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Problematising Public Health Nutrition responses in Australia: a brief policy analysis

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Nutrition Policy Institute University of California 12th July.2018



NAIDOC Week 2018

BECAUSE OF HER, WE CAN!



9-15 JULY 2018

NAIDOC Week is an annual celebration of the history, culture and achievements of Aboriginal people.
8th to 15th July

Overview

- Current situation with Australian Food and Nutrition Policy
- What is Funded? Food Literacy Programs
- What is Ignored? Food Insecurity Solutions
- Summary- Looking for the Policy Windows

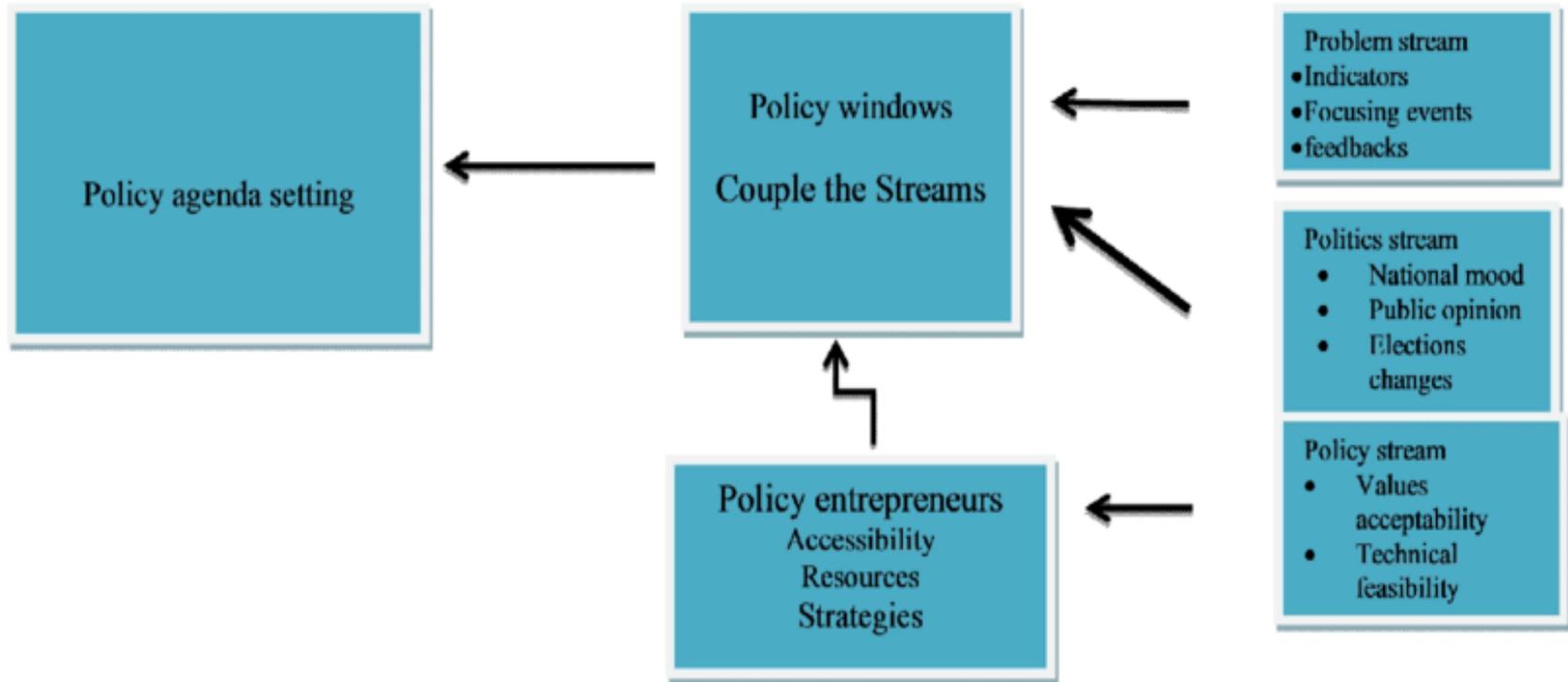
Australian Food and Nutrition Policy

- **Multi-later Federation- three tiers of Govt**
Little Federal directive & Strong neoliberal ideology
- **State Governments -program delivery responsibilities**
New public sector management- outsourcing of service delivery - NGOs, NfP
Disinvestment in public health nutrition workforce- mid 2000s -WA & QLD
- **Local Governments- new Public Health Act**
- **Public Health Nutrition presents a range of ‘wicked’ policy problems to government**
Difficulties dealing with Government silos

(Begley & Pollard, 2016 Workforce capacity to address obesity: a Western Australian cross-sectional study identifies the gap between health priority and human resources needed BMC Public Health 16:881)

Australian Food and Nutrition Policy

Looking for the Policy Windows....



Kingdon's Multiple Stream Analysis

Cullerton et al 2017 Using political science to progress public health nutrition: systematic review Public Health Nutr 19(11):2070

The 'Problems'

Good Nutrition

- <1 percent eat according to the evidence base of the Australian Dietary Guidelines
- 35 per cent of adults energy from discretionary foods (41% children)
 - 41% for Indigenous

