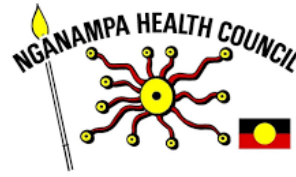




The Australian Prevention
Partnership Centre
Systems and solutions for better health



**Ngaanyatjarra
Pitjantjatjara
Yankunytjatjara
Women's Council
(Aboriginal Corporation)**

Store nutrition report Anangu Pitjantjatjara Yankunytjatjara (APY) Lands

Survey date: April 2018

September 2018

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September 2018

Disclaimer: This evidence review is not necessarily a comprehensive review of all literature relating to the topic area. It was current at the time of production (but not necessarily at the time of publication) and is based on sources believed to be reliable.

Funding for this research has been provided from the Australian Government's Medical Research Future Fund (MRFF). The MRFF provides funding to support health and medical research and innovation, with the objective of improving the health and wellbeing of Australians. MRFF funding has been provided to The Australian Prevention Partnership Centre under the MRFF Boosting Preventive Health Research Program. Further information on the MRFF is available at www.health.gov.au/mrff.



Australian Government

Department of Health

Contents

Introduction	4
Availability of healthy foods on the APY Lands	4
Placement of healthy foods in stores on the APY Lands	7
Promotion of healthy foods in stores on the APY Lands	7
Diet and food prices in stores on the APY Lands	9
Appendix: Market Basket price data	13

Introduction

Good food helps people stay healthy, prevents obesity and helps prevent and manage chronic diseases such as heart disease, diabetes, some cancers and kidney disease. 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 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 dietary recommendations (Figure 1).

Nationally, Aboriginal people 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 Australians would improve if we ate more store foods that were more like traditional bush foods, such as vegetables, fruit, wholegrains, lean meat, poultry, eggs, nuts and seeds. The types and proportion 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 the store survey that looked at these things in April 2018. These results can help local communities, health and store committees and managers see what can be improved to help people make healthier choices.

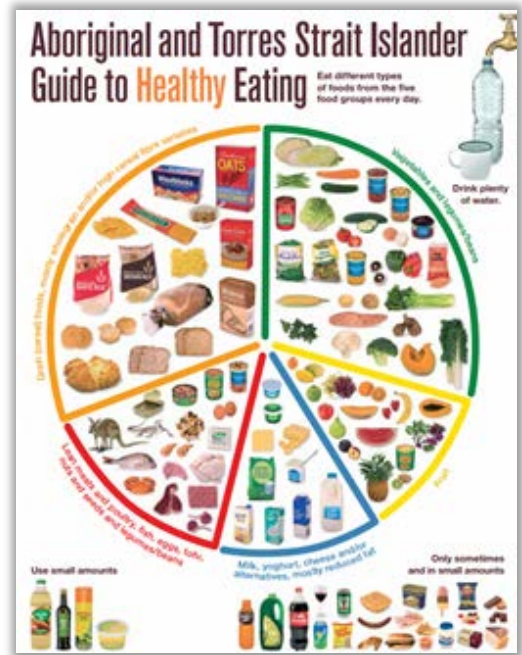
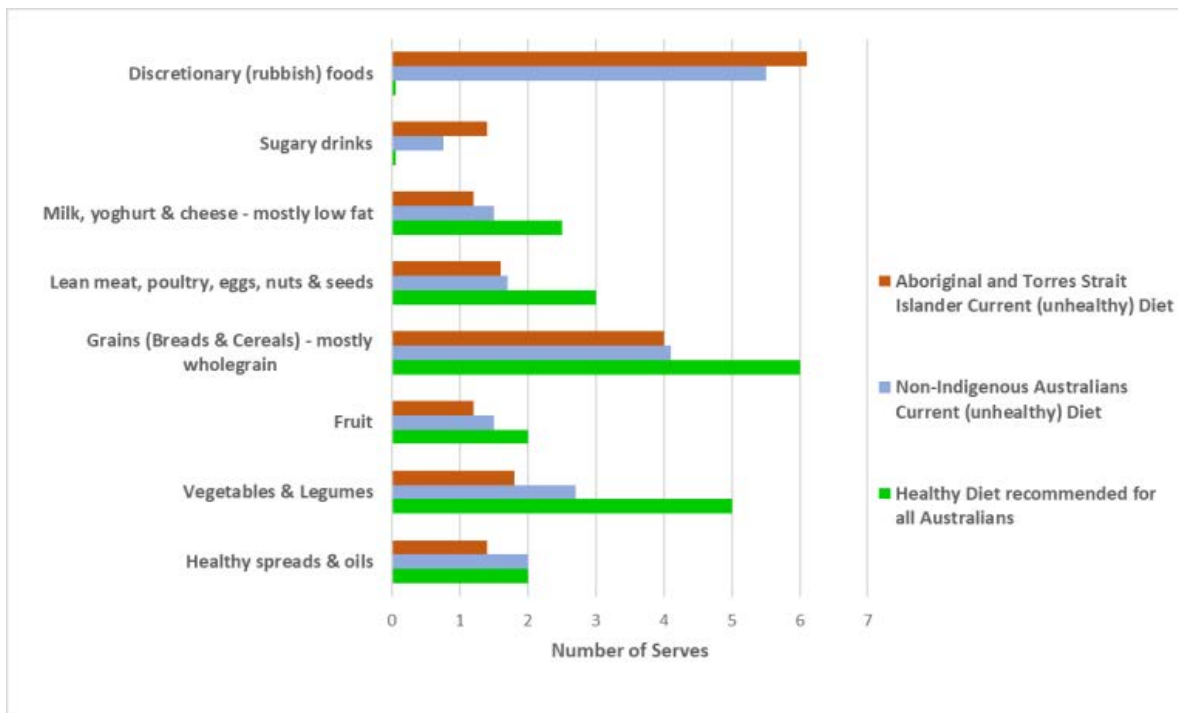


