



Obesity, health, and nutrition:  
the role your organisation  
can play

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# Introduction



Dealing with topics in relation to Environmental, Social and Governance (ESG) has been an increasing focus for many organisations over the last three to five years including reporting and disclosure requirements, meeting changing stakeholder expectations and re-evaluating organisational purpose and strategy in light of this new operating environment. The broad, macro-trend of a shift from shareholder primacy to stakeholder capitalism has necessitated that many organisations, particularly in the private sector, consider their impact in a broad context.

Obesity is a societal challenge which requires government, employers, academia, investors, the food industry, and the healthcare and social sectors to collaborate. The causes and effects of obesity are systemic and varied. All actors have a role to play and the potential to benefit from improved health outcomes, reduced environmental risks and workplace inclusion and productivity. For many organisations, addressing societal challenges such as climate change and discrimination is not just good for society. It's also good for the bottom line.

In this report we explore the ways in which organisations can play their part in addressing the societal challenge of obesity through their business strategy, employee engagement, investor practices, policies and more. Action on obesity builds on ESG practices and reporting many organisations are already adopting. With the right interventions, this can deliver mutually reinforcing co-benefits of action on broader societal challenges.



# Environments contribute to obesity



There are strong social, genetic, biological, historical, and environmental influences on obesity. The rise in obesity prevalence over the last 30 years is mainly in response to modern environments that promote or are conducive to unhealthy foods, stress, physical inactivity, and weight gain. For some communities, such as Aboriginal and Torres Strait Islander peoples, the historical contexts are especially relevant. For example, the impact of trauma and removing people off their land affects their health, wellbeing and the way they eat for generations and into today.

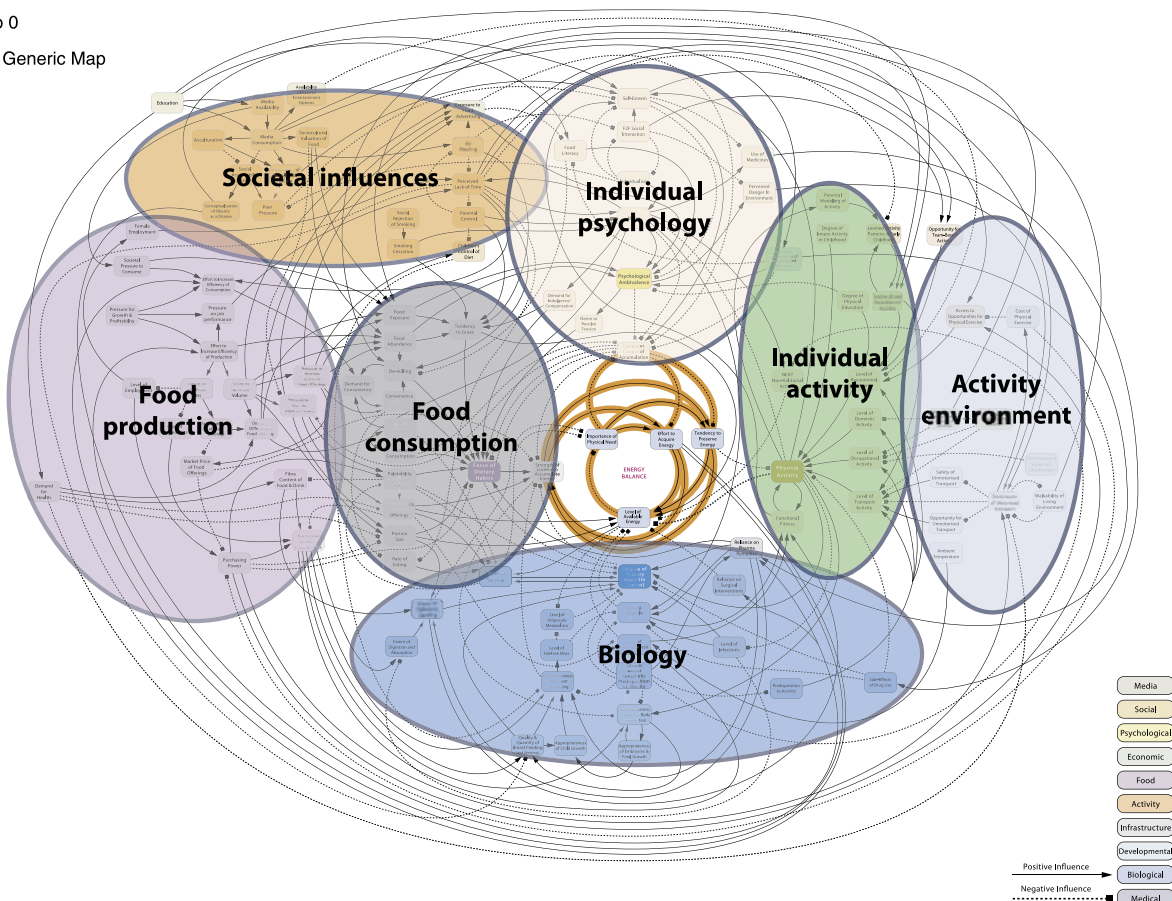
Progress in obesity research in recent years provides clarity on why some people are more susceptible than others and why regaining weight is a constant challenge for some. For example, genetic factors can have a major influence an individual's susceptibility to weight gain. Unfortunately, many people aren't aware of these complexities and perceive obesity to be mostly about personal choice which is inaccurate and leads to harmful stigma, bias and discrimination.

