

Emerging Health Policy Research Conference 2017

Abstract Submission

Date:

28 May, 2018

Presenters Details

Name of Author(s) – asterisk the presenting author:

Ella Ridgway*, Mark Lawrence, Julie Woods, Phil Baker

Presenter's institution/organisation, address, email, and telephone:

School of Exercise and Nutrition Sciences, Deakin University, 221 Burwood Highway, Burwood VIC 3215; emrid@deakin.edu.au; 0409 355 295

Short Biography of presenter (maximum 50 words):

Ella Ridgway is a PhD candidate at Deakin University. Her research interests include the policy-making processes associated with the promotion of healthy and sustainable diets. Her research project is a case study of the inclusion of environmental sustainability considerations in the development of the *Australian Dietary Guidelines 2013*.

Presentation Details

Presentation Title (up to 10 Words):

Historical development of and paradigm shifts in public health nutrition

Keywords: (up to 5 to assist organisers in streaming papers):

Public health nutrition, nutrition policy-making, dietary guidelines, paradigm shifts

Research Details (250 word limit)

Introduction/Background: There is a bi-directional relationship between public health nutrition (PHN) and the environmental sustainability (ES) of food systems. Dietary guidelines provide evidence-based recommendations for healthy eating. There is significant variation towards the integration of ES considerations in these policies. An understanding of how and why this variation occurs is needed.

Research Question: How has PHN developed in response to emerging public health challenges? What are the characteristics and drivers of paradigm shifts in this setting?

Methodology: A theoretically-guided narrative synthesis of PHN literature was conducted.

Findings: Four PHN eras were identified – foundation era, nutrient deficiency era, dietary excess and imbalance era, and food system sustainability era. Three systems of nutrition guidance were identified – recommended nutrient intakes, dietary goals and dietary guidelines. The transition from one era, and accompanying guidance, to another was explained by the successive layering of scientific and policy paradigm shifts. Macro-level

shifts involve the underlying epistemology of nutrition science that informs nutrition guidance development. Meso-level shifts represent transitions from one type of guidance to another. Micro-level shifts describe the evolving nature and scope of each type of guidance. Drivers of paradigm shifts included scientific evidence use, policy actors and wider contextual factors acting as barriers and/or enablers.

Policy Implications: By examining the history of different PHN paradigms and the transition between them, it is possible to derive meaningful insights into how ES considerations were considered in the development of and final form of the Australian Dietary Guidelines and how this topic may progress into the future.

N.B. All presenters will be asked to include a final slide in their presentations that summarises the policy recommendations and/or implications that can be drawn from the research presented.