Figure 1: Number of serves from each food group



Availability of healthy foods on the APY Lands

Table 1 shows the availability of healthy foods and drinks in the community stores surveyed. Stores MW1 and MW2 had the best range of healthy food and drink choices available of the stores surveyed. Stores Com3 and Com4 had the most limited range of healthy choices available.

All stores could stock more varieties of healthy baby food. All stores stocked lots of sugary drinks, including in large sizes (although they were usually locked away in one store).

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

Green= good Amber= could be improved Red = poor

	Mai Wiru Stores							Other Stores				
	MW 1	MW 2	MW 3	MW 4	MW 5	MW 6	Average of Mai Wiru Stores	Com 1	Com 2	Com 3	Com 4	
Availability of Healthy Foods												
Weekly delivery of fresh, healthy food	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red
Number of types of vegetables (at least 15)	Green	Green	Green	Amber	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	Green	Green	Green
Number of types of fruit (at least 8)	Green	Green	Green	Amber	Amber	Green	Green	Green	Green	Green	Green	Green
Number of types of full cream and reduced fat milk (fresh, UHT, dried)	Red	Amber	Red	Amber	Green	Red	Red	Red	Red	Amber	Red	Red
Number of types of full fat and reduced fat cheese and yoghurt	Red	Red	Amber	Red	Amber	Red	Red	Green	Amber	Red	Red	Red
Wholemeal/multigrain and "high fibre" white bread	Red	Green	Green	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)	Amber	Green	Green	Amber	Green	Amber	Amber	Amber	Green	Amber	Amber	Amber
Number of types of lean red meat e.g. beef, veal, lamb, pork, kangaroo, mince (at least 5)	Green	Green	Green	Red	Green	Green	Green	Red	Red	Red	Red	Red
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	Amber	Amber	Amber	Amber	Amber	Amber	Amber	Amber	Amber	Amber	Amber	Amber
At least one type of monounsaturated or polyunsaturated oil and spread e.g. olive, canola, sunflower, safflower, peanut	Green	Green	Green	Green	Green	Green	Green	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	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
S26 from birth baby formula and no other (un-recommended) infant formula	Amber	Red	Amber	Red	Amber	Amber	Amber	Amber	Red	Red	Red	Red
At least 50% of all drinks are low sugar drinks (e.g. diet soft drinks or water)	Green	Green	Green	Green	Green	Amber	Green	Red	Green	Red	Red	Red
Store has a bubbler and/or offers free chilled drinking water	Green	Green	Red	Red	Green	Red	Amber	Green	Red	Red	Red	Red

