



Attachment E

Scoping Activity: Targeted stakeholder consultation survey: working with Aboriginal and Torres Strait Islander peoples

Summary

This scoping activity was a targeted consultation survey to understand the use and usefulness of the 2013 Australian Dietary Guidelines and companion resources, including *the Australian Guide to Healthy Eating* and *the Aboriginal and Torres Strait Islander Guide to Healthy Eating* by those promoting the health of Aboriginal and Torres Strait Islander peoples. The purpose of this activity was to:

1. gain insight into if and how the 2013 Australian Dietary Guidelines and specific companion resources are used to promote the health of Aboriginal and Torres Strait Islander people
2. to identify areas where future guidelines and resources could be improved to promote the health of Aboriginal and Torres Strait Islander peoples.

Scoping Methods

The survey was targeted at clinicians, researchers, educators and policy makers who use the 2013 Australian Dietary Guidelines and/or companion resources when working with Aboriginal and Torres Strait Islander peoples.

Survey questions (see Supplementary Material) were developed and tested in-house using the Survey Monkey platform. The survey was available from 1-15 February 2021. The survey was distributed to participants from a range of sectors, including Australian Aboriginal and Torres Strait Islander Health Organisations, Government, non-government, private and not-for-profit organisations, as well as known users of the *Aboriginal and Torres Strait Islander Guide to Healthy Eating*. Participants were contacted via email and invited to complete the survey.

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. All data was handled in accordance with the NHMRC Privacy Policy¹.

Survey results were analysed using percentages for multiple choice questions and thematic analysis for free text answers.

Key results

Forty-six (46) organisations were approached to respond to the survey and 39 responded within the specified time frame. This represents an 85% response rate. Respondents were from a range of sectors including non-government (47.5%), not for profit (37.7%) private sectors (7.5%) or Aboriginal and Torres Strait Islander Community Organisations (7.5%). Respondents included a mix from metropolitan (47.5%), rural (27.5%) and remote areas (22.5%).



Use of the 2013 Australian Dietary Guidelines and companion resources

Most respondents (83%) indicated that they frequently used the 2013 Australian Dietary Guidelines and the *Australian Guide to Healthy Eating* (and other companion resources) for promoting nutrition to Aboriginal and Torres Strait Islander people through:

- education (80%)
- chronic disease prevention and management (70%)
- public health policy (50%)
- patient care (50%)
- consumer advice (47%).

A small proportion of respondents were unfamiliar with the *Aboriginal and Torres Strait Islander Guide to Healthy Eating*. One in four (25%) stated that they knew of the resource, but did not use it in everyday practice.

Areas that could improve in future guidelines

The survey also asked respondents to suggest ways updated Guidelines could be improved to assist in promoting the health of Aboriginal and Torres Strait Islander people. Responses included:

- incorporating more pictures and diagrams
- including advice on eating bush foods
- providing videos and recipes to support healthy eating
- promoting resources by community trusted spokespeople
- using social media campaigns.

Respondents suggested the need to make resources that are culturally safe and appropriate and including the bushfoods across all food categories in the guide. The images of food used were criticised for not being reflective of foods which are eaten in Aboriginal and Torres Strait Islander communities or urban settings. It was also suggested that more emphasis be placed on food literacy, especially in low-income groups.

Respondents also suggested any future revisions should be conducted with increased stakeholder engagement and the recommendations be more representative of a wider range of Aboriginal and Torres Strait Islander people.



Supplementary Material: Survey questions

Targeted population scoping survey

1. Where do you live in Australia?
 - Metropolitan
 - Rural
 - Remote
2. What sector do you work for?
 - Government
 - Non-government
 - Private
 - Non-profit
 - Other (Please specify)
3. What is your role in this sector? (Tick all that apply)
 - Health/nutrition
 - Food industry
 - Education
 - Research
 - Indigenous
 - Food service
 - Product developer
 - Other (Please specify)

The following questions are about the Australian Dietary Guidelines:

4. Have you heard of the Australian Dietary Guidelines?
 - Yes
 - No
5. Please select an answer that applies to your organisation's use of the Australian Dietary Guidelines
 - My organisation doesn't use this resource (skip logic to question 6)
 - Yes, we use the Australian Dietary Guidelines
- 5a. How do you use the Australian Dietary Guidelines within your work: (tick all that apply)
 - Patient care
 - Consumer advice
 - Education
 - Research
 - Chronic disease management/prevention
 - Nutrition/public health policy
 - To inform research
 - To develop food regulation
 - Other: (please specify)
 - N/A
- 5b. In the last 12 months, how often have you used the Australian Dietary Guidelines?
 - Multiple times a week
 - Every week
 - Every month
 - Every six months
 - Yearly
 - N/A