The below Foresight<sup>1</sup> obesity map highlights the complexity and some of the many drivers of obesity.

Man-made systems, including food supply, transport, urban design, business, socio-cultural, marketing, communications, education, health, trade, legal, economic, and governance systems create a complicated web of factors that directly and indirectly influence our body weight. All these systems could potentially be re-oriented to achieve better environments for all of us to live, work and play in and thereby positively influence population weight.<sup>2</sup>

Figure 1. Foresight obesity map

Map 0  
Full Generic Map



# Why action is needed



The AIHW estimated that in 2018, 8.4% of the total burden of disease in Australia was due to overweight and obesity.<sup>3</sup> The condition of obesity can have serious impacts on people's quality of life, both physical and mental health. In addition, weight stigma, bias and discrimination add considerable adverse physical and mental health burden for people living with weight issues. They also lead to reduced educational, social and employment opportunities. Within the healthcare sector, weight stigma can lead to delayed presentations and screening, lower quality of care for patients with obesity, poorer health outcomes and increasing risk of mortality.<sup>4</sup>

Growth in obesity prevalence rates is a global trend. Australia has some of the highest rates of obesity in the world.<sup>5</sup> In the ten years to 2018, the number of adults in Australia living with obesity more than doubled. While Australians have a relatively high life expectancy, they also have the highest number of years spent in ill-health compared with other OECD countries which impacts productivity (workforce participation, absenteeism and presenteeism) and quality of life.<sup>6</sup>

An international report from RTI and the World Obesity Federation estimated that the 2019 economic impact of overweight and obesity in Australia was US\$ 24 billion.

It is estimated to grow to \$103 billion by 2060 without significant changes.

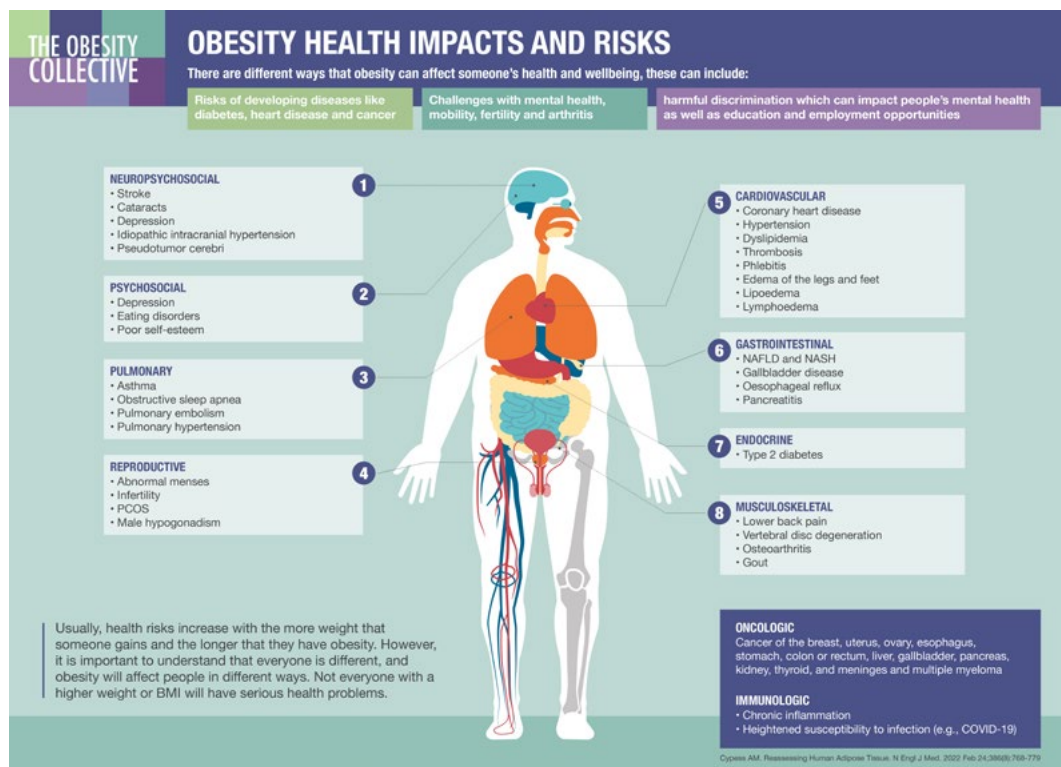
If we do nothing more, obesity will increasingly reduce the quality of life of millions of Australians, leading to crippling costs in the health sector and drive further inequity.

