



Flinders
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Nutrition Update

Aligning Evidence of Learning with Assessment

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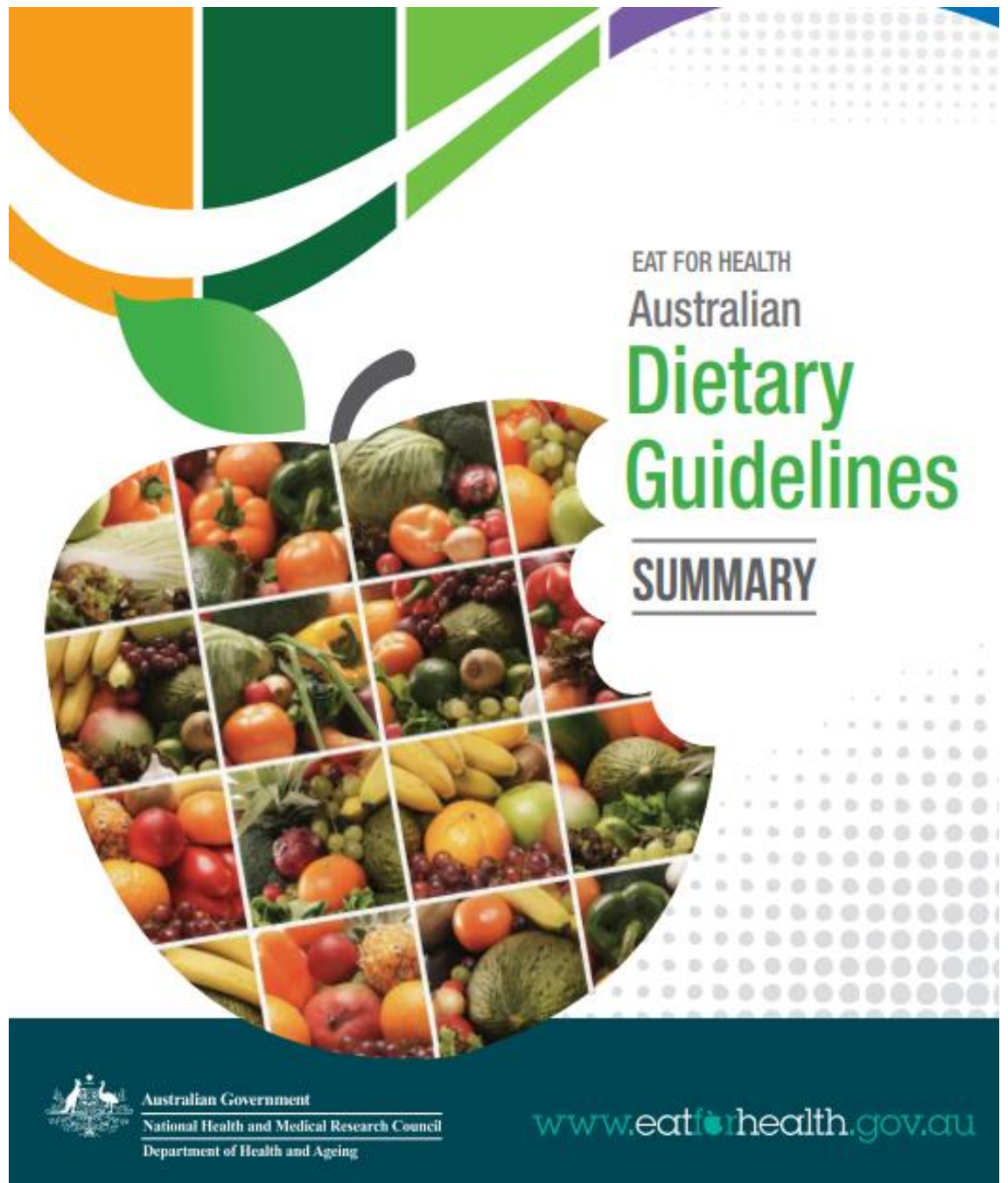




The Guidelines & What Australian's Eat

Australian Dietary Guidelines

- Released in 2013
- Review of over 55,000 scientific papers
- *Foundation diets* (meet NRVs)
- *Total diets* (additional serves to meet needs for varying body size and higher physical activity levels)
- Information on the types and amounts of foods and dietary patterns
- First time: recommended serves for under 4yo



Australia Dietary Guidelines

Guideline 1:	To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
Guideline 2:	Enjoy a wide variety of nutritious foods from these five food groups every day (Vegetables, and legumes/beans; Fruit; Grain (cereal) foods; Lean meats and alternatives; Milk, yoghurt, cheese and/or their alternatives), and drink plenty of water.
Guideline 3:	Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.
Guideline 4:	Encourage, support and promote breastfeeding.
Guideline 5:	Care for your food; prepare and store it safely.