Food Insecurity

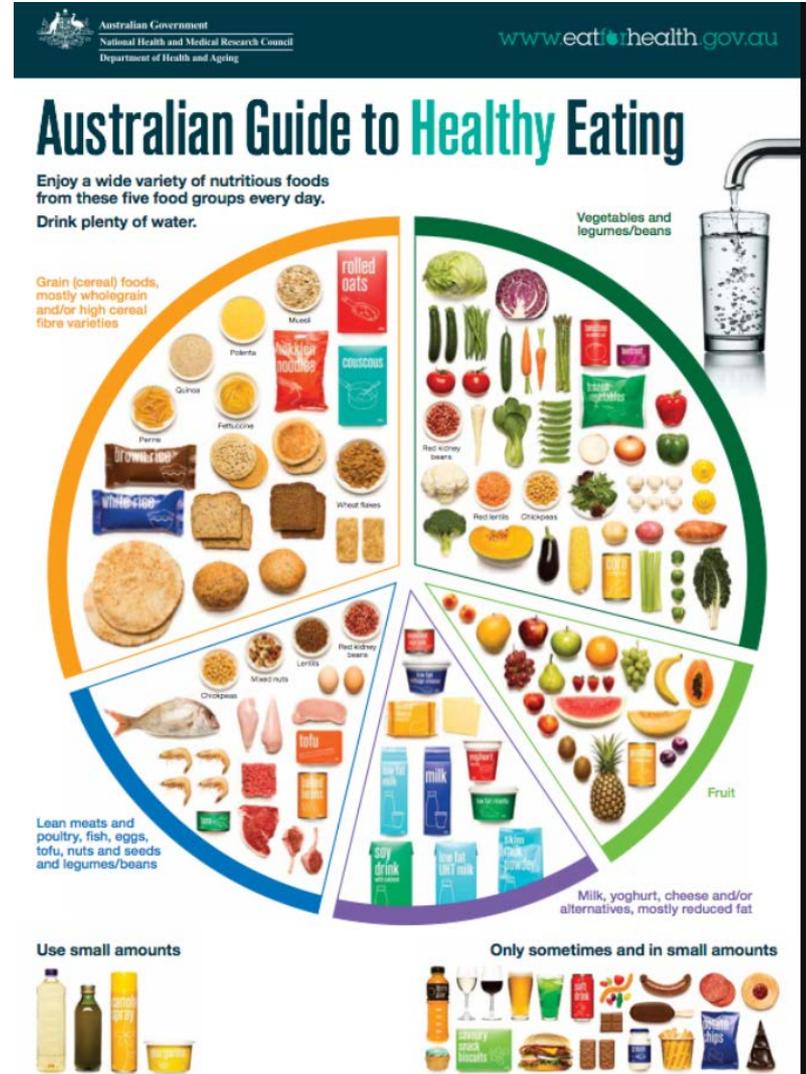
- 3.7% Ran out of money for food in the previous 12 months and could not afford to buy more
 - 20% urban Indigenous
 - 31% remote Indigenous

Obesity

- 63.4% adults overweight/obese

CRICOS Provider Code 00301J

Australian Bureau of Statistics, 2011-2013 National Nutrition and Physical Activity Survey



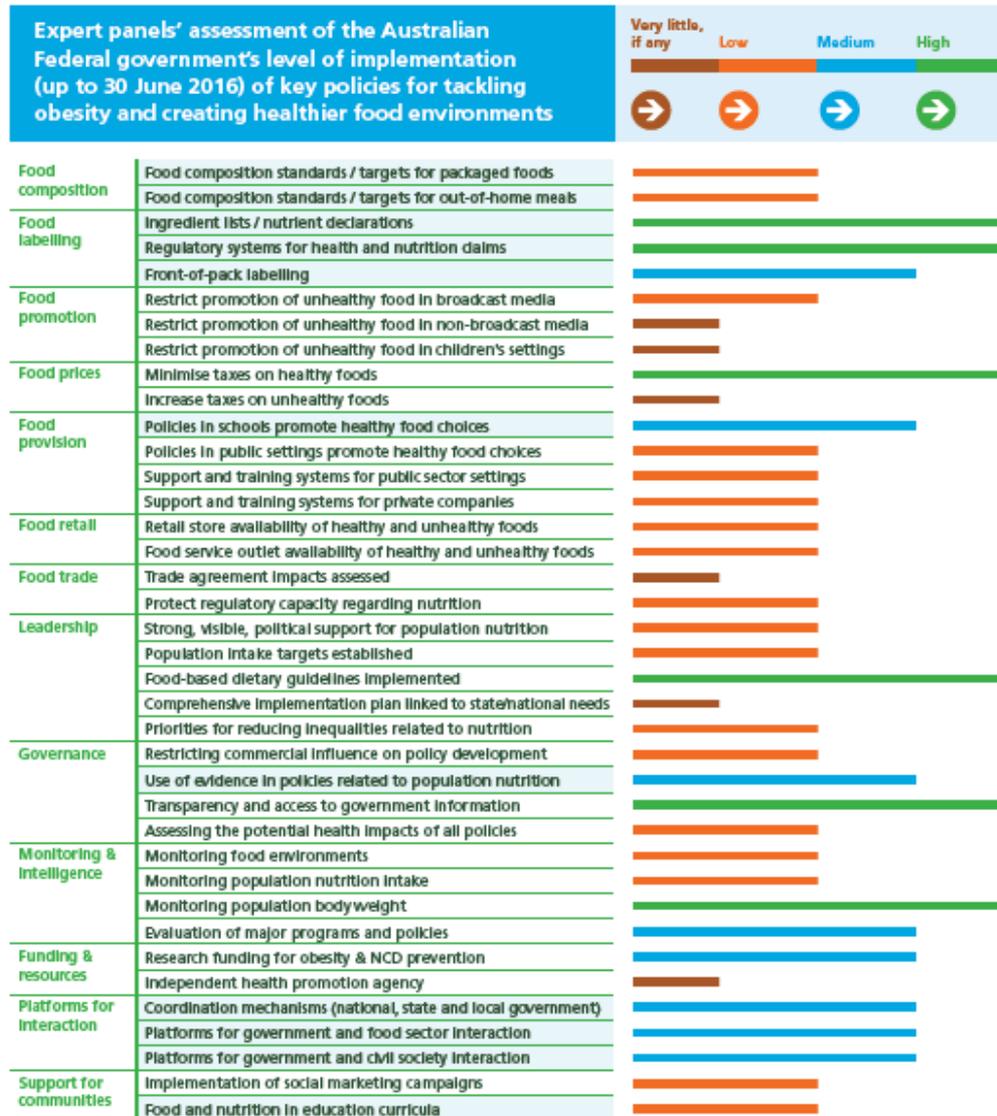
The 'Problems'

Government Performance

- Healthy Food Environment Policy Index (Food-EPI) Australia 2016
- Developed by **INFORMAS** (International Network for Food and Obesity/non-communicable diseases Research, Monitoring and Action Support)



Scorecard for the Australian Federal government



Indicates areas in which the Federal government collaborates with State and Territory governments to set national guidance and policy

Policy Actors- Who owns the Australian Food Market?