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Figure 2. Obesity health impacts and risks



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# Social change and collective action are required



To reduce the impact of obesity on people's health and wellbeing, systems level thinking and a broad range of interventions are required. These include policy changes, healthier environments, reducing stigma, targeting social, economic and commercial determinants of obesity, and access to quality care for those who experience the health impacts of obesity. Collectively we need to focus on:

- Creating healthier and more equitable environments that are conducive to higher quality diets and more active living for all
- Changing the narrative around obesity to reduce individual blaming and harmful stigmatisation
- Providing evidence-based and person-centred health and social care services to help people manage their weight and health goals

These areas are the focus of this report. In addition, ESG initiatives to reduce inequities in society can have flow on impacts for obesity risk. Social disadvantage and social determinants such as education, income and housing can have considerable impacts on people's opportunities to be healthy and well in general, including obesity risk. There is also emerging evidence that other considerations such as sleep, stress, and chemicals in the environment are related to obesity.<sup>7</sup>



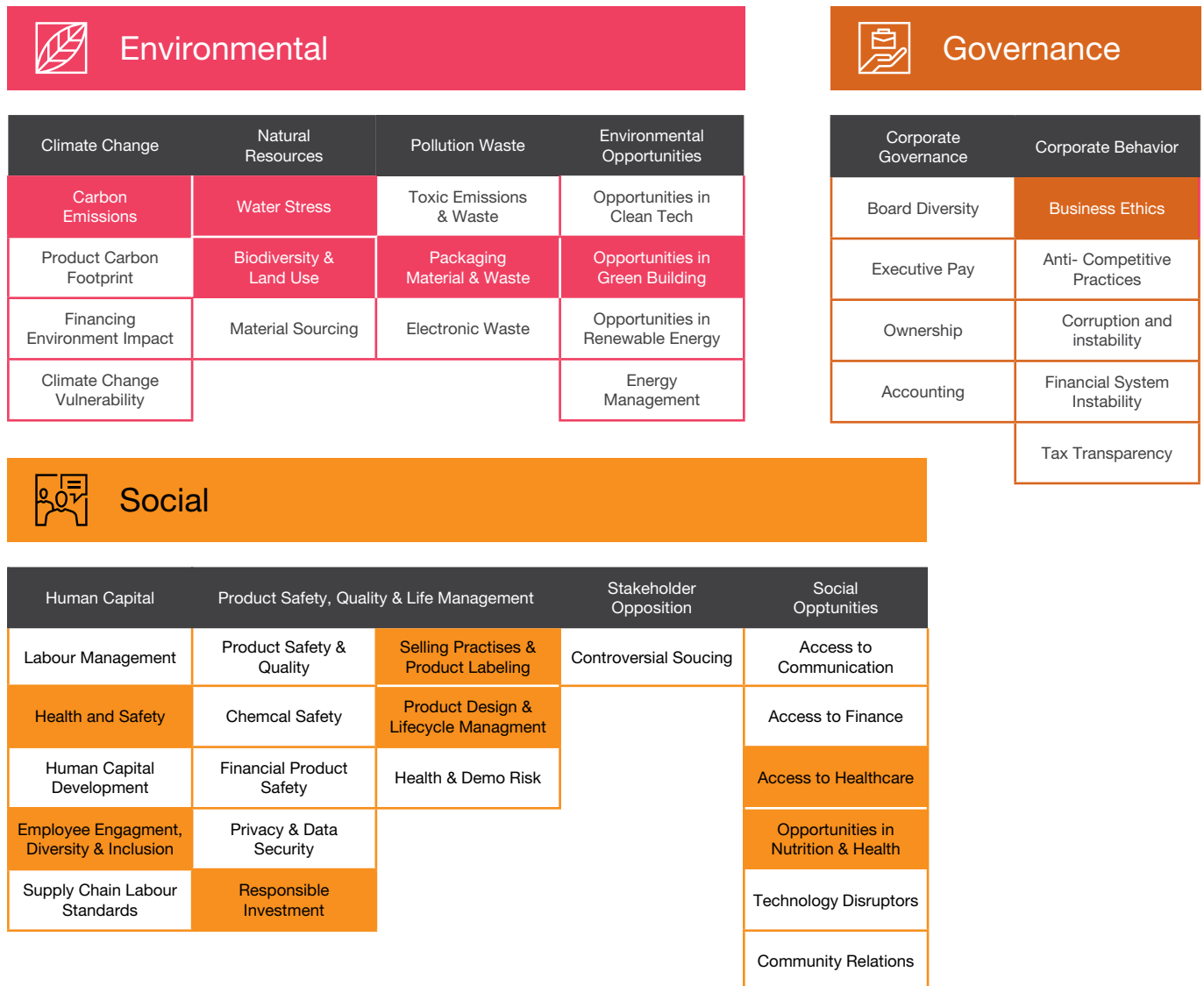
# The role of purpose-led organisations



As more organisations consider their responsibilities to a broad set of stakeholders, societal challenges such as obesity are shifting into focus for many organisations for the first time. The following ESG framework maps out the specific topics which fall under the three broad categories of E, S and G, noting that not all topics will be relevant or material for all organisations. Within this ESG framework, we have identified the 13 topic areas which have greatest relevance for addressing the societal challenge of obesity. These topics encompass environmental, social and governance issues and open up opportunities for all organisations to consider where they can both limit their impact on the causes of obesity and play a positive role in addressing the challenge.

