



Mission Statement

Kia whakareia te ōranga o ngā tāngata o Aotearoa ma te whakamana i ngā wawātā hei tohu kai hauora, kai reka, hei oranga kakama.

To enhance the quality of life of New Zealanders by encouraging informed, healthy and enjoyable food choices, as part of an active lifestyle.

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What's on

While it is hardly the beginning of the year, we have spent a lot of time over the past few months considering our plans for 2018. 2017 was a good year for us;

- we have moved office to Narrow Neck (while not exactly a commercial hub it is a beautiful, stimulating environment allowing us plenty of flexibility),
- we were successful with grants for Healthy Ageing and Tika Tunu,
- we ran successful programmes in Auckland Men's Prison and from there developed a modified programme for high need communities,
- we ran eight healthy ageing programmes in partnership with the Selwyn Centre
- updated our website
- we worked on a variety of projects with our corporate members.



The year was challenging and fun. We were inspired by the many people we worked with.

2018 brings new challenges, mainly around how to ensure wider access to programmes. While we have strong networks in Auckland we realise we need to put effort into building partnerships beyond just one city. To that end we are working on launching JUST COOK Healthy Ageing in Waikato and Bay of Plenty. We are interested in other regions and would like to hear from anyone with an interest in healthy ageing who could help with access to grants and networks.

We have been fortunate to build up a great pool of facilitators for our Healthy Ageing and Tika Tunu programmes which includes teachers, dietitians, nutritionists and enthusiastic foodies, supported by our student volunteers. We are extremely grateful for the time, effort and fresh thinking our facilitators bring to our activities. They have improved what we can offer and allow us to be flexible and responsive.

As mentioned in earlier newsletters we are working on redefining our vision and purpose, we are not the same organisation we were 25 years ago and the needs of the people and organisations we work with are no longer the same. We are working to include the United Nations Sustainable Development Goals of zero hunger, good health and well-being and responsible consumption and production. These three goals underpin our work with vulnerable communities (older people, people in prison, women in refuge and those dependent on food banks), our corporate members and our work on food and nutrition communication. We look forward to presenting a clearly articulated kaupapa toward the end of the year.

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CEO, NZNF

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We would like to acknowledge and thank the following for providing funding to the New Zealand Nutrition Foundation (NZNF): 2017/18



Blue Sky community Trust has provided grants to help cover operating expenses.



Devonport-Takapuna Local Board provided us with our office space at Fort Takapuna Barracks, Narrow Neck



Foundation North has supported NZNF via grants to help cover operating expenses.



Four Winds Foundation has granted NZNF funds to help with cost of redeveloping the Nutrition Foundation website and management and facilitation of our Healthy Ageing programme.



Office for Seniors, Ministry of Social Development has granted funds to NZNF to extend the reach of JUST COOK 4 Healthy Ageing beyond the Auckland region and build capacity to ensure the stability and long term success of the programme.



SKYCITY Auckland Community Trust has supported NZNF with continuation of the JUST COOK Tika Tunu programme (Food and financial literacy programmes) within vulnerable communities.

The Ted and Mollie Carr Endowment Trust & Estate of Ernest Hyam Davis granted NZNF funds to run JUST COOK 4 Healthy Ageing programmes in Auckland.

Louisa & Patrick Emmett Murphy Foundation granted NZNF funds to run the Just Cook 4 Healthy Ageing programmes in Auckland.

North Shore Hospital Staff Association Incorporated Society donated funds toward running the Just Cook 4 Healthy Ageing programme in the North Shore area.