Australian Dietary Guidelines

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



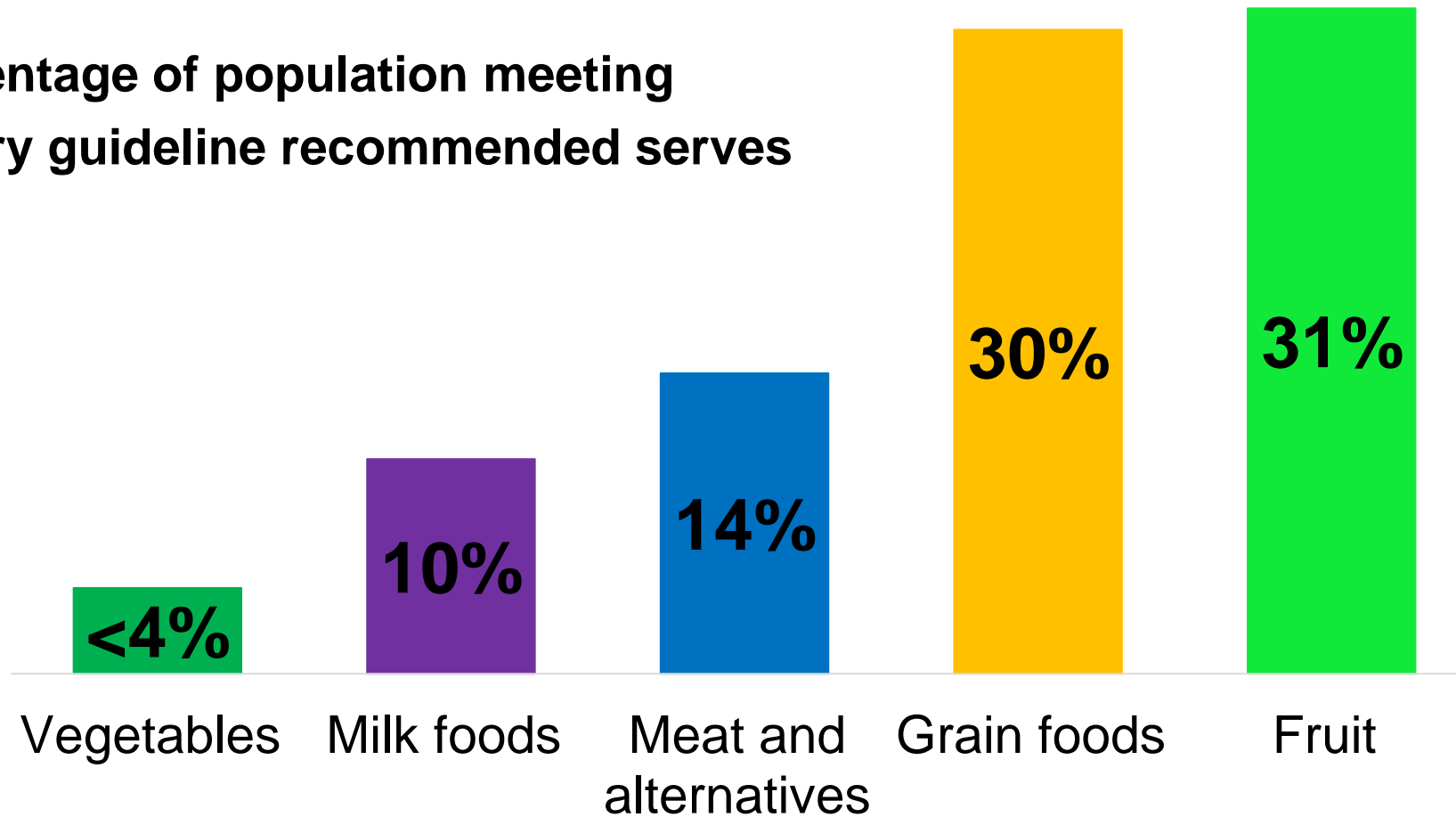
Only sometimes and in small amounts



National Nutrition & Physical Activity Survey 11-12

Overall compliance: 99% of population are not meeting the Australian Dietary Guidelines

Percentage of population meeting
dietary guideline recommended serves





Adults 19+: ~5 serves
(3044kJ) of discretionary
choices per day

Foods



3.6 serves (2174kJ)

Drinks



1.4 serves (842kJ)

Table 1. Australian Health Survey population weighted mean base case intake of adults aged 19 years and over.

