

Summary Results Brief

Cost and affordability of healthy, equitable and more sustainable diets, and store food environments, in the APY Lands

June 2022

Why are these issues important?

Poor diet is a leading cause of preventable disease and premature death. Traditionally, Anangu ate bush foods and were healthy and strong, but now there are too many unhealthy food and drinks on the APY Lands. So Anangu are at risk of obesity and diet-related diseases, such as type 2 diabetes, cardiovascular disease, some cancers and renal disease, which contribute to a high number of premature deaths.¹ Healthy diets can help improve, and even reverse, some of these conditions.

Many factors affect dietary intake in remote Aboriginal communities, including low incomes, high transport costs, housing issues, and accessibility of healthy food and drinks.¹ Peoples' food choices are influenced by factors like the availability, placement, promotion and prices of healthy and unhealthy food and drinks in the stores.

This report presents the results of surveys conducted in stores in June 2022 by members of the NPY Women's Council Anangu Research team, staff and researchers from UQ, to explore factors that influence food and drink choice in communities on the APY Lands. This information assists communities, health and store committees, managers and workers to identify what can be improved to help people choose healthier diets.

How do we assess factors influencing food choice?

We calculated the cost, relative cost and affordability of current (unhealthy) diets and recommended (healthy, equitable and sustainable) diets, for a family of two adults and two children, using the Aboriginal and Torres Strait Islander Healthy Diets ASAP (Australian Standardised Affordability and Pricing) protocol.^{4,5} Food prices were collected in seven communities on the APY Lands and, for comparison, stores in Alice Springs.

The recommended diet contains healthy food and drinks that are most similar to traditional foods, in line with the Australian Dietary Guidelines.³ The current diet includes many 'discretionary' items – those food and drinks that are not a necessary part of a healthy diet and are high in added sugars, saturated fat, salt and/or alcohol.⁴ The recommended diet contains slightly less energy than the current diet, to help control excess weight gain.⁴

Household incomes were calculated based on the Healthy Diets ASAP protocol⁵, using national data from government agencies including the Australian Bureau of Statistics and Services Australia. When healthy diets cost more than 25% of household income, families suffer 'food stress'.⁶ Healthy diets are not affordable when they cost more than 30% of household income.⁴

In each of the stores we also noted the availability, placement (location in the store) and promotion of healthy and unhealthy food and drinks using the Food Index for Remote Stores (FIRST) survey tool. This includes checking the availability and placement of various foods and drinks – including fruit and vegetables, sugar-sweetened drinks, baby foods and takeaway foods – as well as whether there are healthy or unhealthy foods at the checkouts, and the types of signs and posters in the stores.

To assess the changing costs of some other food and drinks over a longer time, we also collected prices using the 'market basket' survey tool, which has been used on the APY Lands since 2008. These results are included at Appendix 1.

In this report the stores and communities are coded to maintain anonymity.



Findings

Diet costs

The Healthy Diets ASAP approach calculates the cost of current and healthy diets per fortnight for a family of four in each community. The results allow us to:

- compare the cost of a healthy diet with that of the current diet in each place;
- compare the cost of a healthy diet and the current diet in different places;
- monitor changes over time.

Figure 1 (page 4) shows the relative costs of the current (unhealthy) and recommended (healthy) diets for a family in the APY Lands (on average, and for each community surveyed) and in the comparison communities. More detailed results are provided in Appendix 2 (page 10).

On the APY Lands, on average, the current (unhealthy) diet cost \$1,192 per fortnight per family. This has increased 5% since May 2021. A healthy diet would cost \$933 per fortnight. Since May 2021 the cost of a healthy diets has increased by 10% – double the increased cost of the current (unhealthy) diet.

A healthy diet still cost less than the current (unhealthy) diet in all communities – on average it cost 78% of the cost of the current (unhealthy) diet. So, if families bought the recommended diet they would save on average \$259 per fortnight, and be healthier too!

The difference between the costs of current and recommended diets was greatest in the Mai Wiru stores on the APY Lands (72%), likely due to store nutrition policies and pricing strategies.

Foods and drinks were more expensive on the APY Lands than in Alice Springs. The current (unhealthy) diet on average cost 17% (\$174) more, while the recommended (healthy) diet was only 4% (\$36) more per fortnight, than in Alice Springs.

