

INFORMAS: Monitoring food Prices

National
Science
Challenges

HEALTHIER
LIVES

He Oranga
Hauora

bode³

DIET 
Dietary Interventions:
Evidence & Translation



INFORMAS

Benchmarking food environments



INFORMAS module structure

ORGANISATIONS	PROCESSES	Public sector policies and actions			Private sector policies and actions			
	<p>How much progress have (international, national, state and local) governments made towards good practice in improving food environments and implementing obesity/NCDs prevention policies and actions? <i>(University of Auckland)</i></p>			<p>How are private sector organisations affecting food environments and influencing obesity/NCDs prevention efforts? <i>(Deakin University)</i></p>				
FOOD ENVIRONMENTS	IMPACTS	Food composition	Food labelling	Food marketing	Food provision	Food retail	Food prices	Food trade & investment
		<p>What is the nutrient composition of foods and non-alcoholic beverages? <i>(The George Institute)</i></p>	<p>What health-related labelling is present on foods and non-alcoholic beverages? <i>(University of Oxford)</i></p>	<p>What is the exposure and power of promotion of unhealthy foods and non-alcoholic beverages to different population groups? <i>(University of Wollongong)</i></p>	<p>What is the nutritional quality of foods and non-alcoholic beverages provided in different settings (eg. schools, hospitals, workplaces)? <i>(University of Toronto)</i></p>	<p>What is the availability of healthy and unhealthy foods and non-alcoholic beverages in communities and within retail outlets? <i>(University of Auckland)</i></p>	<p>What is the relative price and affordability of 'less healthy' compared with 'healthy' diets, meals & foods? <i>(Queensland University of Technology)</i></p>	<p>What are the impacts of trade and investment agreements on the healthiness of food environments? <i>(Australian National University)</i></p>
POPULATIONS	OUTCOMES	Population diet		Physiological & metabolic risk factors		Health outcomes		
		<p>What is the quality of the diet of different population groups? <i>(University of Sao Paulo)</i></p>		<p>What are the burdens of obesity and other risk factors? <i>(WHO)</i></p>		<p>What are burdens of NCD morbidity and mortality? <i>(WHO)</i></p>		

