

The Need: Monitoring New Zealand food environments

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National
Science
Challenges

HEALTHIER
LIVES

He Oranga
Māori

bode³

DIET 
Dietary Interventions:
Evidence & Translation



INFORMAS

Benchmarking food environments



Monitoring Food Environments

- Process questions
 - What progress are governments and food companies making to improve the healthiness of food environments?
- Impact questions
 - How healthy are our food environments? (composition, labelling, marketing, provision, retail, prices)
- Measure, track and compare progress
- Strengthen accountability systems

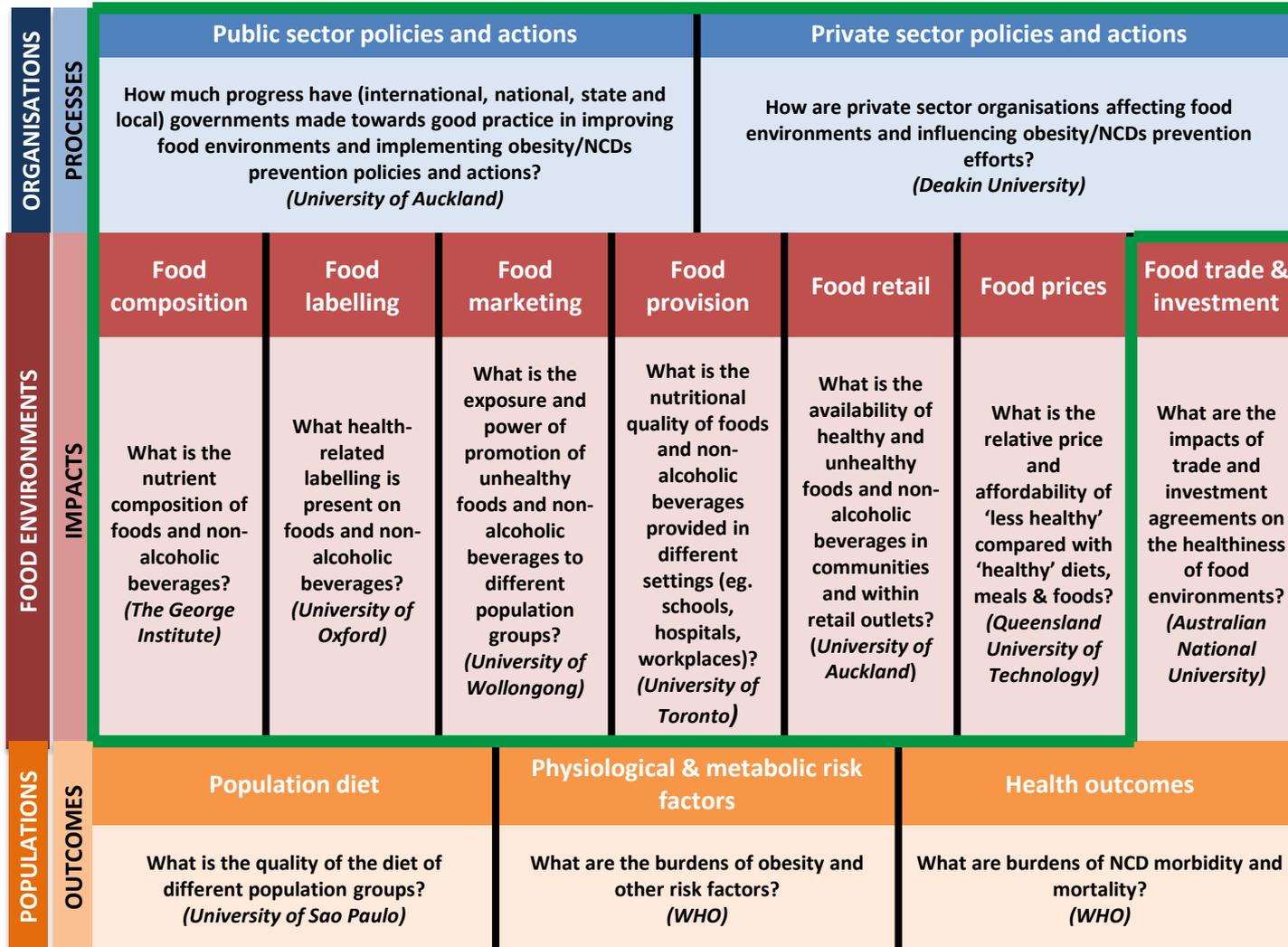


INFORMAS (www.informas.org)

