



Specific PI/ECO (populations, interventions/exposures, comparisons, and outcomes) for high and very high priority questions

**VERY HIGH PRIORITY FOR EVIDENCE REVIEW (To be comprehensively addressed via existing or commissioned systematic reviews, within limits of review resources)**

**Dietary patterns (including whole dietary intake patterns, macronutrient source/quality)**

Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
<b>Dietary patterns and health outcomes</b>	<u>Adult</u> <ul style="list-style-type: none"> <li>include older adults</li> <li>include adults with risk factors for chronic disease e.g., high blood pressure, overweight /obesity, impaired glucose tolerance, dyslipidaemia</li> <li>exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</li> </ul>	Dietary patterns vs Other dietary patterns  High similarity to a specific dietary pattern vs low similarity to that dietary pattern  Dietary patterns must be relevant at a population level e.g., Mediterranean diet (food patterns high in fat sources with high omega 3/PUFA/MUFA); plant-based diets,	<u>Relevant health outcomes</u> <ul style="list-style-type: none"> <li>All-cause mortality</li> <li>All-cause morbidity</li> </ul> <u>Chronic condition risk factors</u> <ul style="list-style-type: none"> <li>Cancer risk factors</li> <li>Cardiovascular disease risk or related factors</li> <li>Type 2 diabetes risk or related factors</li> <li>Overweight / obesity or related size measures</li> <li>Mental health (depression and anxiety)</li> <li>Reproductive health</li> <li>Gastrointestinal health</li> <li>Iron deficiency anaemia in women of childbearing age</li> </ul> <u>Healthy Aging</u> <ul style="list-style-type: none"> <li>Quality of Life</li> <li>Neurocognitive health including dementia</li> <li>Sarcopenia</li> <li>Bone health</li> </ul>	<u>Evidence base:</u> <ul style="list-style-type: none"> <li>Evidence base likely to have substantially changed since 2011 review</li> <li>Evidence gap in previous guidelines (focused primarily on food groups rather than evidence for dietary patterns as a whole)</li> </ul> <u>Relevance to Guidelines / Public Health Impact:</u> <ul style="list-style-type: none"> <li>Dietary patterns approach aligns with how people eat</li> <li>Likely impacts of changing climate and economic factors on dietary patterns</li> </ul> <u>Pragmatic considerations:</u> <ul style="list-style-type: none"> <li>Dietary patterns have been prioritised for review by other international groups, so possible resource efficiency by using existing reviews</li> <li>for sources of fat high priority included in the dietary patterns e.g., Mediterranean diet</li> </ul>
	<u>Pregnant &amp; breastfeeding</u>	Exclude interventions/exposures that are for treatment of disease e.g., diabetes, CVD	<u>Maternal health outcomes:</u> <ul style="list-style-type: none"> <li>Gestational diabetes risk</li> <li>Pregnancy-related hypertensive disorders risk</li> <li>Pregnancy-related weight gain/postpartum loss</li> <li>Pre/post-natal depression</li> <li>Iron deficiency anaemia</li> </ul> <u>Breastfeeding specific outcomes</u> <ul style="list-style-type: none"> <li>Human milk production</li> </ul> <u>Birth outcomes</u> <ul style="list-style-type: none"> <li>Birth metrics (weight/gestational age at birth/ preterm)</li> <li>Stillbirth/miscarriage</li> </ul> <u>Outcomes in the infant/child:</u> <ul style="list-style-type: none"> <li>Asthma, allergies or allergic syndromes</li> <li>Child growth (including overweight/obesity)</li> <li>Child development (including neurocognitive development)</li> </ul>	

Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
	<p><u>Children (excluding infants less than 12 months) &amp; adolescents</u></p>		<p><u>Child Health outcomes</u></p> <ul style="list-style-type: none"> <li>• Child growth (including overweight /obesity)</li> <li>• Child development (including neurocognitive development)</li> <li>• asthma, allergies allergic syndrome</li> <li>• mental health</li> <li>• iron deficiency anaemia</li> </ul>	
<p><b>Intake of animal vs plant sources of protein and health outcomes</b></p>	<p><u>Adult</u></p> <ul style="list-style-type: none"> <li>• include older adults</li> <li>• include adults with risk factors for chronic disease e.g., high blood pressure, overweight /obesity, impaired glucose tolerance, dyslipidaemia</li> <li>• exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</li> </ul> <p><u>Pregnant &amp; breastfeeding</u></p> <p><u>Children (excluding infants less than 12 months) &amp; adolescents</u></p>	<p>Protein intake from plant-based sources vs from animal sources</p> <p>high vs low intake of plant foods</p> <p>high vs low intake of animal foods</p> <p>Dairy vs dairy alternatives</p> <p>Exclude interventions/exposures that are for treatment of disease e.g., diabetes, CVD</p>	<p><u>Relevant health outcomes</u></p> <ul style="list-style-type: none"> <li>• All-cause mortality</li> <li>• All-cause morbidity</li> </ul> <p><u>Chronic condition risk factors</u></p> <ul style="list-style-type: none"> <li>• Cancer risk factors</li> <li>• Cardiovascular disease risk or related factors</li> <li>• Type 2 diabetes risk or related factors</li> <li>• Overweight / obesity or related size measures</li> <li>• Mental health (depression and anxiety)</li> <li>• Reproductive health</li> <li>• Gastrointestinal health</li> <li>• Iron deficiency anaemia in women of childbearing age</li> </ul> <p><u>Healthy Aging</u></p> <ul style="list-style-type: none"> <li>• Quality of Life</li> <li>• Neurocognitive health including dementia</li> <li>• Sarcopenia</li> <li>• Bone health</li> </ul> <p><u>Maternal health outcomes:</u></p> <ul style="list-style-type: none"> <li>• Gestational diabetes risk</li> <li>• Pregnancy-related hypertensive disorders risk</li> <li>• Pregnancy-related weight gain / postpartum loss</li> <li>• Pre/post-natal depression</li> <li>• iron deficiency anaemia</li> </ul> <p><u>Breastfeeding specific outcomes</u></p> <ul style="list-style-type: none"> <li>• Human milk production</li> </ul> <p><u>Birth outcomes</u></p> <ul style="list-style-type: none"> <li>• Birth metrics (weight/gestational age at birth/ preterm)</li> <li>• Stillbirth/miscarriage</li> </ul> <p><u>Outcomes in the infant/child:</u></p> <ul style="list-style-type: none"> <li>• Asthma, allergies or allergic syndromes</li> <li>• Child growth (including overweight/obesity)</li> <li>• Child development (including neurocognitive development)</li> </ul> <p><u>Child Health outcomes</u></p> <ul style="list-style-type: none"> <li>• Child growth (including overweight /obesity)</li> <li>• Child development (including neurocognitive development)</li> <li>• asthma, allergies allergic syndrome</li> <li>• mental health</li> <li>• iron deficiency anaemia</li> </ul>	<p><u>Evidence base:</u></p> <ul style="list-style-type: none"> <li>• Evidence gap in current guidelines</li> <li>• Relevance to Guidelines/ Public Health Impact:</li> <li>• Necessary to inform recommendations about dietary patterns and health, in particular around health aspects of sustainable diets</li> <li>• Likely impacts of changing climate on dietary patterns</li> </ul> <p><u>Pragmatic considerations:</u></p> <ul style="list-style-type: none"> <li>• Evaluating macronutrient sources/quality aspects more efficient /feasible than assessing evidence for individual food groups</li> <li>• Prioritised for review by other international groups, so possible resource efficiency by using existing reviews.</li> </ul>

