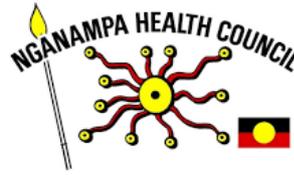




The Australian Prevention
Partnership Centre
Systems and solutions for better health



Ngaanyatjarra
Pitjantjatjara
Yankunytjatjara
Women's Council
(Aboriginal Corporation)

Store nutrition report Anangu Pitjantjatjara Yankunytjatjara (APY) Lands

Survey date: January 2019

March 2019



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Introduction

Good food helps people stay healthy, prevents obesity and helps prevent and manage chronic diseases such as heart disease, diabetes, kidney disease and some cancers. Children need healthy food to grow strong, develop properly and learn well.

Traditionally, Anangu ate bush foods and were healthy and strong. But now Anangu suffer with very high rates of chronic diet-related diseases.

Nationally, Aboriginal people report consuming less vegetables and fruit, less wholegrain breads and cereals, less milk, cheese and yoghurt, less lean meat, poultry, eggs, nuts and seeds and less healthy spreads and oils than non-Indigenous Australians and the dietary recommendations (Figure 1).

Nationally, Aboriginal people also report consuming too much 'rubbish' foods too, especially sugary drinks (Figure 1). Other names for 'rubbish' foods include 'junk' or 'discretionary' foods. These foods and drinks are high in added sugar, saturate (hard) fats, salt and/or alcohol and can make people sick.

The health of all Australian's health would improve if we ate more store foods that were more like traditional bush foods, such as vegetables, fruits, wholegrains, lean meat, poultry, eggs, nuts and seeds. The types and proportions of healthy foods making up a healthy diet are shown in the Aboriginal and Torres Strait Islander Guide to Healthy Eating above.

Food choices are strongly influenced by the availability, placement, promotion and price of healthy and 'rubbish' foods and drinks in stores. This report presents the results of store surveys that looked at these things in January 2019. It also includes comparative data from the same surveys conducted in April 2018. These results can help local communities, health and store committees and managers better identify what can be improved to help people make healthier food and drink choices.

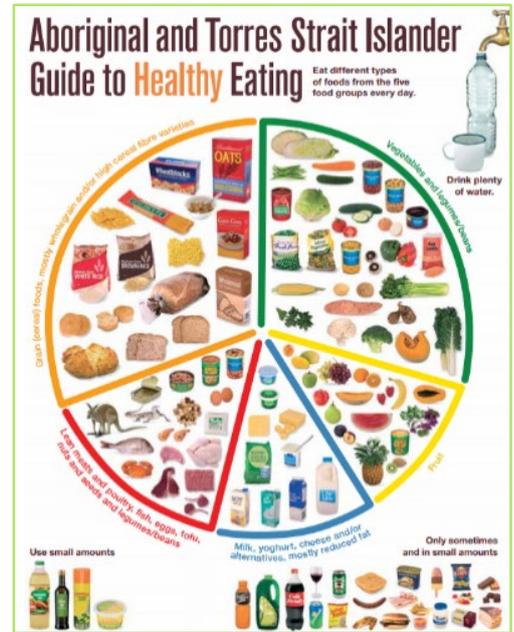
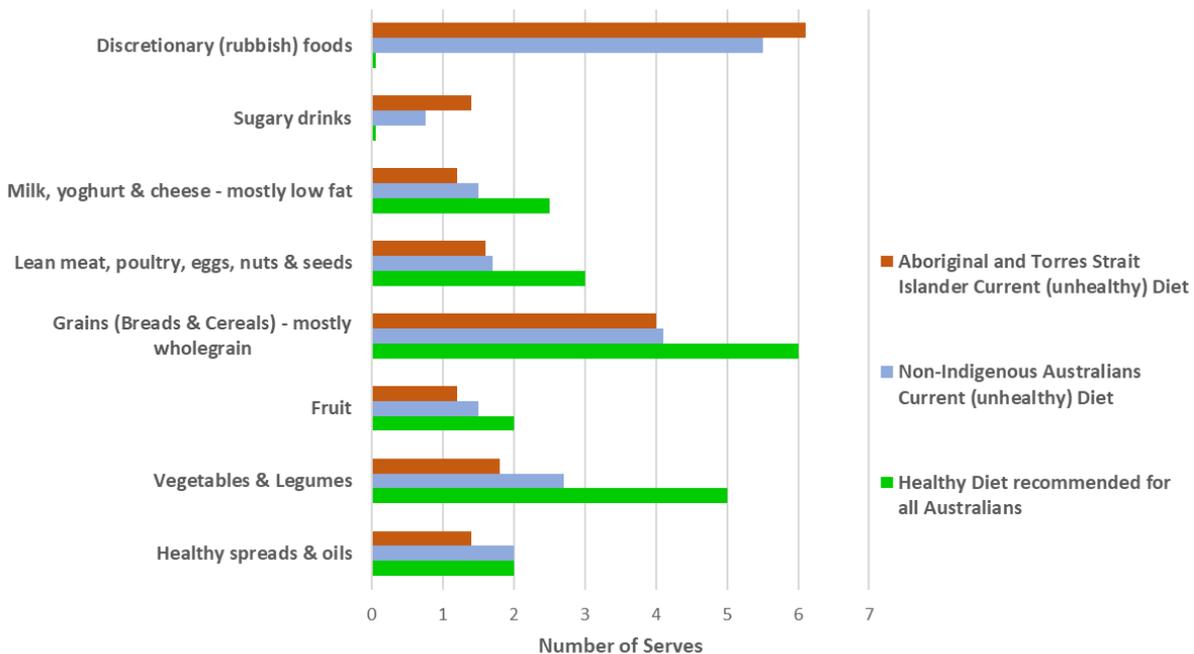


