



LEGISLATIVE ASSEMBLY
FOR THE AUSTRALIAN CAPITAL TERRITORY

QON No. 208

SELECT COMMITTEE ON ESTIMATES 2024-2025

Ms Nicole Lawder MLA (Chair), Ms Suzanne Orr MLA (Deputy Chair),
Miss Laura Nuttall MLA

ANSWER TO QUESTION ON NOTICE

Asked By: Ms Leanne Castley MLA

Addressed to: Minister for Education and Youth Affairs

Redirected to: Minister for Population Health

Reference: Youth Affairs

Hearing Date: 01/08/2024

In relation to: Preventing Childhood Obesity

QON lodgement Date: 05/08/2024

Answer Due date: 08/08/2024

Preventing childhood obesity

- 1) Noting that we are coming to the end of the timeframe for the ACT Children and Young People's Commitment 2015-2025, One area dealing with childhood obesity commits to implementing the actions listed in the Towards Zero Growth – Healthy Weight Action Plan 2013. Is the Towards Zero Growth – Healthy Weight Action Plan 2013 still publicly accessible, and if not why?
- 2) What were the actions listed in the Towards Zero Growth – Healthy Weight Action Plan 2013 to prevent growth rates of overweight and obesity amongst ACT children, and will the commitment to implement them be honoured before the end of next year?
- 3) Given that 1 in 3 ACT children are overweight or obese, do you feel that the government needs to do more to address this serious health issue?

MINISTER DAVIDSON: The answer to the Member's question is as follows:

- 1) The Towards Zero Growth – Healthy Weight Action Plan, launched in 2013 is no longer publicly accessible as it has been superseded by the [Healthy Canberra ACT Preventive Health Plan \(2020-2025\)](#) (Preventive Health Plan) ([Attachment A](#)). The Preventive Health Plan continues to set the foundations for reducing the prevalence of chronic disease and supporting good health across all stages of life. It articulates strategic priorities and areas for government-led action, using the latest available evidence and needs of the ACT population.

- 2) The Healthy Weight Initiative contained a total of 19 actions according to six priority themes: food environment, schools, workplaces, urban planning, social inclusion, and evaluation as provided at [Attachment B](#). The final evaluative scorecard is provided at [Attachment C](#).

The ACT Government has committed to build on these achievements of the Healthy Weight Initiative by delivering the Preventive Health Plan which represents an expanded preventive health agenda.

Overweight and obesity is recognised as a leading risk factor for chronic disease and a range of actions are being delivered across three priority areas of the Preventive Health Plan to support healthy weight in Canberrans: 1) supporting children and families, 2) enabling active living and supporting, and 3) healthy eating. Children continue to be an explicit priority in the plan through actions related to the early years and school settings.

- 3) The ACT Government acknowledges the significant public health concern of overweight and obesity and the impacts of overweight and obesity on individuals, families, community, and health systems. The 2022 Chief Health Officer report on healthy weight highlights the significant public health issue of overweight and obesity impacting the health of the ACT community. The ACT Government Preventive Health Plan recognises that sustained and persistent efforts across all stages of life must continue to better support Canberrans to maintain a healthy weight and live healthier lives.

Approved for circulation to the Select Committee on Estimates 2024-2025

Signature: *Emma Davidson*

Date: 8 August 2024

By the Minister for Population Health, Emma Davidson MLA