We are also grateful to our corporate members for their on-going support



TIKA TUNU PROGRAMMES

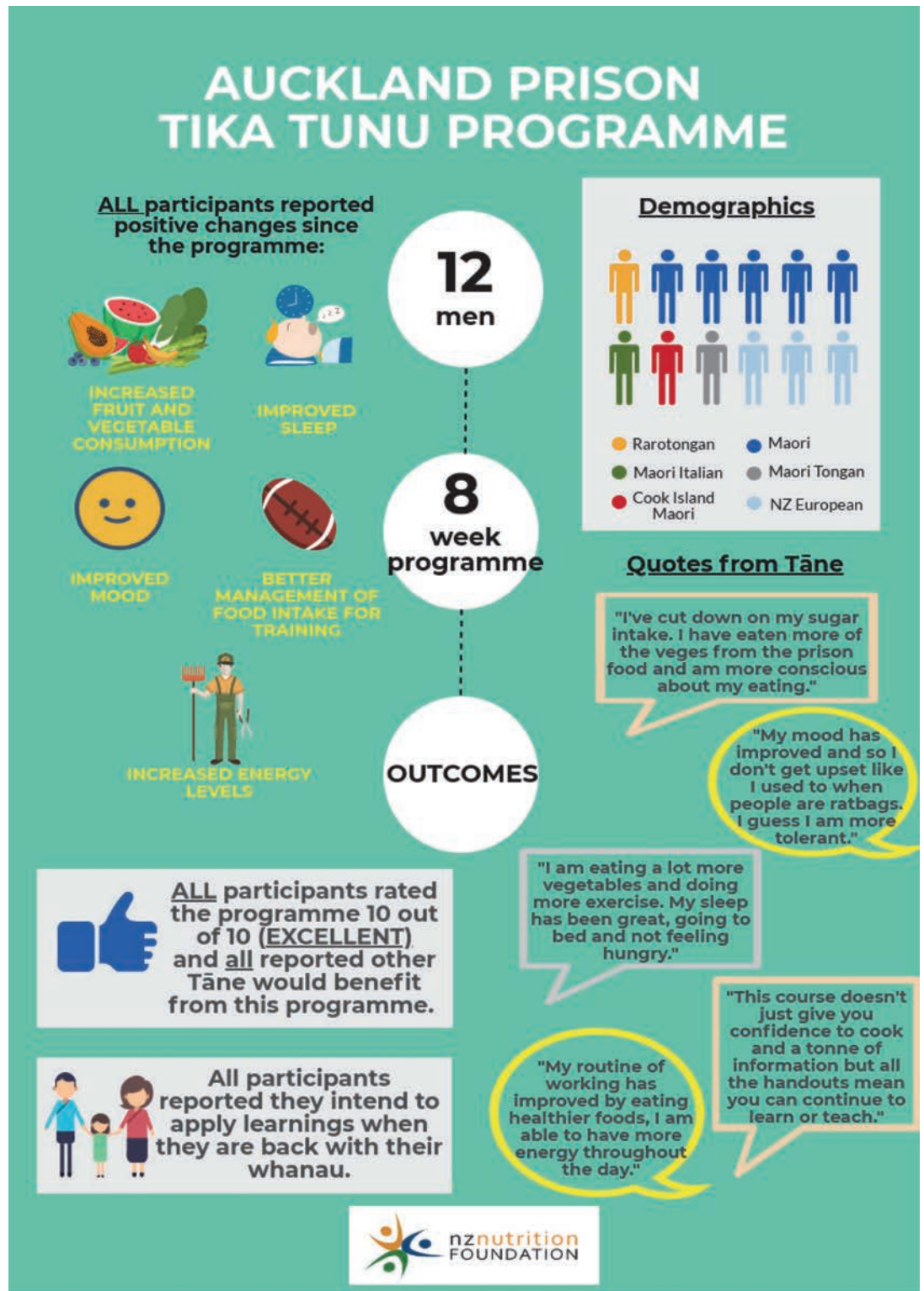
The New Zealand Nutrition Foundation has continued to develop and expand the Tika Tunu project.

The project began with the delivery of "hands on" food, nutrition and health programmes in Correctional facilities but has now widened its reach to include community based programmes. Funding for the project has come from the SKYCITY Auckland Community Trust which has been generous in providing more than \$50,000 for the project over 2 years.

AUCKLAND MEN'S PRISON (PAREMOREMO)

After the completion of a successful pilot programme in November 2017 a second 8 week programme was completed in March 2018. The 8 week programme was modified slightly to cater for the needs of the 12 participants who ranged in age from 23 to 72 years. The programme was hugely successful with all participants reporting positive behavioural changes. See evaluation infographic alongside.