The following questions are about the Australian Guide to Healthy Eating and the Eat for Health website resources:

6. Please select an answer that applies to your organisation's use of the Australian Guide to Healthy Eating and/or Eat for Health website resources:
 - My organisation doesn't use these resources (skip logic to question 8)
 - Yes, we only use the Australian Guide to Healthy Eating (skip logic to question 6a)
 - Yes, we only use the Eat for Health website resources (skip logic to question 7)



- Yes, we use both the Australian Guide to Healthy Eating and the Eat for Health website resources (skip logic to question 6a)
- 6a. How do you use the Australian Guide to Healthy Eating and/or Eat for Health website resources within your work? (Tick all that apply)
- | | |
|---|---|
| <input type="checkbox"/> Patient care | <input type="checkbox"/> To inform research |
| <input type="checkbox"/> Consumer advice | <input type="checkbox"/> To develop food regulation |
| <input type="checkbox"/> Education | <input type="checkbox"/> Other: (please specify) |
| <input type="checkbox"/> Research | <input type="checkbox"/> N/A |
| <input type="checkbox"/> Chronic disease management/prevention | |
| <input type="checkbox"/> To inform nutrition/public health policy | |
- 6b. In the last 12 months how often did you use the Australian Guide to Healthy Eating and/or Eat for Health website resources?
- | | |
|--|---|
| <input type="checkbox"/> Multiple times a week | <input type="checkbox"/> Every six months |
| <input type="checkbox"/> Every week | <input type="checkbox"/> Yearly |
| <input type="checkbox"/> Every month | <input type="checkbox"/> N/A |
7. What supporting information and/or formats do you think would be most useful within a healthy eating guideline to support healthy food choices for all Australians? Tick all that apply:
- | | |
|--|--|
| <input type="checkbox"/> Written information | <input type="checkbox"/> Recipes to support healthy food choices |
| <input type="checkbox"/> Pictures and diagrams | <input type="checkbox"/> Social media campaigns |
| <input type="checkbox"/> Videos | <input type="checkbox"/> Other (please specify) |
| <input type="checkbox"/> Promotion by trusted spokespeople | <input type="checkbox"/> N/A |
| <input type="checkbox"/> Use of bush foods | |
8. What changes would you suggest for the Australian Guide to Healthy Eating and/or Eat for Health website resources?

The following questions are about the Indigenous Guide to Healthy Eating:

9. Have you heard of the Indigenous Guide to Healthy Eating?
- Yes
- No
10. Does your organisation provide any nutrition information specifically for Indigenous people?
- Yes
- No
11. Please select an answer that applies to your organisation's use of the Indigenous Guide to Healthy Eating
- My organisation does not use this resource (skip logic to question 13)
- Yes, we use the Indigenous Guide to Healthy Eating
- 12a. How do you use the Indigenous Guide to Healthy Eating within your work: (tick all that apply)
- | | |
|--|---|
| <input type="checkbox"/> Patient care | <input type="checkbox"/> Nutrition/public health policy |
| <input type="checkbox"/> Consumer advice | <input type="checkbox"/> To inform research |
| <input type="checkbox"/> Education | <input type="checkbox"/> To develop food regulation |
| <input type="checkbox"/> Research | <input type="checkbox"/> Other: (please specify) |
| <input type="checkbox"/> Chronic disease management/prevention | |



12b. In the last 12 months how often did you use the Indigenous Guide to Healthy Eating?

- | | |
|--|---|
| <input type="checkbox"/> Multiple times a week | <input type="checkbox"/> Every six months |
| <input type="checkbox"/> Every week | <input type="checkbox"/> Yearly |
| <input type="checkbox"/> Every month | <input type="checkbox"/> N/A |

13. What supporting information and/or formats do you think would be most useful within a healthy eating guideline to support healthy food choices for Indigenous Australians? Tick all that apply:

- | | |
|--|--|
| <input type="checkbox"/> Written information | <input type="checkbox"/> Recipes to support healthy food choices |
| <input type="checkbox"/> Pictures and diagrams | <input type="checkbox"/> Social media campaigns |
| <input type="checkbox"/> Videos | <input type="checkbox"/> Other (please specify) |
| <input type="checkbox"/> Promotion by trusted spokespeople | <input type="checkbox"/> N/A |
| <input type="checkbox"/> Use of bush foods | |

14. What changes would you suggest for the Indigenous Guide to Healthy Eating?

¹ National Health and Medical Research Council. [NHMRC Privacy Policy]. Available from: <https://www.nhmrc.gov.au/privacy>.