Figure 1: Number of serves from each food group



Availability of healthy foods

January 2019

Surveys of the availability of healthy and 'rubbish' foods and drinks were conducted in community stores in Central Australia and in the APY lands in January 2019 (Table 1). Most stores had a good range of healthy food and drinks available. MW1 stocked the greatest range of healthy foods and drinks. As could be expected, the smallest store (MW4) had the most limited range of healthy choices. With the exception of Com2, all stores stocked lots of sugary drinks including in large sizes. Areas that could be improved in most stores include stocking:

- Greater range of milk
- Reduced range of breast milk substitutes (infant formula)
- Reduced range of sugary drinks, particularly in large sizes.

Table 1: Availability of healthy and 'rubbish' foods and drinks in stores in January 2019

Green= good Amber= could be improved Red = poor

Availability of Healthy Foods	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru stores	Com 1	Com2
Weekly delivery of fresh, healthy food	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of vegetables (at least 15)	Green	Green	Green	Green	Green	Green	Green	Green	Red
Number of types of frozen/canned veg (at least 10)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of fruit (at least 8)	Green	Green	Green	Amber	Green	Green	Green	Green	Green
Number of types of full cream and reduced fat milk (fresh, UHT, dried)	Green	Amber	Red	Red	Red	Amber	Amber	Red	Green
Number of types of full fat and reduced fat cheese and yoghurt	Amber	Green	Green	Red	Green	Red	Amber	Amber	Amber
Wholemeal/multigrain and "high fibre" white bread	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of wholegrain cereals e.g. Weetbix, rolled oats, quick oats, untoasted muesli, All Bran, Sultana Bran (at least 3)	Green	Green	Green	Green	Green	Green	Green	Green	Green
Number of types of lean red meat e.g. beef, veal, lamb, pork, kangaroo, mince (at least 5)	Green	Green	Green	Green	Green	Green	Green	Green	Green
At least one type of chicken, low fat tinned meat, lean (<10% fat) sausages, unsalted nuts; at least two types of tinned beans, tinned fish; eggs	Green	Green	Green	Green	Green	Green	Green	Green	Green
At least one type of monounsaturated or polyunsaturated oil and spread e.g. olive, canola, sunflower, safflower, peanut	Green	Green	Green	Red	Green	Green	Green	Green	Green
At least one type of iron enriched baby cereal 6m+, and at least 2 types each of meat and veg based baby foods 6m+, and 8m+; both jars and pouches	Green	Green	Green	Red	Green	Green	Green	Amber	Green
S26 from birth baby formula and no other (un-recommended) infant formula	Green	Red	Red	Red	Red	Green	Red	Green	Green
At least 50% of all drinks are low sugar drinks (e.g. diet soft drinks or water)	Green	Green	Green	Green	Green	Green	Green	Amber	Green
Store has a bubbler and/or offers free chilled drinking water	Green	Green	Green	Red	Green	n/a	Amber	Green	Red
Stores with Takeaway Service									
At least one healthy takeaway meal, healthy sandwich, and at least two healthy snack packs	Green	Green	Green	n/a	Green	Red	Green	Green	Green
Use of combi oven to prepare healthy takeaway choices;	Green	Green	Green	n/a	Green	n/a	Green	Green	Green
Does not use deep fryer	Green	Green	Green	Green	Red	n/a	Amber	Green	Green
No sugary drinks (full strength soft drink, sports drinks, energy drinks) over 600mL and no fruit juice more than 250mL	Red	Red	Red	Green	Red	Red	Red	Red	Green
No unrecommended products (coconut oil, vegetable oils/spreads containing palm oil or trans fats >1%)	Green	Red	Green	Green	Green	Green	Amber	Green	Green
Total score for product availability	94%	89%	91%	80%	88%	90%	89%	90%	92%