As the SKYCITY Auckland Community Trust has modified its 2018 funding priorities the Department of Corrections has given consideration to funding the programme through its own procurement procedures. NZNF looks forward to submitting a proposal to deliver the programme in the near future.



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TIKA TUNU PROGRAMMES



COMMUNITY BASED TIKA TUNU PROGRAMMES

A modified Tika Tunu programme was delivered in partnership with Family Action, Henderson in February/ March this year. The 4 week pilot programme was delivered to 6 women who were referred by Family Action. See evaluation report below.

KEY OBJECTIVES IDENTIFIED BY ALL PARTICIPANTS:

- Gain motivation to cook
- Stretch the budget
- Learning cooking skills and new recipes
- Meeting others, companionship and fun

DEMOGRAPHICS:

Maori x 2
Maori / Pacific x 1
New Zealand European x 3

PARTICIPANT FEEDBACK:

"I made the recipes at home. I've started to cook and eat and take care of me. That means I have enough energy to take care of my kids better and care about what's happening around me"

"Food brings us together. It's community, it's emotional and this programme is not just another 'coffee group'. You get so much more"

"I didn't think I would ever laugh so hard again. I've decided not to lie down and let life just happen to me anymore. I'm going to go out and live it"

"We all had a shared experience {sic: of violence}, but we're not letting that define us"

"Acceptance of myself as a person, not as a survivor of violence"

"That healthy food could taste so good and cost so little"

OUTCOMES:

MOST participants (5 / 6) reported an improvement in the ways that they shopped and cooked for their families

ALL participants enjoyed the social interaction and learning from each other

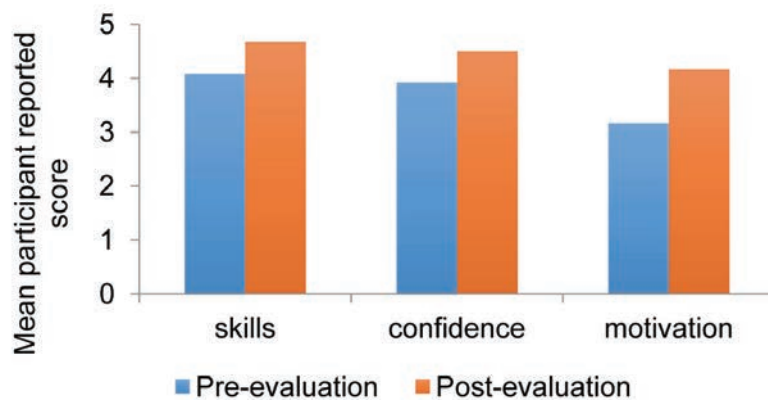
ALL participants want to continue expanding knowledge and skills

INCREASED BEHAVIOURS:

Healthier cooking and shopping
Motivation to cook at home

DECREASED BEHAVIOURS:

Reliance on processed foods and takeaways



Improvements in **cooking skills, confidence to cook and motivation to cook** reported

AS A RESULT OF THE SUCCESSFUL PILOT A MODIFIED 8 WEEK PROGRAMME FOCUSING ON BUILDING: cooking, budgeting, food safety skills and social enterprise has commenced with 12 wahine at Vision West facility, Glen Eden. The modified programme includes the opportunity for participants to sit a Food Safety Unit Standard which provides a pathway to employment.

The NZNF hopes to continue with this community based work in the future.

CLAIMING HEALTH BENEFITS:

what effect has the new nutrition and health claims Standard had on food labels?

By Donnell Alexander, Senior Adviser Food Claims, MPI

INTRODUCTION AND METHODOLOGY

The Ministry for Primary Industries (MPI) is responsible for the enforcement of Food Standards regarding nutrition, health and related claims on food labels and advertising in New Zealand. A new Food Standard (Standard 1.2.7) was implemented to address such claims in January 2016. To monitor how the new Standard is working, we wanted to find out its initial effect on nutrition and health claims on foods in New Zealand. To do this, MPI surveyed food labels for such claims during the transition period in 2014/15 to get a baseline and again in 2016/17 (post-implementation).