With these obesity and ESG considerations highlighted, organisations can consider how best to incorporate obesity as a societal challenge into their corporate strategies, ESG planning and reporting. Each organisation will be different and not all areas will apply to all. Therefore, on the following pages a non-exhaustive set of topics for consideration are set out as a starting point for organisations to consider obesity within their ESG thinking.

Figure 3. Focus areas across for obesity across the ESG framework - the colour-filled cells are potential obesity focus areas



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# What next?



For many leaders, their organisation's impact on the societal challenge of obesity will be a new consideration. For those that would like to better understand the risks and opportunities, there are a few steps to help identify potential options. These could be built into current or developing ESG strategies and actions. There may also be co-benefits to obesity for work already underway for other areas like climate change, D&I and mental health.

Some high-level questions that can help initiate the conversation:

- What impact does my organisation have on obesity? How might obesity affect my organisation?
- What role can our organisation have in addressing the causes and impacts of obesity?
- How can we measure and potentially report on impact and efforts to address obesity? How can we embed this in our corporate strategy and reporting?



# Healthy and sustainable food production and supply

Carbon emissions, water stress, biodiversity and land use, packaging material and waste, opportunities in nutrition and health, health and safety

## Definition

The impact of agriculture and food industry on obesity, nutrition and health. Environmental impacts include greenhouse gas emissions, water, biodiversity and waste.

## Impact and context

What we eat and how we live has a significant impact on the planet and on obesity. There are opportunities to take action which will both improve environmental outcomes and address obesity.

**Food and diets** - food production and agriculture have a significant environmental impact, and a dietary and health impact on humans. Agriculture accounts for 70% of global freshwater use and 50% of habitable land use. Taking into account agriculture, production and the supply chain, the food industry accounts for 26% of global greenhouse gas emissions. The environmental impact varies significantly for different foods with a plant-based diet and the avoidance of ultra-processed foods typically has a lower environmental footprint (including greenhouse gases, water use and impact on biodiversity through land-use changes) particularly when food is locally sourced and in-season.<sup>8</sup> In addition to environmental benefits, eating less processed food, red meat and starchy vegetables and moderating dairy, poultry and eggs also has health benefits. The EAT-Lancet Commission planetary diet similarly proposes emphasising vegetables, fruit, legumes, whole grains and nuts for health, nutrition and environmental benefits.

Australians of all ages generally have a poor diet, one of the leading drivers of disease.<sup>10</sup> The National Healthy Surveys show that over 90% of adults are not eating the recommended daily servings of vegetables and are consuming a high proportion (~30%) of daily energy intake is from discretionary foods.<sup>11</sup> The high proportion of ultra-processed food consumption is linked to higher intake of free sugars, saturated and trans fats, sodium and overall energy and less nutrients that are linked to chronic disease prevention.<sup>12</sup>

Healthier diets and physical activity can help with weight management and health improvement.<sup>13</sup>

**Packaging** - packaging and waste also contribute to both environmental harm and there are emerging links between some packaging types and obesity. From an environmental perspective, emissions resulting from the production of packaging are among many factors alongside the resulting waste, particularly plastic, when not disposed of or managed correctly. With regard to obesity, emerging evidence indicates that industrially produced endocrine-disrupting chemicals (EDCs) may promote obesity<sup>14</sup> and these are present in some food packaging.





# What organisations can do to be part of the solution?

## Government



- Policy and investments to promote food which are both healthy and good for the environment, leveraging incentives for industry and consumers to enable/adopt healthy and sustainable diets. This includes public health campaigns to promote foods which are both healthy and good for the environment.
- Support nutrition as a national research priority and consider nutrition and environmental impact in food policy decisions.
- Adopt fiscal incentives to drive investment in foods and supply chains aligned to standards for healthy and sustainable diets and disincentives for unhealthy foods with high carbon footprint including ultra-processed foods.
- Policies that support Australian farmers to adopt more sustainable farming practices and crops that support healthy diets (fruits, vegetables, grains).
- Adopt policies that support remote and regional communities' food security challenges to have better.

## Investors and lenders



Leverage existing climate related lending criteria and ensure this also applies to agriculture and the food and beverage industry as a major contributor to global emissions, water stress and biodiversity-loss within facilities.

