

## FARE's submission to the 2013 Australian Dietary Guidelines review stakeholder scoping survey

Submitted 12/03/2021 at 3.12pm via: <https://www.nhmrc.gov.au/health-advice/nutrition/australian-dietary-guidelines-review>

**1. 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?**

- Yes
- No

**2. What sector do you work in? Select one answer.**

- Government
- Non-government
- Non-profit
- Private
- Other (please specify)

**3. 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)

**4. 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)

**5. 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

**6. 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.**

Topic 1

Topic 2

Topic 3

Topic 4

**Topic 1.**

**Guidance on use of alcoholic products should be updated to be consistent with the NHMRC Australian Guidelines to Reduce Health Risks from Drinking Alcohol (revised iteration published in 2020) which reflect the best available evidence on the health effects of alcohol use.** The 2020 Guidelines (NHMRC 2020: [www.nhmrc.gov.au/about-us/publications/australian-guidelines-reduce-health-risks-drinking-alcohol](http://www.nhmrc.gov.au/about-us/publications/australian-guidelines-reduce-health-risks-drinking-alcohol)) were developed using methods recognised internationally as best practice. The process involved rigorously synthesising Australian and international research, including 42 systematic reviews, to ensure that the latest and best scientific evidence on alcohol-related risk for disease and injury is reflected in the recommendations. The 2020 Guidelines reflect updated evidence which shows a stronger relationship between many cancers and low levels of alcohol use than is presented in the 2013 Australian Dietary Guidelines. The 2020 Guidelines also state that there is insufficient evidence to support the claim that alcoholic products provides protection against certain diseases and the updated Australian Dietary Guidelines should remove any suggestion that alcohol use may provide health benefits (e.g. as currently reflected on page 80). The 2020 Guidelines recommend a lower amount of alcohol use to reduce the lifetime risk of harm from drinking alcohol, a clear recommendation that people under 18 years should not drink alcohol, and a clear recommendation that people who are pregnant or planning a pregnancy should not drink any alcohol to protect the health of their baby. The updated Australian Dietary Guidelines should reflect these updated evidence based recommendations.

**Topic 2.**

**Guidance on use of alcoholic products should be presented as a standalone guideline (i.e. Guideline 6) rather than subsumed into guidance on food in Guideline 3 given the distinct harms and risks associated with alcohol use.** Alcohol use is causally linked to over 200 disease and injury conditions (Rehm et al 2017: [www.doi.org/10.1111/add.13757](http://www.doi.org/10.1111/add.13757)). Alcohol use is also a significant contributor to discretionary energy intake among Australian adults (AIHW 2018: [www.aihw.gov.au/reports/food-nutrition/nutrition-across-the-life-stages/data](http://www.aihw.gov.au/reports/food-nutrition/nutrition-across-the-life-stages/data)) and contributes to weight gain and obesity (Barry & Merianos 2016: <http://www.doi.org/10.1007/s40429-016-0085-z>; Traversy & Chaput 2015: <http://www.doi.org/10.1007/s13679-014-0129-4>). Guidance on the use of alcoholic products currently sit within Guideline 3 of the 2013 Australian Dietary Guidelines among guidance on food and beverages and references to alcohol use and harms associated with alcohol use are scattered throughout the guidelines. A standalone guideline that encompasses guidance on reducing the risk of harm from alcohol products will help disassociate alcoholic products from food and beverages to better acknowledge alcohol as a drug rather than a food.

**7. 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.**

|         |  |
|---------|--|
| Topic 1 |  |
| Topic 2 |  |
| Topic 3 |  |
| Topic 4 |  |

N/A

**8. 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)?**

Resources for guidance on alcohol use should be standalone documents rather than included among food related items (i.e. fat, salt and sugar).