Focusing Events- Sugar Tax



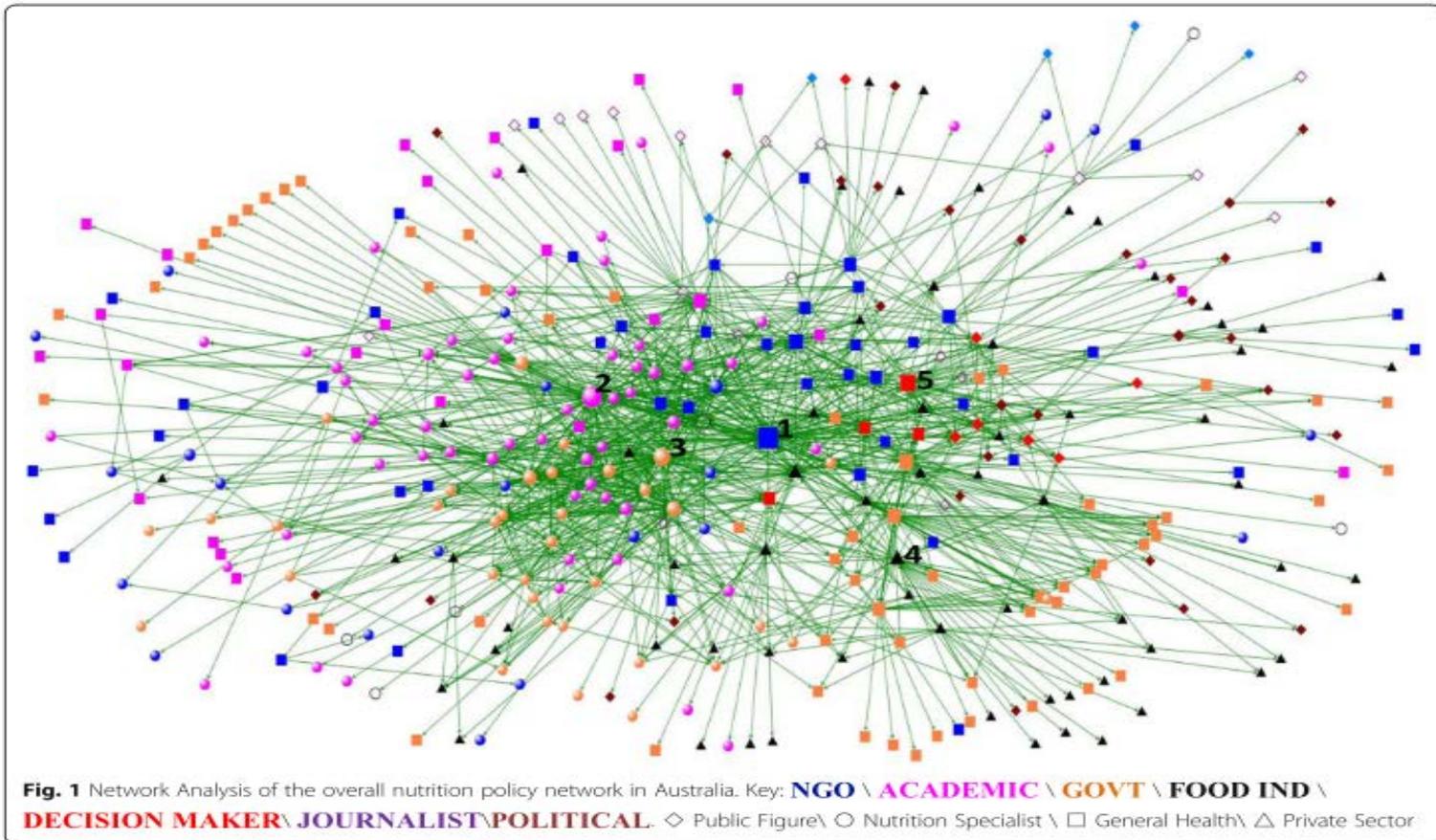
PHOTO: Australian Beverages Council chief executive Geoff Parker announced the industry decision at Parliament House alongside Health Minister Greg Hunt. (ABC News: Nick Haggarty)

"As a country, we can help tackle the obesity epidemic through the practice of industry, through participation, and with the support of government," he said.

"If you can work with the industry and get an outcome such as this, you get exactly the outcome we all want: healthier products, healthier children, and healthier adults."