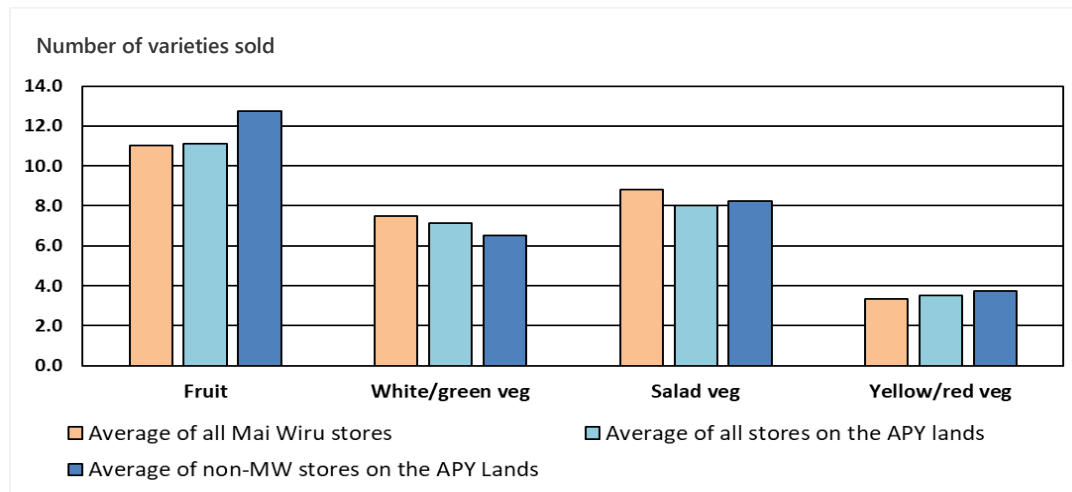
Table 1 (continued): Availability of healthy and 'rubbish' foods and drinks in stores

Green= good Amber= could be improved Red = poor

Availability of healthy foods	Mai Wiru Stores							Average of Mai Wiru Stores	Other stores			
	MW 1	MW 2	MW 3	MW 4	MW 5	MW 6	Com1		Com2	Com3	Com4	
Stores with takeaway service												
At least one healthy takeaway meal, healthy sandwich, and at least two healthy snack packs	Amber	White	Green	White	Green	Amber	Amber	White	Amber	White	Red	White
Use of combi oven to prepare healthy takeaway choices;	Green	White	Green	White	Green	Green	Green	Red	White	Red	White	White
Does not use deep fryer	Green	White	Red	White	Red	Red	Red	Red	White	Red	White	White
No sugary drinks (full strength soft drink, sports drinks, energy drinks) over 600mL and no fruit juice more than 250mL	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
No unrecommended products (coconut oil, vegetable oils/spreads containing palm oil or trans fats >1%)	Green	Green	Red	Green	Red	Green	Amber	Green	Red	Red	Green	Green
Total score for product availability (range for similar stores)	80%	81%	71%	66%	76%	72%	74% (66-81%)	70%	69%	53%	58%	

The number and variety of fresh fruit and vegetables was very good in most of the stores surveyed (Figure 2) but could be improved in some of the smaller stores (Table 1).

Figure 2: Number of varieties of fruit and vegetables available



Placement of healthy foods in stores on the APY Lands

There was wide variation in product placement across the community stores surveyed (Table 2). Store Com2 had the best placement of healthy foods and drinks of all stores, followed by MW2 and MW3. This means it was easier for Anangu to make healthier choices in those stores.

Some stores, particularly independent and smaller stores, are still displaying unhealthy choices in the most prominent places, such as at the ends of shelves and near the cash registers.

Table 2: Placement of healthy and 'rubbish' foods and drinks in stores

Green= good Amber= could be improved Red = poor

Placement of healthy foods	Mai Wiru Stores							Other stores			
	MW 1	MW 2	MW 3	MW 4	MW 5	MW 6	Average of Mai Wiru Stores	Com 1	Com 2	Com 3	Com 4
Fresh fruit and Veg at front of store or in line of sight from front of store	Red	Green	Green	Red	Green	Green	Amber	Amber	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	Amber	Green	Amber	Red	Green	Amber	Amber	Red	Green	Red	Red
Water fridge at front of store	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Red
Sugary drinks are at rear of store or in reduced access fridge	Red	Amber	Amber	Red	Amber	Red	Red	Red	Green	Red	Red
No unhealthy choices at easy access point of sale, no lollies, chocolates, chips/crisps, nutella or other	Amber	Green	Green	Red	Red	Red	Amber	Amber	Green	Red	Red
Healthy food predominately at eye level and predominately at ends of aisles, unhealthy choices out of reach of infants as children	Red	Amber	Amber	Red	Red	Red	Red	Red	Green	Red	Red
Total score for product placement (range for similar stores)	42%	86%	81%	26%	68%	54%	59% (26-86%)	28%	100%	0%	22%

Promotion of healthy foods in stores on the APY Lands

There was wide variation in product promotion across the community stores surveyed (Table 3). Store Com2 had the best promotion of healthy choices of all stores surveyed. 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 the price discounts already in place on healthy foods, such as vegetables, fruit and water.