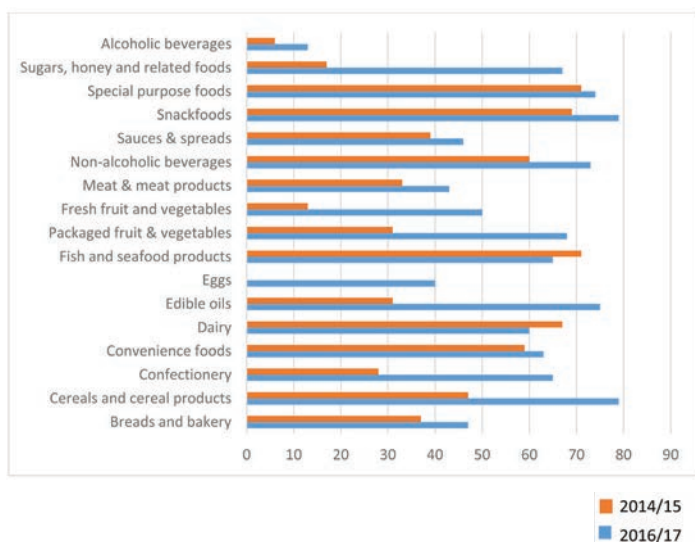
The same methodology was used for both surveys so the results could be compared. This involved selecting a random sample of 600 products from across 15 food product categories housed in the Nutritrack database (University of Auckland) found in NZ supermarkets, and undertaking a separate survey of 80 products from two extra food product categories not housed in the Nutritrack database (fresh fruits/vegetables and alcoholic beverages).

Labels for all 680 randomly selected products per survey were assessed for the presence of nutrition, health or related claims. Any identified claims were then assessed to see if they met the requirements of the Food Standards Code.

RESULTS – NUTRITION CONTENT CLAIMS

Nutrition Content Claims (NCCs) refer to the presence or absence or a level of a food property (eg, “high in vitamin C”, “gluten free”), and their use on food labels has increased since the implementation of Standard 1.2.7. In fact 56% of all labels contained NCCs and some products carried up to 16 NCCs per label. By comparison the baseline survey showed 42% of labels contained these types of claims and we saw a maximum of 12 NCCs per label.

Figure 1: Percentage of all food categories making NCCs



The majority (86%) of NCCs met the requirements of the Food Standards Code post-implementation, while 57% met the requirements at baseline, indicating a significant improvement.

The three most common reasons for NCCs not meeting requirements were:

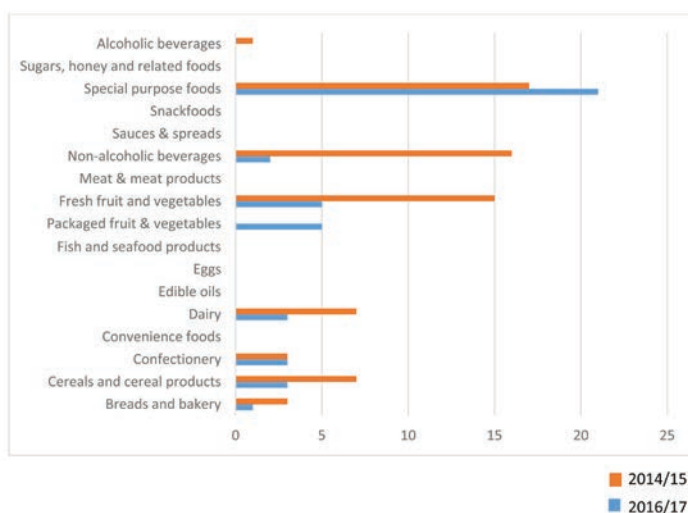
- The level of the claimed property did not meet requirements for the claim
- The claimed compound was not listed in the Nutrition Information Panel (eg, gluten, antioxidants, probiotics)
- Co-requirements for a claim were not met (eg, a claim on sugar content requires fibre to be declared in the NIP and a claim on omega-3 fatty acids requires trans-, mono- and poly-unsaturated fats to be listed in the NIP).