	Total Intake ¹ Original Intake	Core Choices Original Intake	Discretionary Choices ² Original Intake	Discretionary Foods Original Intake	Discretionary Beverages Original Intake ³
Grams (g)	3337.7	2652.2	685.5	178.8	513.6
Energy (kJ)	8697.8	5654.0	3043.8	2173.5	841.9
Protein (g) (%E ⁴)	91.0 (17.5)	75.6 (14.6)	15.4 (3.0)	13.5 (2.6)	0.9 (0.2)
Total fat (g) (%E)	73.8 (32.0)	47.4 (20.5)	26.4 (11.4)	26.1 (11.3)	0.3 (0.1)
Saturated fat (g) (%E)	27.7 (12.0)	16.1 (7.0)	11.6 (5.0)	11.4 (4.9)	0.2 (0.1)
Carbohydrate (g) (%E)	225.9 (43.5)	145.6 (28.0)	80.4 (15.5)	56.3 (10.8)	23.6 (4.5)
Total sugars (g)	102.9 (19.8)	51.3 (9.9)	51.5 (9.9)	30.7 (5.9)	20.6 (4.0)
Added sugars (g) (%E)	50.6 (9.7)	6.7 (1.3)	43.9 (8.4)	25.2 (4.9)	18.6 (3.6)
Free sugars (g) (%E)	57.8 (11.1)	10.8 (2.1)	47.1 (9.1)	26.8 (5.2)	20.2 (3.9)
Sodium (mg)	2430.5	1567.1	863.5	796.8	61.6
Alcohol (g) (%E)	14.4 (4.8)	0.0 (0.0)	14.4 (4.8)	0.0 (0.0)	14.4 (4.8)
Fiber (g)	22.9	19.9	3.0	2.9	0.1
Vitamin A retinol equivalents (µg)	851.8	732.2	119.6	107.3	7.9
Thiamine (vitamin B1) (mg)	1.5	1.2	0.3	0.3	0.0
Riboflavin (vitamin B2) (mg)	1.9	1.5	0.4	0.3	0.1
Niacin equivalents (mg)	41.4	33.5	7.9	6.2	1.4
Dietary folate equivalent (µg)	609.9	529.0	80.9	74.1	4.8
Vitamin B6 (pyridoxine) (mg)	1.5	1.1	0.4	0.2	0.2
Vitamin B12 (cobalamin) (µg)	4.5	3.8	0.7	0.6	0.1
Vitamin C (mg)	102.3	86.1	16.2	3.9	12.1
Vitamin E (mg)	10.5	7.8	2.7	2.6	0.1
Calcium (mg)	804.6	677.6	127.0	93.4	25.1
Iodine (µg)	172.3	146.5	25.8	17.9	6.5

Children 2-18yo: ~**5.2 serves**
(3080kJ) of discretionary
choices per day



Article

Contribution of Discretionary Foods and Drinks to Australian Children's Intake of Energy, Saturated Fat, Added Sugars and Salt

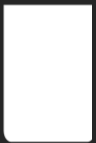
Brittany J. Johnson ¹ , Lucinda K. Bell ^{1,2} , Dorota Zarnowiecki ^{1,2}, Anna M. Rangan ³ 
and Rebecca K. Golley ^{1,2,*}

Foods



4.6 serves (2730kJ)

