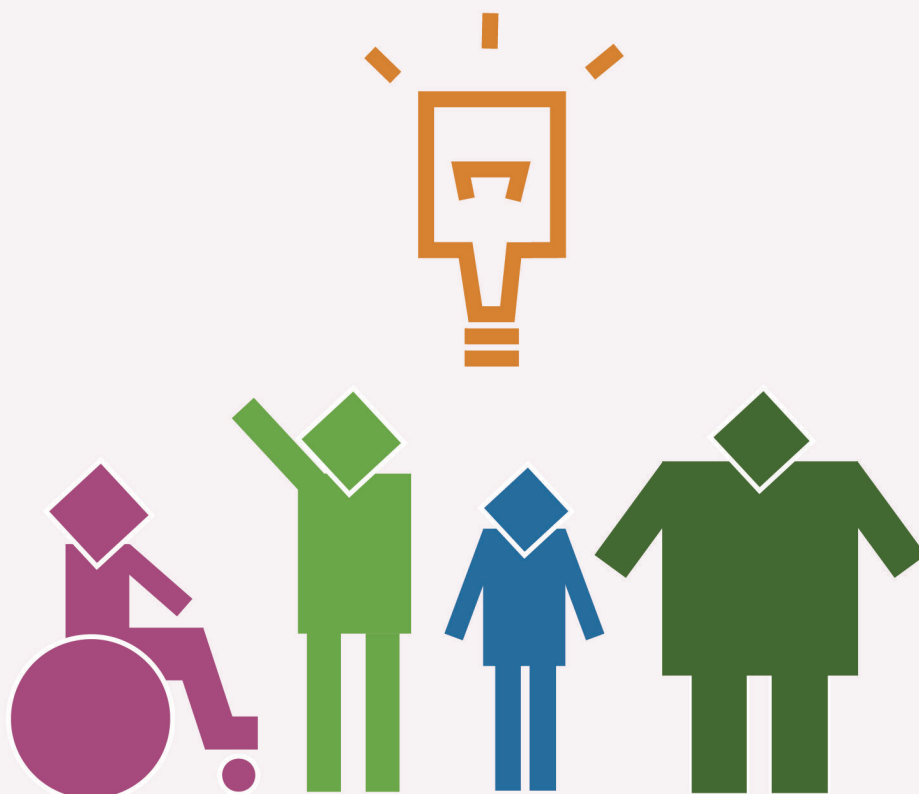




## National obesity strategy

We want to know what you think



## How to use this document



The Social Deck wrote this document.  
They wrote it for the Council of Australian Governments (COAG) Health Council.  
When you see the word 'we', it means the COAG Health Council.



We have written this information in an easy to read way.

We use pictures to explain some ideas.



We have written some words in **bold**.  
We explain what these words mean.  
There is a list of these words on page 37.



You can ask for help to answer the questions in this document.  
A friend, family member or support person may be able to help you.

## What's in this document?

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## What is this document about?



We want there to be less people who are overweight and **obese** in Australia.

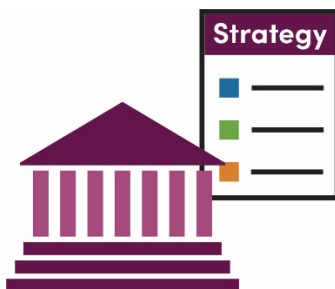


When someone is obese, they are very overweight.



Obesity can cause someone a lot of health problems like:

- diabetes
- heart disease
- high blood pressure.



We want to create a **strategy** for governments to use.



A strategy is a plan that lists all the things the government could do.



The strategy will help there to be less people who are overweight and obese in Australia.



It will include ideas to help people in our communities to live healthier.

The questions in this document will help us find out what you think:



- should be in the strategy



- we should do to help people in Australia to:
  - eat healthier food
  - drink healthier drinks
- we should do to help people in Australia do more physical activity.