Posters depicting choking hazards in infants should be removed 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.

Table 3: Promotion of healthy and 'rubbish' foods and drinks in stores

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	Com3	Com4
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	Amber	Red	Red
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	Amber	Amber	Red	Amber	Amber	Amber	Red	Amber	Red	Red
No price promotion/advertising of unhealthy choices (sugary drinks, confectionary, chocolate, crisps, fried takeaway food or fried chips)	Green	Green	Green	Green	Green	Green	Green	Green	Green	Amber	Green
Does not display signage or posters inconsistent 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)	Red	Green	Green	Green	Red	Red	Amber	Green	Green	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)	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
Displays shelf talkers promoting healthy products	Red	Red	Red	Red	Red	Red	Red	Red	Green	Red	Red
Total score for product promotion (range for similar stores)	47%	60%	60%	57%	47%	47%	53% (47-60%)	37%	71%	25%	33%

Diet and food prices in stores on the APY Lands

Since 2008, the cost of a 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 Standardises Affordability and Pricing) method, now enables better comparison of the cost of diets, and was used on the APY Lands in April 2018. The results are reported here.

The Healthy Diets ASAP (Australian Standardises 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:

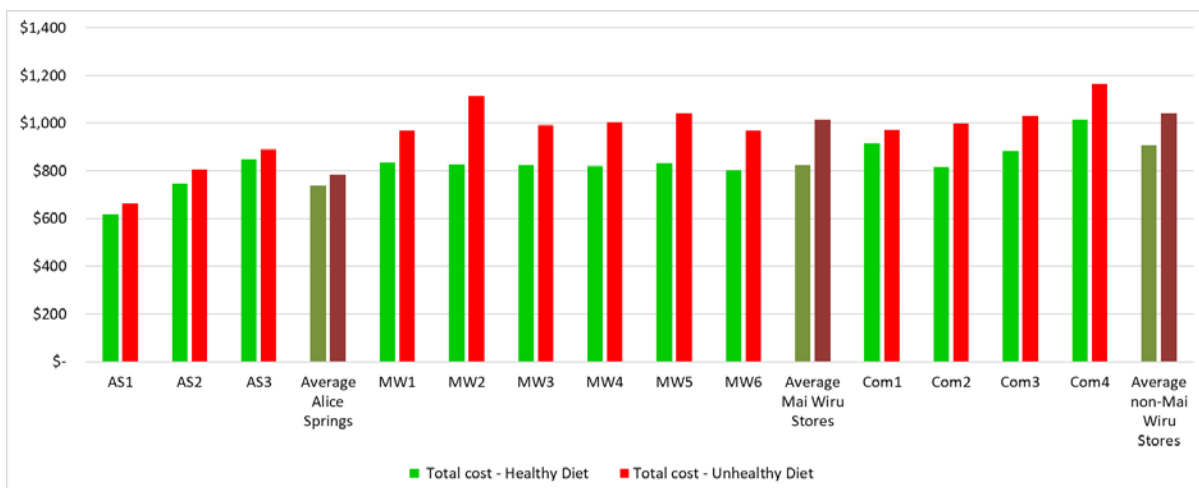
1. Compare the cost of a healthy diet with that of the current diet in each place
2. Compare the cost of a healthy diet and the current diet in different places
3. Monitor changes over time



The cost of a healthy diet and the current (unhealthy) diet in different communities in Central Australia where food prices were collected in April 2018 is shown in Figure 3. A healthy diet costs less than the current (unhealthy) diet in all communities, but the difference is less in Alice Springs. As expected, healthy foods are most affordable in large supermarkets in Alice Springs. In remote communities the price of healthy foods is most affordable in Mai Wiru stores and in the store in Com2 (Figure 3).

