



**Scaling-up food policy interventions** to reduce non-communicable diseases in the Pacific Islands – May 2019



The George Institute  
for Global Health

### **Facts:**

- NCDs account for 80% of all deaths and 50% of all premature mortality in the Pacific.
- The prevalence of hypertension and diabetes is more than 20% and 25%, respectively, in some Pacific Island countries.
- Without urgent policy action to address unhealthy diets, the NCD burden will get worse.

### **Project cycle:**

2019 – 2023

### **Partners:**

The George Institute for Global Health  
UNSW Sydney, Australia

Fiji National University, Fiji

The Menzies Centre for Health Policy  
University of Sydney, Australia

The Global Obesity Centre  
Deakin University, Australia

### **Supporters:**

National Health and Medical Research  
Council (NHMRC), Australia

Global Alliance for Chronic Disease  
Program

Ministry of Health, Fiji

Food and Agriculture Organization

World Health Organization

The Pacific Community

### **Background:**

- The burden of non-communicable diseases (NCDs) is unacceptably high in the Pacific Island region.
- Increasing rates of NCDs are linked with the transition from traditional diets, based on locally-grown foods, to diets high in salt, fat and sugar from processed packaged foods.
- There is a need to ensure food policies are implemented successfully in order to improve the food environment and decrease the NCD burden in Pacific Island countries.

### **Aims:**

- The overall goal of this five-year project is to take a comprehensive, empirical approach to understanding and strengthening the policy making process, with an emphasis on implementing, at scale, best possible policy to improve the food environment in the Pacific.
- The project will identify which interventions are the most feasible in the Pacific, and what factors lead to effective implementation.

### **Methods:**

- The Reach, Effectiveness, Adoption, Implementation and Maintenance (RE-AIM) framework, together with a quasi-experimental design, will be used to evaluate the process, context, and effectiveness of different interventions via an iterative adaptive process.
- This will include a cross-sectional assessment of dietary intake, stakeholder engagement, adaption and strengthening of current food policy interventions, and a process and cost evaluation.
- The project will be conducted in Fiji and potentially one other Pacific Island country.

### **Impact:**

- This research will help address the burden of diet-related NCDs in the Pacific by identifying factors to achieve effective food policy implementation.
- Lessons learnt from this research will be relevant to other Pacific Island countries, and informative globally.

### **Contact:**

To find out more about this study, its principal investigators Assoc Professor Jacqui Webster or The George Institute for Global Health, please contact Julia Timms  
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