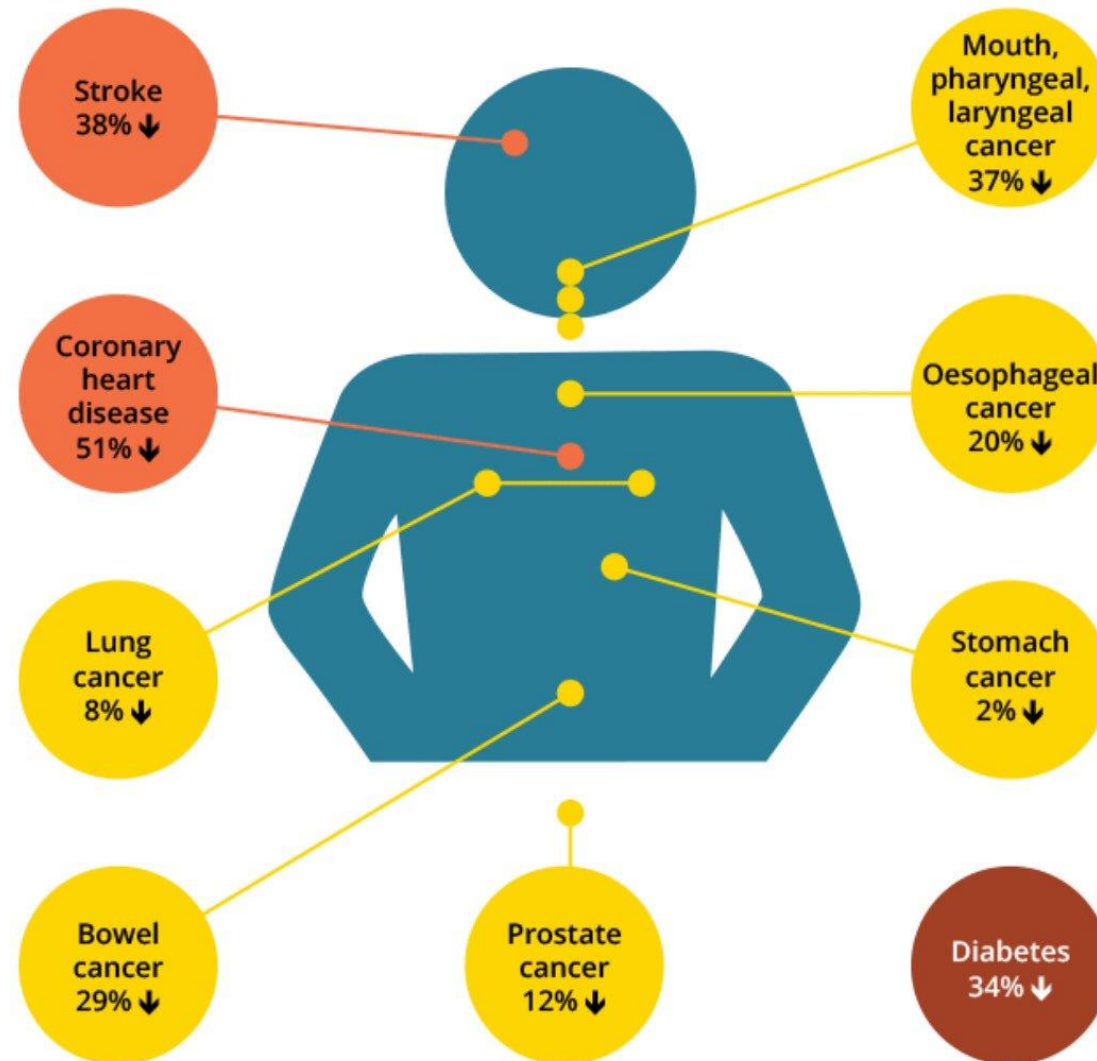
Drinks



0.6 serves (349kJ)



