



## Consultation Plan for scoping of the review of 2013 Australian Dietary Guidelines

The National Health and Medical Research Council (NHMRC) has been funded by the Department of Health to review the 2013 *Australian Dietary Guidelines* (the Guidelines).

NHMRC will undertake a series of scoping activities as part of the agreement with the Department of Health. These scoping activities will inform the priorities for the review. The aim of the review is to ensure that the revised Guidelines are supported by the most relevant and high quality evidence, and are user friendly (i.e. to support understanding and implementation).

NHMRC recognises that new topics may be relevant for inclusion in the Guidelines due to the dynamic nature of nutritional science and increased understanding of the factors which influence the health of the Australian community.

NHMRC will consider how the current Guidelines are used and by whom as part of the scoping. This includes the *Eat for Health* resources such as the *Australian Guide for Healthy Eating*.

NHMRC is required to adopt a policy of public consultation on individual and public health matters being considered under the *National Health and Medical Research Act 1992*.

### Australian Dietary Guidelines contact list

NHMRC has received many questions on how people can get involved in the review process. To ensure that all interested parties are given the opportunity to contribute to the review, NHMRC is creating an Australian Dietary Guidelines contact list. All interested stakeholders are invited to submit their contact details to the NHMRC project team at any time throughout the review process. NHMRC will use this contact list during the review to communicate opportunities for involvement and to provide updates on the work.

To sign up to the Australian Dietary Guidelines contact list, see [here](#).

### Scoping activities

NHMRC has committed to a range of scoping activities including:

- an online survey to seek:
  - broad feedback on how the Guidelines are used and how they can be improved
  - feedback on existing topics that may require further clarification or updating
  - input on new topics which may be considered for inclusion in the updated Guidelines
- an initial literature review to identify updated evidence on existing guidance and new topics that may be considered for inclusion
- consultation with other nations with similar food-based dietary guidance to compare guideline development processes, content and final presentation of advice.



## Establishment of an expert committee

NHMRC will establish the Australian Dietary Guidelines Expert Committee to advise on the review of the Guidelines. The Expert Committee will consider feedback on existing Guidelines and identify topics from stakeholder consultation and other scoping activities to determine the list of review topics.

The members of the Expert Committee will be appointed based on their expertise in areas such as evidence translation, epidemiology, research methodology, nutrition across the life cycle, food and health relationships and nutrition communication. The Expert Committee will include cultural and consumer representatives.

Candidates for the Australian Dietary Guidelines Expert Committee will be identified through two pathways:

- The members of the NHMRC Council have been invited to suggest up to three suitable experts each
- NHMRC will invite expressions of interest from all interested stakeholders.

Candidates will be assessed against pre-determined criteria, including the [NHMRC Disclosure of Interests policy](#). Suitable candidates will be shortlisted for consideration by the NHMRC CEO and subsequent appointment.

The Expert Committee will provide advice to NHMRC on the prioritisation of review topics and the formulation of the research questions, provide specialist subject expertise to support the evidence reviewers and advise on the revised Guidelines.

## Stakeholder activities

### 1. Stakeholder scoping survey

The scoping activities will include an online survey. The online survey will be linked to the NHMRC and the *Eat for Health* websites. An invitation to participate in the survey will be extended to users of these sites, as well as interested stakeholders, including those on the Australian Dietary Guidelines contact list (who will be notified upon release of the survey).

The aim of the survey is to:

- provide feedback on the existing Guidelines
- identify existing topics for review
- identify relevant new topics for consideration.

The option to submit supporting evidence will be provided.

### 2. Supporting evidence submissions

Following finalisation of the review topics and confirmation of the scope of each review, a public call for supporting evidence will be made. Stakeholders will be encouraged to submit supporting evidence which aligns with the topics under review. Evidence that meets pre-specified eligibility criteria for quality will be shared with the evidence reviewers and will be considered in the review of the Guidelines.

### 3. Targeted and public consultation



The draft revised Guidelines will undergo a public and targeted consultation process. Stakeholders are encouraged to participate in this process to provide feedback, which will be considered before the Guidelines are finalised.

#### 4. Development of the implementation plan

As part of the development of the Guidelines, a preliminary implementation plan will be developed to communicate the guidelines to key audiences. This plan will be consulted on.

More information about this review will be made available on the NHMRC website as the scope and content are confirmed. Membership of the Expert Committee will be published on the website once appointments have been made.

#### Anticipated timeframes for review and consultation activities

Consultation activity	Review activity	Anticipated timeframe
✓	Establishment of contact list	Final quarter 2020
	Horizon scan for new evidence	First quarter 2021
	Expert Committee appointed	First quarter 2021
✓	Online scoping survey	First quarter 2021
	Review scope finalised	Second quarter 2021
	Procurement of evidence reviewers	Third quarter 2021
✓	Call for supporting evidence on finalised review topics	Final quarter 2021
	Evidence review	Second quarter 2022
	Guidelines drafted	Final quarter 2022
✓	Targeted and public consultation	Second quarter 2023
	Independent expert review	Third quarter 2023
	Final revision of Guidelines	Final quarter 2023
✓	Development of the implementation plan	Final quarter 2023
	Guidelines released	First quarter 2024

#### Transparency and the review of the Australian Dietary Guidelines

##### Stakeholder consultation

All stakeholders will be invited to participate in the formal consultation processes outlined above. All submissions received during public and targeted consultation will be published in full on NHMRC's consultation portal unless NHMRC determines otherwise, for example where a submission is out of scope. As part of the invitation to participate, all stakeholders will receive a notification advising that any submission will be published in full.

##### Stakeholder communications

NHMRC will publish a communication log which provides a summary of all meetings, correspondence and phone calls from external stakeholders relating to the review of the Guidelines. The communication log will record the contact person/organisation, topic and the outcomes on the NHMRC website.



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Exceptions to this process are routine requests from foreign governments and routine administrative meeting requests from other areas of government. Communication for the purpose of making a simple enquiry or request, unrelated to the development of the Guidelines, will not be published.

All supporting evidence provided to NHMRC throughout the Guideline review process will be collated and made available to members of the public upon request. In-confidence material should not be submitted.