Change since April 2018

There has been a dramatic improvement in the range of healthy foods and drinks supplied in all stores on the APY Lands since April 2018 (Table 2). The largest improvements were seen in MW3, Com1, Com 2, MW6, and MW1 stores.

Table 2: Change in product availability between April 2018 and January 2019

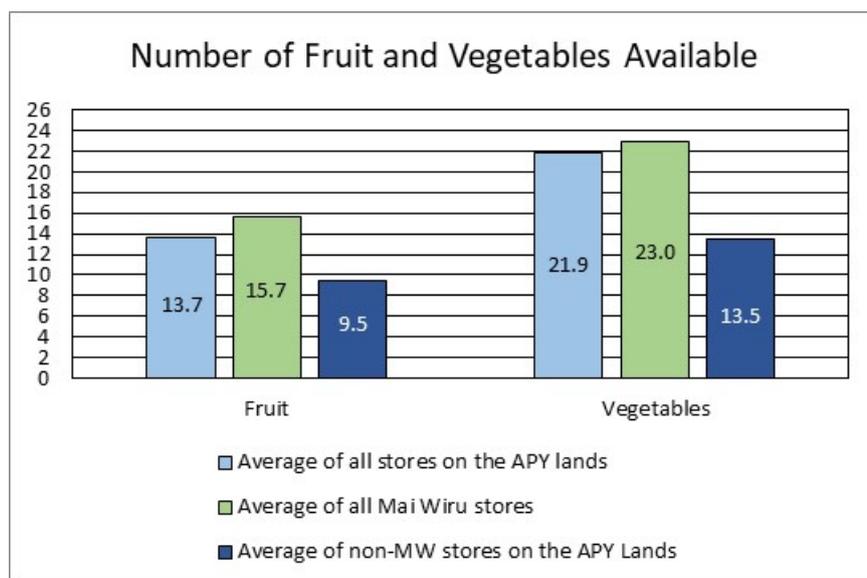
Green= good Amber= could be improved Red = poor

	Mai Wiru stores							Other stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru stores	Com1	Com2
April 2018	80%	81%	71%	68%	76%	72%	74%	70%	75%
January 2019	94%	89%	91%	80%	88%	90%	89%	90%	92%
Change (%)	+14%	+8%	+20%	+14%	+12%	+18%	+15%	+20%	+17%

Fruit and vegetables

In January 2019 the number of varieties of fresh fruit and vegetables stocked was excellent in most of the stores surveyed (Figure 2).

Figure 2: Number of varieties of fruit and vegetables available in January 2019



Compared to April 2018, there was an increase in the range of fruit and vegetables available, particularly in Mai Wiru stores. The most dramatic improvement was seen in MW2, which stocked 40 different types of vegetables in January 2019. Unusually, there were not many vegetables available in store Com 2 in January, due to a rush due to cultural Business.

Placement of healthy foods

January 2019

There was wide variability in product placement across the community stores surveyed in January 2019 (Table 3). Store Com2 had the best placement of healthy foods and drinks- this makes it easier for Anangu to make healthier choices in that store. Placement of healthy foods could be improved in most stores, particularly in Com1 and MW5.