Ultra-processed foods				
Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
Ultra-processed food intake and health outcomes	<u>Adult</u> <ul style="list-style-type: none"> <li>include older adults</li> <li>include adults with risk factors for chronic disease e.g., high blood pressure, overweight /obesity, impaired glucose tolerance, dyslipidaemia</li> <li>exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</li> </ul>	High intake of ultra-processed foods vs No/low intake of ultra-processed foods  Exclude interventions/exposures that are for treatment of disease e.g., diabetes, CVD	<u>Relevant health outcomes</u> <ul style="list-style-type: none"> <li>All-cause mortality</li> <li>All-cause morbidity</li> </ul> <u>Chronic condition risk factors</u> <ul style="list-style-type: none"> <li>Cancer risk factors</li> <li>Cardiovascular disease risk or related factors</li> <li>Type 2 diabetes risk or related factors</li> <li>Overweight / obesity or related size measures</li> <li>Mental health (depression and anxiety)</li> <li>Reproductive health</li> <li>Gastrointestinal health</li> <li>Iron deficiency anaemia in women of childbearing age</li> </ul> <u>Healthy Aging</u> <ul style="list-style-type: none"> <li>Quality of Life</li> <li>Neurocognitive health including dementia</li> <li>Sarcopenia</li> <li>Bone health</li> </ul>	<u>Evidence base:</u> <ul style="list-style-type: none"> <li>Likely to be new evidence to warrant a review of ultra-processed foods (as distinct from discretionary foods).</li> <li>Evidence gap in previous guidelines</li> </ul> <u>Relevance to Guidelines / Public Health Impact:</u> <ul style="list-style-type: none"> <li>Significant increase in availability of non-core foods and population diet includes many such foods.</li> <li>Intake of non-core foods displaces core foods from diet and has a likely impact on chronic disease</li> <li>Pragmatic considerations:</li> <li>A focus on ultra-processed foods (and drinks) encompasses several priority issues, including highly processed meat / meat alternatives, use of fruit juice use as sweetener in processed foods, sugar-sweetened/ artificially sweetened beverages. This approach also supports the focus on dietary patterns rather than specific food groups.</li> <li>Dental health (high prevalence - not high DALY, common risk factors with other chronic conditions, relevant for specific population/exposure e.g., sugar, sugar sweetened beverages)</li> <li>Some, but not all, discretionary foods will be captured by this approach.</li> <li>Ultra-processed food and health outcomes prioritised for review by other international groups, so possible resource efficiency by using existing reviews, where relevant.</li> </ul>
	<u>Pregnant &amp; breastfeeding</u>		<u>Maternal health outcomes:</u> <ul style="list-style-type: none"> <li>Gestational diabetes risk</li> <li>Pregnancy-related hypertensive disorders risk</li> <li>Pregnancy-related weight gain / postpartum loss</li> <li>Pre/post-natal depression</li> <li>Iron deficiency anaemia</li> </ul> <u>Breastfeeding specific outcomes</u> <ul style="list-style-type: none"> <li>Human milk production</li> </ul> <u>Birth outcomes</u> <ul style="list-style-type: none"> <li>Birth metrics (weight/gestational age at birth/ preterm)</li> <li>Stillbirth/miscarriage</li> </ul> <u>Outcomes in the infant/child:</u> <ul style="list-style-type: none"> <li>Asthma, allergies or allergic syndromes</li> <li>Child growth (including overweight/obesity)</li> <li>Child development (including neurocognitive development)</li> </ul>	
	<u>Children (excluding infants less than 12 months) &amp; adolescents</u>		<u>Child Health outcomes</u> <ul style="list-style-type: none"> <li>Child growth (including overweight /obesity)</li> <li>Child development (including neurocognitive development)</li> <li>Asthma, allergies allergic syndrome</li> <li>Mental health</li> <li>Iron deficiency anaemia</li> </ul>	

Sustainable diets				
Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
<b>Dietary patterns/food intakes and sustainability outcomes</b>	<i>Identified as a very high priority. To be addressed via a separate (concurrent) process due to breadth of specialist expertise required.</i>		<p><u>Evidence base:</u></p> <ul style="list-style-type: none"> <li>Evidence base is likely to have changed significantly since 2013</li> <li>Evidence gaps in previous guidelines</li> </ul> <p><u>Relevance to Guidelines / Public Health Impact:</u></p> <ul style="list-style-type: none"> <li>Increasing population interest in eating sustainably and the health impacts of some of these diets is not known</li> <li>Poor planetary health has direct effects on human health</li> <li>Climate impacts that may alter availability of particular foods (scarcity, pricing) should be considered when making recommendations</li> </ul> <p><u>Pragmatic considerations:</u></p> <ul style="list-style-type: none"> <li>? Need to consider not only health / sustainability aspects but also the local social and economic context (this can be done via evidence-to-decision process)</li> <li>Identified as a priority to be addressed via a separate (concurrent) process due to breadth of specialist expertise required</li> <li>Prioritised for review by other international groups. Potential for some efficiency by adapting existing reviews for local context, where suitable and within resources.</li> <li>Scoping review may be suitable methodology</li> </ul>	

**HIGH PRIORITY FOR EVIDENCE REVIEW (Aim to address comprehensively via existing or commissioned systematic reviews, within limits of review resources)**

