

NOURISHING AUSTRALIA

A decadal plan for the science of nutrition

Realising health, environmental and economic opportunities to benefit all Australians

This brief presentation will

- ✓ Describe the overall Vision of ‘Nourishing Australia’ Decadal Plan
- ✓ Describe what actions are proposed and the stage of implementation (as of May 2021)
- ✓ Explain the role of the National Committee for Nutrition and what organisations are represented
- ✓ Provide information of where to go for further information and ideas on how you can be involved.

Why does Australia need a Plan for the science of Nutrition.....?

Two-thirds of Australian adults are above a healthy weight



More than half the world's malnourished children live in the Asia-Pacific region



A quarter of Australian children and adolescents are above a healthy weight



Every \$1 invested in nutrition yields \$16 in benefits across health and productivity



Every country in the world is affected by malnutrition



Six of the top nine risk factors to global health are now related to diet



Nearly 4 in 5 Australian adults do not eat the recommended daily serves of fruit



Eight of nine key nutrition indicators are off target at a global level (adult high blood pressure, adult obesity, adult overweight, anaemia, childhood stunting, childhood wasting, childhood overweight and salt intake)



9 in 10 Australian adults do not eat the recommended daily serves of vegetables





Diet Quality is at the heart of many of the UN's Sustainable Development Goals

- A Theo Murphy Think Tank in July 2017 brought together 60 early career nutrition researchers who helped shape the plan (<https://www.science.org.au/news-and-events/events/think-tanks/rethinking-food-and-nutrition-science>)
- National community consultation meetings and Stakeholder Engagement in 2018:

You think **we need to:**



Combat fake news



Standardise and
share data



Utilise indigenous
knowledge



Create a secure
and sustainable
food system

You think we should
invest in Australian
nutrition science because:



