



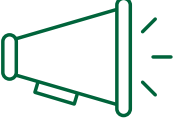



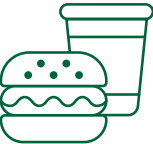
Support for government policies to improve diets and health

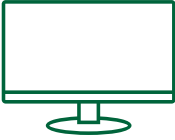




With more than three quarters of Western Australian adults living with overweight (38 per cent) or obesity (38 per cent) in 2022¹, policies that empower and enable Western Australians to lead healthier lives can improve nutrition and prevent obesity and chronic disease.

A major determinant of policy change is public support. The [WA Nutrition Monitoring Survey 2022](#) asked Western Australian adults how important they believe it is that government supports the policy measures below, as: 'very important', 'quite important', 'neither important nor unimportant', 'not very important' or 'not at all important'.

The results below indicate strong public support in Western Australia for regulatory action and correlate with other state surveys conducted between 2012 and 2020².

Percentage of Western Australian adults who said that government support for the policy measure is either 'very important' or 'quite important':

	Policy measure	Government support is very or quite important (%)
	Public campaigns and advertisements that promote healthy eating, to reduce chronic disease risks in the community.	92%
	Labels on food and drink showing the amount of added sugar, to help consumers control their sugar intake.	92%
	Policies that ensure the sustainable production and distribution of food.	90%
	Restricting the sale of highly caffeinated energy drinks to adults only, to reduce children's consumption.	86%
	Food companies reducing the salt and sugar content of their products to make them healthier.	86%

	Policy measure	Government support is very or quite important (%)
	Laws to limit junk food promotions on TV and the internet, to reduce children's exposure to junk food advertising.	81%
	Removing junk food advertisements from sport, to reduce children's exposure to junk food advertising.	81%
	Removing junk food advertisements from public transport, to reduce children's exposure to junk food advertising.	79%
	Councils controlling the number and location of fast-food outlets locally and near schools, to help improve community health.	74%
	A tax on sugary drink companies to encourage them to reduce the levels of sugar in their drinks.	69%

References

1. Epidemiology Directorate, 2023. Health and Wellbeing of Adults in Western Australia 2022. Department of Health, Western Australia
2. Humphreys L, O'Flaherty C, Ambrosini GL. Public support for obesity prevention policies in Western Australia from 2012 to 2020: Findings from cross-sectional surveys. *Health Promot J Austral*. 2023. <https://doi.org/10.1002/hpja.801>