Comparatively, the cost of a healthy diet in Mai Wiru stores and in Com2 is only about 12% more than in Alice Springs. However, the cost of the current (unhealthy) diet is about 25% more in stores on the APY Lands than in Alice Springs. This shows that Mai Wiru stores and the store in Com2 are doing well to keep the prices of healthy foods down compared to the prices of 'rubbish' foods and drinks.

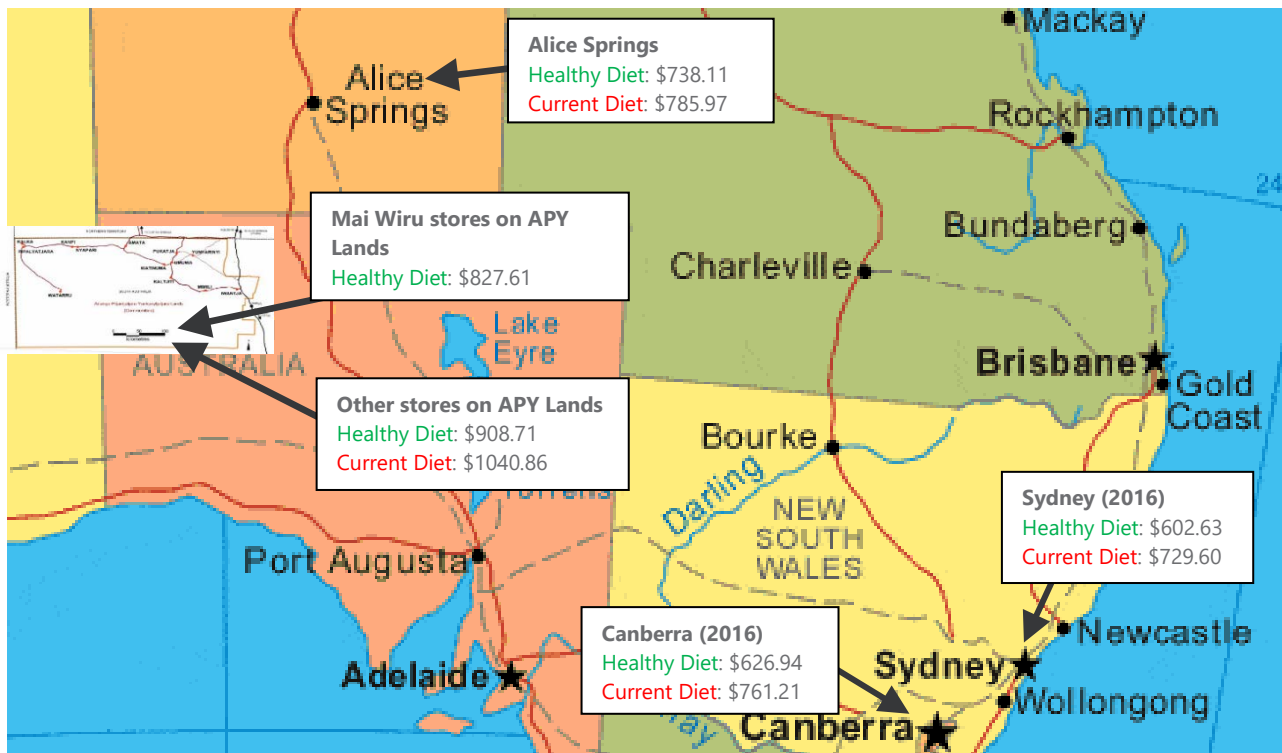
Figure 3: The cost of the current (unhealthy) diet and a healthy diet in different communities



The cost of a healthy diet and the current (unhealthy) diet in different places in Australia is shown in Figure 4.

The average cost of the current (unhealthy) diet in all stores on the APY Lands is around 31% more than in Alice Springs and 41% more than in Sydney. The average cost of a healthy diet in all the stores on the APY Lands is about 17% more than in Alice Springs, but about 43% more than in Sydney. This shows that the price of a healthy diet is relatively less affordable in Central Australia than in Sydney.

Figure 4: The cost of the current diet and a healthy diet in different places in Australia



People on the APY Lands are currently spending most of their food money on 'rubbish' foods and drinks (Figure 5). 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 \$168.16 per family per fortnight (Figure 6)- and be healthier too.