Table 3: Placement of healthy and 'rubbish' foods and drinks in stores in January 2019

Green= good Amber= could be improved Red = poor

Placement of healthy foods	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru stores	Com1	Com2
Fresh fruit and Veg at front of store or in line of sight from front of store	Green	Green	Red	Green	Green	Green	Green	Red	Green
Healthy snacks foods at point of sale: Fruit (fresh fruit, fresh fruit salad and dried fruit), Cheese/fish and crackers, Boiled eggs	Red	Red	Green	Red	Red	Red	Red	Red	Green
Water fridge at front of store	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sugary drinks are at rear of store or in reduced access fridge	Red	Red	Red	Red	Red	Red	Red	Red	Green
No unhealthy choices at easy access point of sale, no lollies, chocolates, chips/crisps, nutella or other	Green	Green	Green	Amber	Red	Amber	Amber	Red	Green
Healthy food predominately at eye level and predominately at ends of aisles, unhealthy choices out of reach of infants as children	Amber	Red	Green	Red	Red	Red	Amber	Red	Green
Total Score for product placement	78%	76%	78%	72%	67%	77%	75%	46%	100%

Change since April 2018

Product placement improved for most stores between April 2018 and January 2019 (Table 4). The greatest improvements were seen in MW4, MW1, MW6 and Com1 stores.

Table 4: Change in product placement between April 2018 and January 2019

Green= good Amber= could be improved Red = poor

	Mai Wiru stores							Other stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
April 2018	Red	Green	Amber	Red	Red	Red	Red	Red	Green
January 2019	Amber	Amber	Green	Amber	Red	Amber	Amber	Red	Green
Change (%)	+36%	-10%	-3%	+46%	-1%	+23%	+16%	+18%	0%

Promotion of healthy foods

January 2019

There was wide variation in product promotion across the community stores surveyed in January 2019 (Table 5). Stores MW2 and MW1 had the best promotion of healthy choices. However, promotion of healthy foods and drinks could be improved in all stores by increased use of posters and shelf talkers promoting healthy products. There could be increased promotion of price discounts where provided on healthy foods, including vegetables, fruit and water.

Other than in the stores, nutrition promotion posters were seen in the communities at MW1 and MW2 (e.g. schools). MW2 was the only store where practical nutrition promotion activities had been conducted within the last month.

Posters depicting choking hazards in infants should be removed immediately from all stores where they are still displayed. Promotional posters and shelf-talkers should be checked by, and ideally developed with, community members, health workers and scientifically qualified nutrition experts. This is to ensure that the messages are accurate and evidence-based and that the language is correct and makes sense to customers.

Of all the areas surveyed, promotion of healthy products provides the most opportunity for improvement.

Table 5: Promotion of healthy and 'rubbish' foods and drinks in stores in January 2019

Green= good Amber= could be improved Red = poor

Promotion of Healthy Foods	Mai Wiru Stores							Other Stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru stores	Com1	Com2
Plain water \$1, Fruit & veg at cost price or low margins, low margins on other core food groups	Green	Green	Green	Green	Green	Green	Green	Red	Green
Signage & posters promoting healthy products, Signage & posters price promoting healthy food and water, Warning signage and posters on unhealthy drinks, general nutrition posters present. NB Signage & posters must be consistent with ADGs and Infant Feeding Guidelines	Amber	Green	Green	Red	Amber	Amber	Amber	Red	Amber
No price promotion/advertising of unhealthy choices (sugary drinks, confectionary, chocolate, crisps, fried takeaway food or fried chips)	Green	Green	Green	Green	Amber	Red	Green	Red	Green
Only displays signage or posters consistent with nutrition evidence base (e.g. baby food posters promoting choking hazard, advertising unhealthy foods and drinks such as fruit roll ups, fad diet products)	Green	Green	Red	Red	Green	Red	Red	Green	Green
Support and promote different types of practical promotion of healthy choices (e.g. taste tests, cooking demonstration, provision of recipes etc) (at least 2 different activities within the last month)	Amber	Green	Red	Red	Red	Red	Red	Red	Red
Displays shelf talker promoting healthy products	Red	Red	Green	Red	Red	Red	Red	Red	Red
Total score for product promotion	78%	83%	67%	37%	58%	38%	51%	34%	63%

Change since April 2018

Change in product promotion from April 2018 to January 2019 varied greatly across stores (Table 6). The greatest improvements in product promotion were observed in stores MW1 and MW2.

Table 6: Change in product promotion between April 2018 and January 2019

Green= good Amber= could be improved Red = poor

	Mai Wiru stores							Other stores	
	MW1	MW2	MW3	MW4	MW5	MW6	Average of Mai Wiru Stores	Com1	Com2
April 2018	47%	60%	60%	57%	47%	47%	53%	37%	71%
January 2019	78%	83%	67%	37%	58%	38%	51%	34%	63%
Change (%)	+31%	+23%	+7%	-20%	+11%	-9%	-2%	-3%	-8%

Diet and food prices

Since 2008, the cost of a 'healthier' Market Basket of foods has been collected regularly in stores on the APY lands. For completeness, these data are included in the Appendix. However, a new way of calculating diet prices, the Healthy Diets ASAP (Australian Standardised Affordability and Pricing) method, now enables better comparison of the cost of diets, and was used on the APY lands in April 2018 and January 2019. The results are reported here.

