]. www.rightstuff.health.nsw.gov.au. Available from: https://www.rightstuff.health.nsw.gov.au/ [Accessed: 1 July 2020d]. []

Go4Fun

Go4Fun is a ten week healthy lifestyle program for kids aged 7 to 13 years, run by qualified health professionals. The program aims to improve the health of the child through the development of healthy lifestyle behaviours, as well as educating and positively affecting kids' attitude to food and exercise. It was originally adapted from the MEND (Mind, Exercise, Nutrition, Do it!) program which was designed and developed by health professionals in the United Kingdom before being modified to comply with Australian policies and guidelines.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Dzieci
Organisation:	NSW Ministry of Health - NSW Healthy Children Initiative
Find out more:	go4fun.com.au
Linked document:	Download linked document
References:	Anon (n.d.) Home. [Online]. Go4Fun. Available from: https://go4fun.com.au/ . []

National Prevention Health Strategy

The Strategy provides a blueprint for tackling the burden of chronic disease currently caused by obesity, tobacco, and excessive consumption of alcohol.

Categories:	Evidence of NCD strategy
Year(s):	2009-2020
Target age group:	Dorośli i dzieci
Organisation:	Government: The National Preventative Health Taskforce
Linked document:	Download linked document
References:	https://extranet.who.int/nutrition/gina/en/node/23804 Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

The Responsible Children's Marketing Initiative (RCMI)

The RCMI is an initiative developed to demonstrate the Australian Food and Beverage Industry commitment to responsible marketing on food and beverages to children.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Dzieci
Organisation:	Australian Food & Beverage Industry
Find out more:	www.afgc.org.au
Linked document:	Download linked document
References:	<p>Anon (n.d.) Australian Food and Grocery Council RESPONSIBLE CHILDREN'S MARKETING INITIATIVE. [Online]. Available from: https://extranet.who.int/ncdccs/Data/AUS_B19_Responsible-Childrens-Marketing-Initiative-March-2018-1.pdf [Accessed: 6 July 2020c]. []</p>

Eat Well Australia: An Agenda for Action for Public Health Nutrition

The Strategic Inter-Governmental Nutrition Alliance provided strategic direction and coordinated action on public health nutrition issues and implementation of the Eat Well Australia Strategy 2000-2010 between 1998-2006. The Eat Well Australia 2000-2010 strategy consisted of two components: Eat Well Australia: an agenda for action in public health nutrition, 2000-2010, and National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan 2000-2010. The strategy focused on 4 key nutrition priority areas: prevention of overweight and obesity; increasing the consumption of vegetables and fruit; promotion of optimal nutrition for women, infants and children; and improving nutrition for vulnerable groups.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2000-2010
Target age group:	Dorośli i dzieci
Organisation:	Strategic Inter-Governmental Nutrition Allianc
Find out more:	www1.health.gov.au
Linked document:	Download linked document

Exemptions from Goods and Services Tax.

Fruit and vegetables and are currently exempt from Australia's 10% Goods and Services Tax (GST). Other food products exempt included bottled water, fruit or vegetable juice, baby food and infant formula (for children under 12 months of age) and breakfast cereals.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2000 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Government
Find out more:	www.ato.gov.au
References:	https://www.ato.gov.au/business/gst/in-detail/your-industry/food/gst-and-food/?anchor=GSTfreefood (Accessed 27.10.21)

Food and Nutrition Policy

The goal of the food and nutrition policy is to improve health and reduce the preventable burden of diet-related early death, illness and disability among Australians. The policy will be implemented through strategies which support the Australian dietary guidelines, involve key sectors in the food system, and foster community participation.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1992 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Commonwealth Department of Health, Housing and Community Services
Find out more:	extranet.who.int
Linked document:	Download linked document

Food Labelling regulations

Manufacturers have to follow specific rules for labels and this is monitored by FSANZ (Food Standards Australia New Zealand). FSANZ sets food labelling standards in the Food Standards Code. These standards are enforced by the Australian states and territories and, in New Zealand, by the Ministry for Primary Industries (MPI).

Categories:	Labelling Regulation/Guidelines
Target age group:	Dorośli i dzieci
Organisation:	Food Standards Australia New Zealand
References:	https://www.foodstandards.gov.au/industry/labelling/pages/default.aspx

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Dorośli
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Mandatory nutrition standards at state level

There are no national mandatory standards in Australia (see below for details of national voluntary guidelines). However, six states and territories have implemented mandatory standards, which are either based on the national voluntary guidelines or nutrient and food criteria defined by the state: Australian Capital Territory (2015), New South Wales (2011), Northern Territory (2009), Queensland (2007), South Australia (2008), and Western Australia (2014). All of these states and territories identify "red category" food, which is either completely banned in schools or heavily restricted (eg offered no more than one or two times per term).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Dzieci
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=1#step3=337

National Preventative Health Strategy 2021-2030

The National Preventive Health Strategy (the Strategy) aims to provide more balance to the health system by enhancing the focus on prevention and by building systems-based change over a 10-year period. The Strategy aims to improve the health and wellbeing of all Australians at all stages of life, through a systems-based approach to prevention that addresses the wider determinants of health, reduces health inequities and decreases the overall burden of disease.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Dorośli i dzieci
Find out more:	www.health.gov.au
Linked document:	Download linked document

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