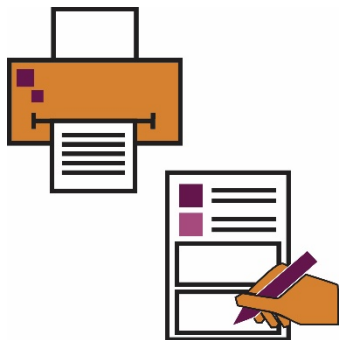
## How you can tell us what you think



You can tell us what you think by answering the questions in this document.



You only have to answer the questions that are important to you.



You can print out this survey and fill it out by hand.

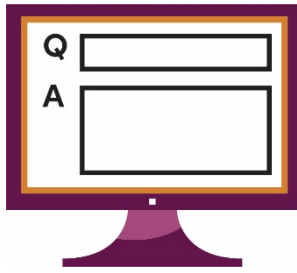
You can then send it to us at:



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QLD 4567



Or, you can answer the questions on your computer.



You can type directly into the boxes.



You will then need to save the document and email it to us at [engage@thesocialdeck.com](mailto:engage@thesocialdeck.com).



We have more information on our website about the different ways you can have your say [www.consultations.health.gov.au/population-health-and-sport-division/national-obesity-strategy/](http://www.consultations.health.gov.au/population-health-and-sport-division/national-obesity-strategy/)



You need to have your say in this document by midnight (12 am) on Friday 20 December 2019.

## Why do we need this strategy?



We have a big problem with obesity in Australia.

The number of people who are overweight or obese is getting higher.



1 in 5 children between 2 and 4 years old are overweight or obese.



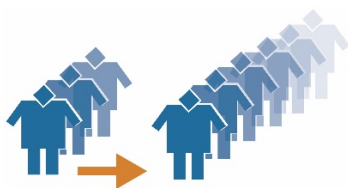
1 in 4 children between 5 and 17 years old are overweight or obese.



1 in 2 adults between 18 and 24 years old are overweight or obese.

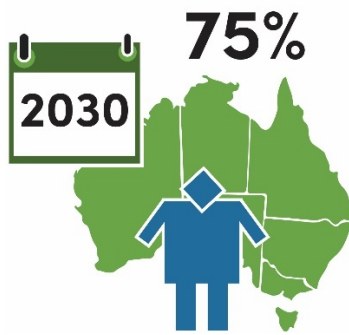


2 in 3 adults are overweight or obese.



The number of adults with obesity has doubled in the last 10 years.





If we don't make a change, 75% of Australians will be obese by 2030.



Some groups of people are more likely to be overweight or obese than others.

These groups include:



- people with disability



- older people between 65 and 74 years old



- Aboriginal and Torres Strait Islander people



- people who live in areas with less money



- people who live in the country.



Men are also more likely than women to be overweight or obese.

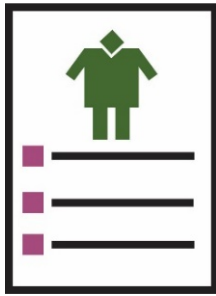


Obesity costs Australia a lot of money.



In 2018, obesity cost Australia \$12 billion.

## What is causing the problem?



There are a lot of reasons why there are more people who are overweight and obese in Australia.



Some of the reasons are:

- It is easy to buy and eat unhealthy food and drinks.



- You can get unhealthy food and drinks almost everywhere. And they usually don't cost very much.



- For some people, healthy food might be too expensive.



- For people who live in the country, there might not be much healthy food to buy.



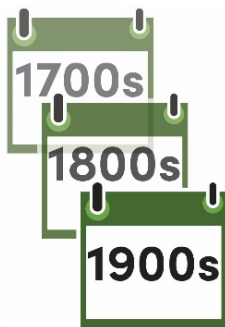
- People are not as active as they should be.



- We use cars to get around. A lot more people drive to work than walk or ride a bike.



- We sit in front of computer and television screens a lot.



History can also be a reason why there are more people who are overweight and obese in Australia.



For example, the culture and history of Aboriginal and Torres Strait Islander people.