World leading
agriculture



Environmental
sustainability



Equitable access
to healthy diets



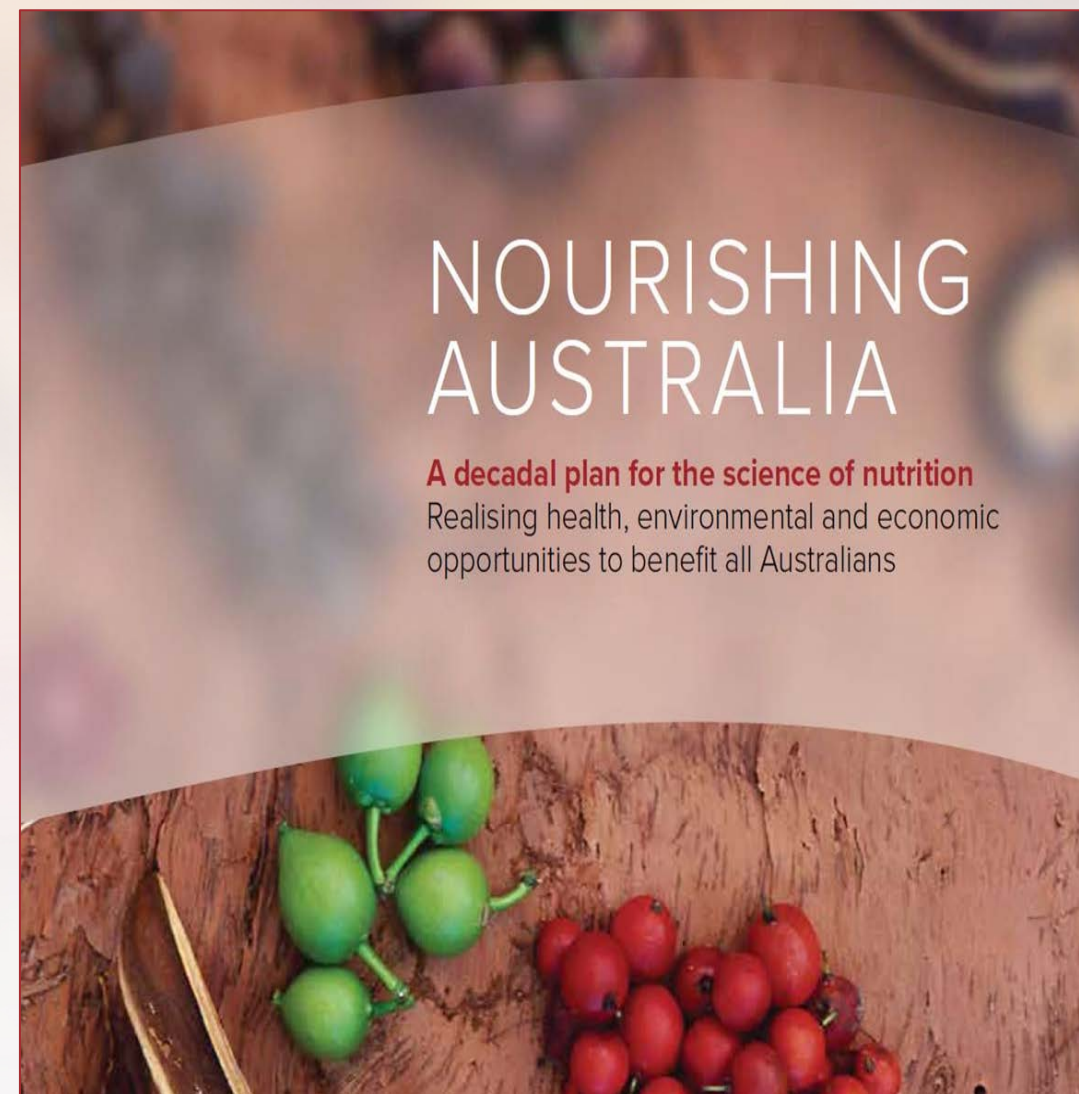
Reduce burden
of disease

The Decadal Plan was launched in Parliament House in 2019