The Healthy Diets ASAP (Australian Standardised Affordability and Pricing) approach calculates the price of current and healthy diets for a family in each community.

The data allows local health and store councils to:

1. Compare the cost of a healthy diet with that of the current diet in each place
2. Compare the cost of a healthy diet and the current diet in different places
3. Monitor changes over time

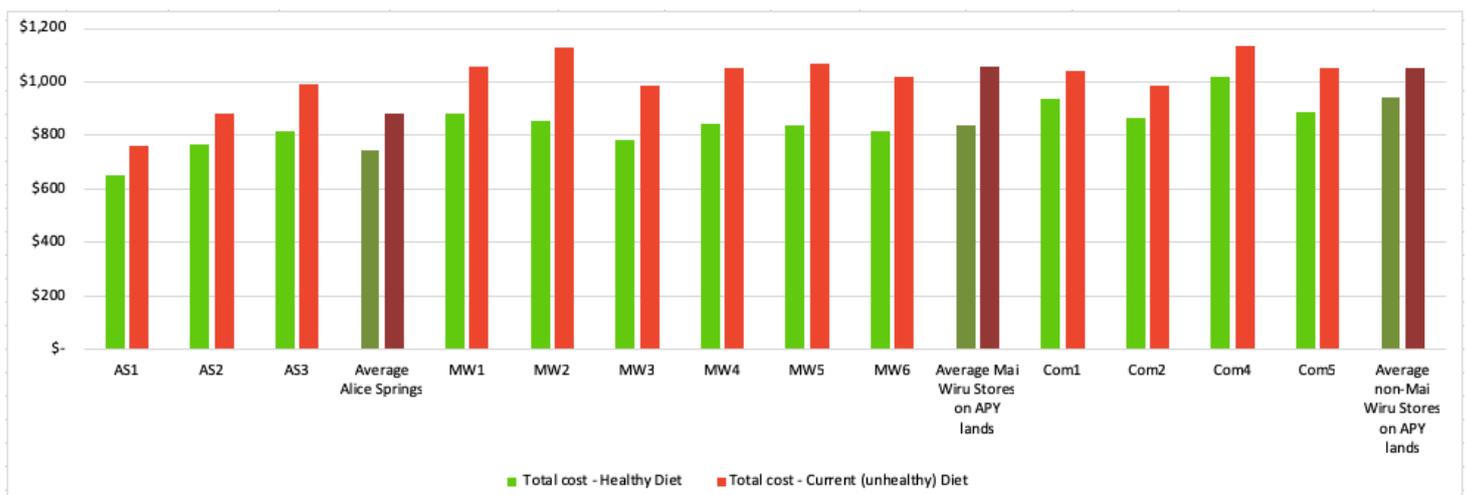


January 2019

The cost of a healthy diet and the current (unhealthy) diet in different communities in Central Australia in January 2019 is shown in Figure 3. In remote communities the price of a healthy diet is most affordable in Mai Wiru stores (Figure 3). Cost of the healthy diet was highest in store Com4 and Com1 in January 2019.

A healthy diet costs less than the current (unhealthy) diet in all communities (Figure 3).

Figure 3: The cost of the current (unhealthy) diet and healthy diet in stores in January 2019



The relative cost of a healthy diet compared to cost of the current (unhealthy) diet in different groups of stores is shown in Figure 4. The difference between the cost of healthy diets and current diets is greater in Mai Wiru stores on the APY Lands than in Alice Springs or in other stores, as Mai Wiru stores reduce the price of healthy foods by cross-subsidisation.