If everyone ate a healthy diet, disease burden* in Australia would be reduced

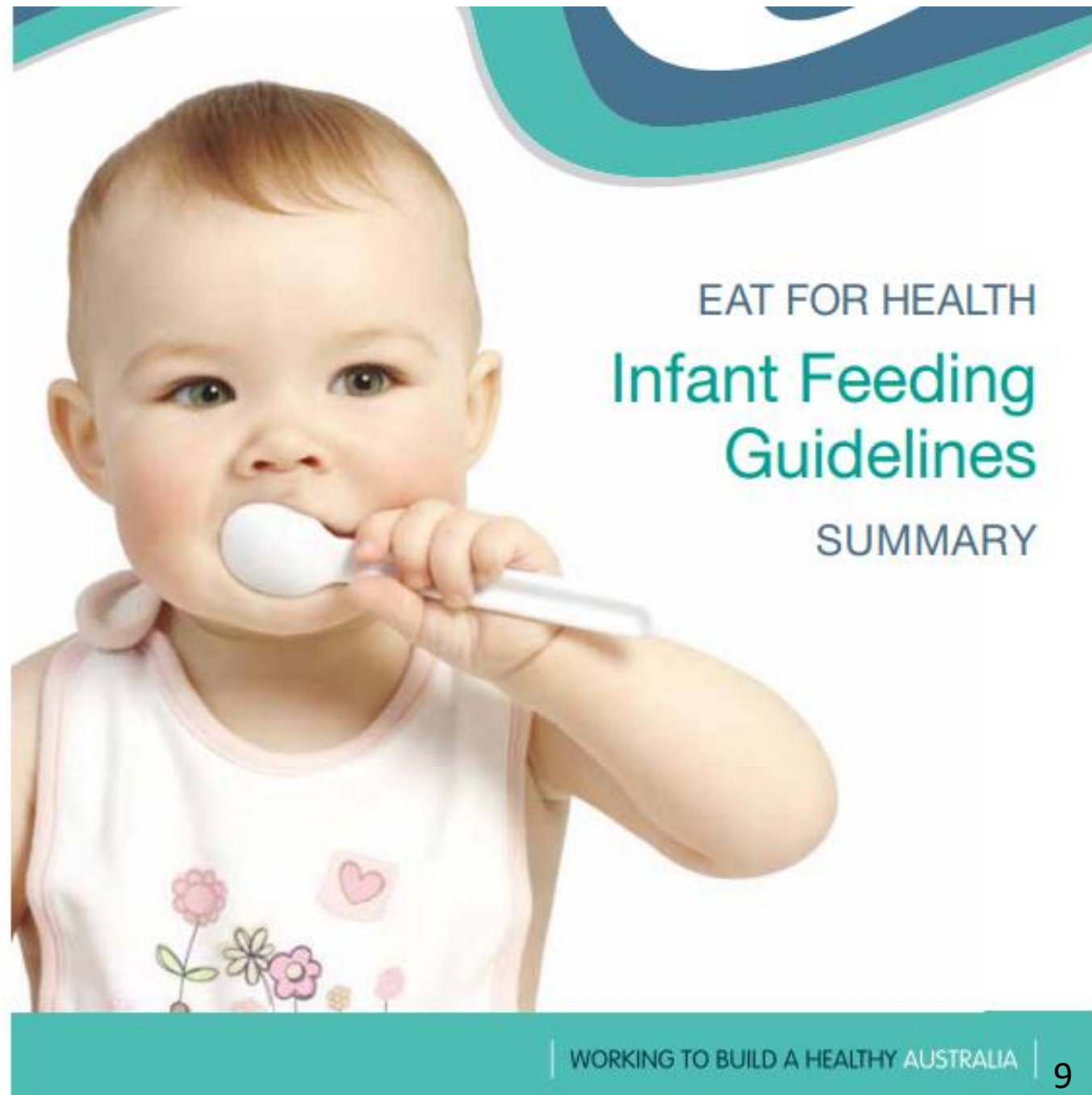


* Based on 2011 data.

Source: Australian Burden of Disease Study 2011. Australian Institute of Health and Welfare.

Infant Feeding Guidelines

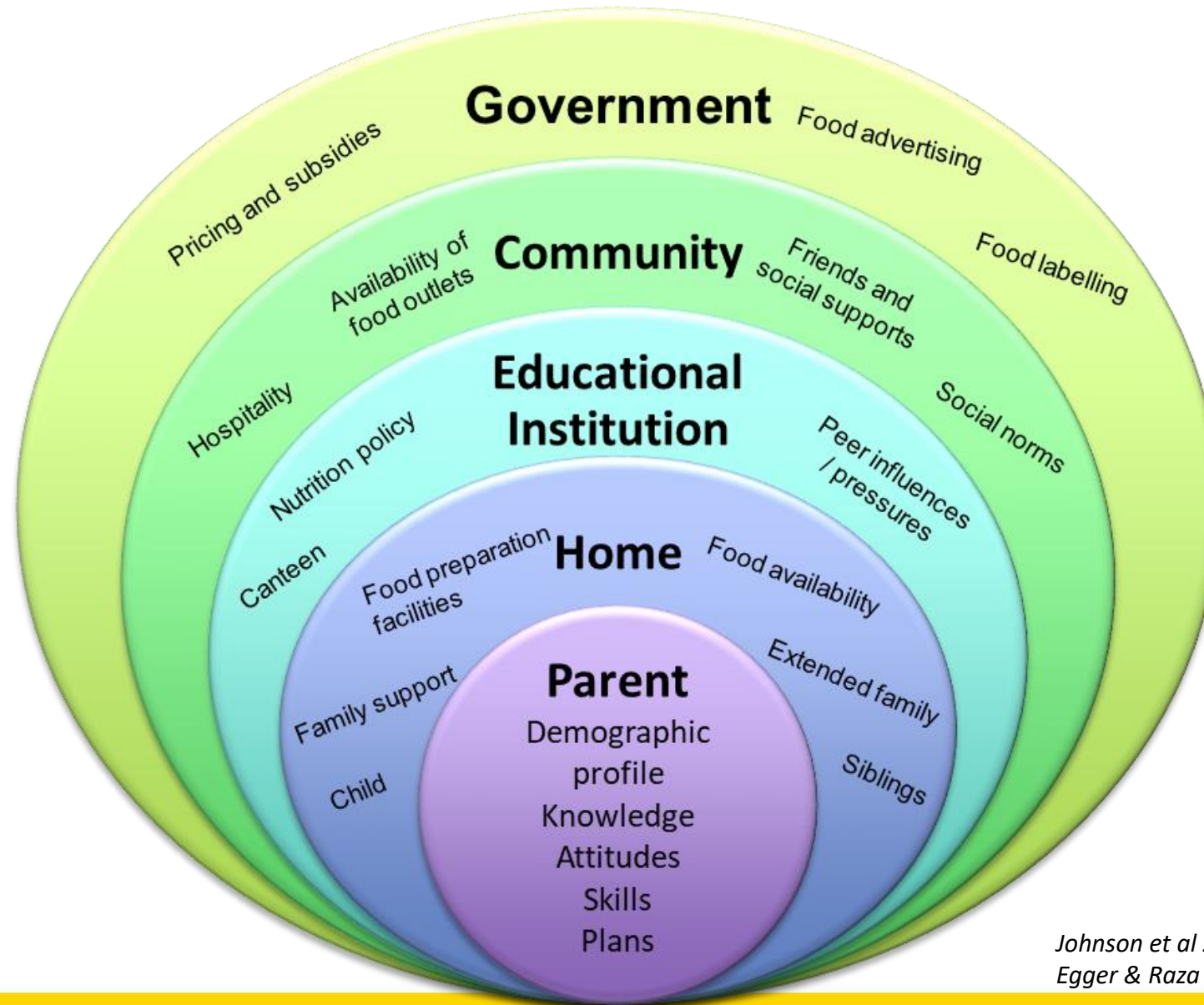
- Encourage and support breastfeeding
- Introduce solid foods at around 6 months
- Solid foods introduced in any order including iron-rich foods and suitable texture
- Progress from pureed to lumpy to normal textures between 6-12 months
- Minimise choking risk
- Avoid excess salt, sugar and discretionary choices
- No specific guidance regarding allergy risk



A photograph of a wooden surface with a slice of bread on the left and green leaves on the right. The text 'Influences on food intake' is centered in the middle.