NATIONAL COMMITTEE FOR
NUTRITION

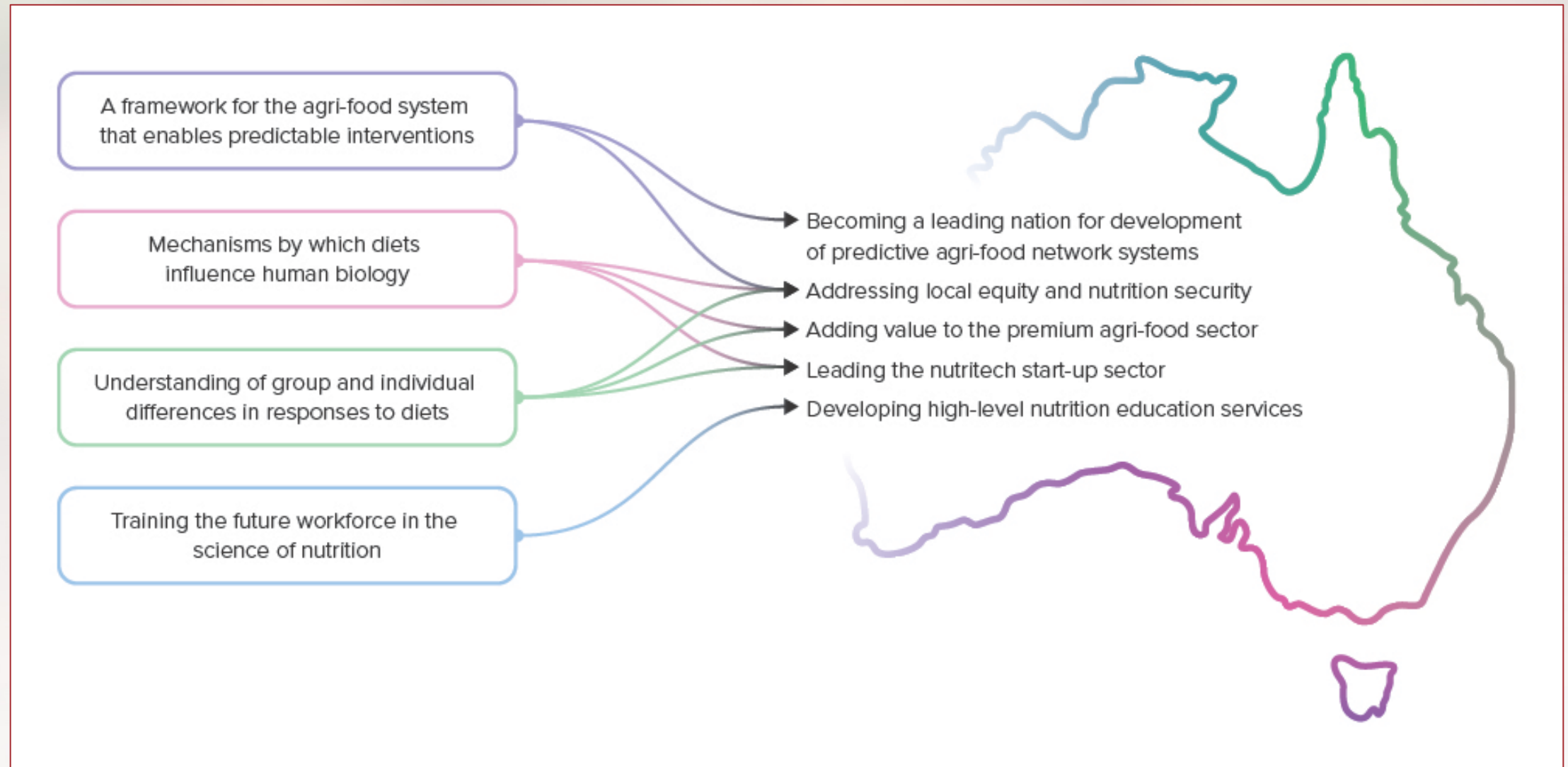


Professor Mike Gidley, Senator Bridget McKenzie, Professor Stephen Simpson and Professor Therese Jefferson.