Figure 4: The relative cost of a healthy diet compared to a current (unhealthy) diet in January 2019

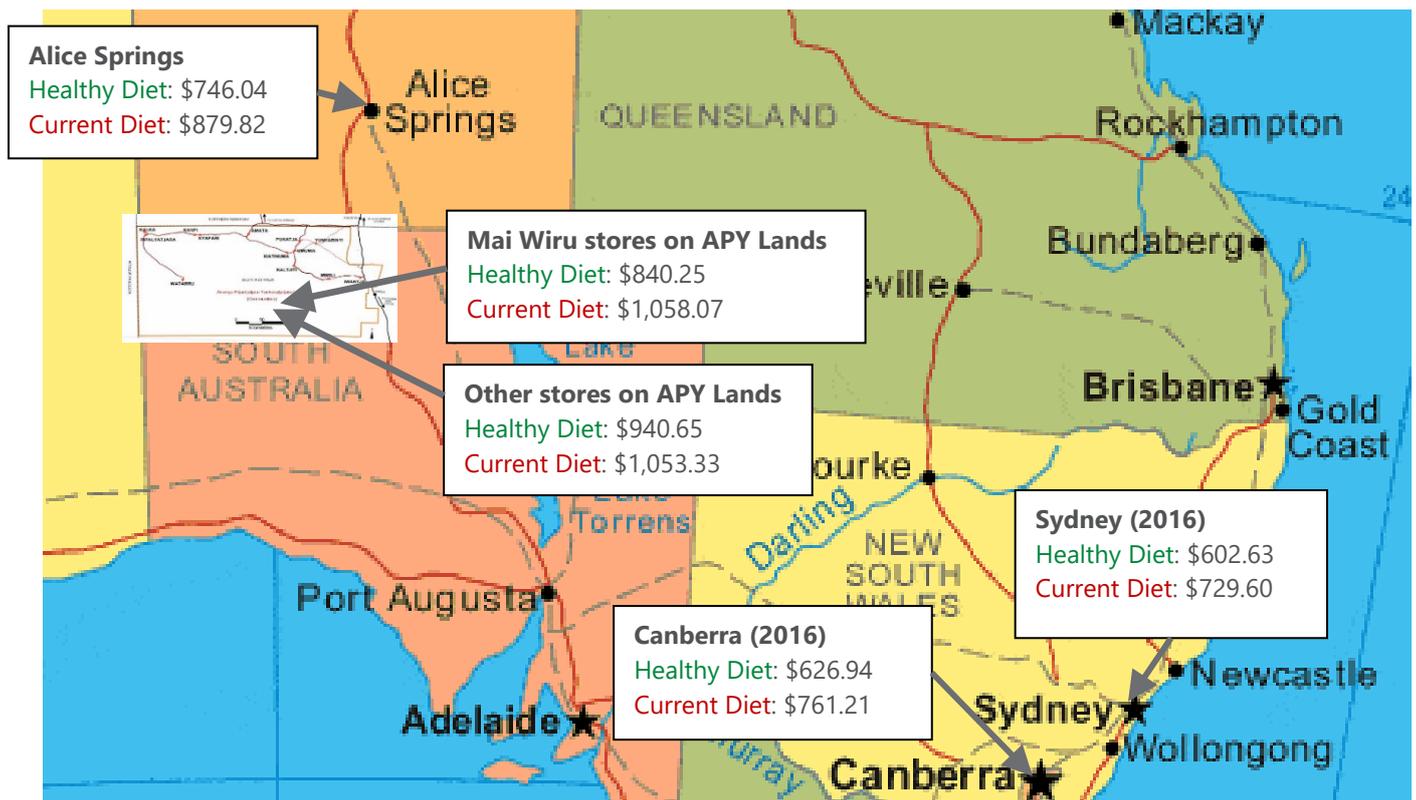


The costs of a healthy and the current (unhealthy) diet in different places in Australia are shown in Figure 5.

The average cost of a healthy diet in all the stores on the APY Lands was about 19% more than in Alice Springs and about 48% more than in Sydney. The average cost of the current (unhealthy) diet in all stores on the APY Lands was 20% more than in Alice Springs and 45% more than in Sydney.

In January 2019 the cost of most diets on the APY Lands had increased by about 2% since April 2018. However, the cost of the current (unhealthy) diet had increased in Alice Springs by 11% since April 2018.

Figure 5: The costs of the current diet and a healthy diet in different places in January 2019



People on the APY Lands are currently spending most of their grocery money on 'rubbish' foods and drinks (Figure 6). This could be because these unhealthy foods and drinks are more available, accessible and convenient. If people on APY Lands swapped to a healthy diet, they would save \$177.13 per family per fortnight (Figure 7) – and be healthier too.

