

## Response ID ANON-D6TS-MYMA-N

Submitted to Draft National Obesity Prevention Strategy  
Submitted on 2021-10-29 00:45:53

### Section 1: Privacy information

1 Do you consent to your submission being published on the Department's website, and accessible to the public, including persons overseas, in accordance with the following preference:

Publish response without my name but including my organisation's name

2 Please read and agree to the below declarations:

I have read, understood and consent to the above statements.:

Yes

### Section 2: Introduction

3 What is your name?

Name:

Rose Cornelissen

4 What is your email address?

Email:

rose.cornelissen@nhaa.org.au

5 What is the name of your organisation?

Organisation (if not representing an organisation you can enter 'member of community'):

Naturopaths & Herbalists Association of Australia

6 Are you completing this survey on behalf of your organisation?

Yes

7 What sector do you represent? You may select more than one option.

Health professions, Health promotion, Health/fitness/sport/wellness industry

### Section 3: Overarching concepts

8 Do you agree with the overall approach of the Strategy?

Agree

You can explain your selection or provide comments in the text box if you wish. (250 word limit):

9 The current title is National Obesity Prevention Strategy. Does the title reflect the content of the Strategy?

Agree

You can explain your selection or provide comments in the text box if you wish. (250 word limit):

10 The Strategy includes two Guiding Principles outlined on page 11 of the draft. Do you agree with the Guiding Principles?

Guiding Principles - Equity:

Agree

Guiding Principles - Sustainable development:

Agree

You can explain your selections or provide comments in the text box if you wish.:

11 The Strategy includes a high-level Vision outlined on page 12 of the draft. Do you agree with the Vision?

Strongly agree

You can explain your selection or provide comments in the text box if you wish. (250 word limit):

12 The Strategy includes a Target outlined on page 12 of the draft. Do you agree with the Target?

Strongly agree

You can explain your selection or provide comments in the text box if you wish. (250 word limit):

13 The Strategy includes five Objectives outlined on page 12 of the draft. Do you agree with the Objectives?

Do you agree with the Objectives? - More supportive and healthy environments:

Strongly agree

Do you agree with the Objectives? - More people eating healthy food and drinks:

Strongly agree

Do you agree with the Objectives? - More people being physically active:

Strongly agree

Do you agree with the Objectives? - More resilient systems, people, and communities:

Strongly agree

Do you agree with the Objectives? - More accessible and quality support for people:

Strongly agree

You can explain your selections or provide comments in the text box if you wish.:

14 Are there any Objectives missing?

You can provide comments in the text box if you wish.:

15 The Strategy includes three Ambitions outlined on page 12 of the draft. Do you agree with the Ambitions?

Ambitions - All Australians live, learn, work, and play in supportive and healthy environments.:

Agree

Ambitions - All Australians are empowered and skilled to stay as healthy as they can be.:

Agree

Ambitions - All Australians have access to early intervention and primary health care.:

Agree

You can explain your selections or provide comments in the text box if you wish.:

16 The Strategy includes three Enablers outlined on page 12 and pages 42-44 of the draft. Do you agree with the Enablers?

Enablers - Lead the way:

Agree

Enablers - Better use of evidence and data:

Agree

Enablers - Invest for delivery:

Agree

You can explain your selections or provide comments in the text box if you wish.:

17 Are there any Enablers missing?

You can provide comments in the text box if you wish.:

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Section 4: Ambition 1 - All Australians live, learn, work, and play in supportive and healthy environments.

18 Ambition 1 Strategies are outlined on pages 15-28 of the draft. Do you agree with the Strategies in Ambition 1?

Ambition 1 - Strategy 1.1 Build a healthier and more resilient food system.:

Agree

Ambition 1 - Strategy 1.2 Make sustainable healthy food and drinks more locally available.:

Agree

Ambition 1 - Strategy 1.3 Explore use of economic tools to shift consumer purchases towards healthier food and drink options.:

Agree

Ambition 1 - Strategy 1.4 Make processed food and drinks healthier by supporting reformulation.:

Disagree

Ambition 1 - Strategy 1.5 Make healthy food and drinks more available and accessible and improve nutrition information to help consumers.:

Agree

Ambition 1 - Strategy 1.6 Reduce exposure to unhealthy food and drink marketing, promotion and sponsorship especially for children.:

Strongly agree

Ambition 1 - Strategy 1.7 Build more connected and safe community spaces that inspire people of all ages, abilities and cultures to engage in regular physical activity.:

Strongly agree

Ambition 1 - Strategy 1.8 Grow participation in walking, cycling, public transport, active recreation and sport by minimising cost and access barriers.:

Strongly agree

Ambition 1 - Strategy 1.9 Build the capacity and sustainability of the sport and active recreation industry.:

Neither agree nor disagree

Ambition 1 - Strategy 1.10 Enable school and early childhood education and care settings to better support children and young people to build a positive lifelong relationship with healthy eating and physical activity.:

Strongly agree

Ambition 1 - Strategy 1.11 Enable workplaces to better support the health and wellbeing of their workers.:

Strongly agree

Ambition 1 - Strategy 1.12 Enable government agencies, care facilities, tertiary and training institutions, sporting and recreation facilities, and community organisations to lead the way by supporting breastfeeding, providing access to healthy food and drinks, and encouraging more physical activity.:

Agree

You can explain your selections or provide comments in the text box if you wish.:

Strategy 1.4

We support the promotion of healthy fresh food and minimising the use of other processed food options or additives eg sugar replacement options.

Strategy 1.6

We support the move towards the banning of advertising of unhealthy and processed food and drinks ( as with the tobacco advertising ban)

19 Are there any Strategies missing in Ambition 1?

You can provide comments in the text box if you wish.:

Section 5: Ambition 2 - All Australians are empowered and skilled to stay as healthy as they can be.

20 Ambition 2 Strategies are outlined on pages 29-36 of the draft. Do you agree with the Strategies in Ambition 2?

Ambition 2 - Strategy 2.1 Improve people's knowledge, skills and confidence.:

Strongly agree

Ambition 2 - Strategy 2.2 Use sustained social marketing.:

Agree

Ambition 2 - Strategy 2.3 Enable parents, carers and families to optimise healthy child development and lifelong healthy habits for children and adolescents.:

Strongly agree

Ambition 2 - Strategy 2.4 Engage and support young people to embed healthy behaviours as they transition to adulthood.:

Agree

Ambition 2 - Strategy 2.5 Engage and support local communities and organisations to develop and lead their own healthy eating and physical activity initiatives.:

Agree

Ambition 2 - Strategy 2.6 Support targeted actions that enhances active living and healthy food and drink opportunities within priority populations.:

Agree

Ambition 2 - Strategy 2.7 Enable and empower priority populations to have the same opportunities as others by supporting relevant sectors to reduce the structural and social barriers.:

Agree

You can explain your selections or provide comments in the text box if you wish.:

21 Are there any Strategies missing in Ambition 2?

You can provide comments in the text box if you wish.:

Section 6: Ambition 3 - All Australians have access to early intervention and primary health care.

22 Ambition 3 Strategies are outlined on pages 37-41 of the draft. Do you agree with the Strategies in Ambition 3?

Ambition 3 - Strategy 3.1 Enable access to primary health care and community-based practitioners and services in the community and at home.:  
Agree

Ambition 3 - Strategy 3.2 Increase clarity and uptake of models of care and referral pathways that focus on the individual.:  
Agree

Ambition 3 - Strategy 3.3 Support health, social and other care services to enable positive discussion about weight.:  
Agree

Ambition 3 - Strategy 3.4 Strengthen the confidence and competence of the primary health care workforce to prioritise the prevention of obesity.:  
Agree

You can explain your selections or provide comments in the text box if you wish.:

3.1 Naturopaths make up a substantial proportion of primary healthcare providers in Australia, are an important part of realising the strategy, yet are traditionally excluded.

Naturopathic practice philosophy is centered around prevention and client-centric care where treatments focus on healthy nutrition and lifestyle strategies. Practitioners work with health consumers and guide them to employ healthy eating habits and engage in appropriate physical activities. They are well placed to identify unhealthy weight gain early, monitor and make appropriate recommendations and work alongside other healthcare professionals as part of a broader patient support network. Long appointments, which are a feature of naturopathic consultations, are also ideally suited to guide and support health consumers in their healthy lifestyle choices. The ABS reported that 497,000 consumers visited a naturopath/herbalist in the previous 12 months (1). In addition, Australian Naturopaths were found to regularly treat health conditions that are considered a national priority area, such as obesity (2).

1. (2014-15). <https://www.abs.gov.au/AUSSTATS/abs@.nsf/Lookup/4364.0.55.002>  
Main+Features12014-15?OpenDocument

2. Steel A, Schloss J, Leach M, Adams J. The naturopathic profession in Australia: A secondary analysis of the Practitioner Research and Collaboration Initiative (PRACI). *Complementary Therapies in Clinical Practice*. 2020 Aug 1;40:101220.

23 Are there any Strategies missing in Ambition 3?

You can provide comments in the text box if you wish.:

24 What do you think are the 5 most important Strategies and the 5 least important Strategies, considering all Strategies across each of the 3 Ambitions, to address overweight and obesity? Please select 5 only in each column.