INFORMAS Food Prices Module

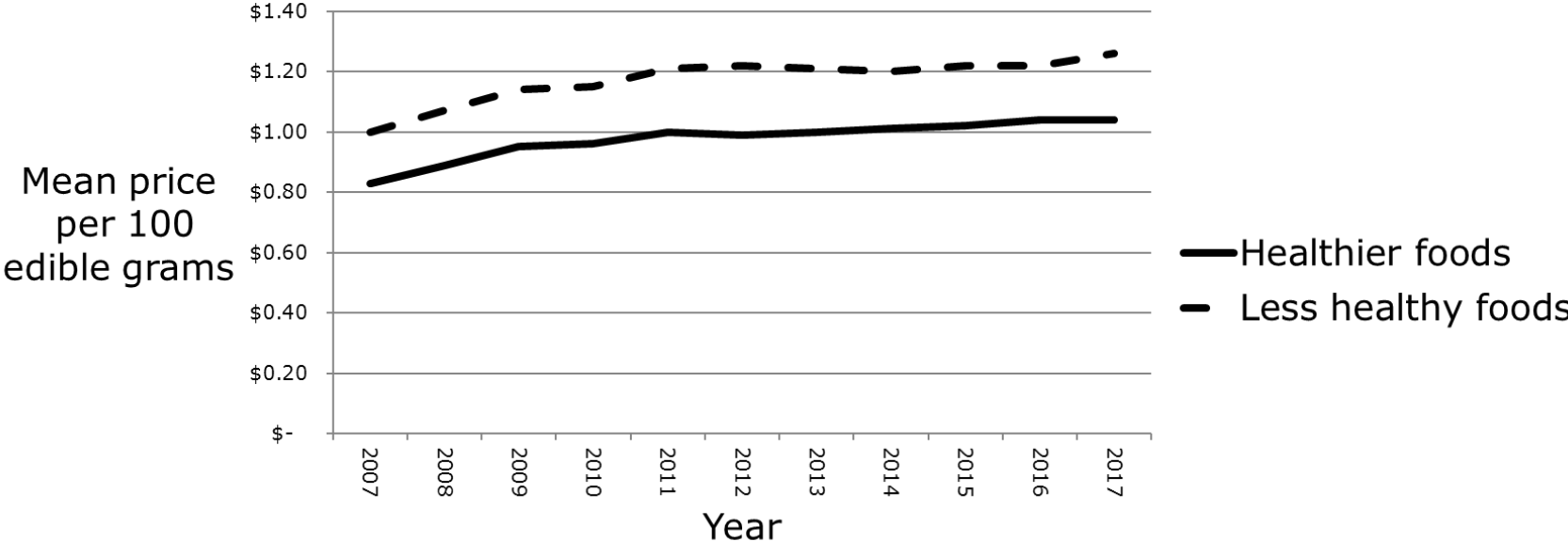
Healthy &
less healthy
foods

Healthy
home-made
meals &
takeaway
meals

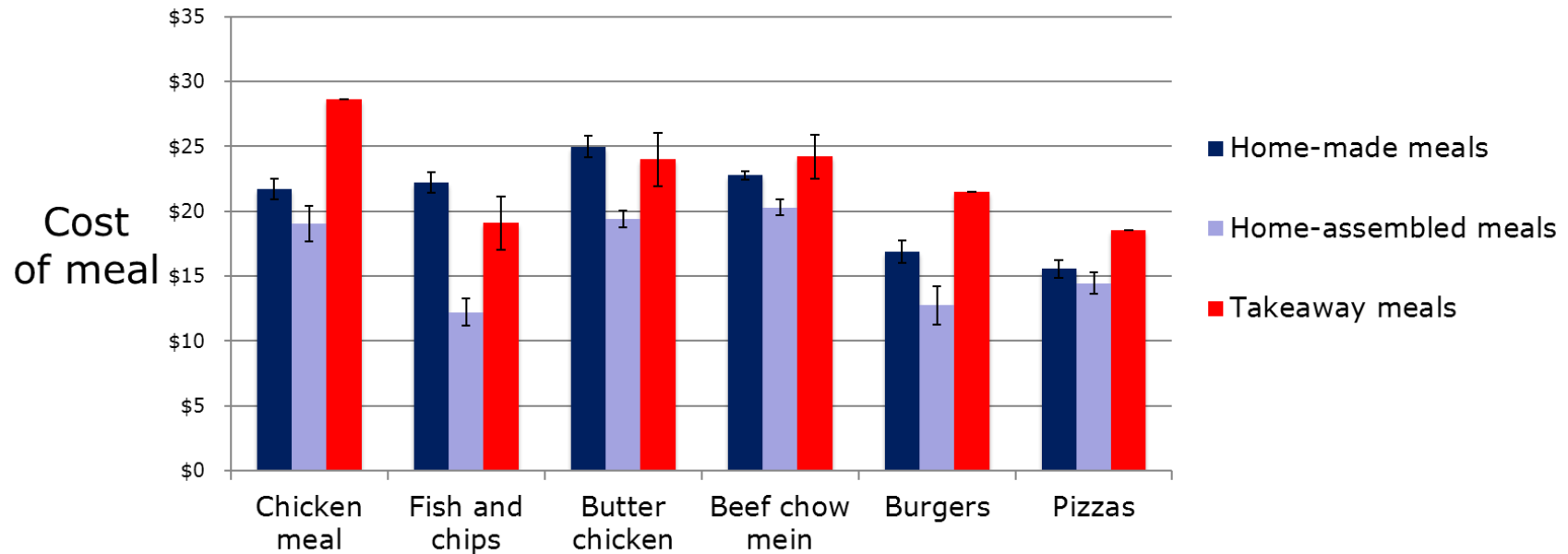
Affordability
of a healthy
diet & the
current
(unhealthy)
diet