## Private sector and all employers



- Evaluate the food supplied for employees, customers and visitors to focus on healthy and environmentally friendly options where possible.
- Limit unhealthy food in vending machines, canteens and at workplace events/fundraising.
- Provide free water for employees, visitors and customers.
- Ensure facilities are accessible via public transport or active transport options where possible (walking, cycling) to promote exercise and reduce environmental.

## Health and social care



Adopt policies to ensure the procurement and provision and promotion of sustainable and healthy food within facilities and retail vendors within facilities.

## Food and beverage



Assess the environmental and health impact of products and incorporate these assessments into new product development and investment decisions. Disclose and report on the impact of products and packaging on health and the environment with a view to shifting the portfolio of products available to be more healthy and environmentally sustainable over time.

## Research and education



Conduct further research into identifying and communicating which foods which are healthiest and most sustainable and how to best translate the evidence for change in society.

# Opportunities in green building

## Definition

Built environments that are energy-efficient, use clean energy and promote health.

## Impact and context

Transport, green spaces, and active lifestyles – Built environments and facilities can enable more active living and active transport. Employee commuting is a significant share of emissions for many organisations with a win-win opportunity to both reduce emissions and promote active lifestyles by promoting, encouraging and enabling staff, customers and visitors to walk, cycle or use public transport. This can be enabled by appropriate built environment and facilities.

## What organisations can do to be part of the solution?

### Research and education



- Support research to develop, evaluate and refine a suite of KPIs pertaining to workplace environments that are energy-efficient, use clean energy and promote health and research evaluating the returns on investment in the promotion of 'green buildings'.
- Integrate the impact of the built environment on health into teaching for relevant academic disciplines.

### Investors and lenders



- Include built environment impacts on sustainability and health in ESG investment criteria.

### Private Sector and all employers



- Support employees, customers and visitors to take active transport options which promote physical activity in addition to reduced carbon emissions, including with end of trip facilities at workplaces.
- Design spaces and facilities that promote incidental physical activity and reduced time sitting.

### Government



- Support active living policies and physical literacy in preschool, primary and secondary school and through sporting organisations.
- Design and invest in built environments that include safe green spaces, connected active transport and public transport networks.

# Case study: Lendlease

Lendlease, a global real estate and investment group, cites 'doing the right thing' and 'leaving a legacy for future generations' as its guiding principles. A cornerstone priority within Lendlease's place-making strategy is the sustainability imperative of taking action to create a healthy planet and people. From an environmental perspective, this includes taking action to maximise opportunities to connect people with nature in the design and construction of the built environment.

For human health and wellness, Lendlease has partnered with the WELL building institute to create buildings which enhance human health, including promoting physical activity in everyday life through environmental design, policies and programs. In addition to promoting environmental and human health benefits through sustainable design, Lendlease also undertakes programs to support employee and contractor physical and mental wellbeing.



# Employee engagement, diversity and inclusion

## Definition

An organisation's ability to ensure that its culture and hiring and promotion practices embrace the building of a diverse and inclusive workforce.

## Impact and context

People living with obesity experience stigma, bias and discrimination everywhere. As with other areas of diversity and inclusion, employers and society as a whole benefit from creating an inclusive workplace in which employees are able to thrive - both physically and mentally.

It is imperative that employers address all forms of discrimination and strive to attract, recruit and retain those with the right skills to contribute. For people with obesity, this includes the need for workplaces to be physically inclusive Workplace design needs to consider furniture and address bias and stigma.

## What organisations can do to be part of the solution?

### All employers

Across all organisation types, where acting as an employer, there are opportunities to include obesity considerations within the diversity and inclusion agenda. These include:  
Incorporating obesity inclusion awareness into D&I training to challenge stereotypes, stigma, bias and educate employees on the topic, in particular this should focus on implicit bias in recruitment, performance management and leadership decisions  
Consideration of the needs of people with obesity from a physical space

perspective, including ensuring furniture and workplace facilities are inclusive and create a healthy and physically inclusive workplace for all. All employees can be offered workplace adjustments to avoid singling out people  
Use inclusive language and images for internal and external communications, that is representative of all body types.  
Avoid workplace wellbeing initiatives that target and oversimplify weight loss as a goal and instead focus on health improvement language.



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# D&I best practice insights from PwC Diversity and Inclusion Consulting

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A comprehensive Diversity and Inclusion strategy is an opportunity for organisations to foster belonging for all. Environments where employees feel respected and included helps drive better outcomes. Most of Australian S&P/ASX 200 companies disclose that they have diversity and/or inclusion policies to support equal opportunities and non-discrimination.<sup>15</sup> These strategies are frequently supported by inclusive leadership or unconscious bias programs which stress that everyone has biases that impact decision making, and processes that guide decision-making at key employment lifecycle decisions need to be in place to account for this. For example, with important hiring and progression decisions, there should be objective criteria in place to support decisions (i.e. decisions should not be made by gut feel) and best practice is to have more than one person deciding or review key decisions to mitigate the risk of bias.