- International Network for Food and Obesity/ NCD Research, Monitoring and Action Support
 - INFORMAS is a global network of public-interest organisations and researchers that aims to monitor, benchmark and support public and private sector actions to create healthy food environments and reduce obesity, NCDs and their related inequalities
- **Progress**
 - Phase 1: (2012) frameworks & indicators
 - 14 Foundation papers published, 2013,
 - Phase 2: (2013/4) protocols, pilot testing
 - Phase 3: (from 2015/6) in 30+ countries

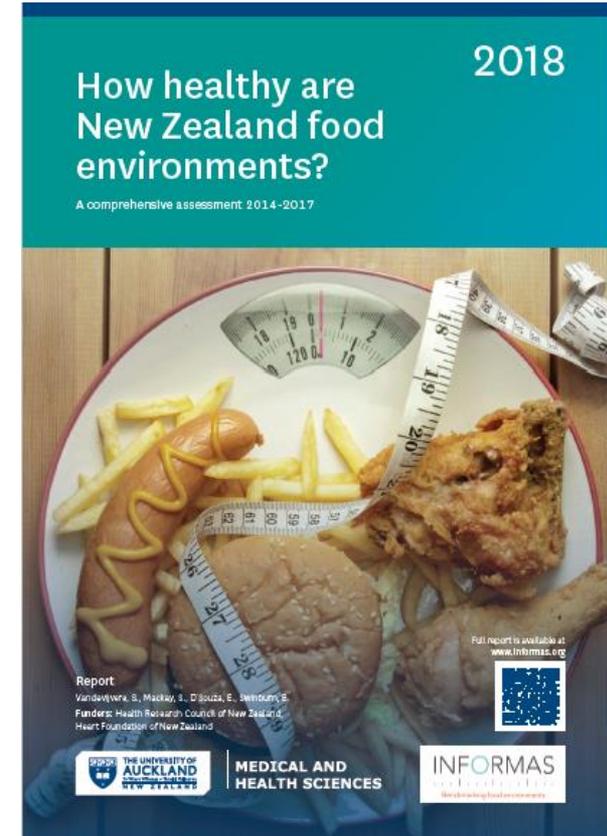


INFORMAS module structure



INFORMAS NZ study

- Funded by HRC
 - 2014-2018
 - 18 modules
 - First comprehensive national survey
- Publications to date
 - 27 peer reviewed articles
 - 4 major reports
 - International comparative studies (4)
 - Summary country scorecard (forthcoming)



Modules for New Zealand

1. Public sector (Food-EPI)
2. Private sector (BIA-Obesity)
3. Composition (Nutritrack) ←
4. Labelling (Nutritrack) ←
5. Promotion (to children) ←
 - a. TV
 - b. Magazines
 - c. Company websites
 - d. Company FaceBook pages
 - e. Sports club sponsorship
 - f. Food packages
- g. In 'school food zones'
- h. Social media (Facebook)
6. Provision
 - a. Schools
 - b. Hospitals
7. Retail
 - a. In communities
 - b. Within store
8. Prices ←
 - a. Foods
 - b. Meals
 - c. Diets