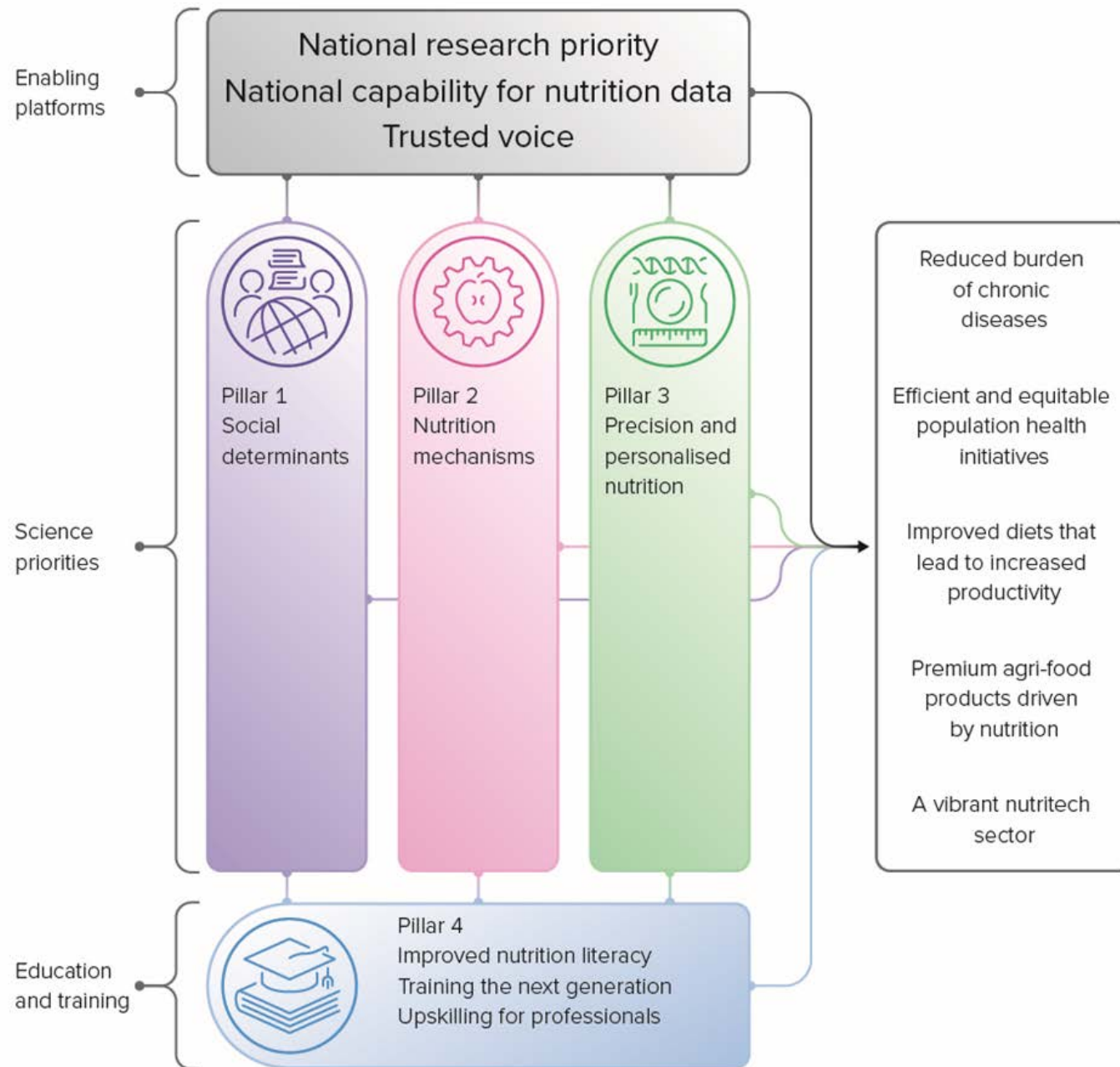


Decadal Plan Vision

Australian nutrition science plays a key role in improving long-term health and wellbeing globally, while delivering environmental, social and economic benefits nationally, with core values of *equity, sustainability, collaboration and innovation*



Three enabling platforms supporting and supported by four science priority pillars



Enabling Platforms

1 NUTRITION AS A NATIONAL RESEARCH PRIORITY

to address technical, social and environmental challenges through multidisciplinary collaboration and innovation, resulting in major health and economic benefits.

2 A NATIONAL CAPABILITY FOR NUTRITION DATA

to capture and analyse dietary intake and health outcomes of Australians to guide national policy and intervention strategies and stimulate the science of nutrition.

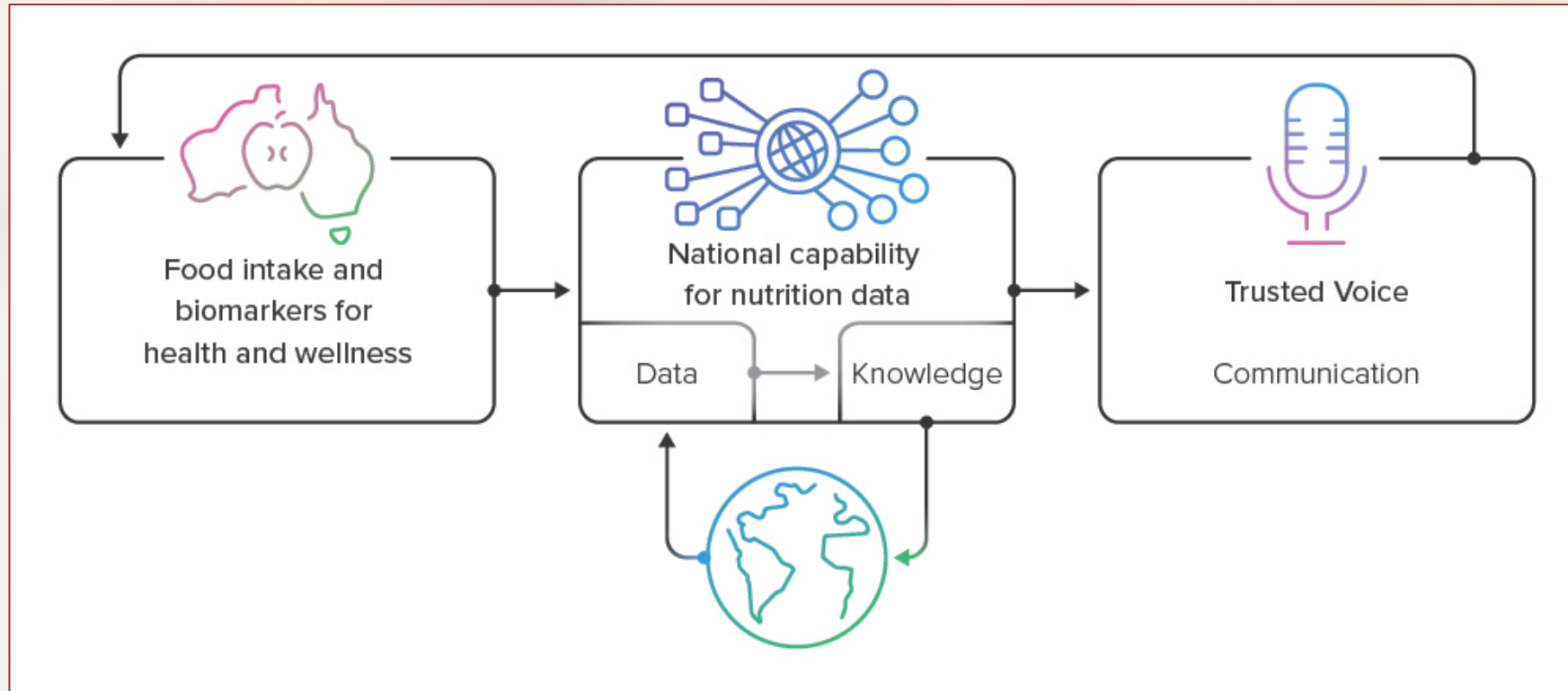
3 A 'TRUSTED VOICE'

