

| PRIORITIES | ACTIONS | BENEFITS | Individuals and families | Communities schools & workplaces | Health services | Industry | Cwth, States & Local Government |
|--|---|--|--------------------------|----------------------------------|-----------------|----------|---------------------------------|
| Close the gap for disadvantaged communities | Support ongoing research on effective strategies to address social determinants of obesity in Indigenous and low-income communities | State and territory governments, in partnership with local governments, work with community leaders to develop tailored approaches and services to reach Indigenous and low-income groups; to find innovative solutions to change obesity-promoting environments; and to mobilise programs in schools and other community settings | | ■ | | | ■ |
| Build the evidence base, monitor and evaluate effectiveness of actions | Develop a national research agenda for overweight and obesity | Develop a comprehensive national research agenda and increase investment in research and evaluation of weight reduction interventions | | | ■ | | ■ |
| | Ensure safe industry practices | Review weight loss industry programs and develop a common code of practice | | | | ■ | ■ |
| | Develop a national food strategy (similar to the UK model Food Matters) | Comprehensive national food policy developed to guide action on supply and consumption of healthy foods in Australia | ■ | ■ | ■ | ■ | ■ |

For more detail on overweight and obesity see *Technical Paper 1: Obesity in Australia: a need for urgent action*. www.preventativehealth.org.au

QUESTIONS

- What is a realistic target for 2020?
- How can key players (for example, individuals, communities, health services, industry and governments) be engaged from the outset?
- What is the best combination of 'learning by doing' and, at the same time, building the evidence base?
- What can individuals and families do to be physically active, eat well and maintain healthy body weights?
- In what ways can high-risk groups be supported?
- Are the priorities for action appropriate? If you do not think they are appropriate, or have other suggestions, what would you propose we do as a nation to halt the toll of early deaths and disease caused by overweight and obesity?