



## Attachment B

### **Scoping Activity: Identification of nutrition & food-based advice by Australian Health Organisations**

#### **Summary**

This scoping activity reviewed a snapshot of advice from Australian health organisations on food and nutrition. The purpose of this activity was to:

1. understand whether the recommendations in the 2013 Australian Dietary Guidelines (the 2013 Guidelines) were being applied by Australian health organisations, including assessment of which of the five key recommendations were applied.
2. identify potential new topic areas where advice is being provided by Australian health organisations that is not linked to one of the five key recommendations in the 2013 Australian Dietary Guidelines.

#### **Scoping methods**

Web-based searches of key terms (health, food, nutrition, advice, Australia, state and territory, health department) were used to identify Australian health organisation websites relevant to the scoping activity. Advice was analysed if the following inclusion criteria were met:

- Published by an Australian Government or non-Government health promotion organisation
- Nutrition and/or food-based advice aimed at the general public
- Advice accessible on the website on search date (7 December 2020).

Advice published by research organisations was not considered, nor was advice targeted at treatment or management of specific health conditions.

Advice meeting the inclusion criteria was analysed and information extracted about whether it reflected:

- the five key recommendations in the Guidelines (and if so, which recommendations)
- topics and/or advice not addressed in the 2013 Guideline recommendations.

#### **Key results - advice linked to the 2013 Guidelines**

There are five key recommendations in the 2013 Guidelines:

- **Recommendation 1:** To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
- **Recommendation 2:** Enjoy a wide variety of nutritious foods from the five groups every day.
- **Recommendation 3:** Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.
- **Recommendation 4:** Encourage, support and promote breastfeeding.
- **Recommendation 5:** Care for your food; prepare and store it safely.



Searches identified 46 websites from Australian health organisations, 29 of which met the eligibility criteria<sup>1</sup>. All of the included organisational websites provided advice that aligned with at least one of the recommendations from the 2013 Guidelines. Most (90%) included advice that reflected more than one recommendation. Recommendations 1, 2 and 3 were the most commonly addressed, with Recommendations 4 and 5 less frequently addressed.

### **Key results - nutrition and food-based topics advised by Australian Health Organisations outside of the 2013 Australian Dietary Guidelines**

This scoping activity reviewed advice that was being provided by Australian health organisations that fell outside of the five current 2013 Australian Dietary Guidelines.

Four new topics were identified, including advice on:

- consumption of soy protein and plant sterols to reduce cholesterol
- consumption of intense sweeteners
- differing recommendations for consumption of low vs full fat dairy, based on cardiovascular disease risk factors
- healthy eating during pregnancy (pregnancy is discussed in the 2013 Guidelines but explicit recommendations are not provided).



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## **i Organisational websites included in the analysis**

[Australian Breastfeeding Association. Australian Breastfeeding Association \[1 June 2021\]. Available from: https://www.breastfeeding.asn.au/.](https://www.breastfeeding.asn.au/)

ACT Department of Health. ACT Department of Health Online: Australian Capital Territory Government; [4 June 2021]. Available from: [https://www.health.act.gov.au/.](https://www.health.act.gov.au/)

Australian Indigenous Health Info Net. Australian Indigenous Health Info Net [1 June 2021]. Available from: <https://healthinfolnet.ecu.edu.au.>

Australian Medical Association. Australian Medical Association Online [4 June 2021]. Available from: [https://ama.com.au/.](https://ama.com.au/)

Better Health Channel. Better Health Channel Online: Victoria State Government; [4 June 2021]. Available from: [https://www.betterhealth.vic.gov.au/.](https://www.betterhealth.vic.gov.au/)

Beyond Blue. Beyond Blue Online [4 June 2021]. Available from: <https://www.beyondblue.org.au/home.>

Bowel Cancer Australia. Modifiable risk factors Online [2 June 2021]. Available from: <https://www.bowelcanceraustralia.org/modifiable-risk-factors.>

Cancer Australia. Cancer Australia Online [2 June 2021]. Available from: [https://www.canceraustralia.gov.au/.](https://www.canceraustralia.gov.au/)

Cancer Council. Cancer Council Online [cited 2021 2 June]. Available from: [https://www.cancer.org.au/.](https://www.cancer.org.au/)

Diabetes Australia. Eating well [2 June 2021]. Available from: <https://www.diabetesaustralia.com.au.>

Diabetes Australia. National Diabetes Services Scheme Online [4 June 2021]. Available from: [https://www.ndss.com.au/.](https://www.ndss.com.au/)

Dietitians Australia. Dietitians Australia Online [4 June 2021]. Available from: [https://dietitiansaustralia.org.au/.](https://dietitiansaustralia.org.au/)

Food Standards Australia and New Zealand. Food Standards Australia and New Zealand Online [4 June 2021]. Available from: <https://www.foodstandards.gov.au/Pages/default.aspx.>

Gastroenterological Nurses College of Australia, Bowel Cancer 2021- How to reduce your risk. In: Gastroenterological Society of Australia CCS.

Health Direct. Health Direct Online: Australian Government Department of Health; [4 June 2021]. Available from: [https://www.healthdirect.gov.au/.](https://www.healthdirect.gov.au/)

Health S. SA Health Online: Government of South Australia; [4 June 2021]. Available from: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/home/home.>

Healthy Bones Australia. Calcium & Bone Health Online [4 June 2021]. Available from: [https://healthybonesaustralia.org.au/your-bone-health/calcium/.](https://healthybonesaustralia.org.au/your-bone-health/calcium/)

Healthy Eating Advisory Service. Healthy Eating Advisory Service Online: Victorian Government, Nutrition Australia; [4 June 2021]. Available from: [https://heas.health.vic.gov.au/.](https://heas.health.vic.gov.au/)

Healthy Kids Association. Healthy Kids Association Online [4 June 2021]. Available from: [https://healthy-kids.com.au/.](https://healthy-kids.com.au/)

Heart Foundation. Heart Foundation Online [3 June 2021]. Available from: [https://www.heartfoundation.org.au/.](https://www.heartfoundation.org.au/)

Jean Hailes. Jean Hailes Online [4 June 2021]. Available from: [https://www.jeanhailes.org.au/.](https://www.jeanhailes.org.au/)

NSW Health. NSW Health Online: Government of New South Wales; [4 June 2021]. Available from: [https://www.health.nsw.gov.au/.](https://www.health.nsw.gov.au/)

NT Department of Health. NT Department of Health Online: Northern Territory Government; [4 June 2021]. Available from: [https://health.nt.gov.au/.](https://health.nt.gov.au/)

Nutrition Australia, Nutrition Australia Online [4 June 2021]. Available from: [https://nutritionaustralia.org/.](https://nutritionaustralia.org/)

Queensland Health. Nutrition education materials online Online: Queensland Health; [4 June 2021]. Available from: <https://www.health.qld.gov.au/nutrition/patients.>

Royal Australian College of General Practitioners. RACGP Online [4 June 2021]. Available from: [https://www.racgp.org.au/.](https://www.racgp.org.au/)

Stroke Foundation. Stroke Foundation Online [2 June 2021]. Available from: <https://strokefoundation.org.au.>

Tasmania Department of Health. Tasmania Department of Health Online: Tasmanian Government; [4 June 2021]. Available from: [https://www.health.tas.gov.au/.](https://www.health.tas.gov.au/)

WA H. Healthy WA Online: Government of Western Australia Department of Health; [4 June 2021]. Available from: [https://healthywa.wa.gov.au/.](https://healthywa.wa.gov.au/)