to provide credible, evidence-based nutrition information and use professional communicators to counteract misinformation and Improve general society nutrition literacy.

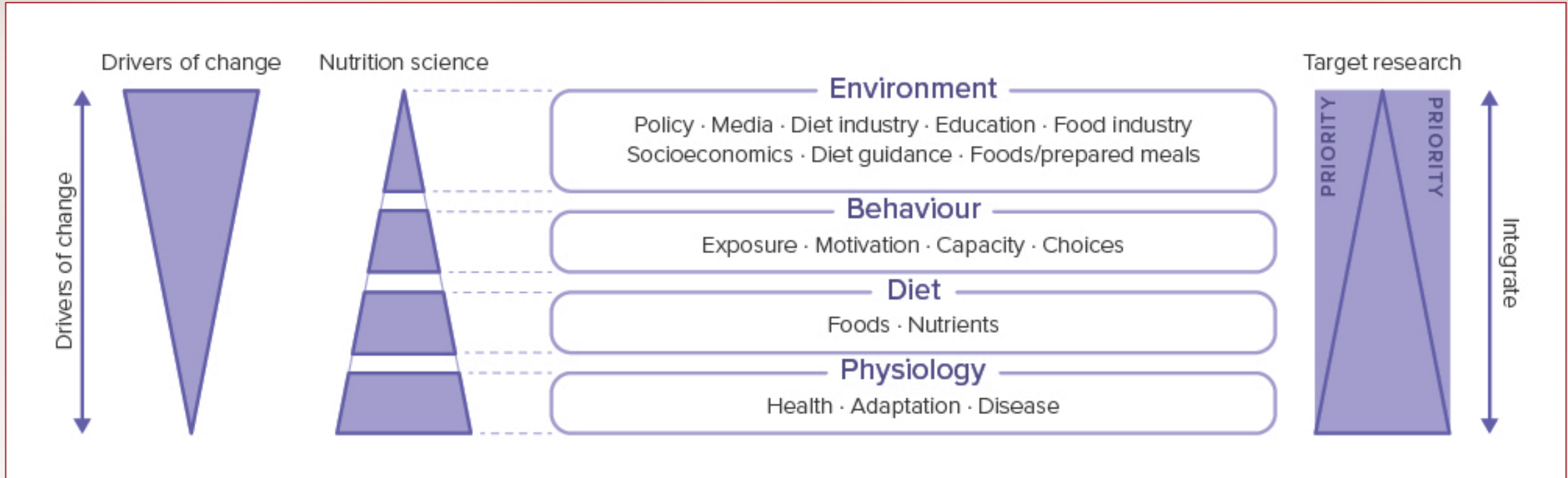
Credible, consistent **voice**
for nutrition science



National capability for nutrition data



Pillar 1 - Social Determinants



Where do we want to be in 2030: Pillar 1 - Social Determinants

The Vision...