**Meal patterns (eating behaviour) - Frequency of eating occasions**

Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
<b>Frequency of eating and health outcomes</b>	<u>Adult</u> <ul style="list-style-type: none"> <li>include older adults</li> <li>include adults with risk factors for chronic disease e.g., high blood pressure, overweight /obesity, impaired glucose tolerance, dyslipidaemia</li> <li>exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</li> </ul>	Frequency of eating vs Different meal pattern frequency  Varying levels of frequency of eating different meals patterns  Exclude interventions/exposures that are for treatment of disease e.g., diabetes, CVD	<u>Relevant health outcomes</u> <ul style="list-style-type: none"> <li>All-cause mortality</li> <li>All-cause morbidity</li> </ul> <u>Chronic condition risk factors</u> <ul style="list-style-type: none"> <li>Cancer risk factors</li> <li>Cardiovascular disease risk or related factors</li> <li>Type 2 diabetes risk or related factors</li> <li>Overweight / obesity or related size measures</li> <li>Mental health (depression and anxiety)</li> <li>Reproductive health</li> <li>Gastrointestinal health</li> <li>Iron deficiency anaemia in women of childbearing age</li> </ul> <u>Healthy Aging</u> <ul style="list-style-type: none"> <li>Quality of Life</li> <li>Neurocognitive health including dementia</li> <li>Sarcopenia</li> <li>Bone health</li> </ul>	<u>Evidence base:</u> <ul style="list-style-type: none"> <li>Unclear if existing evidence will be sufficient to guide new recommendations</li> <li>Current evidence base limited (relates primarily to breakfast consumption) and would benefit from review</li> </ul> <u>Relevance to Guidelines/ Public Health Impact:</u> <ul style="list-style-type: none"> <li>Understanding eating behaviour is at the core of the Guidelines, to support development of recommendations, implementation and improve health outcomes</li> <li>Understanding antecedents to eating behaviours enables interventions to be devised</li> <li>Department of Health commissioned Rapid Review of Australia's Food Culture (2020) identified addressing eating behaviour as a priority to inform revised guidelines</li> </ul> <u>Pragmatic considerations:</u> <ul style="list-style-type: none"> <li>Frequency of eating prioritised for review by other international groups, so possibility of using existing reviews.</li> </ul>
	<u>Pregnant &amp; breastfeeding</u>		<u>Maternal health outcomes:</u> <ul style="list-style-type: none"> <li>Gestational diabetes risk</li> <li>Pregnancy-related hypertensive disorders risk</li> <li>Pregnancy-related weight gain / postpartum loss</li> <li>Pre/post-natal depression</li> <li>Iron deficiency anaemia</li> </ul> <u>Breastfeeding specific outcomes</u> <ul style="list-style-type: none"> <li>Human milk production</li> </ul> <u>Birth outcomes</u> <ul style="list-style-type: none"> <li>Birth metrics (weight/gestational age at birth/ preterm)</li> <li>Stillbirth/miscarriage</li> </ul> <u>Outcomes in the infant/child:</u> <ul style="list-style-type: none"> <li>Asthma, allergies or allergic syndromes</li> <li>Child growth (including overweight/obesity)</li> <li>Child development (including neurocognitive development)</li> </ul>	
	<u>Children (excluding infants less than 12 months) &amp; adolescents</u>		<u>Child Health outcomes</u> <ul style="list-style-type: none"> <li>Child growth (including overweight /obesity)</li> <li>Child development (including neurocognitive development)</li> <li>Asthma, allergies allergic syndrome</li> <li>Mental health</li> <li>Iron deficiency anaemia</li> </ul>	

