



## Attachment D

### Scoping Activity: Open stakeholder survey

#### Summary

This scoping activity was an open public survey to understand use of the 2013 Australian Dietary Guidelines and to identify nutrition topics of broad public interest. The purpose of this activity was to:

1. gain insight into how the 2013 Australian Dietary Guidelines are used by stakeholders (e.g., individuals, organisations, clinicians etc.)
2. seek stakeholder views on priority nutrition topics of broad public interest for the revision of the Dietary Guidelines.

#### Scoping methods

The survey was targeted at all people who use the 2013 Australian Dietary Guidelines, including those who use the Guidelines for work (clinicians, researchers, educators, policy makers) or as a personal information source (e.g., consumers).

Survey questions (see Supplementary Material) were developed and tested in-house using the Survey Monkey platform. The survey was available from 15 February – 15 March 2021, with a link distributed to all subscribers on the Dietary Guidelines contact list. The survey was also promoted through various communication channels, including NHMRC Tracker and social media platforms. All stakeholders, including consumers, were invited to participate.

Responses to the survey were anonymous. The platform was configured to support only one submission per respondent in an effort to reduce repeated responses, which would introduce bias.

Survey results were analysed using percentages for multiple option questions (who/what) and thematic analysis for free-text answers (topics).

#### Key results relating to use of the 2013 Australian Dietary Guidelines

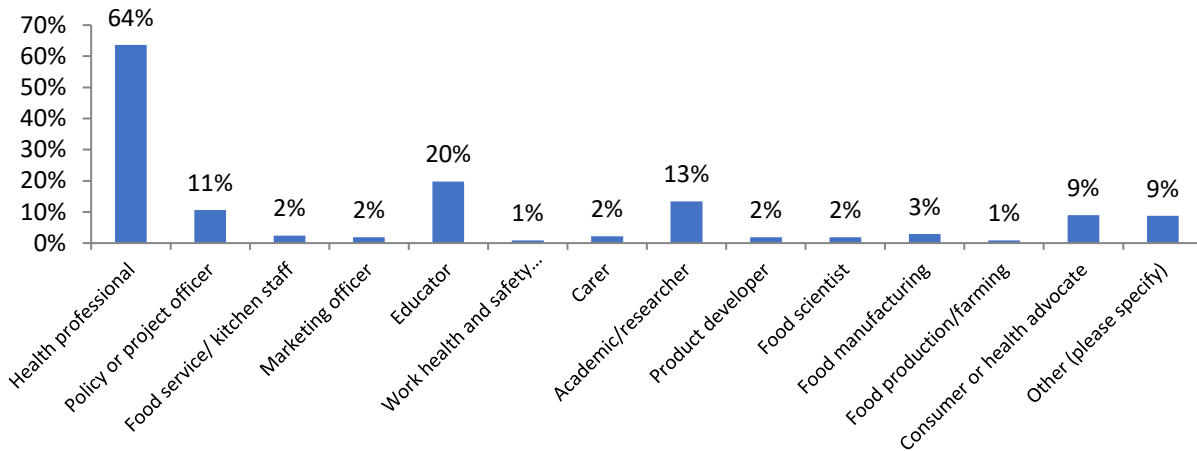
There were 2,964 responses to the survey. Half (50%) of the respondents reported using the guidelines in their work (occupational users) and half (50%) identified as personal users.

People who used the guidelines for work were mostly health professionals (64%) and/or educators (20%) and/or academics/researchers (13%) (Figure 1) and reported using the Guidelines for one or more of:

- providing education (63%)
- advocating for improved health outcomes (38%)
- personal use (37%)
- educating students (35%)
- referencing in research (35%) (Figure 2).