Automatic assumptions that people make about larger bodies should be included as part of the standard unconscious bias learning and if an organisation is aiming to proactively reduce weight bias, leadership could support a review of current policies and templates to understand where weight bias considerations could be added to current best practice frameworks and training.



# Access to health and social care

## Definition

An organisation's efforts to expand healthcare products and services to underserved markets and populations

## Impact and context

All people with chronic conditions – of which obesity is one – have a right to evidence-based healthcare support. There can be many physical and mental health benefits to weight management, weight maintenance or managing health, for people living with obesity which can have positive flow on effects to the economy.

There is high demand for services in Australia to manage weight and improve health and obesity is an ongoing challenge for clinicians and health consumers. We need better health pathways, tools and resources to support health consumers with their health goals

## What organisations can do to be part of the solution?

### Private Sector



- Consider health checks and evidence-based referral pathways/support as part of wellbeing investments/initiatives

### Health and social care



- Target weight stigma as a public health priority. Invest in training for health and social care professionals and staff about the many system, and biological and social drivers of obesity. Consider stigma and equity implications in public health campaigns, services, and strategies
- Support prevention and intervention strategies from as early as preconception with focus on integrating health and social care, especially where there is history of pervasive socio-economic disadvantage and or trauma
- Provide affordable evidence-based treatment options for people with obesity, to be delivered in stigma free and person-centred, equitable approaches
- Understand that obesity is a chronic relapsing condition which needs ongoing support

### Government



- Adopt and fund the promotion of the Australian Dietary Guidelines (ADG) and Physical Activity Guidelines as the foundation for guidance and advice
- Investment in and Implementation of the National Obesity Strategy Ambition Three: All Australians have access to early intervention and supportive health care
- Subsidise evidence-based care options to support health equity
- Develop and implement national clinical guidelines

### Research and education



- Include obesity physiology, stigma, and weight loss evidence in health and social sector education and continuing professional development curriculum
- Provide high quality evidence and accessible communications on weight management and health.
- Identify lifestyle interventions and guidance that also support environmental sustainability, including climate change goals
- Build knowledge in implementation science in "real world" settings for sustainable outcomes

## Case study: Healthy Heads in Trucks & Sheds

Healthy Heads in Trucks & Sheds is a registered not-for-profit charitable Foundation, established to improve outcomes in areas relating to psychological safety and physical wellbeing, across the road transport, warehousing and logistics industries in Australia. The core vision is to coordinate a national approach to creating healthy and thriving working environments that can be adopted by all operators within the sector.

The third pillar of the Foundation's strategy focuses on Wellness and helping the individual be healthier from a diet and mental health perspective. Recently they launched a Nutrition Pilot Program, endeavouring to educate, raise awareness and encourage longer-term healthy eating among truck drivers. In addition, discounts will be available at BP service centres across Australia for freshly cooked healthier meals, 24 hours a day, catering to the needs of those working in the logistics industries. The menu will be permanently available at these sites and has had input from Nutrition Australia. The long-term goal is to roll out a national program that spans across the broader logistics industry, including warehousing and distribution centres to share educational information, influence on-site canteen suppliers and increase access to healthier foods.



# Selling practices and product labelling, and product design and lifecycle management

## Definition

Issues that may arise from a failure to manage the transparency, accuracy, and comprehensibility of marketing statements, advertising, and labelling of products and services.

## Impact and context

High energy foods (e.g., ultra-processed foods, energy-dense nutrient poor foods, processed foods high in added fat, sugar, salt and energy) are pervasive, marketed in attractive ways to be normalised as part of the daily diet. These foods are often cheap and quick, but less healthy, highly palatable and designed to be very hard to resist.<sup>16</sup> For example, there is evidence that marketing of unhealthy foods and sugar-sweetened beverages contributes to childhood obesity.<sup>17</sup> Exposing children to the marketing of unhealthy food influences their diets, preferences, and request to parents for food.<sup>18</sup>

Food systems public policy, regulation and legislation (such as food labelling, nutrient content of foods and healthy school food policies) and community action (including multi-component interventions in supermarkets, remote stores and food-service settings) interventions have demonstrated promising results in improving diet-related outcomes with some interventions (such as increases in the price of less healthy food and lower prices for healthy food) were also showing effectiveness in relation to weight-related outcomes.<sup>19</sup>

Policy and practice changes to food manufacturers, grocery stores and supermarkets can help shoppers buy and consume more healthy foods and have considerable potential to change population diets and social norms.<sup>20</sup>

## What organisations can do to be part of the solution?

### Government



- Implement appropriate marketing safeguards to protect children from exposure to unhealthy food marketing and leverage government assets for advertising of healthy and sustainable product.
- Support informed consumer decisions through the continued funding of the health star rating system, including ongoing monitoring, evaluation, and promotion to raise awareness and understanding of the system, and drive uptake by industry.