Figure 6: The average cost of current (unhealthy) and healthy diets, and food groups, for all stores on the APY Lands in January 2019

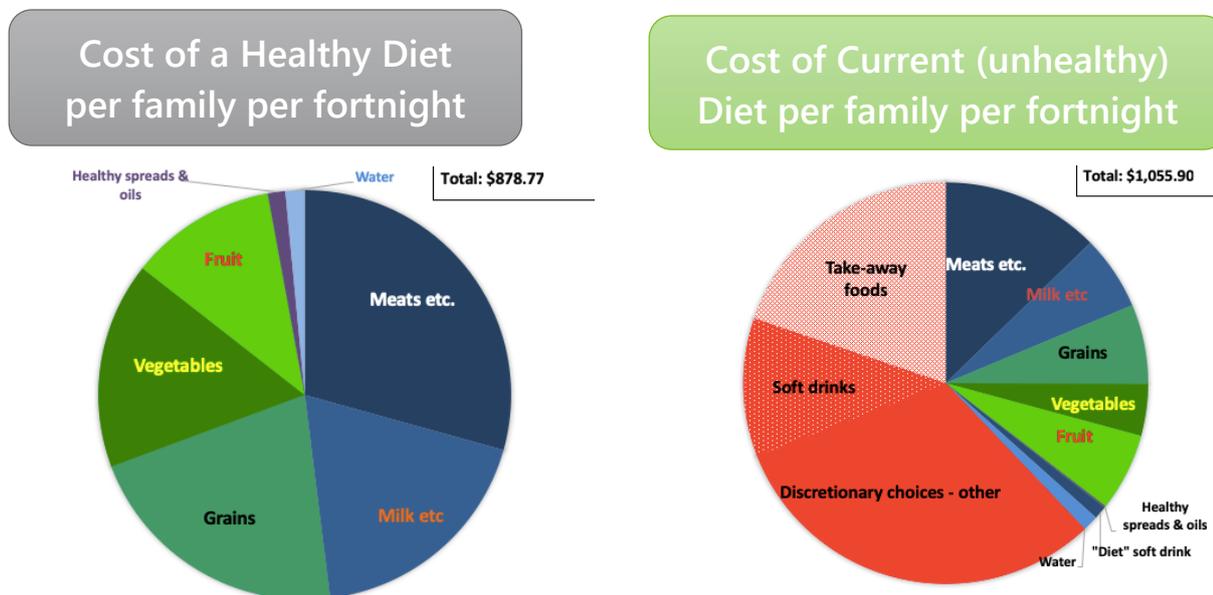
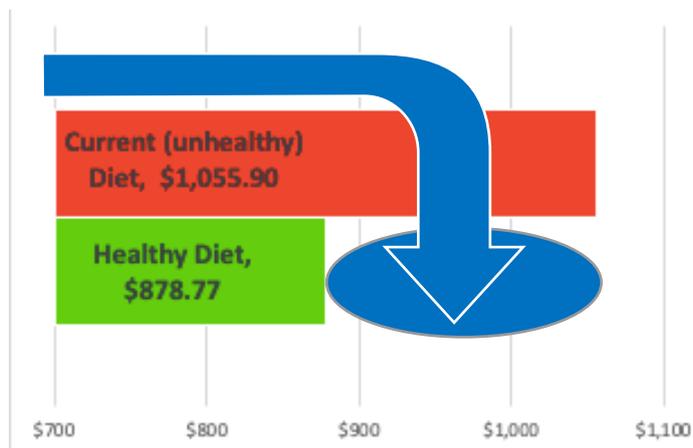


Figure 7: Average cost saving by swapping to a healthy diet in all stores on APY Lands in January 2019
Saving \$177.13 per family per fortnight!



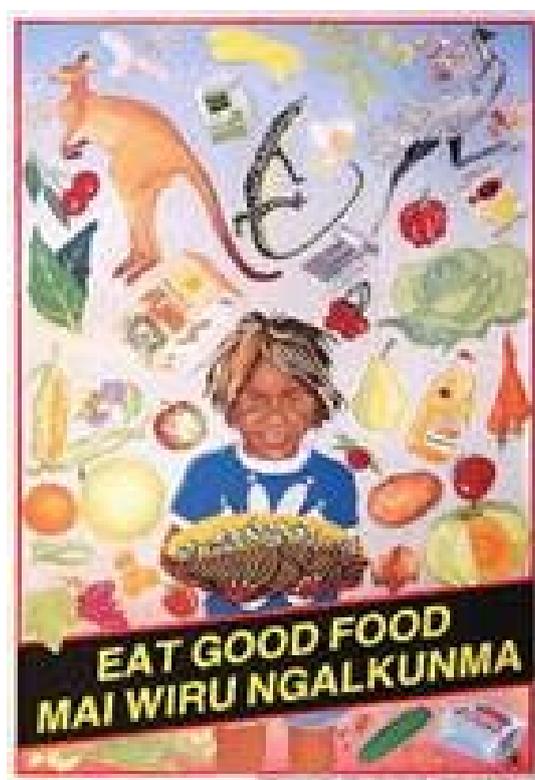
Compared to April 2018, the cost of both healthy and current (unhealthy) diets had increased (by 2%). Families would save \$8.97 per fortnight, if they swapped to a healthy diet in January 2019.

