



WHY FOOD AND PHYSICAL ACTIVITIES MATTER FOR EQUITY



Unequal access to healthy food & safe spaces



Barriers are highest for low-income, rural, Indigenous, marginalized groups



Leads to poor nutrition ► inactivity ► chronic disease



HPFs close the gap with system & community solutions

HPF STRATEGIES IN ACTION

POLICY & ENVIRONMENT



Preventive Health SA: Ban junk food ads on public transport to reduce children's exposure.



ThaiHealth: **Healthier Choice Symbol** ► lower sugar, fat, sodium, and easier to find



HWQId: Whole-of-government strategy **Making Healthy Happen 2032** links food, marketing reform, and physical activity, prioritizing high-risk communities.



HPB: Government catering and beverage policy ensures healthier food at official functions and workplaces.

COMMUNITY-LED INTERVENTIONS



KHEPI: **NutriPlus** provides tailored nutrition support for pregnant women and children at risk, delivered via local health centers.



HWQId: **Gather + Grow** strengthens food security in remote Aboriginal and Torres Strait Islander communities through health promotion, local food production and supply chain improvements.



Preventive Health SA: **Neighbourhood Nature Project** activates parks and nature trails in low-income areas with Aboriginal cultural knowledge.



TongaHealth: **Fun Shake Zumba** ► free community sessions + train volunteers for sustainability in underserved areas.

SCHOOL & YOUTH PROGRAMS



Healthway: **KIDDO** builds children's movement skills, with scholarships for low-income and diverse schools.



HPB: **Healthy Meals** in Schools makes healthier food the norm; Active Youth integrates fun exercise sessions into school life.



HWQId: **Pick of the Crop** links schools with farmers to increase fruit and vegetable intake.



VicHealth: **Future Active** co-designed with youth to create safe, inclusive local activity spaces.

HEALTH LITERACY & SOCIAL MARKETING



VicHealth: **This Girl Can - Victoria** helped women overcome fear of judgment by showing diverse, real-life role models.



ThaiHealth: **Food as Medicine** used Thai herbs and food traditions to promote health literacy and healthier restaurant menus.



HPB: **Nutri-Grade, Healthier Choice Symbol & EDSH Challenge** combined labelling, education, and gamified rewards to influence consumer choices.

CROSS-SECTOR PARTNERSHIPS



HPA Taiwan: **Community Nutrition Centers** hire dietitians and partner with businesses to provide elderly-friendly meals.



HWQId: Partnerships span government, NGOs, universities, industry, and communities to deliver obesity prevention and food security.



HPB: **Healthy Workplace Ecosystem** partners with landlords and employers to offer healthier food, physical activities, and screenings.



TongaHealth: **Fiefia Tonga Sports** unites ministries, NGOs, and workplaces for inclusive physical activity.

REAL IMPACT ON EQUITY

KHEPI, South Korea

72% ▼ anemia in pregnant women | **46%** ▼ low weight in children

HPA, Taiwan

87 centers | **60,000+** older adults reached

HPB, Singapore

healthier meals in all schools | **80+** workplace ecosystems

Preventive Health SA, Australia

600+ community voices shaped food security policy

HWQld, Australia

over **50,000** students engaged

VicHealth, Australia

hundreds of thousands of women empowered

Healthway, Australia

55% schools certified; veggie intake doubled in participating school

TongaHealth, Tonga

Zumba improved health & trained local volunteers

ThaiHealth, Thailand

1,300+ products with Healthier Choice | **1,100+** restaurants adopted Food as Medicine

WHY THIS WORKS

SUCCESS FACTORS

Community ownership: Programs co-designed with communities ensure trust and sustainability

System-wide reforms: Whole-of-government policies change environments, not just individuals

Inclusivity: Campaigns and programs address gender, cultural, and age barriers

Partnerships: Collaboration across sectors ensures scale and reach

Evidence-based: Programs are monitored and refined for effectiveness

EXAMPLES OF HPFS



KHEPI | NutriPlus, **TongaHealth** | Zumba, **Preventive Health SA** | Neighborhood Nature Project



HWQld | Making Healthy Happen 2032, **HPB** | Catering policy, **ThaiHealth** | Healthier Choice Symbol



VicHealth | This Girl Can, **Healthway** | KIDDO, **HPA Taiwan** | Community Nutrition Centers



KHEPI | Senior Strength & Balance Program, **ThaiHealth** | Healthier Choice Symbol, **HPB** | Healthy Workplace Ecosystem



KHEPI | NutriPlus, **Healthway** | Crunch&Sip®, **ThaiHealth** | Healthier Choice Symbol

MOVING FORWARD

Deepen community engagement

Strengthen systemic policies

Expand cross-sector collaboration

Invest in monitoring & evaluation

Share lessons globally