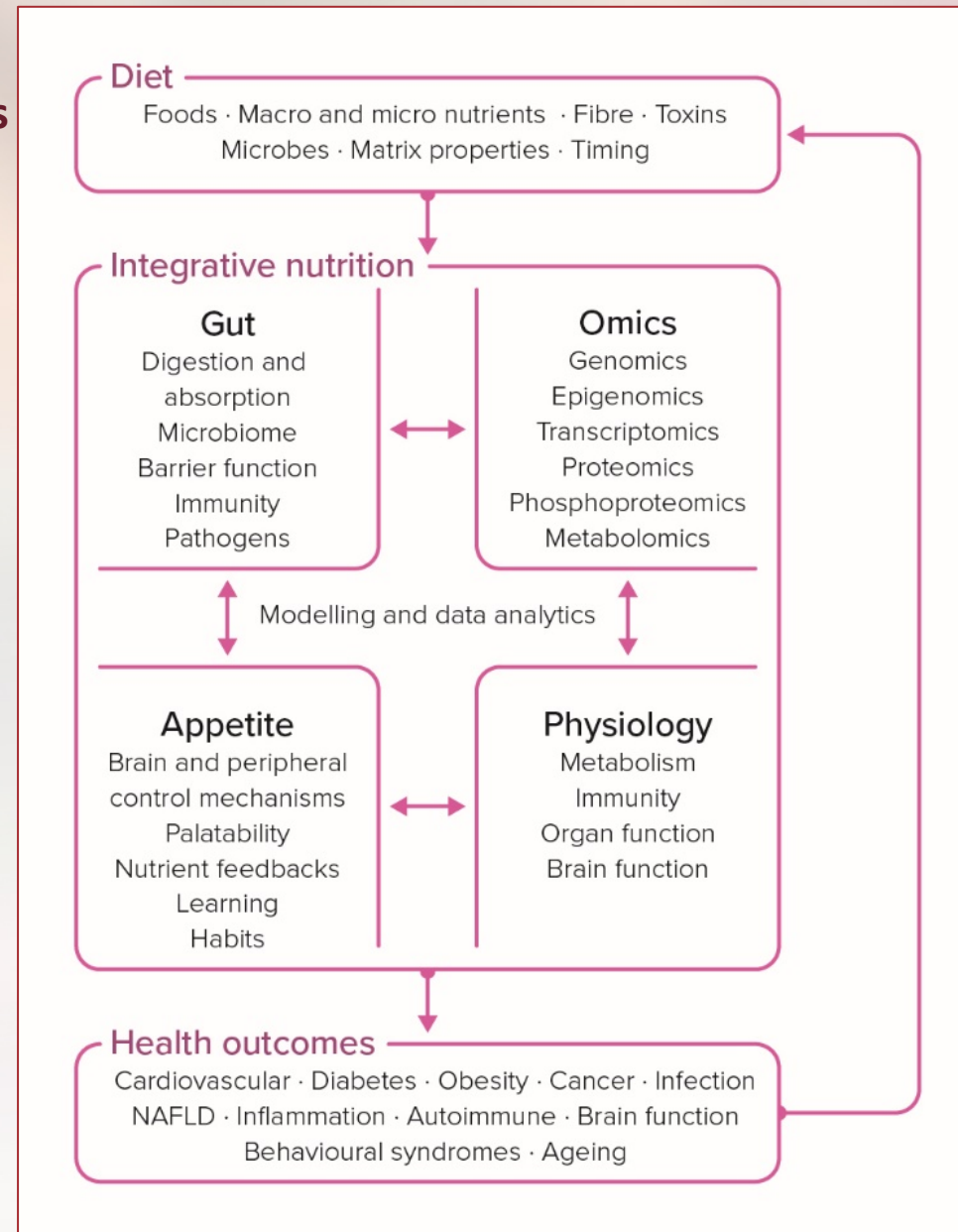
It's 2030 and Australia is recognised globally as a best practice model for integrating dietary and environmental factors for the food system, which has resulted in successful targeted interventions for health and wellness improvement.

How do we get there...