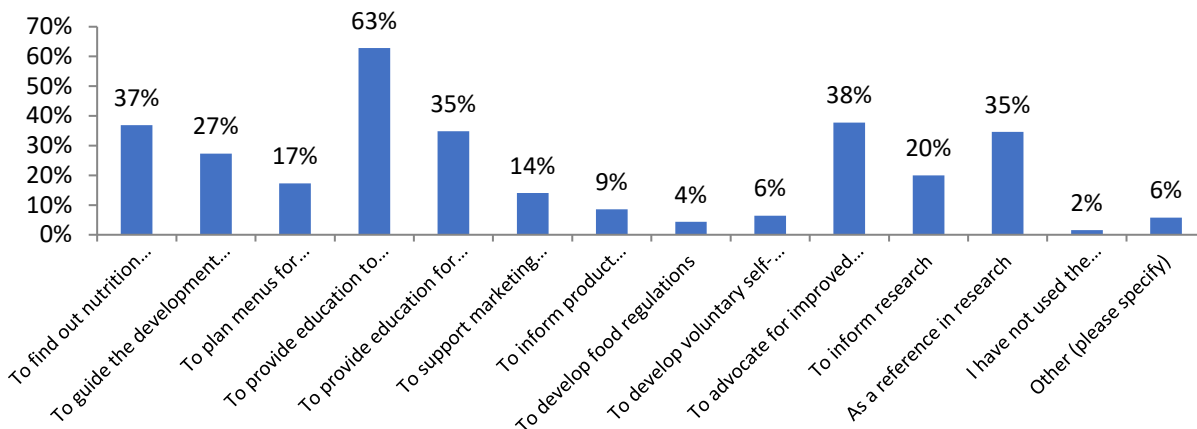


Figure 1. Roles of people who use the Guidelines for work (n= 1364)



Results >100% as respondents could pick more than one response

Figure 2. Use of the Guidelines for work (n= 1357)

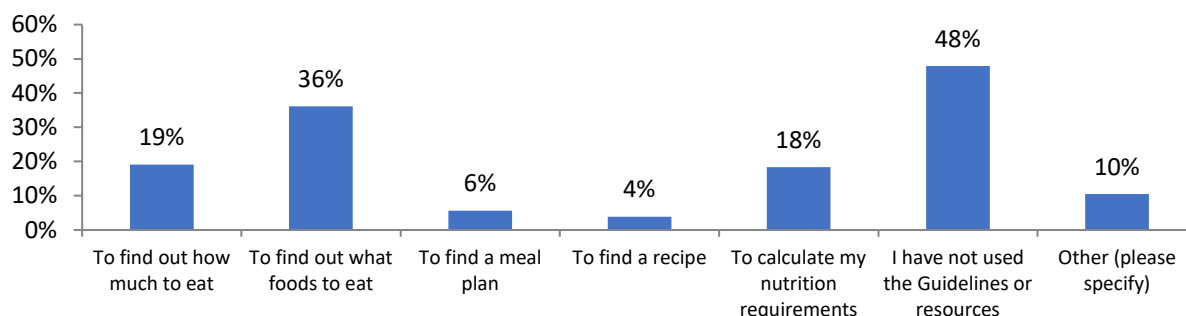


Results >100% as respondents could pick more than one response

People who used the guidelines for personal reasons indicated using the Guidelines to search for information about the types (36%) and quantity (19%) of foods they should eat, with 48% indicating they had not used the Guidelines (Figure 3).



Figure 3. Purpose of Guideline use by individuals (n= 1239)



Results >100% as respondents could pick more than one response

### Key results of nutrition topics considered of broad public interest

The surveys also sought free-text responses from stakeholders about topics of interest, including topics from the 2013 Australian Dietary Guidelines stakeholders would like to see updated and new topics stakeholders would like to see covered in updated Guidelines.

The topics stakeholders would most like to see updated from the 2013 Australian Dietary Guidelines included:

- meat, poultry and fish (73%)
- fats and oils (61%)
- grains and cereals (61%)
- sugar (41%).

The most frequently mentioned new topics stakeholders would like to see included in the updated Guidelines were:

- food processing (35%)
- plant-based diets (33%)
- sustainability\* (e.g., direct guidance on climate change/environmental impacts) (33%)
- cultural considerations (13%) (Figure 4).