RESULTS – GENERAL LEVEL HEALTH CLAIMS

General Level Health Claims (GLHCs) are claims that refer to a food property and its effect on normal health and wellbeing. For example, “Calcium for normal bone growth”.

While the actual number of GLHCs found were similar at baseline and post-implementation of Standard 1.2.7, we noted that fewer labels featured these types of claims. The ones that did tended to carry more than one GLHC post-implementation however, with some products making up to 11 separate GLHCs per label.

Figure 2: Percentage of all food categories making GLHCs



At baseline no GLHCs met the requirements of the Food Standards Code, and at post-implementation 51% did. Again this indicates a significant improvement. The reasons for the remaining 49% of claims not meeting the requirements post-implementation included:

- All health claims (GLHCs and High level Health Claims) require a dietary context statement which explains that the health effect is only seen in the context of a healthy, varied

CLAIMING HEALTH BENEFITS: what effect has the new nutrition and health claims Standard had on food labels?

diet. If there is not a specific statement specified in Schedule 4 a general dietary context statement is still required.

- GLHCs can either come from the pre-approved list of 200 claims provided in Schedule 4 of the Food Standards Code, or they can be self-substantiated if they meet the strict requirements of Schedule 6, and the claim must be formally notified to FSANZ. Self-substantiated claims that are not pre-approved or notified do not meet regulatory requirements.
- In order to make a health claim (GLHCs and High level Health Claims) a food needs to meet the criteria for a nutrition profiling score.

RESULTS – HIGH LEVEL HEALTH CLAIMS

High Level Health Claims (HLHCs) explain what role a food property has in the risk of developing a serious illness, or risk of altering a recognised risk factor for a serious illness. While MPI are aware of some HLHCs being made on labels, none were seen on the randomly selected products in either the baseline or post-implementation surveys.

CONCLUSION

The Standard for Nutrition, Health and Related claims encourages the responsible communication of nutrition and health information about foods to consumers, helping them to make healthier choices when purchasing foods for themselves and their families. It also encourages innovation by providing new opportunities for industry to develop products with proven benefits and it provides clarity to government bodies enforcing the Standard. It is great to see the opportunities this Standard offers being embraced by many food manufacturers in New Zealand. While the majority claims used on food labels are meeting the requirements of the Food Standards Code, some common misunderstandings clearly still exist. We encourage all manufacturers looking to make nutrition and health claims to familiarise themselves with the requirements in the Standard, particularly the areas of common misunderstanding highlighted in this article. Knowing what you need to do will allow greater certainty that your labels and advertising material are compliant to the Food Standards Code.

A NEW WAY WITH PLANT STEROLS

Plant sterols are well researched for their cholesterol lowering benefits. Based on 40 clinical studies published in peer reviewed journals, daily consumption of 2 grams of plant sterols lowers LDL (bad) cholesterol by up to 9%. Dr. Peter Clifton, Professor of Nutrition at the University of South Australia and a general physician, has over 30 years' experience researching the prevention and treatment of cardiovascular conditions among other metabolic conditions. He recently conducted a trial in partnership with Sanitarium Health & Wellbeing and their new breakfast cereal Weet-Bix™ Cholesterol Lowering. The randomised clinical trial aligned with the total body of evidence and lowered LDL cholesterol by up to 9% in 4 weeks.

Healthcare professional information: https://www.sanitarium.co.nz/getmedia/e295d260-87df-4b59-af0b-c0ef44705678/WNZ0007_GP_SquareBroch_NZ_Web.pdf

Link to published study: <http://www.mdpi.com/2304-8158/7/3/39>

HAVE YOU CHANGED YOUR DIET SINCE BECOMING PREGNANT?



YES ■
NO ■

IF SO, HOW HAVE YOU CHANGED YOUR DIET?