### Health and social care



- Provide workplace health promotion activities, resources and strategies.

### Research and education



- Continue to generate evidence to inform policy decisions on marketing standards for food products and services.

### Food and beverage



- Nudge consumers to selecting healthy foods through supply, discounts, product placements and marketing strategies, limiting the promotion of products which do not meet nutritional standards – particularly to children and young people.
- Adopt transparent labelling of products using easy-to-understand format (e.g. implementation of health star rating) and empower consumers with clear, evidence-based and easy to understand information on nutrition and environmental sustainability of products.
- Improve the nutritional value of products through reformulation and healthier New Product Development.
- Support manufacturers to improve nutritional composition of foods and beverages through evidence-based reformulation targets, through continued funding of the Healthy Food Partnership Reformulation Program, including ongoing monitoring and evaluation of progress.



# Case study: Woolworths Group

Woolworths Group is Australia's largest food retailer and a major employer with over 190,000 team members. Woolworths Sustainability Plan 2025<sup>21</sup> focuses on making positive change under three key pillars: People, Product, and Planet, with progress to date as outlined in their 2022 Sustainability Report.<sup>22</sup> The report includes tangible goals on focus areas such as increasing healthier choices in customer's baskets, being an inclusive workplace, reducing food waste, net positive carbon emissions, green electricity, stewardship of natural resources, and sustainable packaging and products. As part of their commitment to making healthier easier, Woolworths' aim is to create meaningful initiatives that support, educate and inspire customers to live healthier lives. Their ambition is to grow the proportion of sales from healthier products by 50 basis points annually, and they aim to achieve this through initiatives such as:

- Making own brand products healthier through their internal reformulation program, reducing sugar, salt and saturated fat, and adding more whole grains and vegetables, as well as working towards the Australian Government's Healthy Food Partnership reformulation targets.
- Displaying Health Star Rating on 100% of relevant own brand products
- Providing free fruit for kids in all Woolworths supermarkets, and offering free Fresh Food Kids Discovery Tours, a digital program that allows kids to learn where fresh food comes from.
- Making healthier choices more accessible with price promotions on healthier products
- Offering inspiration through hundreds of healthier recipes
- Providing digital tools such as Healthier Options, helping customers discover healthier alternatives as they shop online and through the Woolworths app.
- Health programs offered through healthylife, Woolworths Group's holistic online health destination, including the healthylife Food Tracker, which provides customers insight into the health of their shopping baskets, and Ways to Well, a series of health programs to support small, achievable changes for a healthier life.
- Engaging with suppliers through the Woolworths Supermarkets Sustainability Council – Healthier choices, a forum to support the achievement of their 2025 commitments.

For three years in a row the Woolworths Own Brand range was ranked the healthiest of the four major Australian retailers by The George Institute for Global Health, based on mean Health Star Rating.<sup>23</sup>



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# Responsible investment

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## Definition

Integration of environmental, social and governance considerations in the management of assets and investments.

## Impact and context

Responsible investment (RI), in which environmental, social and governance (ESG) considerations are incorporated into investment decision making, is a potentially powerful tool for increasing corporate accountability and improving corporate practices to address broad societal challenges. There is significant potential for investment decisions to contribute to efforts to address key social issues, such as addressing the societal challenge of obesity. It is in institutional investors' interests to encourage companies to address nutrition-related risks and opportunities.

## What organisations can do to be part of the solution?

### Investors and lenders



- Develop and define potential nutrition and health metrics for inclusion into ESG investment frameworks, incorporating obesity specific measures over time.
- Incorporate measures in to ESG investment criteria, including for superannuation funds offering ESG and impact-investing options.
- Screen existing investment portfolio for material risk in relation to obesity and engage with companies with material obesity risk.

### Private sector and food & beverage



- Measure and transparently report impact on obesity, nutrition, and health as an organisation to inform investor decision making, including reporting on nutrition-related actions and progress against targets, as part of ESG reporting.

# Case study: Ethical Partners Funds Management

Ethical Partners Funds Management is a boutique Australian listed equities responsible investment fund manager, who utilises a proprietary ESG integration approach to manage risk, identify opportunities and invest in line with their clients' values. Ethical Partners is also committed to assessing the impact of their investments, and actively utilises their shareholder voice to engage with companies, policy makers, legislators, regulators and civil society to advocate for change.

Nutrition and healthy food supply are emerging areas of interest for Australian investors and Ethical Partners. Ethical Partners are exploring ways to accelerate the issue with stakeholders, particularly around children's health and rights. They have directly engaged with multiple ASX listed and multinational companies across the food supply chain on the topic, and are also supporting the Access to Nutrition Investor Initiative to help boost the conversation amongst investors and organisational leadership in Australia. Ethical Partners also recently released a report in conjunction with UNICEF Australia on Integrating Child Rights across the ASX. This report utilised a UNICEF Investor Tool to analyse and benchmark 214 S&P/ASX 200/300 companies, and found that the understanding of how ASX listed companies can impact children and their rights in the area of health and nutrition is in its infancy. Specifically, the research found that only 6% of companies disclose that they have a responsible marketing commitment on limiting marketing to children and only 38% of the 26 ASX listed companies for which this indicator was relevant publicly disclosed a focus on healthy foods for children.