Public Sector

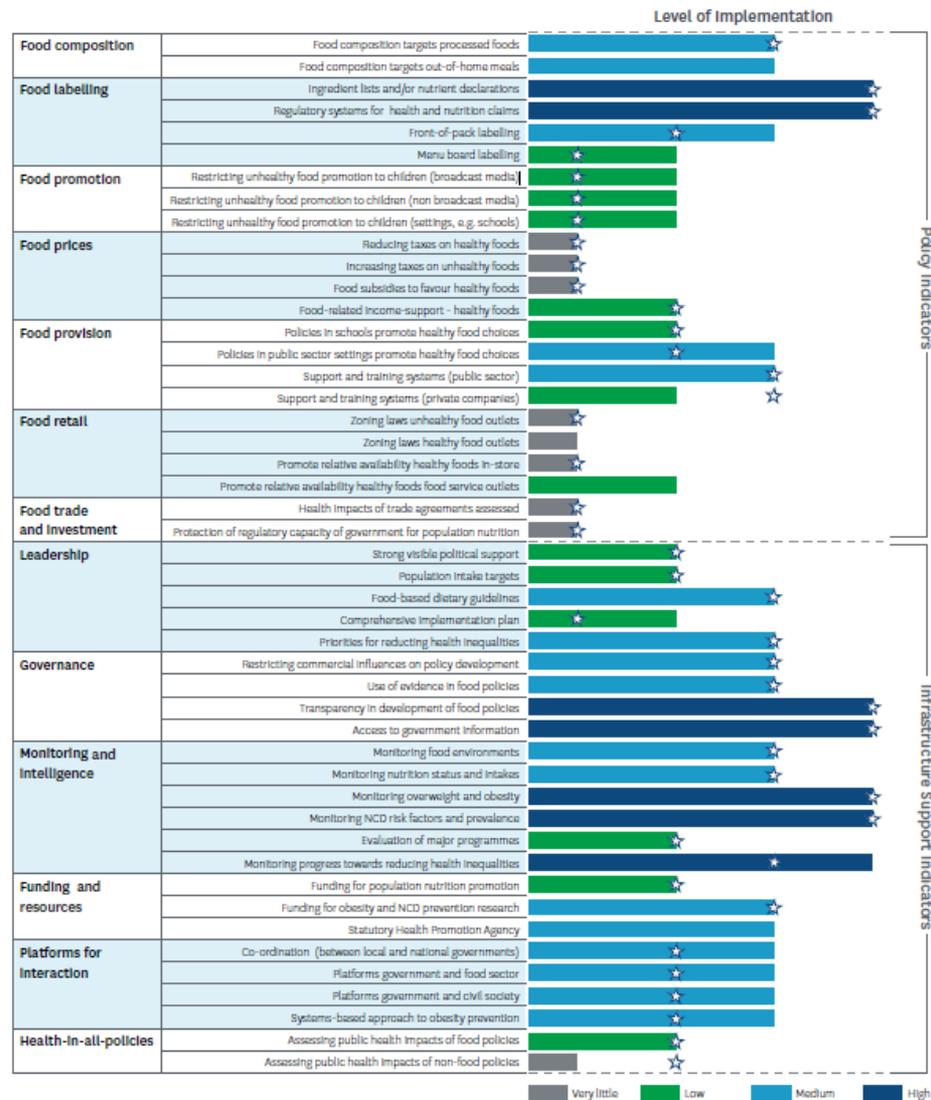
- **Food-EPI tool** (2014, 2017)

- **Outputs**

1. Validated evidence base
2. Implementation gaps
3. Specified policy options (~45)
4. Top priorities (7-9)

- **Process**

- Experts engaged (53 & 71)
- Independent & government
- Convergent exercise to agreement
- Dissemination
- Benchmarking



Priority recommended actions

1. Food composition

- Structured reformulation for sugar and sodium

2. Food labelling

- Fix HSR and make mandatory

3. Marketing to children

- Regulations needed

4. Food prices

- 20% tax on sugary drinks

5. Food in schools/ECEs

- Ensure healthy food

6. Leadership

- Strengthen child obesity plan
- Target for reducing child obesity
- Targets for population intakes for sugar, salt, saturated fat
- Promote healthy eating guidelines