What causes Aboriginal and Torres Strait Islander people to be obese or overweight is hard for people to understand.



The pain and suffering they feel from what happened in the past can cause problems with their health today.

## About the strategy



The strategy will list what governments around Australia need to do to help our communities be healthier and more active.

For the strategy to work, a lot of different areas will need to work together including:



- government
- transport
- employment
- health services
- social services
- education, like schools and childcare centres
- retail, like supermarkets and shops
- communities.



The strategy will need to include actions that everyone in the community can take, so being healthy is easier for people.

## Question 1



We want to know what is working in communities to help people eat healthy and be active.



What has worked in your community to make people healthier and more active?



Please write your ideas in the space below.

## Our vision for the strategy?



Our vision is what we want Australia to be in the future.

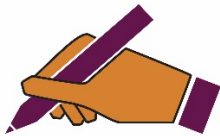


Our vision for the strategy is that Australia is a place that encourages and helps all Australians to be a healthy weight.

### Question 2



What is your vision for Australians to be a healthier weight?



Please write your ideas in the space below.

# 5

We have 5 rules that we think we should use when creating the strategy. They are:



1. Think about people first.



2. Make sure everyone has what they need to choose healthy options.



3. Work together.



4. What we do must be based on research and proof.



5. The changes we make must be **sustainable** for the:

- environment
- community
- **economy** – the total amount of goods, services and money that Australia makes and uses.





When something is sustainable, it means you can keep doing it for a long time.

We think the strategy should focus on:



- the government leading the way and showing businesses and communities what they can do



- prevention.



Prevention means stopping something before it happens.



Prevention could be making the healthy option the easiest choice.

## How can we make sure there is less people who are overweight or obese?

4

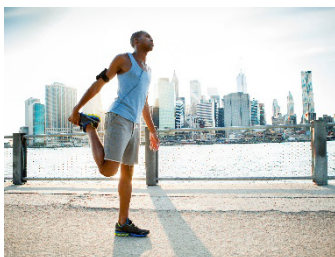
There are 4 important areas we need to work on through the strategy.



**Supporting children and families.**



**Getting people and communities involved.**



**Helping people to be more active in their daily lives.**



**Building a healthier and stronger food system.**

We talk about each of these areas in more detail on the following pages.

## Supporting children and families



We want to help people:

- start healthy habits when they are young
- have a healthy weight throughout their life.



Children should have a healthy start to life.



We have ideas to help children and families be healthy. They include:



- supporting new parents and people who are about to have a baby



- helping parents teach their children healthy habits for life

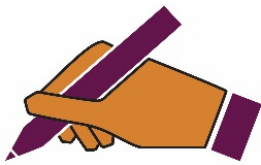


- helping schools and early childhood centres to encourage healthy options.

### Question 3



Which of these ideas do you think will best help children and families to be a healthy weight?



Please write your answer in the space below.

#### Question 4



What do you think stops children from:

- eating healthy food?
- being active?

## Question 5



What else could help children and families to:

- eat more healthy food?
- be more active?

## Getting people and communities involved



We want to use the knowledge, strengths and connections that people in our community have to help people be healthier.



We have ideas to get people and communities involved. They include:



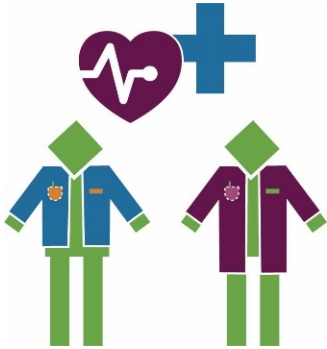
- teaching people about healthy habits  
so they have more:
  - knowledge
  - skills



- helping local communities and groups run programs that suit what the community needs



- running weight management programs for people who might become overweight or obese



- helping health care and social services work together to prevent the diseases caused by being overweight and obese



- supporting healthy habits in places where people:
  - learn
  - work
  - get health care.



## Question 6



Which of these ideas do you think will create healthy communities that help people to be a healthy weight?