# Business ethics

## Definition

The approach to managing risks and opportunities surrounding ethical conduct of business, including fraud, corruption, bribery and facilitation payments, fiduciary responsibilities, and other behaviour that may have an ethical component.

## Impact and context

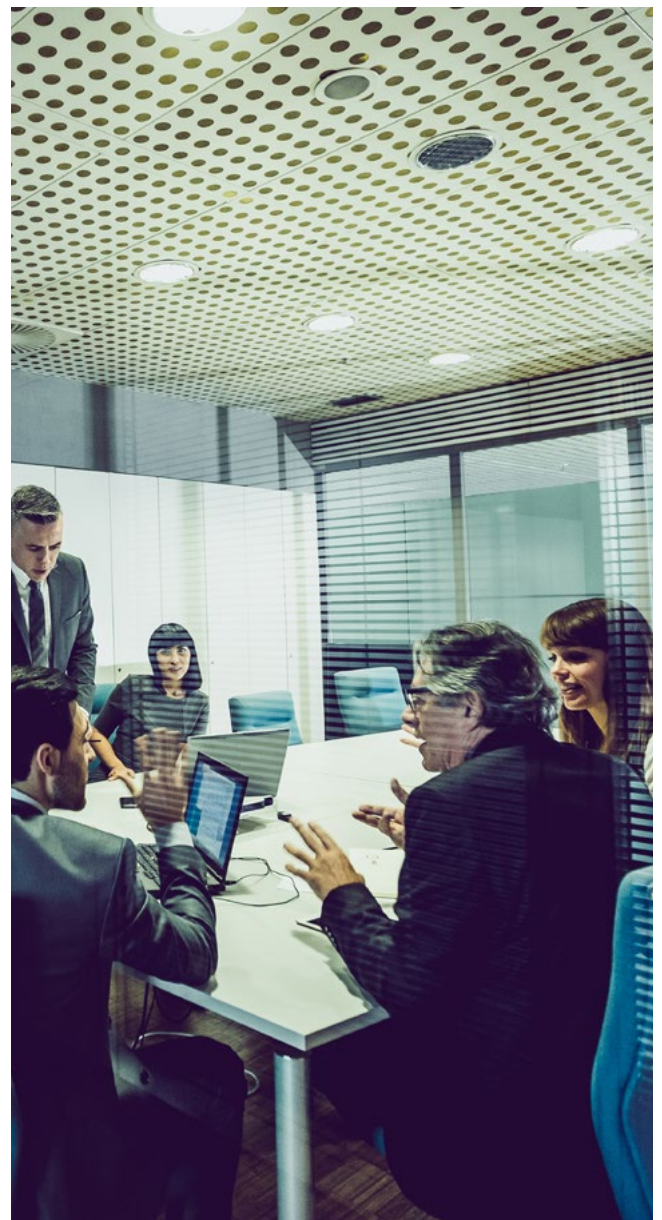
For organisations with a direct or indirect impact on the societal challenge of obesity, being transparent in their role in this challenge in addition to the actions they are taking to address it will enable collaborative action to tackle the issue as a whole.

## What organisations can do to be part of the solution?

### All organisations



- Constructively participate in discussions on and the implementation of globally recommended nutrition policies, including working alongside government to improve population diets and other goals such as environmental sustainability.
- Incorporate information on memberships of external organisations, research funding and support for grass roots organisations in annual transparency reports and reports to investors.
- Where relevant, provide information on the nutrition of products to government authorities, researchers and consumers to further the goal of improving nutrition and reducing the health impacts of obesity.



# Resources and references



There are a range of resources available to find out more about obesity, nutrition, health and ESG:

- [PwC Australia Environment, Social and Governance \(ESG\)](#)
- [The Obesity Collective](#)
- [Obesity Evidence Hub](#)
- [The EAT-Lancet Commission on Food, Planet, Health](#)
- [Heart Foundation's: Healthy Active by Design](#)
- [Investing for Nutrition and Obesity Prevention: Current Practice in Australia](#)
- [The Weight Issues Network – Personal Cost of Weight Issues in Australia](#)

- 1 <https://foresightprojects.blog.gov.uk/2017/10/04/dusting-off-fore-sights-obesity-report/>
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- 5 <https://data.worldobesity.org/rankings/>
- 6 Productivity Commission's 'shifting the dial' report
- 7 New PHRH publication
- 8 <https://www.ox.ac.uk/news/2022-08-09-environmental-impact-57000-multi-ingredient-processed-foods-revealed>; <https://theconversation.com/ultra-processed-foods-are-trashing-our-health-and-the-plan-et-180115>
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