- Eating more healthy
- Eating according to the Ministry of Health safe food list
- Reduced sugar
- Mostly home-cooked meals
- Decaffeinated coffee
- More fruit and vegetables
- Avoiding fast food
- Eating more fish
- Avoiding processed foods

WHEN YOU ARE LOOKING FOR INFORMATION ON NUTRITION FOR PREGNANCY, WHERE DO YOU SOURCE IT FROM?



- Online Midwife
- Leaflets & resources provided by midwife/hospital
- Bounty Book
- Friends & family
- Listening to what my body craves
- Dietitian

WHEN YOU ARE LOOKING FOR RECIPE INSPIRATION, WHERE DO YOU SOURCE IT FROM?

- Bite.co.nz ONLINE
- Food In A Minute
- Pinterest
- TASTY page FACEBOOK
- Jamie Oliver CHEFS WEBSITES
- Nadia Lim
- Chelsea Winter
- Gordon Ramsay
- Edmonds COOK BOOKS

WHAT, IF ANY, ARE THE POSITIVE ATTRIBUTES YOU ASSOCIATE WITH EATING RED MEAT?



ENERGY. IRON. TASTE
PROTEIN. VITAMIN B12

BEEF + LAMB
NEW ZEALAND

HOW COMMITTED ARE FOOD COMPANIES TO HEALTH?

A new study by the University of Auckland ranked the nutrition commitments of 25 of New Zealand's largest food companies. BIA-Obesity assessed the obesity prevention and nutrition related policies and commitments of 15 packaged food manufacturers, two beverage manufacturers, two supermarkets, and six quick-service restaurants.

The BIA-Obesity tool (Business Impact Assessment – Obesity and population nutrition) was developed by INFORMAS, a global network of public health researchers that monitors food environments worldwide.

Company policies and commitments were assessed across six key domains related to obesity prevention and nutrition: corporate nutrition strategy, product formulation, product labelling, product and brand promotion, product accessibility, and relationships with other organisations. The actual performance of companies in meeting those commitments or the overall healthiness of their product profiles was not assessed. These will be the focus of future research.

The report was funded by the Health Research Council and was based on publically available information (up to the end of 2017) with half the companies providing additional information. Some companies have taken positive steps in response to pressure from society to improve their products with Nestlé, Fonterra, Coca-Cola, Mars and Unilever the top performers, but companies could play a much greater role. There was a large variation in the scores from 0 to 75 out of 100 with eight companies scoring less than 20. Individual company scorecards are available online (www.informas.org/bia-obesity/).

Many companies had committed to comply with the Advertising Standards Authority's Children and Young People's Advertising Code but stronger action is needed to protect children from marketing of unhealthy food. Companies should go beyond the existing weak Code and include children up to the age of 18 years in marketing policies.

Companies performed relatively well on product labelling with many committing to implement the Health Star Ratings and providing nutrition information on their foods and meals online. Many food and beverage manufacturers and supermarkets are reformulating products but this is highly variable and rarely measurable. More companies could develop targets to

reduce sodium, sugar, saturated fat, trans fat and portion sizes.

Companies had few commitments to restrict accessibility of less healthy foods and improve accessibility of healthy foods. Recommended actions are to limit price promotions on less healthy products, make all checkouts free of junk food and for quick-service restaurants to remove free refills for soft drinks.