Healthy eating messages

- Eat store foods that are most like traditional bush foods
- Eat bush foods whenever possible
- Avoid “rubbish” foods
- Don’t drink sugary drinks

The stores on the APY Lands can help improve community nutrition and health by:

- Stocking more healthy foods, particularly healthy baby foods and milk, cheese and yoghurts, and avoiding stocking large sizes of sugary drinks and fruit juices
- Placing healthy foods at the front of store, ends of aisles and at point of sale
- Using more posters, shelf talkers and activities to promote healthy foods
- Keep discounting the price of healthy foods, including fruit, vegetables, lean meats and plain water- and using more posters to promote these good prices with posters.
- Operating a healthy take-away service.



Appendix: Market Basket price data

The results of the Market Basket price survey were collected in January 2019 are shown in Figure A1 and the available time series data are shown in Figure A2 for historical information.

Figure A1: Market Basket price in each store January 2019

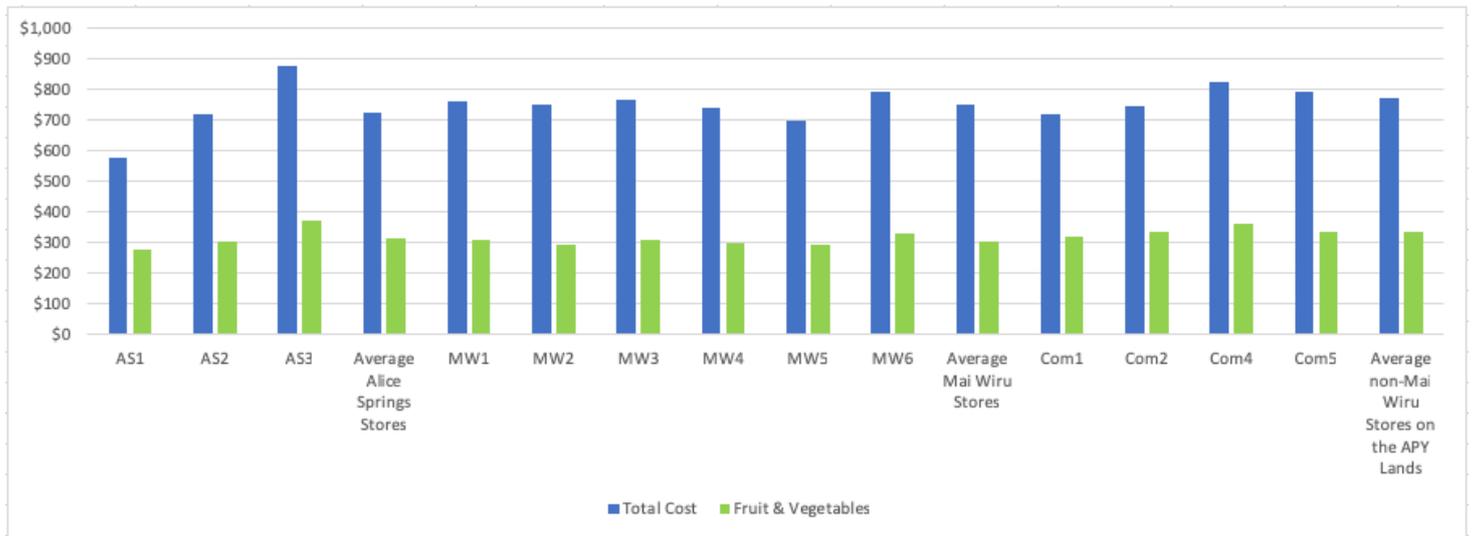


Figure A2: Market basket price time-series data 2008–2019