Through a focus on the science of nutrition as a national priority, social and environmental sciences are fully integrated with biological sciences to create multi-system models that have resulted in evidence-based policymaking at the intersection of health, agrifood and environment sectors.

The outcomes: Insights from identifying the role of societal factors in determining diet, behaviours and health outcomes have informed approaches to achieving the UN Sustainable Development Goals and there is equitable access to a safe and nutritious food supply for all Australians.

Pillar 2 – Nutrition Mechanisms



Where do we want to be in 2030: Pillar 2 – Nutrition Mechanisms

The Vision...

It's 2030 and Australia's research community has embraced nutrition as the paradigm for integrative science, attracting many of its brightest research scientists to the field, integrating outcomes into patient care at primary and tertiary levels and stimulating waves of commercial innovation.

How do we get there...

Through integration of approaches from population to molecular levels, credible hypotheses for nutritional mechanisms influencing major non-communicable disease prevention and human performance have been derived.

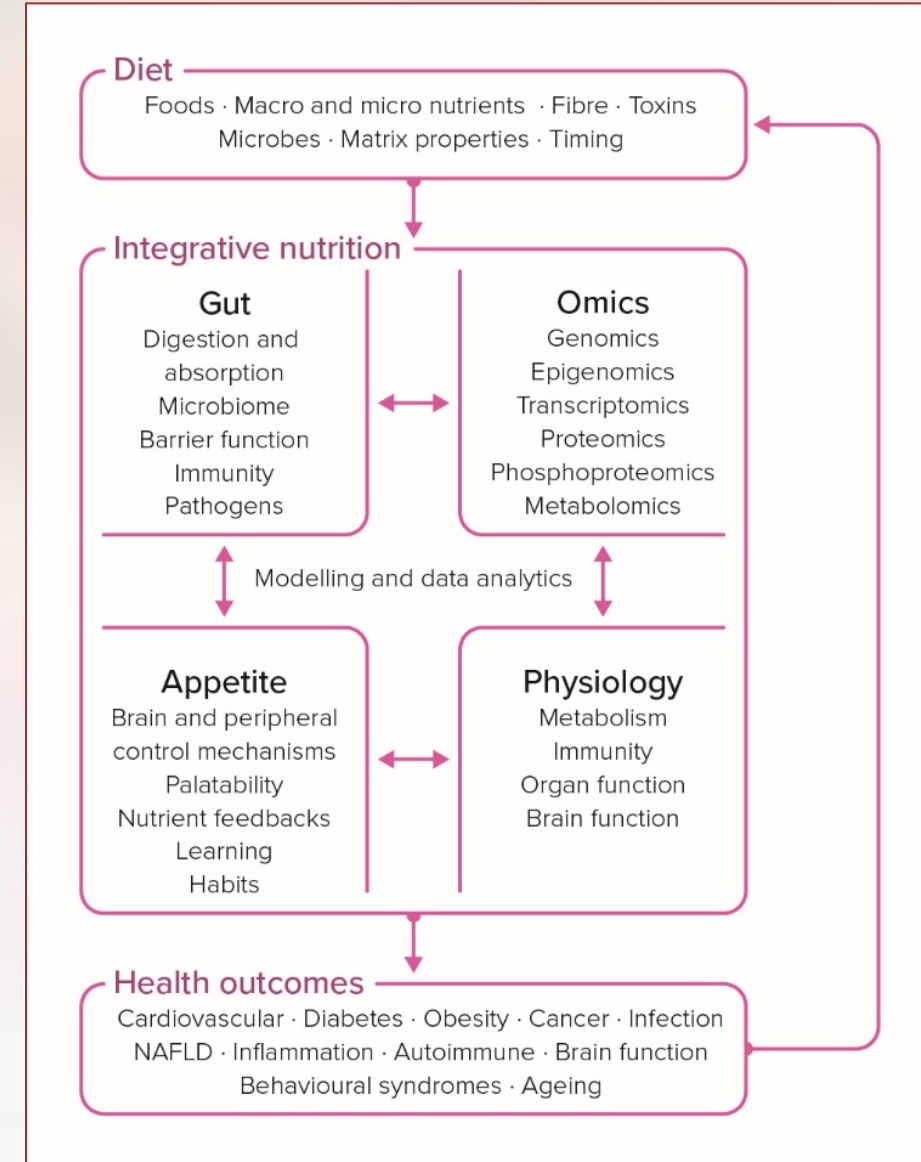
The outcomes: A stream of health-promoting premium products from the Australian agrifood sector are supported by technical insights from investments in the science of nutrition. The global recognition of Australia as a powerhouse in nutrition is an important facet of marketing exports to a growing consumer class in Asia and beyond.