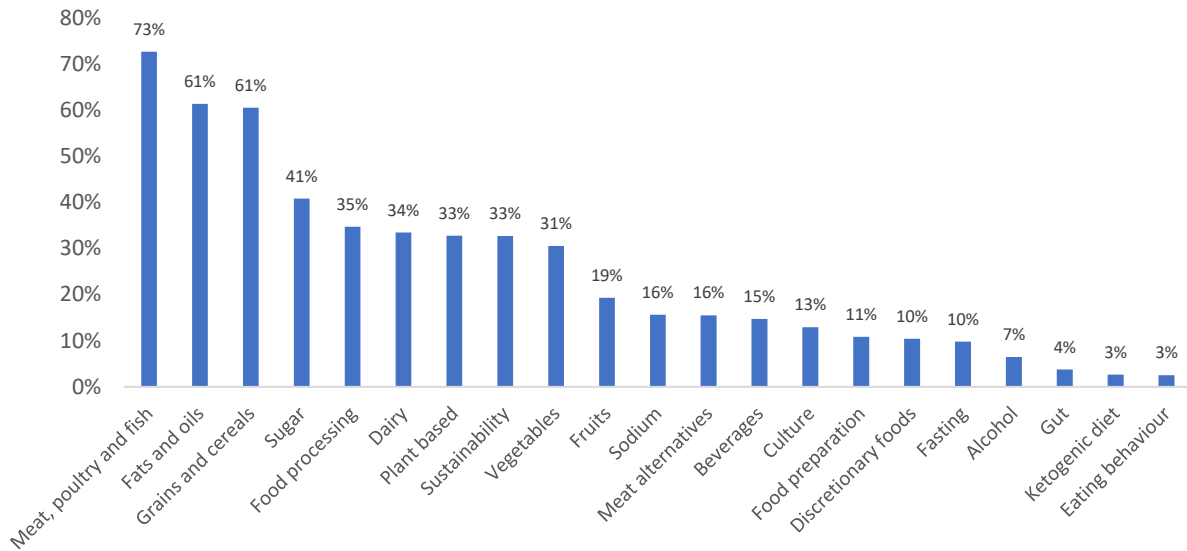
Of the 22% of respondents who identified as not having used the Guidelines or resources, 8% suggested existing Guideline topics for review. These were the same as for the full data set. The most frequently suggested new topics for review were similar to the full data set including food processing, plant-based diets and sustainability, however fasting was the fourth most frequently suggested new topic for review in this group, replacing cultural considerations.

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\* **NOTE:** Sustainability was included in Appendix G *Food, nutrition and sustainability* of the 2013 Australian Dietary Guidelines. However, sustainability was not included as one of the key recommendations.



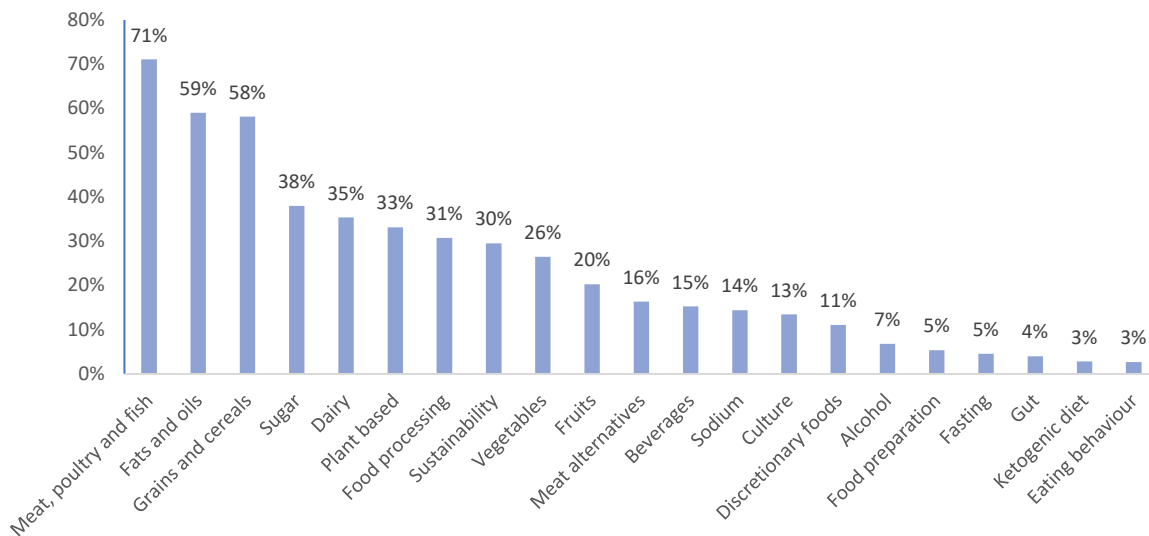
Figure 4. Percentage of responses containing key words, by cluster (n= 1429)



Results >100% as respondents could pick more than one response.