Figure 5: The average cost of current and healthy diets, and food groups, for all stores on APY Lands

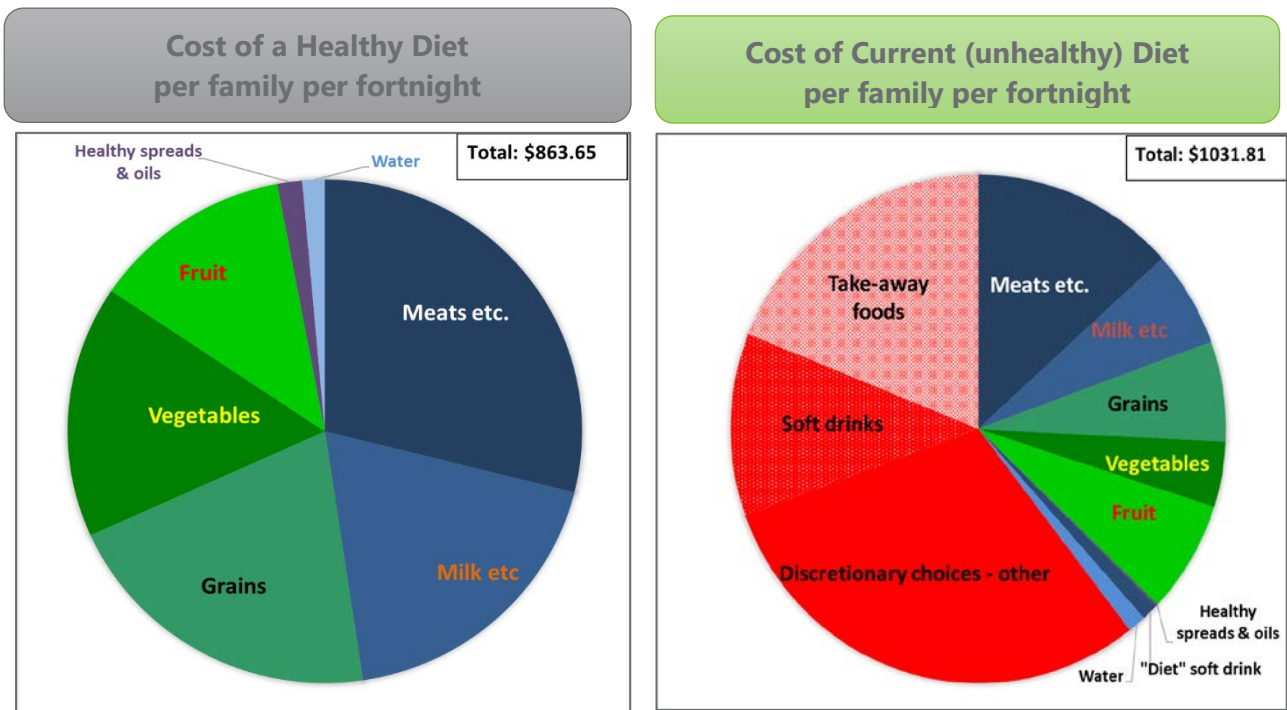
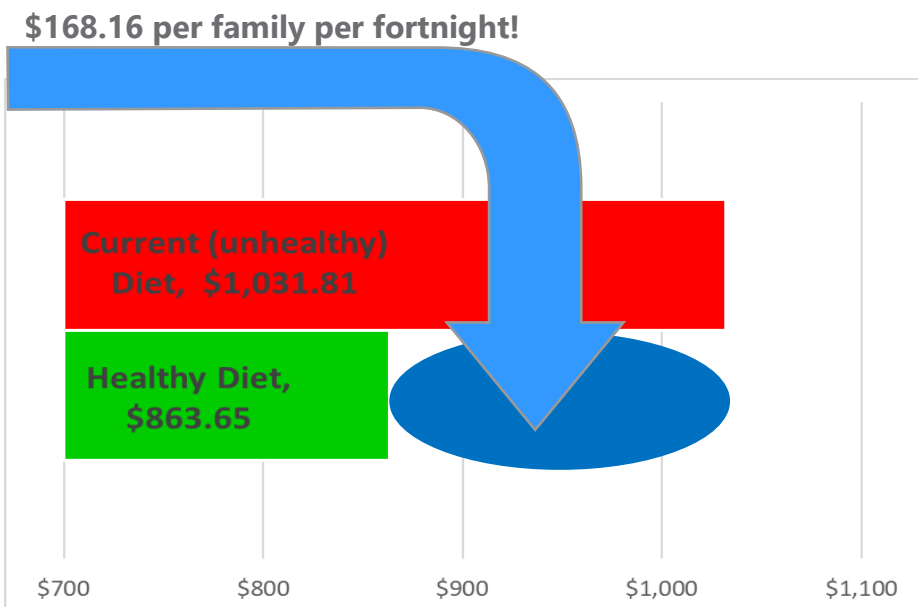