Federal Health Minister Greg Hunt Tues 26th June 2018

Policy entrepreneurs- Role of Public Health Nutritionists



Western Australia (WA) and California



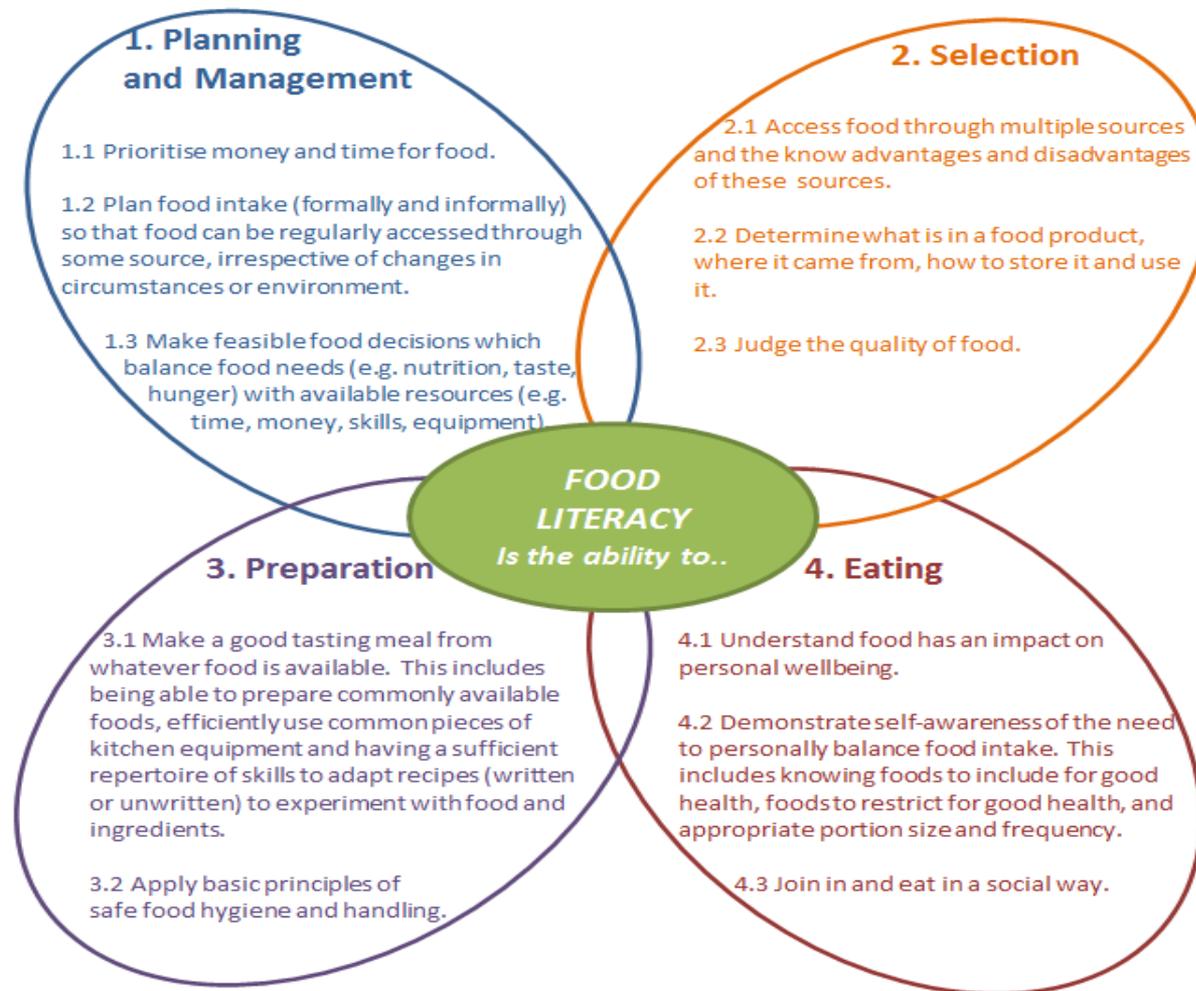
Current Obesity Prevention Programs

Department of Health WA

Chronic Disease Prevention Directorate

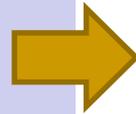
 <p>betterhealthprogram healthy active happy kids.</p>	<p>Lifestyle program for management of obesity in 7 to 13 y olds and their families (Better Health Company)</p>
 <p>FOOD BANK FIGHTING HUNGER IN AUSTRALIA SCHOOL BREAKFAST PROGRAM</p>	<p>Foodbank WA – School Breakfast and Nutrition Education Program for primary and secondary schools. Co-funded by the Department of Education and Department of Primary Industries and Regional Development.</p>
 <p>WESTERN AUSTRALIAN SCHOOL CANTEEN ASSOCIATION INC</p>	<p>Training and support to schools for implementation of the Department of Education's 'Healthy Food and Drink Policy' (WA School Canteen Assoc'n)</p>
 <p>Refresh.ED</p>	<p>K-12 Nutrition education and food literacy curriculum for teachers (Edith Cowan University)</p>
 <p>LIVELIGHTER livelighter.com.au</p>	<p>Healthy Lifestyle Promotion and Education Program encouraging WA adults and their families to make healthier dietary choices and be more active (Cancer Council WA)</p>
 <p>Healthier Workplace WA com.au</p>	<p>Support services, tools and resources to assist workplaces to develop programs, policies and practices that support healthy behaviours for employees (Cancer Council WA)</p>
 <p>FOOD SENSATIONS</p>	<p>State-wide community-based food literacy and food skills development for adults from low to middle income households (FoodBank WA)</p>

What is Funded? Food Literacy Programs



Food Sensations® for Adults Foodbank WA

Review of the Adult Food Literacy Program (FoodCents) and Development of Best Practice Principles
\$25 000 (2014)

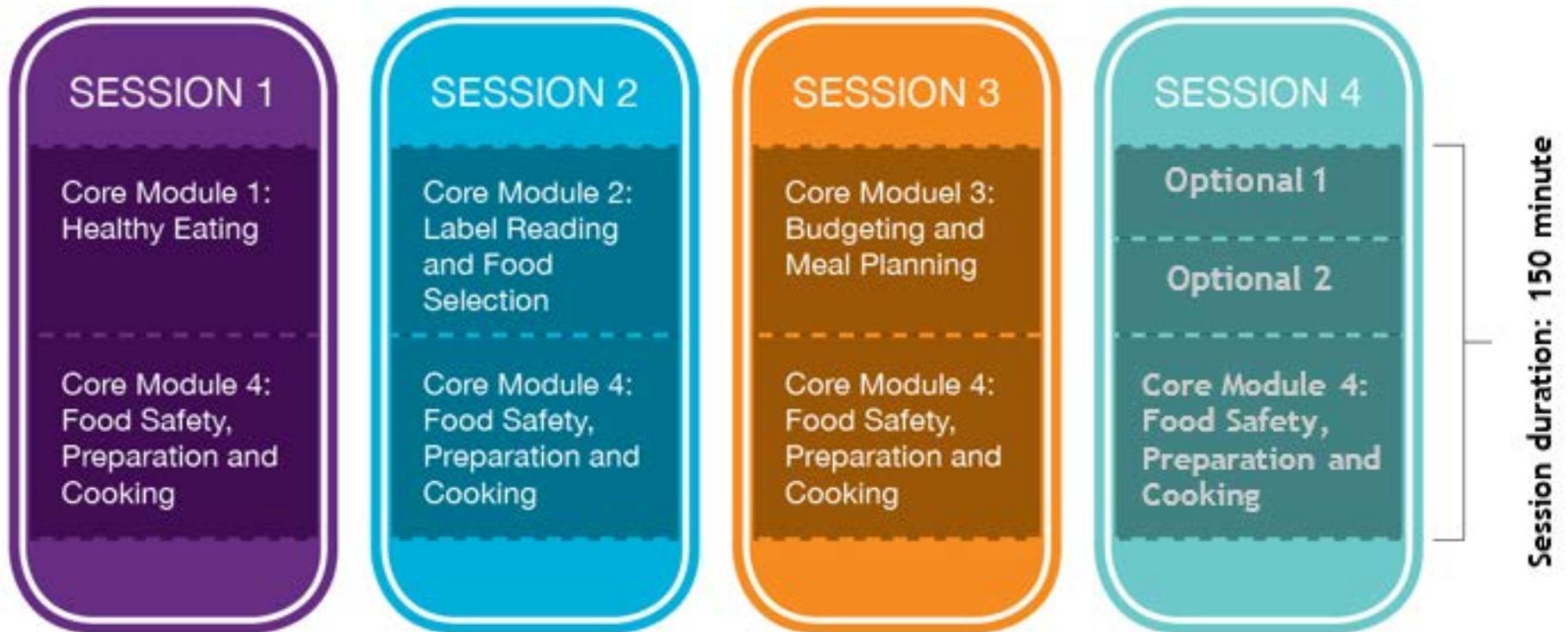


Adult food literacy program tender (C06458)
\$1.55 million awarded Jan 2016 to June 2018
\$1.2 million extension July 2018 to June 2022

Begley A 2016, Developing food literacy through the health sector, in Vidgen H (Ed) Food Literacy: Key Concepts for Health and Education, Routledge



Food Sensations® for Adults Structure



Food Sensations® for Adults

Program Objectives (Service Level Outcomes)

- Increased understanding of the impact of food on personal wellbeing
- Increased positive attitudes towards healthy eating
- Increased food literacy knowledge, skills and confidence, i.e.:
 - planning and managing food/menus
 - selecting, purchasing and storing nutritious foods
 - preparing nutritious food safely.
- Increased intentions to regularly select, prepare and eat nutritious foods
- Increased food purchasing and preparation in line with the national dietary guidelines.