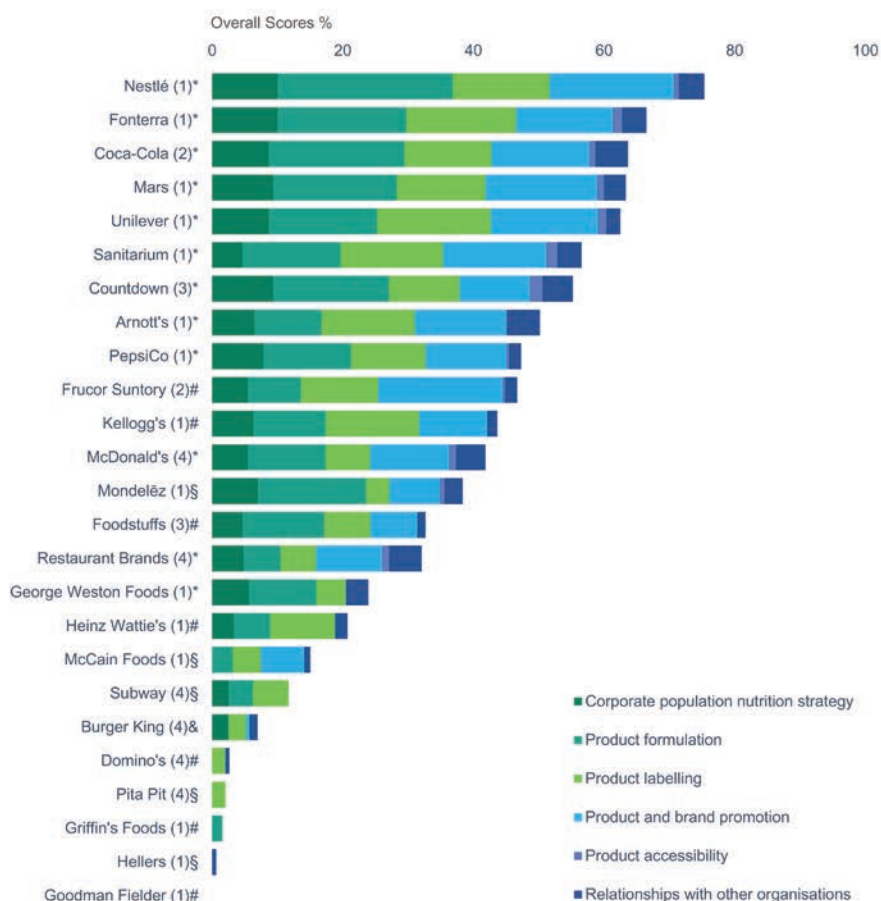
A positive step would be to see population nutrition become a priority focus within the corporate strategy and to have specific nutrition targets and objectives as key performance indicators for senior managers. Nestlé and Fonterra are

leading the way by recognising national and international nutrition priorities. Some companies were transparent about relationships with other organisations by publishing funding for external research and publically committing to not make political donations.

Report: Stefanie Vandevijvere, Apurva Kasture, Sally Mackay, Boyd Swinburn. *Committing to Health: Food company policies for healthier food environments. Company assessments and recommendations using the Business Impact Assessment tool for obesity and nutrition (BIA-Obesity).* The University of Auckland 2018. www.informas.org/bia-obesity/

Dashboard of food company policies and commitments

New Zealand 2017



* Full engagement; § Unable to be contacted; & Willing to participate but survey not returned on time; # Declined participation

For §, & and #: Assessment based on publically available information only

(1) Packaged food manufacturers, (2) Non-alcoholic beverage manufacturers, (3) Supermarkets, (4) Quick service restaurants

WHAT'S ON 2018

MAY 2018

Public Health Prevention Conference, Public Health Association of Australia

Dates: May 2-4, 2018

Venue: Sydney Boulevard Hotel, Sydney NSW

<https://phaa.eventsair.com/QuickEventWebsitePortal/phpc2018/event-info-site>

Dietitians Association of Australia 35th National Conference

Date: May 17-19, 2018

Venue: International Convention Centre, Sydney, Australia

<http://daa2018.com.au/>

ANA Forum: Whangarei

Date: May 23, 2018

Venue: Barge Show Grounds, Whangarei

<https://ana.org.nz/event/whangarei-regional-forum-2018/>

ECO2018, the 25th European Congress on Obesity

Date: May 23 -26, 2018

Venue: Austria Center, Vienna

<https://eco2018.easo.org/>

JUNE 2018

International Society of Behavioural Nutrition and Physical Activity

Date: June 3-6, 2018

Venue: Hong Kong

<https://www.isbnpa.org/index.php?r=annualMeeting/index&year=2018>



If you attend any of these and would like to write a review for one of our newsletters please contact us at info@nutritionfoundation.org.nz

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