7. Monitoring

- New Child Nutrition survey

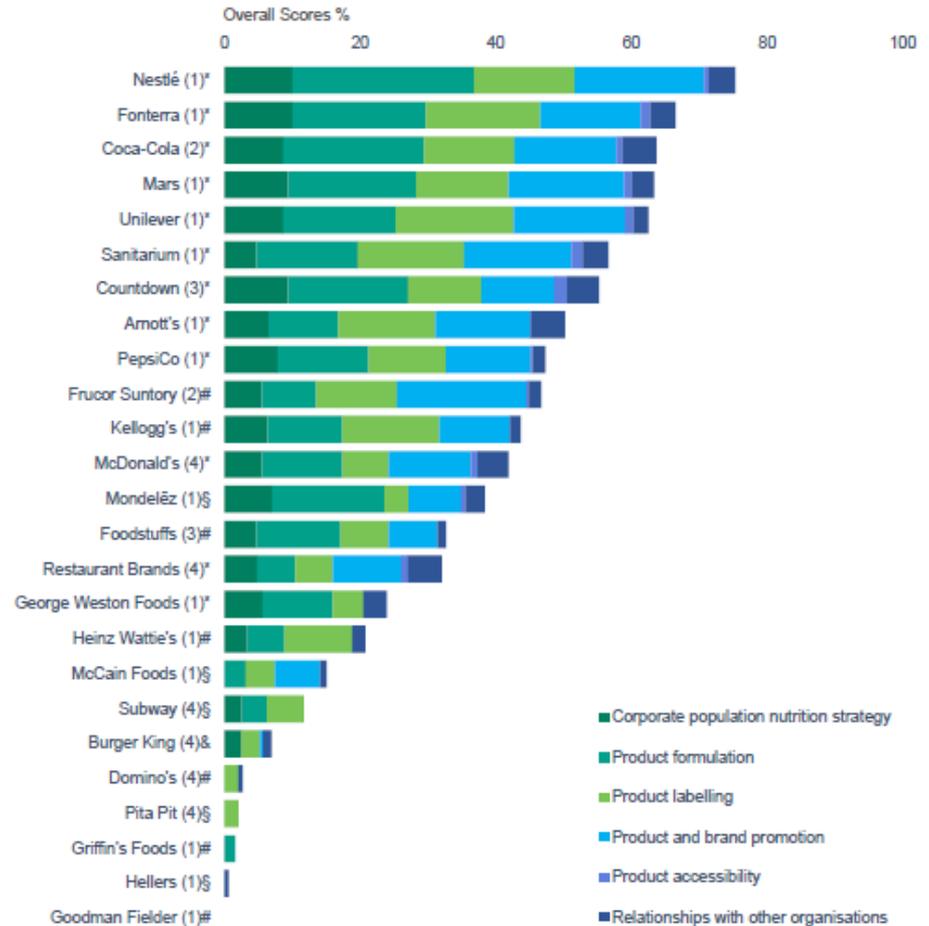
8. Funding

- Increase to ~10% of costs of overweight and obesity (~\$100m)



Private Sector

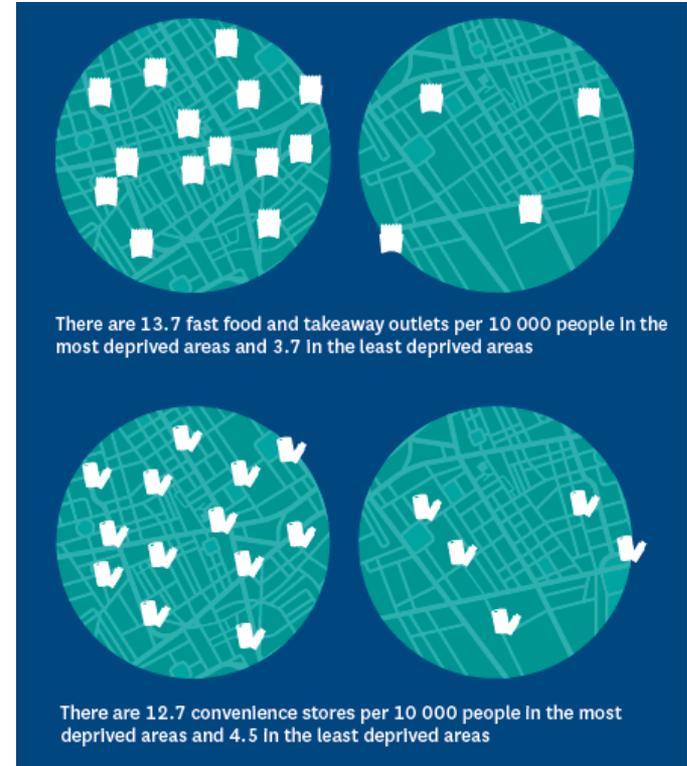
- BIA-Obesity tool
- Commitments and transparency only
- ~1/2 companies engaged with the process
- Wide range of scores on commitments (0-75), median 38
- Specific feedback provided
- Phase 2 – performance



Community food retail environment

(>9000 food outlets)