Food Sensations® for Adults Target Groups & Delivery



Challenges of Evaluation in *Real World* Programs

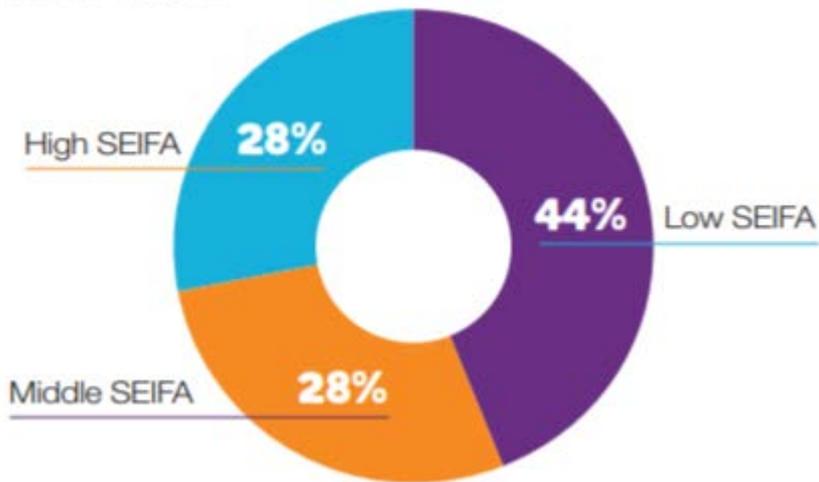
- How to design the evaluation (study design)?
- When should evaluation start?
- What are the ethical research challenges?
- What to measure?
- How effective can a program be?
- Who participates in evaluation?
- How & why a program works?
- How to report the results? (REAIM)
- How to disseminate the results?

2017 Program Impacts

REACHING LOW AND MIDDLE INCOME WESTERN AUSTRALIANS

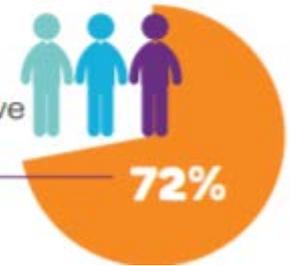
During 2017, 72% of participants in the *Food Sensations® for Adults* program were from low to middle income households. This was assessed by converting postcode to Socio Economic Index For Area (SEIFA).

SEIFA Postcode



MAKING IMPROVEMENTS TO FOOD LITERACY BEHAVIOURS

Participants who made overall positive change in food literacy behaviours



Top Three Changes*

IMPROVEMENTS IN DIETARY INTAKES

At the end of the program and three months after the program participants are reporting eating an additional:



Future Considerations

- **Validation of food literacy behaviour checklist**

Begley, Paytner, E, Dhaliwal S, , Development of a questionnaire for the evaluation of an adult food literacy program - validity and reliability testing, Nutrients- under review

- **Predictors and impact of food insecurity**

Begley et al, Int J Environmental Health and Research paper in preparation

- **Increasing response rates**

Questionnaire burden/incentives

- **Measuring Dietary intakes- ASA24-Australia-2016 (NCI ASA24)** <http://www.deakin.edu.au/ipan/our-research/asa24-australia-2016>

- **Non-equivalent control group**

- **Economic Analysis- Cost effectiveness/cost benefit analysis**

What is Ignored? Food Insecurity

The Australian government is failing to fulfil its legal and moral obligation to guarantee the human right to adequate food for at least 1.2 million people who don't have access to safe, affordable and nutritious food.



Inner City Perth- Emergency Food Relief 2015

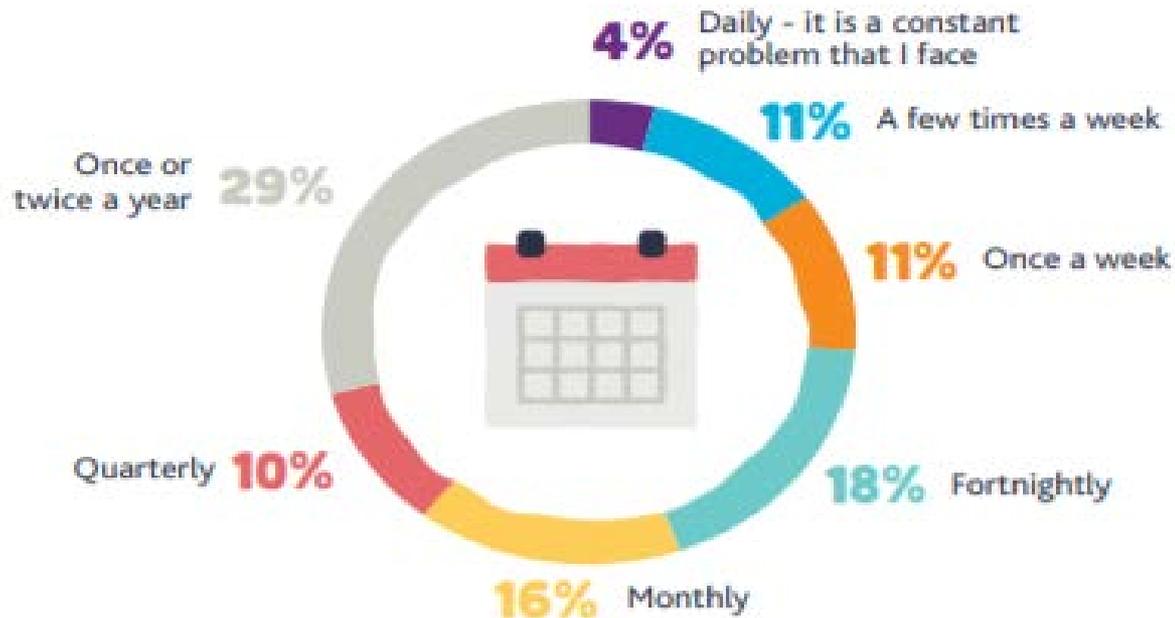
HOW COMMON IS FOOD INSECURITY IN AUSTRALIA?



