

# MEDIA RELEASE

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## A National Nutrition Policy: a recipe to create a healthy, hunger-free nation

With a new survey reporting the growing crisis of hunger in Australia, the call for the Australian Government to develop a new National Nutrition Policy has never been louder. As the social crisis of hunger worsens, and the rate of diet-related chronic disease continues to climb, the Dietitians Association of Australia (DAA) emphasises the critical need for a collaborative, national approach to improve our nation's health.

New data, released by Foodbank Australia, found that in the past year more than one in five (21% or approximately 5 million) Australians have been in a situation where they have run out of food and were unable to buy more.<sup>1</sup> Not only does food insecurity cause an extensive impact on a person's physical and mental health, but with children making up 22% of those who are food insecure, it raises alarms for the future health and prosperity of our population.<sup>1</sup>

"This is just another example of why Australia needs a National Nutrition Policy. Access to safe, affordable and nutritious food is a basic human right, and every Australian should have enough nutritious food to thrive. Addressing food security is fundamental to building healthy communities," said Robert Hunt, DAA CEO.

Initiatives to reduce food insecurity and to lessen diet-related health conditions requires a co-ordinated and collaborative approach from a range of sectors including agriculture, nutrition, health and education.

A new National Nutrition Policy would place healthy, equitable, sustainable and measurable food and nutrition systems at its core.

"This Policy would allow individual Australians to live a healthier, longer life, provide access to more affordable and sustainable food, and enable them to make informed food and nutrition choices for their health," said Mr Hunt.

Today, the United Nations celebrates World Food Day, a global initiative to raise awareness and to promote governments, agricultural sectors and businesses to take action to achieve healthy eating and zero hunger. This supports the United Nations Sustainable Development Goals, which looks to end world hunger by 2030.<sup>2</sup>

"Radical action regarding food and nutrition must be taken now. Developing a National Nutrition Policy is critical to ensuring a safe, nutritious, affordable, secure and environmentally sustainable food system, is available to all Australians, now and into the future."

**ENDS**

**For further information or to organise an interview with Robert Hunt, DAA CEO,  
contact Pattie King, Dietitians Association of Australia on 0409 661 920**

<sup>1</sup> Foodbank Australia (2019). Foodbank Hunger Report 2019. Available from: <https://www.foodbank.org.au/hidden-hunger/?state=au>

<sup>2</sup> United Nations (2016). Sustainable Development Goals, Goal 2: Zero Hunger. Available from: <https://www.un.org/sustainabledevelopment/hunger/>