Influences on food intake

Socio-ecological influences on food intake

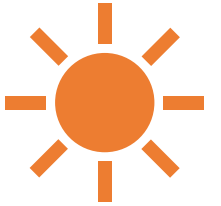


HOME: Individuals and Families

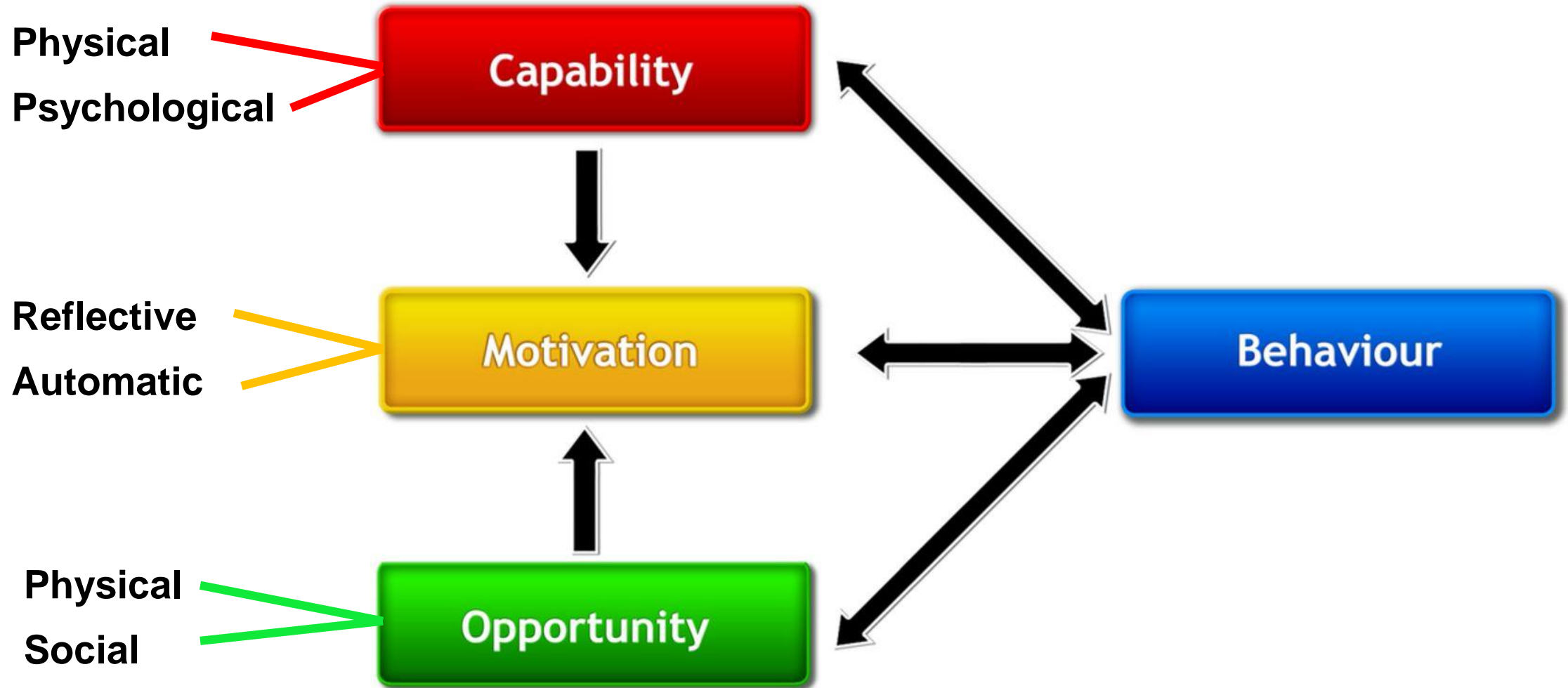
- There are numerous influences on food intake, such as:
 - Cost
 - Time
 - Availability
 - Accessibility
 - Cooking equipment / resources
 - Background
 - Social norms
 - Tastes
 - Attitudes and beliefs
 - Knowledge
 - Skills
 - Media and advertising
 - Other people
 - Season / weather