Healthier vs less healthy foods: Food Price Index



Cost of takeaways vs home-made meals including time costs



Developing Healthy and Current (less healthy) Diets

Diets

Total population

Māori

Advisory group Toi Tangata

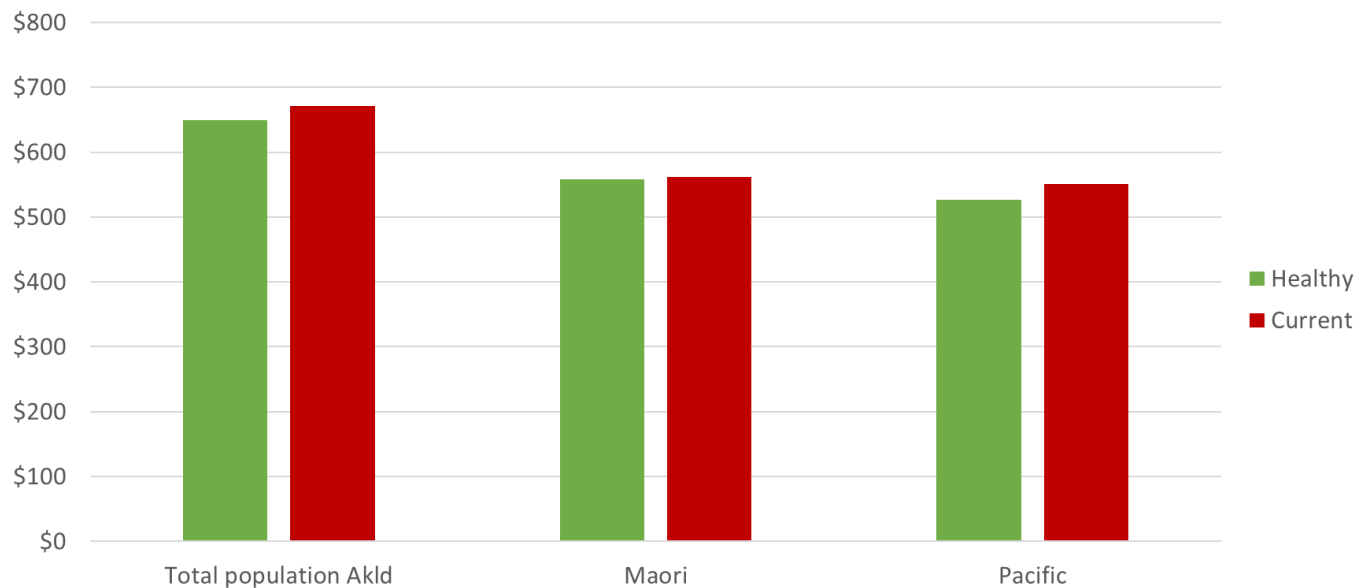
Pacific

Advisory group Pacific Island Heartbeat

1. Commonly consumed foods from National Nutrition Survey
2. Developed menu plan for household of 4
Healthy: NRVs, Eating and Activity Guidelines, Healthy weight
Current: Current weight, current eating patterns
3. Collected prices



Cost of healthy and current diets for total population, Māori and Pacific



Cost of diet per fortnight for a household of 4

% of household income required to purchase diet on minimum wage



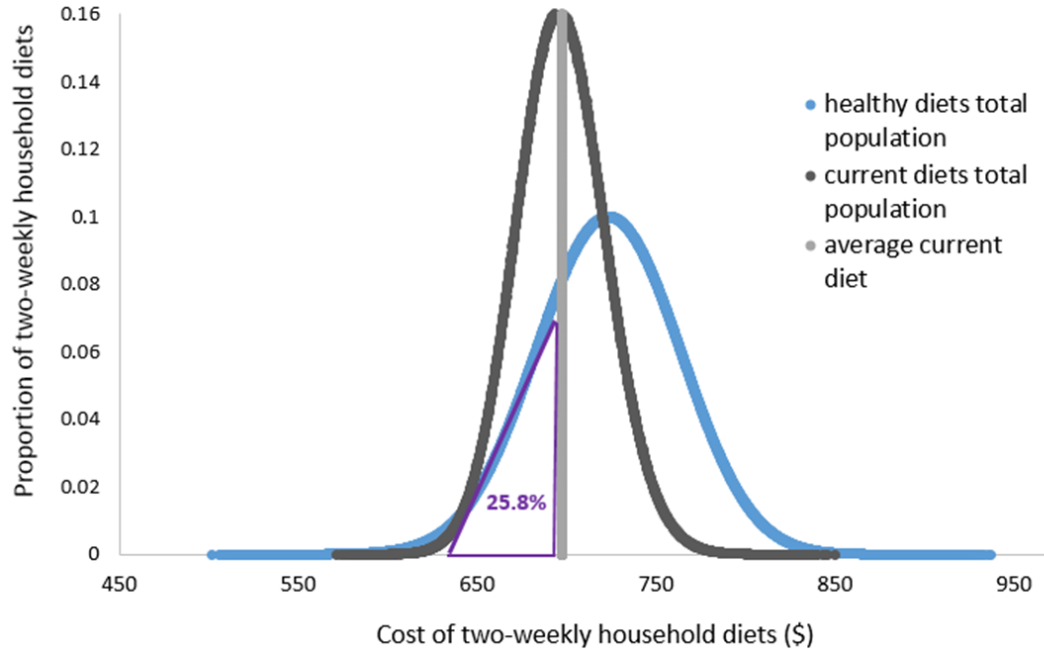
DietCost Modelling

- The variation of the cost of diets (menu plans & prices) is important but currently unknown
- Unknown whether **healthy diets** are more expensive than **current, less healthy diets**
- **Aim:** To assess the cost differential between healthy and current, less healthy diets for different population groups and over time
- Inputs: Prices, common foods, constraints on amounts
- Outputs: Range of menus and prices
- Dr Stefanie Vandevijvere, E-research (Nick Young)



Cost of healthy versus current diets

% of healthy household diets cheaper than the average current diet



Key messages food prices

- Healthy & unhealthy foods equally increasing in price
- Home-made, home-assembled meals cheaper or same price as takeaways
- Healthy diets on average cost more than current diets but there is a lot of overlap
- Either diet unaffordable if low-income household
- **Future: Monitor food prices using Food Price Index**