Pillar 3 – Precision and Personalised Nutrition

Definitions

Personalised Nutrition for individuals – Preserve or increase health using genetic, phenotypic, medical, nutritional and other relevant information about individuals to deliver more specific and effective nutritional guidance, products and services.

Precision Nutrition (for communities) – Preserve or increase health using genetic, phenotypic, medical, nutritional and other relevant information about groups and populations to deliver more tailored and cost-effective interventions, products and services.



Where do we want to be in 2030: Pillar 3 – Precision and Personalised Nutrition

The Vision...

It's 2030 and Australia is a leader in the science and technology of precision and personalised nutrition, resulting in health outcomes that benefit Australians and a vibrant, growing nutritech industry.

How do we get there...

By adopting precision nutrition approaches in the healthcare system, benefits have been realised in the greater use of targeted dietary interventions, which has reduced the burden of chronic diseases.

The outcomes: The Australian nutritech sector has developed a suite of measurement, diagnostic and advisory tools that have been successful worldwide, enhancing the nation's reputation in the medical technology sector.

Where do we want to be in 2030: Pillar 4 – Education and Research Training

The Vision...

It's now 2030 and we have improved population diet quality through informed food choices has been achieved by optimal communication of the science of nutrition, through consistent evidence-based messages and by understanding and harnessing contemporary communication channels.

How do we get there...

By upskilling established nutrition professionals in new opportunities arising from data analytics, genomics and other omics and digital technologies, Australia has a workforce capable of delivering a new era of opportunity for the science of nutrition, with diverse and rewarding career pathways.

The outcomes: An academy of nutrition has been established that brings together nutrition professionals and credentialing bodies, is recognizable to the public and adopts a common code of conduct.

Implementing the Decadal Plan into realistic goals (from aspiration to operation) is the current remit of the National Committee on Nutrition. It will involve the concerted action of all major stakeholders in the science of nutrition.

In 2021, the committee comprises of

Professor Helen Truby Chair	Ms Melissa Armstrong Ex-Officio DA	Dr Catherine Bondonno EMCR Member	Mr Mark Booth FSANZ Representative FSANZ	A/Professor Alison Coates Ex-Officio NSA
A/Professor Melinda Coughlan Member	Professor Danielle Gallegos ex-Officio CDND	Professor Mike Gidley Observer	Dr Katherine Livingstone EMCR Member	Dr Christina Pollard Ex-Officio PHA
A/Professor Shelley Wilkinson Member	Professor Steve Simpson FAA Observer	Dr Welma Stonehouse Ex-Officio ONLP		



THE NUTRITION SOCIETY
OF AUSTRALIA (INC.)



How can you be involved?

Become a Champion of the Decadal Plan

- One of the main objectives in the implementation is to harmonise the nutrition professional workforce, to all work together toward the realisation of this plan. A 'Champion of the Decadal Plan' will communicate and promote the concepts outlined in the plan, and cite the plan in their research or other work-related activities
- All members of the nutrition professional community can download the banner to add to your email signature and social media profiles to show your support of the decadal plan.
(<https://www.science.org.au/supporting-science/science-policy-and-analysis/decadal-plans-science/decadal-plan-nutrition-1-0>)

Early and Mid-Career Nutrition Professionals

- If you are an early or mid-career nutrition professional and would like to stay updated on the implementation activities you can join our emailing list at this link:
<https://www.science.org.au/nourishing-australia/become-champion-nourishing-australia-decadal-plan>
- Early and Mid-Career Champions of the Decadal Plan will be selected to lead small projects working towards implementation of the plan.
- If you sign up to this emailing list you will be notified of the opportunity to submit an EOI for these working groups.

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www.science.org.au/supporting-science/science-policy-and-analysis/decadal-plans-science/nourishing-australia-decadal-plan