Meats, poultry, fish, eggs, nuts and seeds, legumes/beans (including pulses and tofu)				
Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
<b>Type of meat intake (red vs white) and health outcomes</b>	<u>Adult</u> <ul style="list-style-type: none"> <li>include older adults</li> <li>include adults with risk factors for chronic disease e.g., high blood pressure, overweight /obesity, impaired glucose tolerance, dyslipidaemia</li> <li>exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</li> </ul>	Red meat intake versus white meat  Exclude interventions/ exposures that are for treatment of disease e.g., diabetes, CVD	<u>Relevant health outcomes</u> <ul style="list-style-type: none"> <li>All-cause mortality (life expectancy is an inverse measure of early mortality)</li> <li>All-cause morbidity</li> </ul> <u>Chronic condition risk factors</u> <ul style="list-style-type: none"> <li>Cancer risk factors</li> <li>Cardiovascular disease risk or related factors</li> <li>Type 2 diabetes risk or related factors</li> <li>Overweight and obesity or related size measures</li> <li>Mental health (depression and anxiety)</li> <li>Reproductive health</li> <li>Gastrointestinal health</li> <li>Iron deficiency anaemia in women of childbearing age</li> </ul> <u>Healthy Aging</u> <ul style="list-style-type: none"> <li>Quality of Life</li> <li>Neurocognitive health including dementia</li> <li>Sarcopenia</li> <li>Bone health</li> </ul>	<u>Evidence base:</u> <ul style="list-style-type: none"> <li>Evidence base likely to have changed, including evidence on: <ul style="list-style-type: none"> <li>health outcomes (overall mortality, substitution with white meat)</li> <li>sustainability aspects.</li> </ul> </li> <li>Evidence gaps/uncertainty in current guidelines could be addressed with an update</li> </ul> <u>Relevance to Guidelines:</u> <ul style="list-style-type: none"> <li>Red Meat forms a large proportion of the Australian diet</li> </ul> <u>Public Health Impact / Context:</u> <ul style="list-style-type: none"> <li>Production and consumption of red meat is related to economic and environment factors, and burden of disease.</li> <li>Red meat is a good source of protein and iron.</li> </ul> <u>Pragmatic considerations:</u> <ul style="list-style-type: none"> <li>Focus on red meat vs white meat will provide supportive evidence to very high priority questions about animal vs plant protein sources (see above)</li> <li>Red vs white meat substitution prioritised for review by other international groups, so possible resource efficiency by using existing reviews.</li> <li>High rather than very high priority owing to coverage of this topic by 'very high' priority questions on 'animal vs plant protein sources'</li> </ul>
	<u>Pregnant &amp; breastfeeding</u>		<u>Maternal health outcomes:</u> <ul style="list-style-type: none"> <li>Gestational diabetes risk</li> <li>Pregnancy-related hypertensive disorders risk</li> <li>Pregnancy-related weight gain / postpartum loss</li> <li>Pre/post-natal depression</li> <li>iron deficiency anaemia</li> </ul> <u>Breastfeeding specific outcomes</u> <ul style="list-style-type: none"> <li>Human milk production</li> </ul> <u>Birth outcomes</u> <ul style="list-style-type: none"> <li>Birth metrics (weight/gestational age at birth/ preterm)</li> <li>Stillbirth/miscarriage</li> </ul> <u>Outcomes in the infant/child:</u> <ul style="list-style-type: none"> <li>Asthma, allergies or allergic syndromes</li> <li>Child growth (including overweight/obesity)</li> <li>Child development (including neurocognitive development)</li> </ul>	
	<u>Children (excluding infants less than 12 months) &amp; adolescents</u>		<u>Child Health outcomes</u> <ul style="list-style-type: none"> <li>Child growth (including overweight /obesity)</li> <li>Child development (including neurocognitive development)</li> <li>Asthma, allergies allergic syndrome</li> <li>Mental health</li> <li>Iron deficiency anaemia</li> </ul>	
<b>Legume/ pulse intake and</b>	<u>Adult</u> <ul style="list-style-type: none"> <li>include older adults</li> </ul>	High intake of legumes/ pulses vs No/	<u>Relevant health outcomes</u> <ul style="list-style-type: none"> <li>All-cause mortality (life expectancy is an inverse measure of early mortality)</li> </ul>	Priority:

Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
<b>health outcomes</b>	<ul style="list-style-type: none"> <li>include adults with risk factors for chronic disease e.g., high blood pressure, overweight /obesity, impaired glucose tolerance, dyslipidaemia</li> <li>exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</li> </ul>	<p>low intake of legumes/ pulses</p> <p>Exclude interventions/ exposures that are for treatment of disease eg diabetes, CVD</p>	<ul style="list-style-type: none"> <li>All-cause morbidity</li> </ul> <p><u>Chronic condition risk factors</u></p> <ul style="list-style-type: none"> <li>Cancer risk factors</li> <li>Cardiovascular disease risk or related factors</li> <li>Type 2 diabetes risk or related factors</li> <li>Overweight and obesity or related size measures</li> <li>Mental health (depression and anxiety)</li> <li>Reproductive health</li> <li>Gastrointestinal health</li> <li>Iron deficiency anaemia in women of childbearing age</li> </ul> <p><u>Healthy Aging</u></p> <ul style="list-style-type: none"> <li>Quality of Life</li> <li>Neurocognitive health including dementia</li> <li>Sarcopenia</li> <li>Bone health</li> </ul>	<p><u>Evidence base</u></p> <ul style="list-style-type: none"> <li>Evidence base for adults unlikely to have changed significantly</li> <li>Evidence base could benefit from strengthening in view of likely increased shift towards plant-based protein sources, in particular intakes in children</li> </ul> <p><u>Relevance to Guidelines / Public Health Impact:</u></p> <ul style="list-style-type: none"> <li>Diets low in legumes was the leading dietary risk contributing to 1.2% of the total burden of disease in Australia in 2018.</li> <li>Legumes important substitute for meat (noting high burden of disease associated with red meat intake)</li> <li>Significant increase in consumption of meat substitutes in recent years</li> </ul> <p><u>Pragmatic/other context:</u></p> <ul style="list-style-type: none"> <li>Legume intake and health outcomes prioritised for review by other international groups, so possible resource efficiency by using existing reviews.</li> </ul>
	<p><u>pregnant &amp; breastfeeding</u></p>		<p><u>Maternal health outcomes:</u></p> <ul style="list-style-type: none"> <li>Gestational diabetes risk</li> <li>Pregnancy-related hypertensive disorders risk</li> <li>Pregnancy-related weight gain / postpartum loss</li> <li>Pre/post-natal depression</li> <li>Iron deficiency anaemia</li> </ul> <p><u>Breastfeeding specific outcomes</u></p> <ul style="list-style-type: none"> <li>Human milk production</li> </ul> <p><u>Birth outcomes</u></p> <ul style="list-style-type: none"> <li>Birth metrics (weight/gestational age at birth/ preterm)</li> <li>Stillbirth/miscarriage</li> </ul> <p><u>Outcomes in the infant/child:</u></p> <ul style="list-style-type: none"> <li>Asthma, allergies or allergic syndromes</li> <li>Child growth (including overweight/obesity)</li> <li>Child development (including neurocognitive development)</li> </ul>	
	<p><u>children (excluding infants less than 12 months) &amp; adolescents</u></p>		<p><u>Child Health outcomes</u></p> <ul style="list-style-type: none"> <li>Child growth (including overweight /obesity)</li> <li>Child development (including neurocognitive development)</li> <li>Asthma, allergies allergic syndrome</li> <li>Mental health</li> <li>Iron deficiency anaemia</li> </ul>	