3.6 million Australians (15%) have experienced food insecurity in the last 12 months.



Of these, 3 in 5 experience food insecurity at least once a month.



Food Insecurity



- Australia is described as the ‘lucky country’
- Overproduce food (60 million)
- Healthway Special Disadvantage Grant – *Assessing the charitable food sector and the needs of homeless and disadvantage people*
- \$74 874 (2015-2017)

Pollard, C, Begley A, Landrigan, T, 2015, The rise of food inequality in Australia Chapter 9 in Caraher M, Coveney J (eds) Food poverty and insecurity: International Food Inequalities, Springer <http://www.springer.com/la/book/9783319238586>



Assessing the Charitable Food Sector Research

1. A comprehensive mapping exercise describing the players, relationships and key functions of the inner-city Perth CFS.
2. An assessment of direct services' perspectives on the appropriateness and effectiveness of their services.
3. An assessment of the direct service recipients' perspectives on the appropriateness and effectiveness of services and their dietary intake and food sources.



Part I CFS Mapping

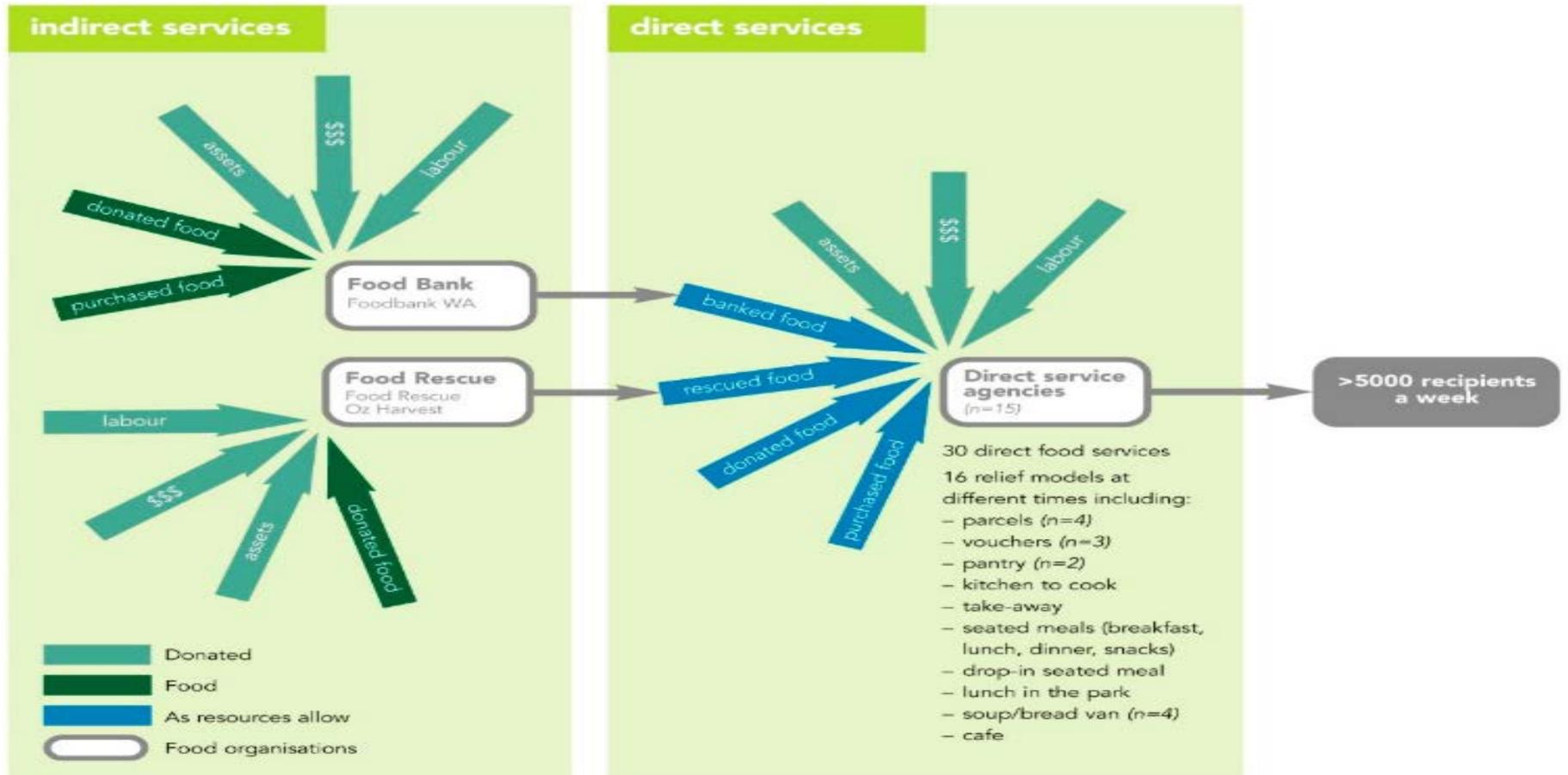


Figure 1. Model of the charitable food sector in inner-city Perth.