- Food outlets of all types per 10,000 people: high vs low deprivation areas
 - Convenience stores:
12.7 vs 4.5
 - Fast food, takeaway:
13.7 vs 3.7
 - Supermarket, F&V stores:
3.9 vs 1.3
 - More food swamps



Schools

1. Food policies

- Written 40%
- Strength 3%
- Comprehensiveness 16%

2. Selling sugary drinks

- 40%

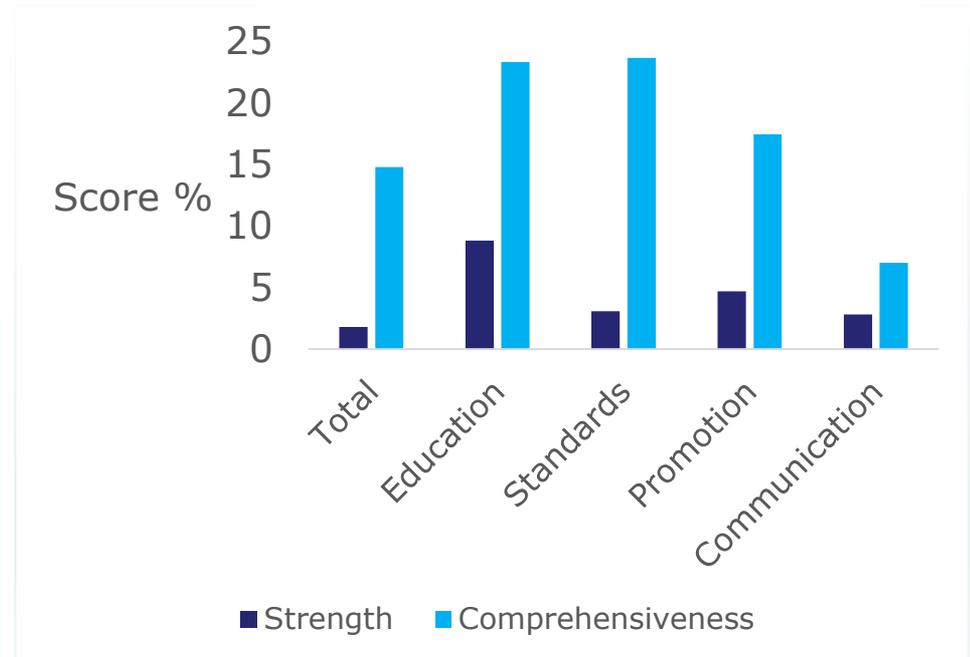
3. Fundraising using unhealthy foods

- 96%

4. Programs +++

- Giving food, education

Food policy analysis



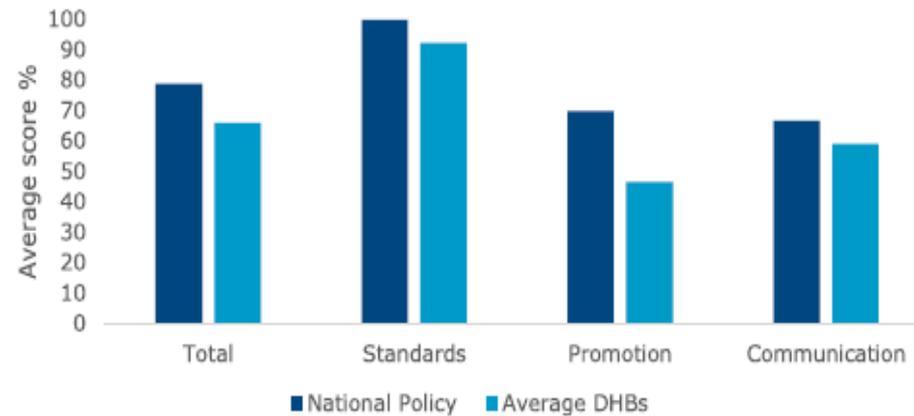


DHB food policies

Strength



Comprehensiveness



Summary: Food Environments

- Policies and actions from the major players – govt, food industry – are patchy
- Food environments are largely unhealthy
 - Positive example of strong DHB food policies taking hold
 - Changing obesogenic school food is a priority
- Ongoing monitoring is essential for NZ's largest contributor to health loss