Contextual factors, barriers, enablers and interventions				
Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
<b>Influence of eating environment/context and consumption aligned with guidelines</b>	<p><u>All (adults, older adults pregnant &amp; breastfeeding, children &amp; adolescents)</u> exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</p> <p><u>Subpopulations of interest:</u> Priority populations National Preventive Health Strategy 2021 -2030</p> <ul style="list-style-type: none"> <li>Aboriginal and Torres Strait Islander people</li> <li>Culturally and linguistically diverse (CALD)</li> <li>Lesbian, gay, bisexual, transgender, queer or questioning, intersex and/or other sexuality and gender diverse people (LGBTQI+)</li> <li>people with mental illness</li> <li>people of low socioeconomic status</li> <li>people with disability</li> <li>rural, regional and remote</li> </ul>	<p>Factors relating to eating environment/context, including:</p> <ul style="list-style-type: none"> <li>home-based factors (e.g., family meals, use of technology during mealtimes)</li> <li>factors relating to other environments (e.g., school, workplace, community)</li> </ul> <p>Exclude interventions/exposures that are for treatment of disease e.g., diabetes, CVD</p>	Consumption aligned with guidelines (at point in time; life course)	<p><u>Evidence base:</u></p> <ul style="list-style-type: none"> <li>Evidence gap - social factors influencing food and food choice have changed since 2013 and this may have generated new evidence</li> </ul> <p><u>Relevance to Guidelines / Public Health Impact:</u></p> <ul style="list-style-type: none"> <li>Understanding structural constraints will support guideline development and implementation</li> <li>Underpins eating behaviour and food choices, and critical to addressing current lack of compliance with guidelines</li> <li>Key contextual factors that underpin nutrition across the life course</li> <li>Pragmatic considerations:</li> <li>Social changes since 2013 including increased availability/consumption of meals of convenience, uber eats, processed foods aimed at children</li> <li>Focus is on key barriers / enablers relevant to scope of guidelines / recommendations (i.e., questions about when, where, why and how people should eat, to support recommendations about healthy eating behaviours alongside information about 'what' to eat).</li> <li>Questions about implementation (e.g., how to improve dietary choices/behaviours or structural factors that influence dietary choices/behaviours should be addressed separately).</li> </ul>
<b>Barriers and enablers to consumption aligned with guidelines</b>	<p><u>All (adults, older adults pregnant &amp; breastfeeding, children &amp; adolescents)</u> exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</p> <p><u>Subpopulations of interest:</u> Priority populations National Preventive Health Strategy 2021 -2030</p> <ul style="list-style-type: none"> <li>Aboriginal and Torres Strait Islander people</li> <li>Culturally and linguistically diverse (CALD)</li> <li>Lesbian, gay, bisexual, transgender, queer or questioning, intersex and/or other sexuality and gender diverse people (LGBTQI+)</li> <li>people with mental illness</li> <li>people of low socioeconomic status</li> <li>people with disability</li> <li>rural, regional and remote</li> </ul>	<p>Other barriers and enablers to consumption of foods aligned with guidelines e.g., food literacy/skills</p> <p>Exclude interventions/exposures that are for treatment of disease e.g., diabetes, CVD</p>	Consumption aligned with guidelines (at point in time; life course)	<p><u>Evidence base:</u></p> <ul style="list-style-type: none"> <li>Evidence gap - social factors influencing food and food choice have changed since 2013 and this may have generated new evidence</li> </ul> <p><u>Relevance to Guidelines / Public Health Impact:</u></p> <ul style="list-style-type: none"> <li>Understanding structural constraints will support guideline development and implementation</li> <li>Underpins eating behaviour and food choices, and critical to addressing current lack of compliance with guidelines</li> <li>Key contextual factors that underpin nutrition across the life course</li> </ul> <p><u>Pragmatic considerations:</u></p> <ul style="list-style-type: none"> <li>Social changes since 2013 including increased availability/consumption of meals of convenience, uber eats, processed foods aimed at children</li> <li>Focus is on key barriers / enablers relevant to scope of guidelines/recommendations (i.e., questions about when, where, why and how people should eat, to support recommendations about healthy eating behaviours alongside information about 'what' to eat).</li> <li>Questions about implementation (e.g., how to improve dietary choices/behaviours or structural factors that influence dietary choices/behaviours should be addressed separately).</li> </ul>
<b>Barriers and enablers to consumption aligned with guidelines</b>	<p><u>All (adults, older adults pregnant &amp; breastfeeding, children &amp; adolescents)</u> exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</p>	<p>Food security</p> <p>Exclude interventions/exposures that are</p>	Consumption aligned with guidelines (at point in time; life course)	<p><u>Evidence base:</u></p> <ul style="list-style-type: none"> <li>Evidence gap - social factors influencing food and food choice have changed since 2013 and this may have generated new evidence</li> </ul>



Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
	<p><u>Subpopulations of interest:</u> Priority populations National Preventive Health Strategy 2021 -2030</p> <ul style="list-style-type: none"> <li>Aboriginal and Torres Strait Islander people</li> <li>Culturally and linguistically diverse (CALD)</li> <li>Lesbian, gay, bisexual, transgender, queer or questioning, intersex and/or other sexuality and gender diverse people (LGBTQI+)</li> <li>people with mental illness</li> <li>people of low socioeconomic status</li> <li>people with disability</li> <li>rural, regional and remote</li> </ul>	<p>for treatment of disease e.g., diabetes, CVD</p>		<p><u>Relevance to Guidelines / Public Health Impact:</u></p> <ul style="list-style-type: none"> <li>Understanding structural constraints will support guideline development and implementation</li> <li>Underpins eating behaviour and food choices, and critical to addressing current lack of compliance with guidelines</li> <li>Key contextual factors that underpin nutrition across the life course</li> <li>Pragmatic considerations:</li> <li>Social changes since 2013 including increased availability/consumption of meals of convenience, uber eats, processed foods aimed at children</li> <li>Focus is on key barriers / enablers relevant to scope of guidelines / recommendations (i.e., questions about when, where, why and how people should eat, to support recommendations about healthy eating behaviours alongside information about 'what' to eat).</li> <li>Questions about implementation (e.g., how to improve dietary choices/behaviours or structural factors that influence dietary choices/behaviours should be addressed separately).</li> </ul>
<p><b>Interventions /strategies to improve dietary patterns and eating behaviours aligned with the guidelines across the life course</b></p>	<p>All (adults; children &amp; adolescents; pregnancy &amp; breastfeeding) exclude populations exclusively selected on the basis of disease e.g., diabetes, CVD</p> <p><u>Subpopulations of interest:</u> Priority populations National Preventive Health Strategy 2021 -2030</p> <ul style="list-style-type: none"> <li>Aboriginal and Torres Strait Islander people</li> <li>Culturally and linguistically diverse (CALD)</li> <li>Lesbian, gay, bisexual, transgender, queer or questioning, intersex and/or other sexuality and gender diverse people (LGBTQI+)</li> <li>people with mental illness</li> <li>people of low socioeconomic status</li> <li>people with disability</li> <li>rural, regional and remote</li> </ul>	<p>Interventions</p> <p>Exclude interventions/ exposures that are for treatment of disease e.g., diabetes, CVD</p>	<p>Consumption aligned with guidelines (at point in time; life course)</p>	<p><u>Evidence base:</u></p> <ul style="list-style-type: none"> <li>? Evidence gap - some evidence for interventions underpinning current guidelines, however could be strengthened in view of lack of compliance with guidelines.</li> </ul> <p><u>Relevance to Guidelines / Public Health Impact:</u></p> <ul style="list-style-type: none"> <li>Understanding the structural issues underpinning eating behaviour and food choice will support implementation - critical to addressing current lack of compliance with guidelines</li> <li>Understanding required to address significant health inequities that exist, with those in lower socioeconomic areas having poorer quality of food and nutrient intake compared with those in the highest.</li> </ul> <p><u>Pragmatic considerations:</u></p> <ul style="list-style-type: none"> <li>Food-based interventions for diet quality prioritised for review by other international groups, so possible resource efficiency by using existing reviews, where relevant.</li> </ul> <p><u>Identified as a high priority.</u> To be addressed separately (relates primarily to implementation).</p> <p><u>Socio ecological framework interventions at individual, community, population, policy etc</u></p> <ul style="list-style-type: none"> <li>scoping review, focusing on the Australian context, might be an appropriate method</li> </ul>

**PRIORITY TOPICS ADDRESSED VIA SEPARATE PROCESS OR ALTERNATIVE SOURCE/AVENUE**

Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
Dietary patterns / food intakes and sustainability outcomes	Identified as a priority <i>To be addressed via a separate (concurrent) process due to breadth of specialist expertise required.</i>	Identified as a priority. To be addressed via a separate (concurrent) process due to breadth of specialist expertise required.		See above
Barriers and enablers to diets consistent with the guidelines		Requirements to inform implementation / development of resources to be considered separately in due course		See above
Strategies to improve diet quality and/or support diets consistent with the guidelines				
Guideline translation and implementation tools / methods for developing National food selection guides				

**Topics to be addressed using existing evidence sources / National Reports**

Question/ Subtopic	Populations	Interventions/ exposures, comparisons	Outcomes	Rationale for priority
<b>Sodium / salt intake and health outcomes</b>	Sodium/salt intake and health outcomes to be addressed based on existing NHMRC evidence reviews / recommendations (NRVs 2017 and current update)			
<b>Alcohol intake and health outcomes</b>	Alcohol intake and health outcomes to be addressed based on existing NHMRC evidence reviews / recommendations (NHMRC Alcohol Guidelines 2020)			
<b>Food processing, preparation or cooking method/s and food safety outcomes</b>	Food safety aspects to be addressed based on existing National food safety advice, e.g., Food Safety Information Council			
<b>Physical activity levels and life course consumption aligned with guidelines</b>	Physical activity aspects to be addressed based on National Physical Activity Guidelines			
<b>Physical activity levels and nutrition/ health outcomes</b>				
<b>Infant feeding (ever/never breastfeeding, breastfeeding duration and frequency, infant formula intake, complementary foods) and health outcomes</b>	Infant feeding addressed within specific NHMRC Infant Feeding Guidelines (not included in scope of this review)			