

# Big problems require big solutions: Tackling the food environments to improve our health

And a different mindset...

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With thanks to Allen K, Gillespie D, Guzman-Castillo M, Kypridemos C, Lloyd Williams F, Bromley H, Bandosz Piotr, Pearson Stuttard J and Capewell S.

### Effective Structural Policies in Public Health

- Safe Drinking water
- Clear Air
- Safe motoring
- Immunisations
- Smoke free spaces



THERE IS A TSUNAMI OF EVIDENCE SHOWING THE BIG HEALTH GAINS THEY CAN DELIVER

## 21<sup>st</sup> Century Most Common Food Environment



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Kypridemos et al BMJ 2016;353:i2793



### Kypridemos et al BMJ 2016;353:i2793

### **INFORMAS** monitoring framework

Private sector policies and actions

Public sector policies and actions

ORGANISATIONS	PROCESSES	Public sector policies and actions					Private sector policies and actions				
		How much progress have (international, national, state and local) governments made towards good practice in improving food environments and implementing obesity/NCDs prevention policies and actions? (University of Auckland)					How are private sector organisations affecting food environments and influencing obesity/NCDs prevention efforts? (Deakin University & City University)				
FOOD ENVIRONMENTS	IMPACTS	Food composition	Food labelling	ma	Food arketing	Food provision		Food re	tail	Food prices	Food trade & investment
		What is the nutrient composition (particularly fat, saturated fat, sugar and salt content) of common packaged foods? (The George Institute)	What labelling (including nutrition info & claims) is present on packaged foods and on menus in quick-service restaurants? (University of Oxford)	What is the level of exposure (of different population groups) to the marketing of unhealthy foods and beverages? (University of Wollongong)		What foods are provided in different settings (eg. schools, hospitals, workplaces)? (University of Toronto)		What foods are available in different settings (eg. supermarkets, communities)? (University of Auckland)		What is the relative price and affordability of 'current' vs 'healthy' diets, meals & foods? (Queensland University of Technology & University of Auckland)	What are the risks and benefits to healthy food environments and diets from trade agreements? (Australian National University)
POPULATIONS	OUTCOMES	Population diet			Physiological & metabo factors			lic risk	Health outcomes		
		What is the quality and quantity of (different population's) diet? <i>(University of Sao Paulo)</i>			What are obesity and other risk factor burdens? <i>(WHO)</i>			What are NCD morbidity and mortality burdens? <i>(WHO)</i>			



http://www.wcrf.org/int/policy/nourishing-framework

## Agents in the SYSTEM: SOME DOMINANT, all REACTIVE





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#### Non-Communicable Diseases 4

Profits and pandemics: prevention of harmful effects of tobacco, alcohol, and ultra-processed food and drink industries

Rob Moodie, David Stuckler, Carlos Monteiro, Nick Sheron, Bruce Neal, Thaksaphon Thamarangsi, Paul Lincoln, Sally Casswell, on behalf of The Lancet NCD Action Group

## A food system: LINEAR



#### **Global Food System Map**



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### Wicked problems

- Wicked problems:
- Unclear causalities.
- Numerous intervention points.
- Data are scarce, dispersed and low quality.
- Uncertainty regarding costs and benefits of interventions.
- Multiple stakeholders with different, often incompatible worldviews.
- Formulation is subject to continuous reframing and renegotiation.
- Optimal solutions to wicked problems do not exist.
- There may be path dependency associated to intervention strategies.

#### Super-wicked problems:

- The scope is planetary and the potential downside is very large.
- Those most responsible have least interest to do something.
- The longer one waits to do something about it, the more wicked it gets.

# FINAL TOUGHTS

- A focus on structurally modifying our Food Environments is clearly needed
- Any PH action on Food needs to take into account the complexity of the food system
  - Different actors
  - Reactive actors
  - Unexpected consequences
- Data and complexity methodologies are increasingly needed to support decision making.