There were 84 (2.8%) survey respondents identified as having detailed identical free text responses. When these survey responses were removed from the analysis, the most frequently suggested existing topics and topics for review remained the same with small changes in percentage.

Figure 5. Percentage of responses containing key words, by cluster without identical responses (n= 1345)



Results >100% as respondents could pick more than one response.

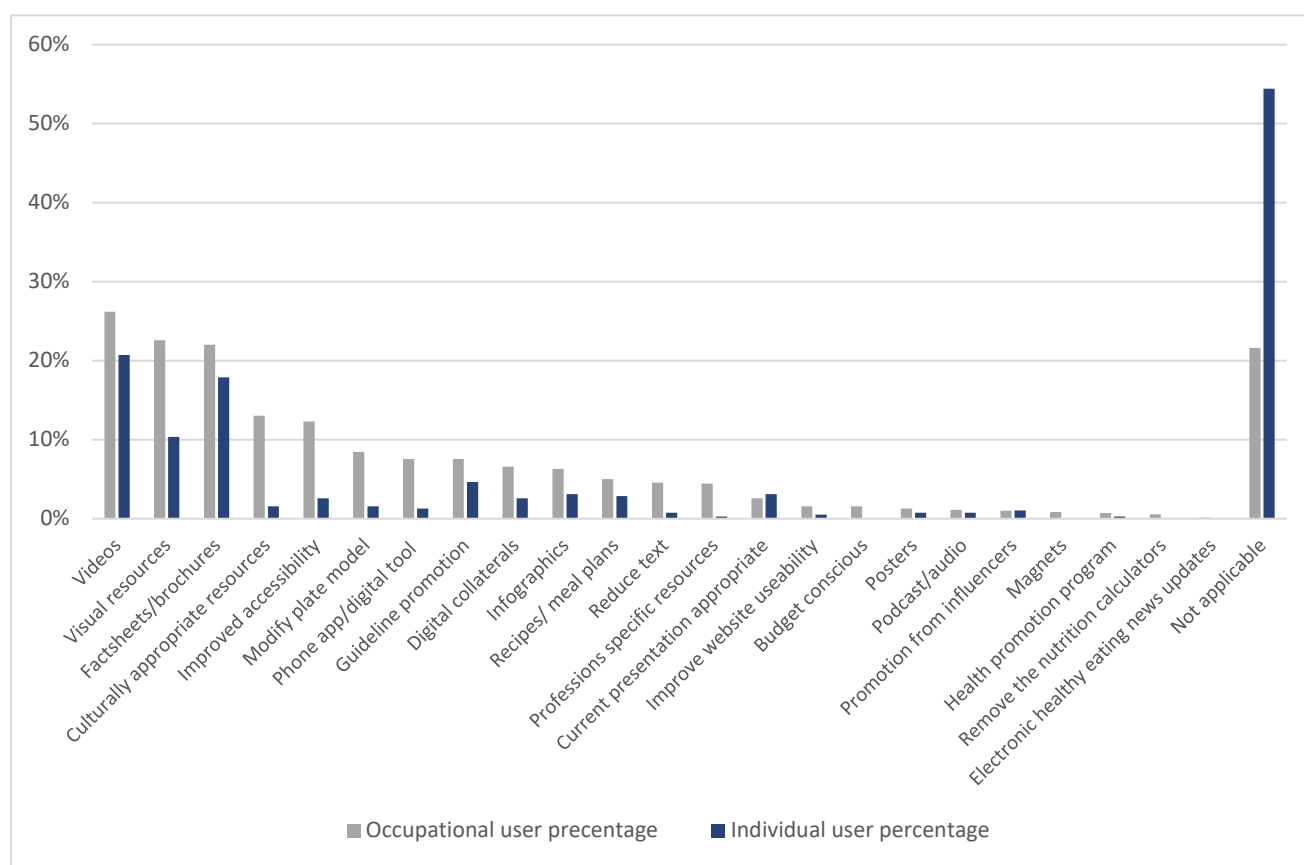


Respondents were also asked to suggest how the 2013 Australian Dietary Guidelines and companion resources (e.g., Eat for Health) could be improved.

