



SENATOR THE HON RICHARD COLBECK

Minister for Aged Care and Senior Australians
Minister for Youth and Sport

Ref No: MC20-030391

Ms Janine Freeman MLA
Chair – Education and Health Standing Committee
Member for Mirrabooka
Parliament House
4 Harvest Terrace
WEST PERTH WA 6005

26 AUG 2020

Dear Chair

Thank you for your correspondence of 22 July 2020 concerning the review of the 2013 Australian Dietary Guidelines (ADG) and for sharing the inquiry report about dietary requirements for those with type 2 diabetes.

As announced recently, the National Health and Medical Research Council (NHMRC) will review the 2013 ADGs, and in accordance with the process for the development of evidence based guidelines, this will include extensive stakeholder consultation and consideration of international references and dietary guidelines of similarly-developed nations.

The review of the 2013 ADGs aims to provide evidence-based advice on the types and amounts of foods that we need to eat for health and wellbeing, and to provide advice on what Australians should eat to meet their nutrient requirements, maintain a healthy body weight and prevent diet-related chronic diseases, such as type 2 diabetes. I will note here that the promotion of the ADGs is aimed at the prevention of diet-related chronic disease, not the promotion of dietary requirements for those Australians with existing diet-related conditions such as type 2 diabetes.

The Australian Government acknowledges the importance of ensuring dietary recommendations are based on the most up-to-date evidence. Preliminary discussions between the Department of Health and NHMRC have also acknowledged the need for enhanced implementation strategies to accompany the revised guidelines, noting that overall only four per cent of Australians eat according to the recommendations in the ADGs (Australian Bureau of Statistics (ABS); 2016), and that over one third (35 per cent) of total daily energy comes from discretionary foods and beverages (ABS; 2014).

The review will commence with the scoping of new evidence and emerging topics since the ADGs were last updated. Public consultation is part of standard NHMRC Guideline review processes, and key stakeholders will be invited to input into the ADGs revision at key points in the process to contribute to its direction and the final guidelines.

Thank you for raising this matter.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Richard Colbeck', with a horizontal line underneath.

Richard Colbeck