Please write your answer in the space below.

## Question 7



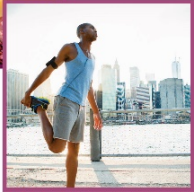
What do you think can stop people from being a healthy weight?



This might include:

- where they live
- how much money they have
- if they are used to eating unhealthy food.

## Question 8



What else could help people to:

- eat more healthy food
- be more active?

## Helping people to be more active in their daily lives



We want to encourage a way of life where people move more during the day.



We have ideas for helping people to be more active. They include:



- creating spaces and places that make people want to be more active



- encouraging all people to take part in regular physical activities.

**Question 9**



Which of these ideas would encourage you or your family to be active in your community the most?



Please write your answer in the space below.

**Question 10**



What stops you and your family being more active?

## Question 11



What else could we do in your community to make it easier to be active?

A large, empty rectangular box with a thin black border, intended for the user to provide their answer to the question.

## Building a healthier and stronger food system



We want healthier food in our communities.



We want our food to be grown and made in a way that is good for the environment.



We have ideas to make our food healthier. They include:

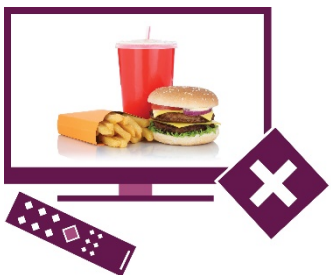
- making sure our food is grown and made in healthy ways



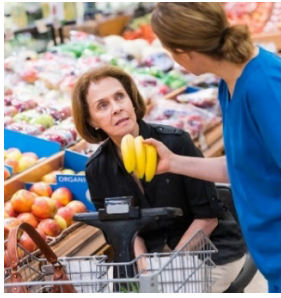
- making it easier to buy healthy food and drinks where we work and live



- making sure that food made in factories is healthier and better for the environment



- cutting back the number of ads we see about unhealthy foods and drinks



- giving people information to help them choose healthy food and drinks when they are shopping



- finding ways to make healthier food and drinks cost less.

### Question 12



Which of these ideas would best help you and your family to choose healthier food and drinks?



Please write your answer in the space below.



### Question 13



What stops you and your family from eating healthy?

### Question 14



What else can we do to make it easier to choose healthy food and drinks?

## Things that help change



There are 4 things that will help support the changes that we want.



**Governments leading the way**



If we all work together, we can make changes around Australia.



**Using information and research better**



If we use and share information, we can share different ways that work.



## Building worker's skills



If workers have the right skills, they can better help people in the community to be healthy.



Putting money into different ways to prevent people from being overweight or obese



If we put money into preventing people being overweight and obese, we can make sure these changes last.

### Question 15

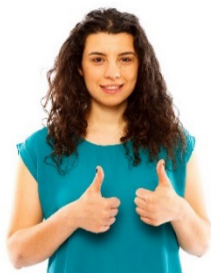


Which of these ideas do you think is the most important for making sure the strategy works?



Please write your answer in the space below.

**Thank you**



Thank you for having your say about a national obesity strategy.

## Word list



### Economy

The total amount of goods, services and money that Australia makes and uses.



### Obesity

Is when someone is very overweight.

It can cause a lot of problems with a person's health like:

- diabetes
- heart disease
- high blood pressure.



### Prevention

Means stopping something before it happens.



### Strategy

A strategy is a plan that lists all the things the government could do.



## **Sustainable**

When something is sustainable, it means you can keep doing it for a long time.



## **Vision**

Our vision is what we want Australia to be in the future.

## Contact us



[engage@thesocialdeck.com](mailto:engage@thesocialdeck.com)



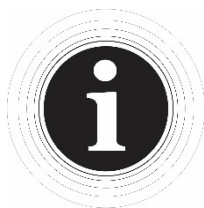
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[www.consultations.health.gov.au/population-health-and-sport-division/national-obesity-strategy/](http://www.consultations.health.gov.au/population-health-and-sport-division/national-obesity-strategy/)



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