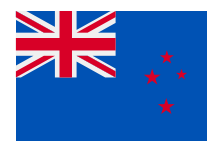


New Zealand

Policies, Interventions and Actions



Healthy Food and Drink Guidance – Early Learning Services

The guidance supports boards, principals, canteen managers and food service providers to adopt and implement a policy for their school and guidance on creating supportive environments for children in early learning services.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2020 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document
References:	Ministry of Health. 2020. Healthy Food and Drink Guidance – Early Learning Services. Wellington: Ministry of Health.

Healthy Food and Drink Guidance – Schools

The guidance supports boards, principals, canteen managers and food service providers to adopt and implement a policy for their school and guidance on creating supportive environments for children.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2020 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document
References:	Ministry of Health. 2020. Healthy Food and Drink Guidance – Schools. Wellington: Ministry of Health.

National Healthy food and drink policy (Health Sector)

This 2nd edition follows a review of the Policy by the Network two years on from its introduction. The review focused on ways to make the Policy more practical and easy to follow, while still maintaining its alignment to healthy eating as described by the Ministry of Health’s Eating and Activity Guidelines for New Zealand Adults.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document
References:	National District Health Board Food and Drink Environments Network 2019: National Healthy Food and Drink Policy (2nd ed). Wellington: Ministry of Health

Food Industry Taskforce Report

Leading food and beverage industry members have recommended a package of practical measures that could contribute to the broader range of Government initiatives addressing obesity.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document
References:	Food Industry Taskforce on Addressing Factors Contributing to Obesity FINAL REPORT TO MINISTERS OF HEALTH AND FOOD SAFETY (2018)

Clinical Guidelines for Weight Management in New Zealand Adults

Clinical guidance for primary health care practitioners and others who provide advice on weight management for New Zealand adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2017 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document
References:	Ministry of Health. 2017. Clinical Guidelines for Weight Management in New Zealand Adults. Wellington: Ministry of Health.

Sit Less, Move More, Sleep Well: Active play guidelines for under-fives

The Guidelines provide population health advice to support health practitioners, early childhood educators, regional sports trusts and others who provide advice to parents, caregivers and whānau or families on physical activity for children under five years of age.

Categories:	Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
References:	Ministry of Health. 2017. Sit Less, Move More, Sleep Well: Active play guidelines for under-fives. Wellington: Ministry of Health.

Children's Code for Advertising Food 2016 (updated from 2010)

This Code provides the "appropriate guidelines" for food advertisements that influence children.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Advertising Standards Authority (ASA)
Find out more:	www.asa.co.nz
Linked document:	Download linked document

Clinical Guidelines for Weight Management in New Zealand Children and Young People

Clinical guidance for primary health care practitioners and others who provide advice on weight management for New Zealand children and young people aged 2 to 18 years

Categories:	Evidence of Management/treatment guidelines
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document
References:	Ministry of Health. 2016. Clinical Guidelines for Weight Management in New Zealand Children and Young People. Wellington: Ministry of Health.

Healthy Food and Drink Policy for Organisations

Healthy eating is essential for good health and wellbeing, and supports a healthy productive workforce. The Policy enables organisations to demonstrate commitment to the health and wellbeing of staff, and visitors by providing healthy food and drink options consistent with the Eating and Activity Guidelines.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
References:	Ministry of Health. 2016. Healthy Food and Drink Policy for Organisations. Wellington: Ministry of Health.

Weight Management in 2–5 Year Olds

Weight Management in 2–5 Year Olds is a practical resource to equip health providers with the most up-to-date advice to monitor, assess and manage children who are overweight and obese. The resource presents a step-by-step diagram which is designed to facilitate clinical decision-making.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
References:	Ministry of Health. 2016. Weight Management in 2–5 Year Olds. Wellington: Ministry of Health.

Childhood Obesity Plan

The Childhood Obesity Plan is a package of initiatives aims to prevent and manage obesity in children and young people up to 18 years of age.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz

Eating and Activity Guidelines for New Zealand Adults

This document is the first of the Eating and Activity Guidelines (EAG) Series. It provides evidence-based population health advice on healthy eating and being physically active.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document

Health Star Rating

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:	Adults and children
Find out more:	healthstarrating.gov.au

Healthy Auckland Together

Healthy Auckland Together is a coalition of 21 organisations representing local government, mana whenua, health agencies, NGOs, university and consumer interest groups. Through collaboration, profile raising and monitoring, the coalition aims to improve nutrition, increase physical activity and reduce obesity focusing on policy, infrastructure design and planning, and environments.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Auckland Regional Public Health Service
Find out more:	www.healthyaucklandtogether.org.nz
Linked document:	Download linked document

Healthy Families NZ (HFNZ)

An initiative that aims to improve people's health where they live, learn, work and play in order to prevent chronic disease. The most visible aspect of HFNZ is the establishment of 10 HFNZ communities which started in 2014.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
Linked document:	Download linked document

Eating and Activity Guidelines Technical Advisory Group

To provide evidence based nutrition advice for the development of New Zealand's national dietary guidelines which are part of the Eating and Activity Guidelines Series.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
References:	https://extranet.who.int/nutrition/gina/en/node/27066

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Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.health.govt.nz
References:	https://extranet.who.int/nutrition/gina/en/node/27066

Under 5 Energize (U5E)

Under 5 Energize (U5E) is a nutrition and physical activity programme delivered to early childhood centres in 4 high deprivation areas in Waikato, New Zealand. There are 6 key goals which are: 1. More active play every day 2. Water and milk as the best choice 3. Less sweet drinks 4. Daily fruit and vegetables 5. Less energy dense snacks 6. Less screen time

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2013-2020
Target age group:	Children
Organisation:	Sport Waikato
Find out more:	www.sportwaikato.org.nz

New Zealand Food and Nutrition Guidelines

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1990 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of health
Find out more:	www.fao.org
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/new-zealand/en/

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:	Adults
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

Nutrient content lists

In New Zealand, producers and retailers are required by law to provide a list of the nutrient content of pre-packaged food products (with limited exceptions), even in the absence of a nutrition or health claim. The rules define which nutrients must be listed and on what basis (eg per 100g/per serving).

Categories:	Labelling Regulation/Guidelines
Target age group:	Adults and children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=327

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