Part I CFS Mapping

- **Salamon's theory of voluntary failure**

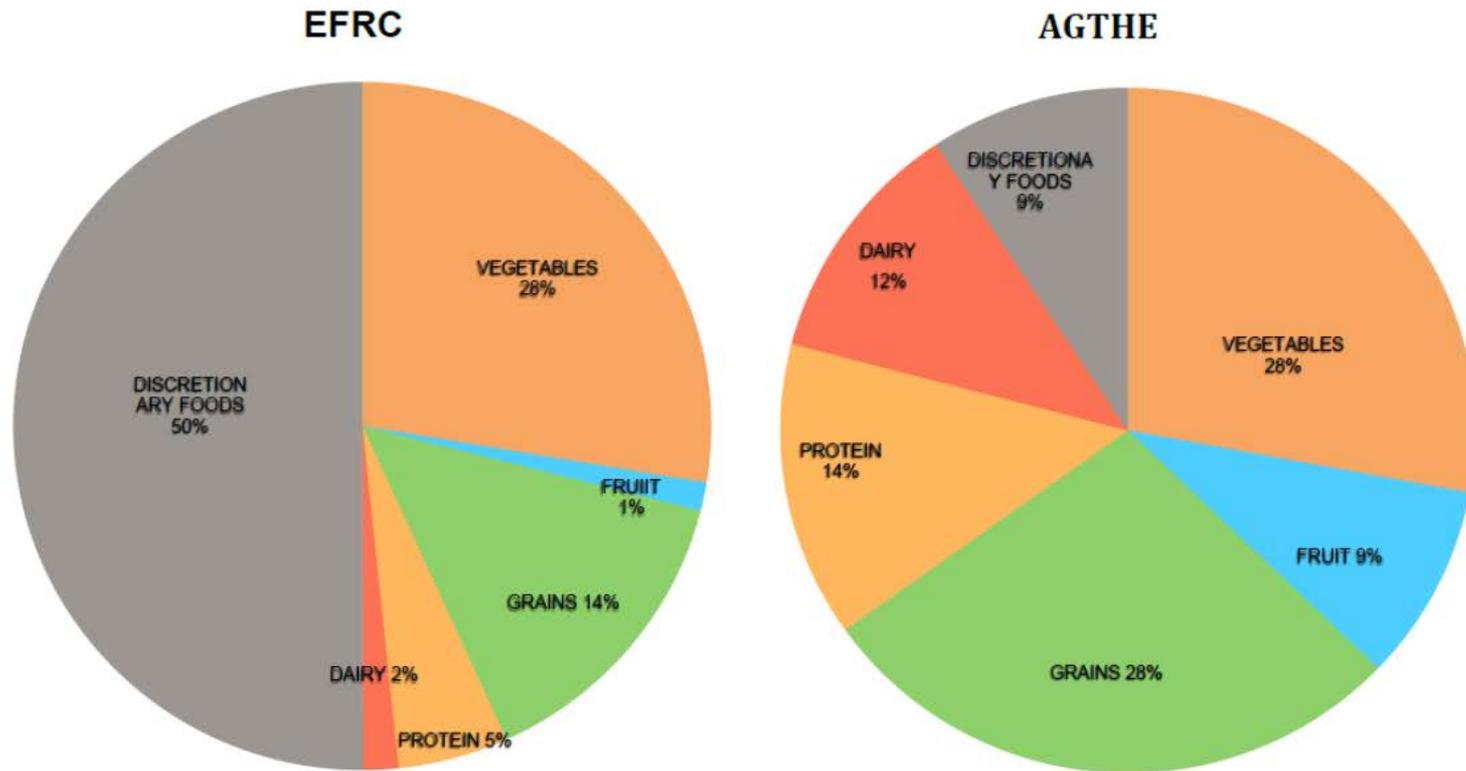
(i) philanthropic insufficiency, the “inability to generate resources on a scale that is both adequate enough and reliable enough to cope with the human-service problems

(ii) philanthropic particularism, which occurs when “some subgroups of the community may not be adequately represented in the structure of voluntary organizations” where the focus is on treating “the more ‘deserving’ of the poor” leaving serious service gaps or duplicating services and wasting resources;

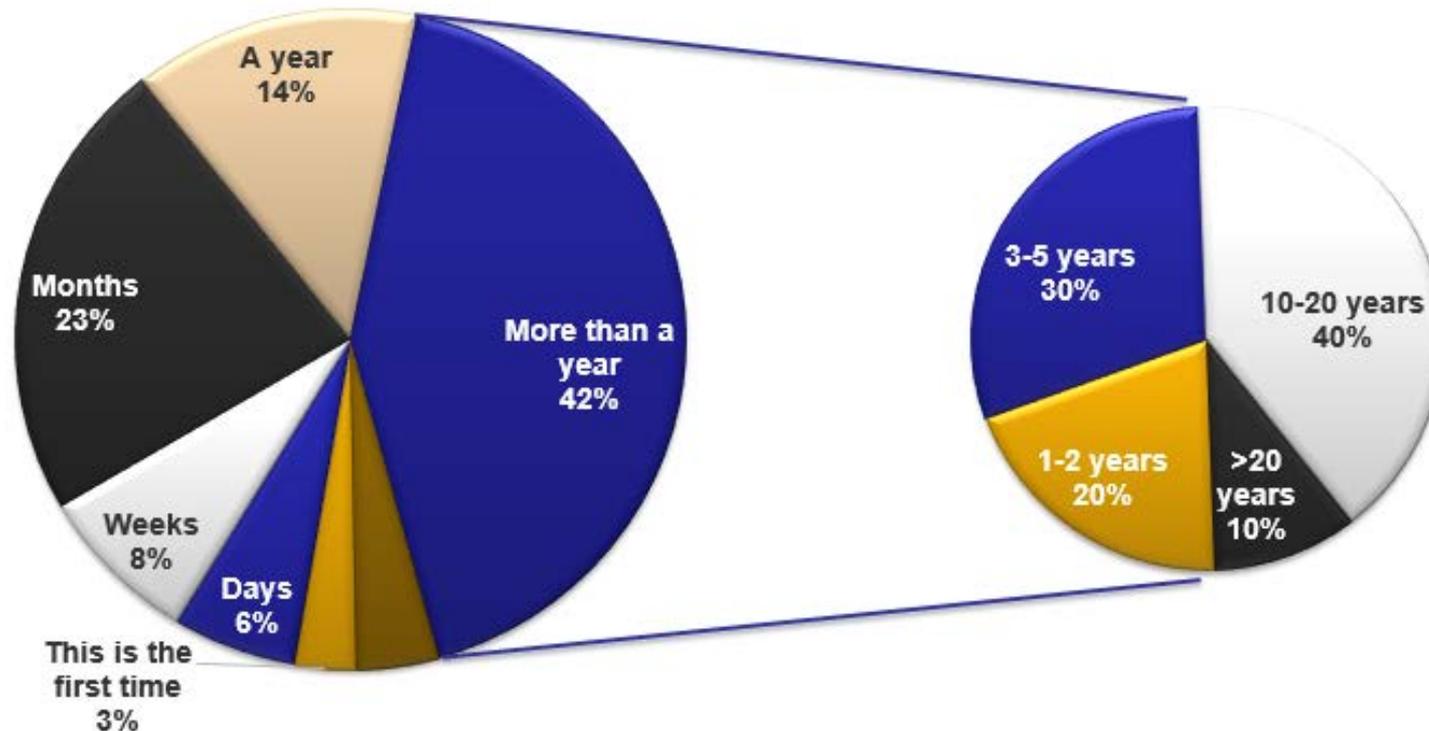
(iii) philanthropic paternalism, which refers to the notion that “those with the greatest resources have influence over the definition of community need”