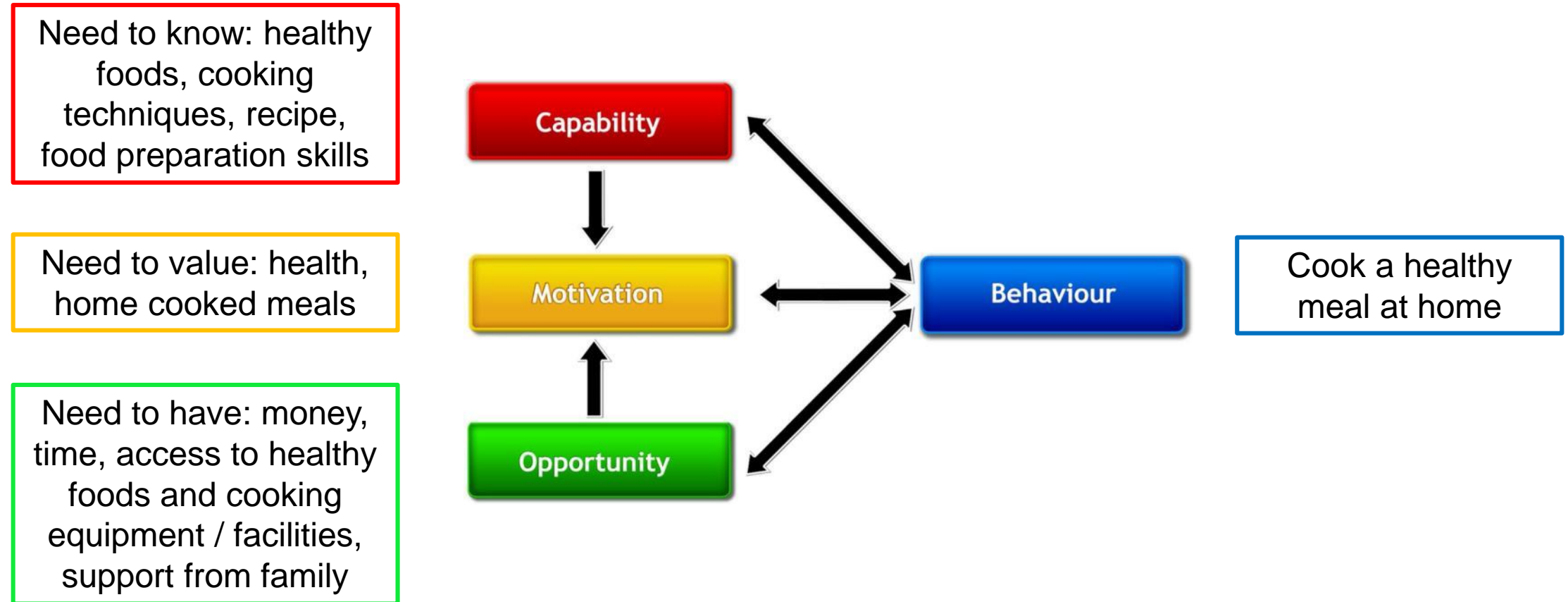
convenience



COM-B model for understanding behaviour



COM-B model for understanding behaviour





Initiatives and resources to support healthy eating

EDUCATION: Child care, Kindergarten, Schools

Nutrition is captured in the NQF in element 2.1.3

ELEMENT 2.1.3
HEALTHY LIFESTYLE

Great resources on the SA Health website

HEALTHY EATING AND PHYSICAL ACTIVITY ARE PROMOTED AND APPROPRIATE FOR EACH CHILD.

- Munch, Play, Learn video – developed for child care workers, and includes:
 - preparing for an engaging mealtime environment
 - carer provides, child decides
 - mealtime environment
 - food awareness activities
 - good nutrition at home
- Eat a rainbow – encouraging a range of different colour fruit and vegetables
 - Includes posters, teachers guides, program toolkit, flashcards, games and recipes
 - Targeted at child care, kindergarten and early primary school

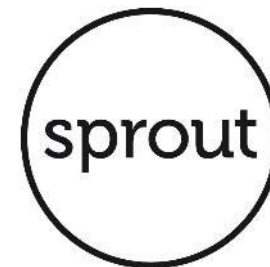
EDUCATION: Child care, Kindergarten, Schools

- Rite Bite Policy (<https://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools>)
 - Applies to foods provided by schools in: curriculum activities, sporting events, camps, excursions, homework centres, out of school hours care, and student rewards or behaviour management programs.
- Healthy eating Curriculum Kit for South Australian Primary Schools (<https://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/healthy-eating-curriculum-south-australian-primary>)
 - SA Health resource, last revised 2013
- Stephanie Alexander Kitchen Garden Program (<http://www.kitchengardenfoundation.org.au/>)
 - Pleasurable food education to children
- NHMRC Project – Life on Holidays: Fitness lost, fatness regained?
 - 2018-2022, led by Professor Tim Olds at UniSA



COMMUNITY:

- OzHarvest (<https://www.ozharvest.org/>)
 - Food rescue, access, education and training
- Community Foodies (<http://www.communityfoodies.com/>)
 - Run through Uniting Care Wesley Bowden
 - Foodies – train the trainer approach
 - Deliver simple messages and practical skills to support healthy eating
- Sprout Training (<https://sprout.edu.au/training/our-courses/>)
 - 10248NAT - Course in Dietary Requirement Awareness and Safety (\$1200 per person)
 - Ideal for anyone in food preparation environments incl. child care centres



COMMUNITY: Healthy Kids Menu Initiative



The Healthy Kids Menu initiative encourages venues to offer healthier menu options for children so you can make healthier choices when you and your family eat out. Eating healthier meals helps grow healthier kids and supports a healthy future for South Australia.



COMMUNITY: Healthy Kids Menu Initiative

1 HEALTHY DRINKS ARE OFFERED TO CHILDREN

2 AT LEAST HALF OF THE MEALS ON THE KIDS MENU ARE HEALTHY

3 IF DESSERTS ARE OFFERED ON THE KIDS MENU, AT LEAST ONE OPTION IS HEALTHY

4 IF MEAL COMBINATIONS ARE AVAILABLE, AT LEAST HALF ARE HEALTHY

GOVERNMENT: Healthy Food Partnership



The screenshot shows the homepage of the Healthy Food Partnership website. The header features the Australian Government Department of Health logo on the left and the 'Healthy Food Partnership' title in large white text on a blue background. Navigation links for 'Related Websites', 'Popular', and 'Follow' are in the top right, along with a search bar. A secondary navigation bar includes 'About the Partnership', 'Working Groups', and 'Get Informed'. The main content area welcomes visitors and explains the partnership's goal to tackle obesity. A light blue box highlights the 'Overarching Program Logic' document. At the bottom, three images illustrate community engagement, food preparation, and grocery shopping.

Australian Government
Department of Health

Healthy Food Partnership

Related Websites Popular Follow

Search the website

About the Partnership Working Groups Get Informed

Healthy Food Partnership / Listen

Welcome to the Healthy Food Partnership website

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.

Page last updated: 25 January 2018

Healthy Food Partnership Overarching Program Logic

The Healthy Food Partnership Implementation and Evaluation Working Group has developed an overarching "Master" Program Logic which incorporates all Healthy Food Partnership activities. This document is a work in progress and will be updated as required.

You can view the [Healthy Food Partnership Overarching Program Logic](#) on the departments webpage



GOVERNMENT: 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.

Portion Size – promote and communicate appropriate portion sizes, assess the effectiveness and feasibility of strategies in retail and food service sector.

Communication and education – work to explain the Dietary Guidelines and how to eat appropriate amounts of the five food groups; and develop a long term strategy which recognises different behavioural, nutritional and information needs of the population.

Reformulation – work with industry and key stakeholders to make targeted manufactured foods healthier by building on existing strategies such as the Health Star Rating system.

GOVERNMENT: Health Star Rating

HEALTH STAR RATINGS range from 1/2 a star to 5 stars. Compare similar packaged foods - the more stars, the healthier the choice.



RISK NUTRIENTS - saturated fat, sodium (salt) and sugars. These are linked to increased rates of obesity and chronic disease if consumed in excess of recommended guidelines.

ENERGY	SAT FAT	SUGARS	SODIUM	FIBRE
1020kJ	1.0g	2.1g	645mg	8.0g
	LOW	LOW		HIGH

PER 100g

POSITIVE NUTRIENTS - such as dietary fibre, protein, calcium, or certain vitamins and minerals.

- Voluntary front of package labelling
- Simplify nutrition information for consumers
- For comparison of products within a food category
- The more stars the healthier the product

GOVERNMENT: Proposed sugar / sugary drinks tax

Coca-Cola is reducing the sugar in even its full-sugar drinks

By Patrick Hatch

Updated 17 May 2018 — 5:22am, first published at 12:00am

[A](#) [A](#) [A](#)

The Coca-Cola Company's local bottler is changing the recipes of some of its biggest-selling soft drinks to make them lower in sugar, amid a consumer backlash against sugar consumption and growing calls for a sugar tax.

More than 30 countries including the United Kingdom, Ireland and Mexico will have sugar taxes in place by the end of this year to help tackle the obesity crisis, and health groups say Australia - one of the fattest nations on earth - should follow suit.

Coca-Cola Amatil managing director Alison Watkins said on Wednesday that while she did not believe sugar taxes improved public health, the company was nonetheless trying to cut the sugar levels in the products it sold in Australia and New Zealand by 10 per cent by 2020.



<https://www.smh.com.au/business/companies/coca-cola-is-reducing-the-sugar-in-even-its-full-sugar-drinks-20180516-p4zfpo.html>

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AMBITIOUS

Thank you

Questions/Discussion

**Feel free to email me:
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