5 most/least important strategies - Strategy 1.1 Build a healthier and more resilient food system.:

5 most/least important strategies - Strategy 1.2 Make sustainable healthy food and drinks more locally available.:

5 most/least important strategies - Strategy 1.3 Explore use of economic tools to shift consumer purchases towards healthier food and drink options.:

5 most/least important strategies - Strategy 1.4 Make processed food and drinks healthier by supporting reformulation.:

5 least important Strategies

5 most/least important strategies - Strategy 1.5 Make healthy food and drinks more available and accessible and improve nutrition information to help consumers.:

5 most/least important strategies - Strategy 1.6 Reduce exposure to unhealthy food and drink marketing, promotion and sponsorship especially for children.:

5 most important Strategies

5 most/least important strategies - Strategy 1.7 Build more connected and safe community spaces that inspire people of all ages, abilities and cultures to engage in regular physical activity.:

5 most important Strategies

5 most/least important strategies - Strategy 1.8 Grow participation in walking, cycling, public transport, active recreation and sport by minimising cost and access barriers.:

5 most important Strategies

5 most/least important strategies - Strategy 1.9 Build the capacity and sustainability of the sport and active recreation industry.:

5 least important Strategies

5 most/least important strategies - Strategy 1.10 Enable school and early childhood education and care settings to better support children and young people to build a positive lifelong relationship with healthy eating and physical activity.:

5 most important Strategies

5 most/least important strategies - Strategy 1.11 Enable workplaces to better support the health and wellbeing of their workers.:

5 most important Strategies

5 most/least important strategies - Strategy 1.12 Enable government agencies, care facilities, tertiary and training institutions, sporting and recreation facilities, and community organisations to lead the way by supporting breastfeeding, providing access to healthy food and drinks, and encouraging more physical activity.:

5 most/least important strategies - Strategy 2.1 Improve people's knowledge, skills and confidence.:

5 most/least important strategies - Strategy 2.2 Use sustained social marketing.:

5 least important Strategies

5 most/least important strategies - Strategy 2.3 Enable parents, carers and families to optimise healthy child development and lifelong healthy habits for children and adolescents.:

5 most/least important strategies - Strategy 2.4 Engage and support young people to embed healthy behaviours as they transition to adulthood.:

5 most/least important strategies - Strategy 2.5 Engage and support local communities and organisations to develop and lead their own healthy eating and physical activity initiatives.:

5 most/least important strategies - Strategy 2.6 Support targeted actions that enhances active living and healthy food and drink opportunities within priority populations.:

5 most/least important strategies - Strategy 2.7 Enable and empower priority populations to have the same opportunities as others by supporting relevant sectors to reduce the structural and social barriers.:

5 most/least important strategies - Strategy 3.1 Enable access to primary health care and community-based practitioners and services in the community and at home.:

5 most/least important strategies - Strategy 3.2 Increase clarity and uptake of models of care and referral pathways that focus on the individual.:

5 least important Strategies

5 most/least important strategies - Strategy 3.3 Support health, social and other care services to enable positive discussion about weight.:

5 least important Strategies

5 most/least important strategies - Strategy 3.4 Strengthen the confidence and competence of the primary health care workforce to prioritise the prevention of obesity.:

You can explain your selections or provide comments in the text box if you wish.:

## Section 7: Making it happen

25 Part 4 Making it happen is outlined on pages 45-46 of the draft. Do you have any comments on Part 4 Making it happen?

You can provide comments in the text box if you wish.:

We agree with collaboration early in the process and forming strong partnerships.

The NHAA also believes that people should have access to proper health care and support for their obesity prevention, including the option of access to naturopathic care. In partnership with other health care providers and governments, naturopaths can positively contribute to the national obesity prevention objectives.

26 Do you have any additional comments on the draft Strategy?

You can provide comments in the text box if you wish.:

The Naturopaths & Herbalists Association of Australia (NHAA) is a full member of the World Naturopathic Federation (as part of the World Health Organisation) and has contributed to the 2021 Health Technology Assessment (HTA) on the naturopathic profession. The HTA is one of the largest scholarly projects the global naturopathic profession has ever undertaken, with 50 contributing authors across 10 countries and 6 world regions. Within the substantial body of work is emerging clinical evidence to suggest that naturopathic interventions may be beneficial for patients with overweight and obesity conditions. In addition, it was found that endocrine conditions which are associated with modifiable risk factors, were all addressed as part of naturopathic clinical care. These factors included lifestyle behaviours, physical activity, sedentariness, obesity, alcohol consumption, dietary choices and environmental exposures<sup>(1)</sup>.

The NHAA is of the view that naturopaths have a valuable contribution to make to the National Obesity Strategy and seek inclusion as a primary health care option within the strategy.

1. World Naturopathic Federation. Health Technology Assessment. 2021. <http://worldnaturopathicfederation.org/health-technology-assessment-hta/>