(iv) philanthropic amateurism, described as “amateur approaches to coping with human problems”

Part 2 Assessment of direct services' perspectives on the appropriateness and effectiveness of their services

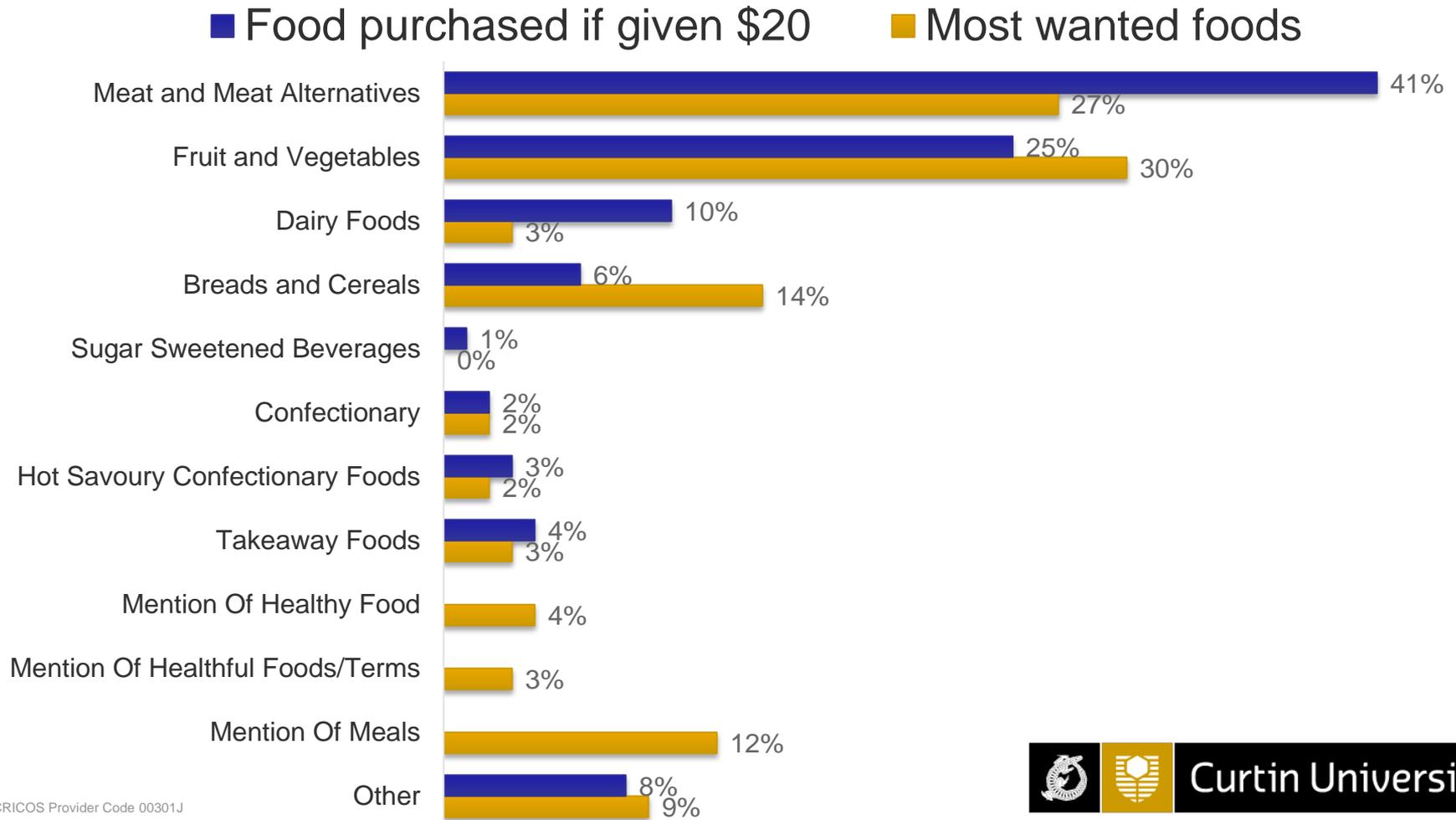


Part 3 CFS recipients perceived needs and evidence of dietary intakes



N=101 street present people

Part 3 CFS recipients perceived needs and evidence of dietary intakes



Part 3 CFS recipients perspectives



fig. 1 Map of charitable food services in inner-city Perth, Western Australia, after disclosure of service locations used by interviewees, February 2016

Booth, Begley et al 2018 Gratitude, resignation and the desire for dignity: lived experience of food charity recipients and their recommendations for improvement, Perth, Western Australia, Public Health Nutr Accepted 24th April doi:10.1017/S1368980018001428



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Future Considerations- The Way Forward

1. Government-led framework with strategic coordinated partnerships with policy, licensing and funding supports

Right to food Coalition <https://righttofoodcoalition.files.wordpress.com/2016/04/human-right-to-food-position-statement-170416.pdf>

2. Refocus, resource and prioritise the requirements for a nutrition-focussed CFS.

Building a nutrition-focused Western Australian charitable food sector (\$389,992) “Developing Food Bank Nutrition Policy to Procure Healthful Foods” (Canvas.net) MOOC

3. Establish CFS principles and standards for appropriate food service needs

4. Explore options to increase the sufficiency and efficiency of the food supply

5. Training and development of the CFS workforce is needed

6. Develop a CFS measurement system monitoring demand, distribution, impact and economic benefit

7. Reorient the CFS to create pathways to build sustained food security for recipients

Summary

Looking for the Policy Windows...

- Using research effectively to contribute to agendas of solutions
 - Implementation fidelity (how and why)
 - Costed strategies (cost effectiveness and cost benefit analysis)
- Communicating research findings to policy makers
 - Best practice solutions
 - Framing of the issue/advocacy
 - Use of stories (emotions and values)
- Engage with Policy entrepreneurs/organisational advocacy
 - Evidence summaries (positions papers)



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