Respondents suggested that updated Guidelines include:

- videos, factsheets and visual resources to assist in translating the Guidelines
- information relevant to a wide range of people from different cultural backgrounds
- resources to improve accessibility for people with a disability or low English literacy levels (Figure 6).

Figure 6. Percentage of responses containing presentation suggestions (work use n= 700, individual use n= 388)



Results >100% as respondents could pick more than one response.



## Supplementary Material

### Survey questions

Have you used the 2013 Australian Dietary Guidelines or Eat for Health resources (for example the Australian Guide to Healthy Eating or Food Essentials section) as part of your work?

- A. Yes [If Yes, respondent proceeds to Consultation questions stream 1 (People who use the guidelines for work)].
- B. No [If No, respondent proceeds to Consultation questions stream 2 (People who use the guidelines for individual use)].

### Consultation questions stream 1 (People who use the guidelines for work)

1. What sector do you work in? Select one answer.
  - Government
  - Non-government
  - Non-profit
  - Private
  - Other (please specify)
2. What is your role in this sector? Select all answers that apply.
  - Health professional
  - Policy or project officer
  - Food service /kitchen staff
  - Marketing officer
  - Educator
  - Work health and safety officer
  - Carer
  - Academic/researcher
  - Product developer
  - Food scientist
  - Food manufacturing
  - Food production/farming
  - Consumer or health advocate
  - Other (please specify)
3. What have you used the 2013 Australian Dietary Guidelines and Eat for Health resources for? Select all answers that apply.
  - To find out nutrition information for personal use
  - To guide the development of policies or procedures
  - To plan menus for organisations or care facilities
  - To provide education to clients/patients
  - To provide education for students
  - To support marketing campaigns
  - To inform product development
  - To develop food regulations
  - To develop voluntary self-regulation
  - To advocate for improved health outcomes
  - To inform research
  - As a reference in research
  - I have not used the Guidelines or resources
  - Other (please specify)
4. In the past 12 months, how often have you used the Australian Dietary Guidelines and Eat for Health resources?
  - Multiple times a week
  - Every week
  - Every month
  - Every six months
  - Yearly
  - I did not use the Guidelines or resources in the past 12 months
5. List up to 4 topics from the **existing** Guidelines which you believe should be updated in the review (for example food safety or vegetable intake). Please provide a brief explanation for each topic suggested.
6. List up to 4 topics, **not already included** in the Guidelines, which you believe should be considered for inclusion in the review. Please provide a brief explanation for each topic suggested.
7. What changes would you suggest to the presentation of the Guidelines and the Eat for Health resources (for example the Australian Guide to Healthy Eating or Food Essentials section) to make them easier to understand and/or use (for example information presented in different ways such as short videos or factsheets)?



Consultation questions stream 2 (People who use the guidelines for individual use)

1. What have you used the 2013 Australian Dietary Guidelines and Eat for Health resources (for example the Australian Guide to Healthy Eating or Food Essentials section) to find information for? Select all answers that apply.
  - Your own personal use
  - Your study (for a course, degree or school)
  - Your family and friends
  - Your sporting team
  - Your social group
  - Your workplace
  - I have not used the Guidelines or resources
  - Other (please specify)
  
2. What have you used the 2013 Australian Dietary Guidelines and Eat for Health resources (such as the Australian Guide to Healthy Eating or Food Essentials section) for? Select all answers that apply.
  - To find out how much to eat
  - To find out what foods to eat
  - To find a meal plan
  - To find a recipe
  - To calculate my nutrition requirements
  - I have not used the Guidelines or resources
  - Other (please specify)
  
3. In the past 12 months, how often have you used the 2013 Australian Dietary Guidelines and Eat for Health resources?
  - Multiple times a week
  - Every week
  - Every month
  - Every six months
  - Yearly
  - I did not use the Guidelines or resources in the past 12 months
  
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6. What changes would you suggest to the presentation of the Guidelines and the Eat for Health resources (such as the Australian Guide to Health Eating or the Food Essentials section) to make them easier to understand and/or use (for example information presented in different ways such as short videos or factsheets)?