Figure 6: Average cost saving by swapping to a healthy diet in all stores on APY Lands

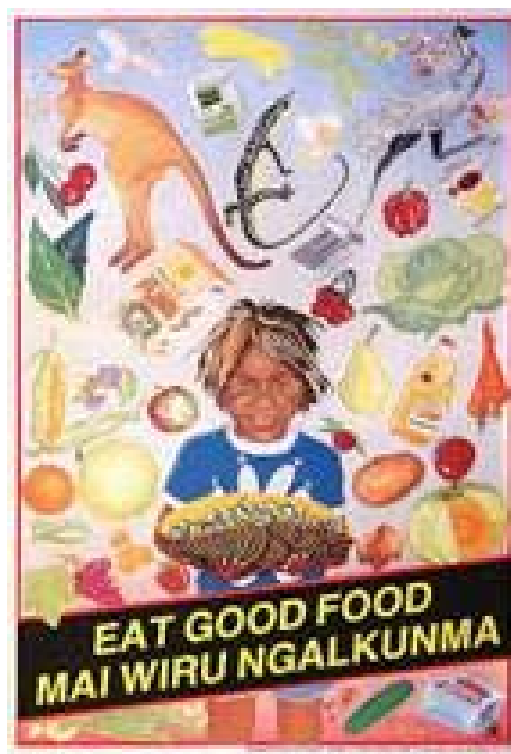


Healthy eating messages:

- 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 food security, 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
- Keeping discounts on the price of healthy foods, including fruit, vegetables, lean meats and plain water- and using more posters to promote these good prices
- Operating a healthy take-away service.



Appendix: Market Basket price data

The results of the Market Basket price survey were collected in April 2018 are shown in Figure A1 and the available time series data are shown in Figure A2.

Figure A1: Market Basket price in each store April 2018

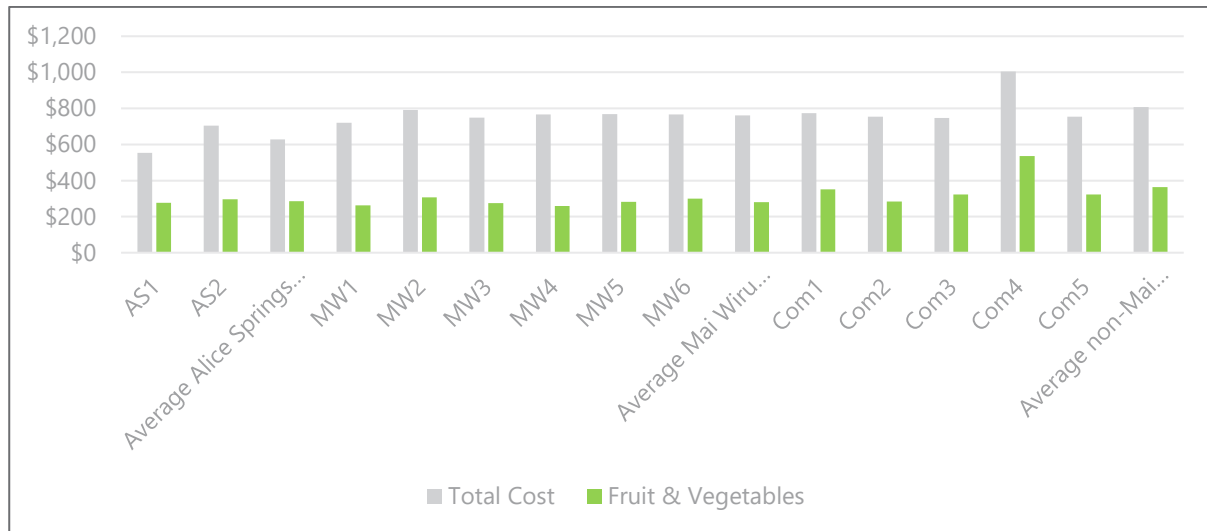


Figure A2: Market Basket price time-series data 2008–2018

