The Hon [local member] MP

Member for [enter details]

[local member address line 1]

[local member address line 2]

XX March 2019

Dear Minister

**Re: Call for a new National Nutrition Policy**

I am a constituent in your electorate and a member of Nutrition Australia. I am writing to urge you to commit to updating Australia’s National Nutrition Policy.

Australia has not updated our National Nutrition Policy in over 26 years. During this time the health of our nation has deteriorated. Over two-thirds (67%) of Australian adults and around 25% of Australian children are now overweight or obese1. The rate of overweight and obesity, of which poor diet is the major driver2, has increased by 10% over the past 24 years. Even more alarming, this figure is expected to increase1. Projections suggest that by 2025, 83% of men and 75% of women aged 20 years or older, will be overweight or obese3.

Poor diet is a leading risk factor for many preventable conditions, including heart disease, obesity, Type 2 diabetes, arthritis and cancer. A coordinated approach to nutrition policy would increase Australia’s health, wellbeing and prosperity, improve nutrition and reduce the incidence and prevalence of diet-related risk factors and disease among all Australians.

I am calling on you to compel the Australian Government to develop a contemporary framework – a National Nutrition Policy, which integrates current and new nutrition guidelines, programs, taxes, laws and monitoring systems to address the rising cost and prevalence of chronic diseases.

At a local level, a new National Nutrition Policy would help improve health outcomes and reduce healthcare costs in our electorate.

I look forward to hearing from you regarding your commitment to updating Australia’s National Nutrition Policy.

Yours sincerely

[electronic signature if available]

[name]

Member of [electorate]

[contact details – minimum email address]

**About Nutrition Australia**

Nutrition Australia is a registered health promotion charity and a non-government, not-for-profit community based organisation with divisions across Australia. Nutrition Australia’s mission is to inspire and empower healthy eating for Australians.

In 2017, Nutrition Australia, the Dietitians Association of Australia, the Public Health Association of Australia and the National Heart Foundation, released a joint statement entitled ‘*Towards a National Nutrition Policy for Australia’*. This call to action statement aimed to raise awareness of the importance of nutrition and the benefits of a new National Nutrition Policy. Refer to the joint position statement and background paper on the following links:

[TowardsaNationalNutritionPolicyforAustraliaPositionStatement.pdf](http://www.nutritionaustralia.org/sites/default/files/2017%20-%20FANSIG%20-%20Towards%20a%20National%20Nutrition%20Policy%20for%20Australia%20-%20Position%20Statement.pdf)

[TowardsNationaNutritionPolicyforAustraliaBackgroundPaper.pdf](http://www.nutritionaustralia.org/sites/default/files/2017%20-%20FANSIG%20-%20Towards%20a%20National%20Nutrition%20Policy%20for%20Australia%20-%20Background%20Paper.pdf)

Nutrition Australia promotes the importance of healthy eating and good nutrition across multiple programs and platforms, including National Nutrition Week and Healthy Lunchbox Week. For more information visit: <http://www.nutritionaustralia.org/>

**Nourish not Neglect: Putting health on our nation’s table**

For evidence-based information about the urgent need for a National Nutrition Policy and steps required to make this a reality, refer to the ‘Nourish not Neglect: Putting health on our nation’s table’ report on the Dietitians Association of Australia website.

<https://daa.asn.au/wp-content/uploads/2019/02/DAA_NOURISH-NOT-NEGLECT_Putting-health-on-our-nations-table_2019.pdf>

**References**

1. Australian Bureau of Statistics. Health Survey: First Results, Key Findings (4364.0.55.001) [Internet]. Canberra: Commonwealth of Australia; 2018. Available from: [http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Key%20Findings~1](http://www.abs.gov.au/ausstats/abs%40.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Key%20Findings~1)
2. National Health and Medical Research Council. Australian Dietary Guidelines. Canberra: National Health and Medical Research Council; 2013.
3. Haby M, Markwick A. Future prevalence of overweight and obesity in Australian children and adolescents 2005-2025. Melbourne: Department of Health & Human Services; 2008.