Food stress and affordability

Figure 2 (page 4) shows the affordability of diets for households with different incomes in different places. The median household income (that is, the middle of the range of incomes) per fortnight on the APY Lands was \$2,571. This is 33% (\$1,263) less than the median household income in Alice Springs. The low indicative working household income on the APY Lands was \$2,695 per fortnight, and the income of households on welfare was \$1,829 per fortnight. Incomes on the APY Lands increased by only 2% to 5% over the past year.

To purchase the recommended diet, Anangu families on median household income would need to spend 36% of their income, those on low indicative working income would need to spend 35% of their income, and those on welfare would need to spend more than half (51%) of their income. Therefore, healthy diets are not affordable for most families in the APY Lands.

The recommended (healthy) diet would be 57% less affordable for families with median income living on the APY Lands than in Alice Springs.

Detailed household income and diet affordability data are included in Appendix 3 (page 11).

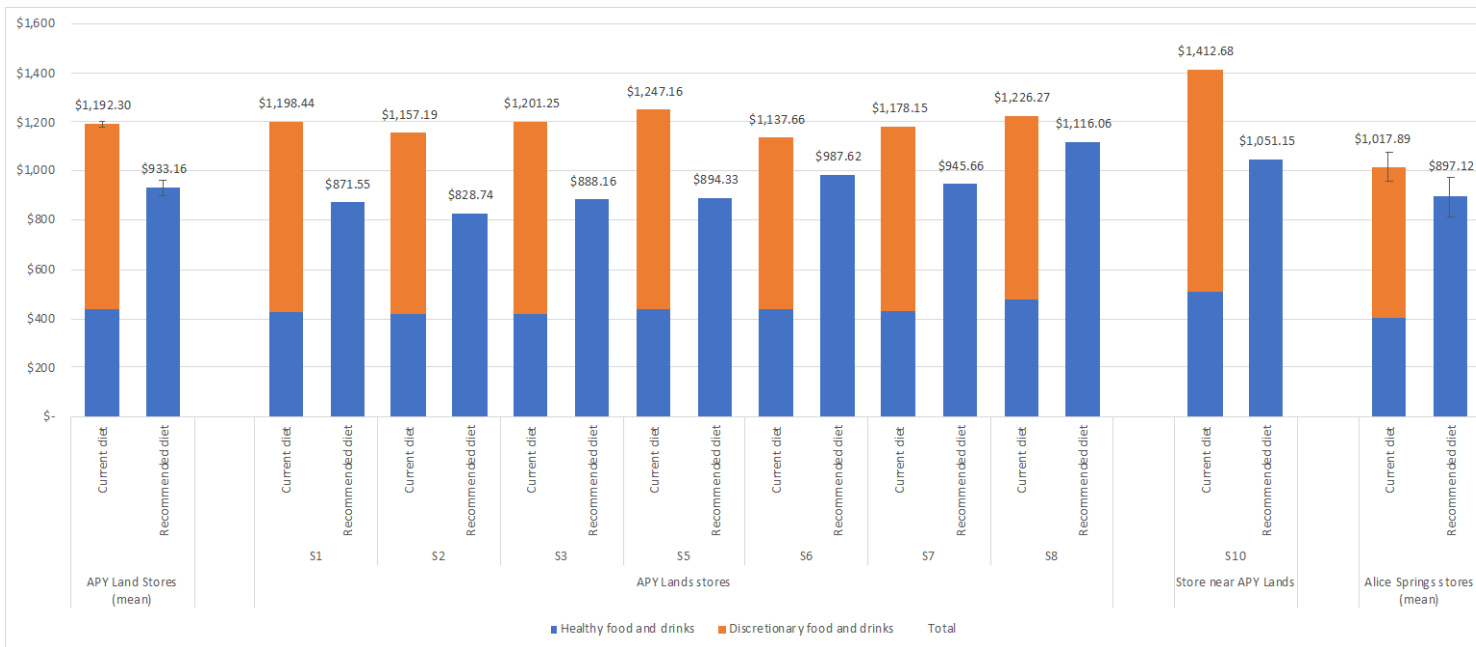


Figure 1: Total costs of current (unhealthy) and recommended (healthy) diets for the reference household per fortnight, June 2022

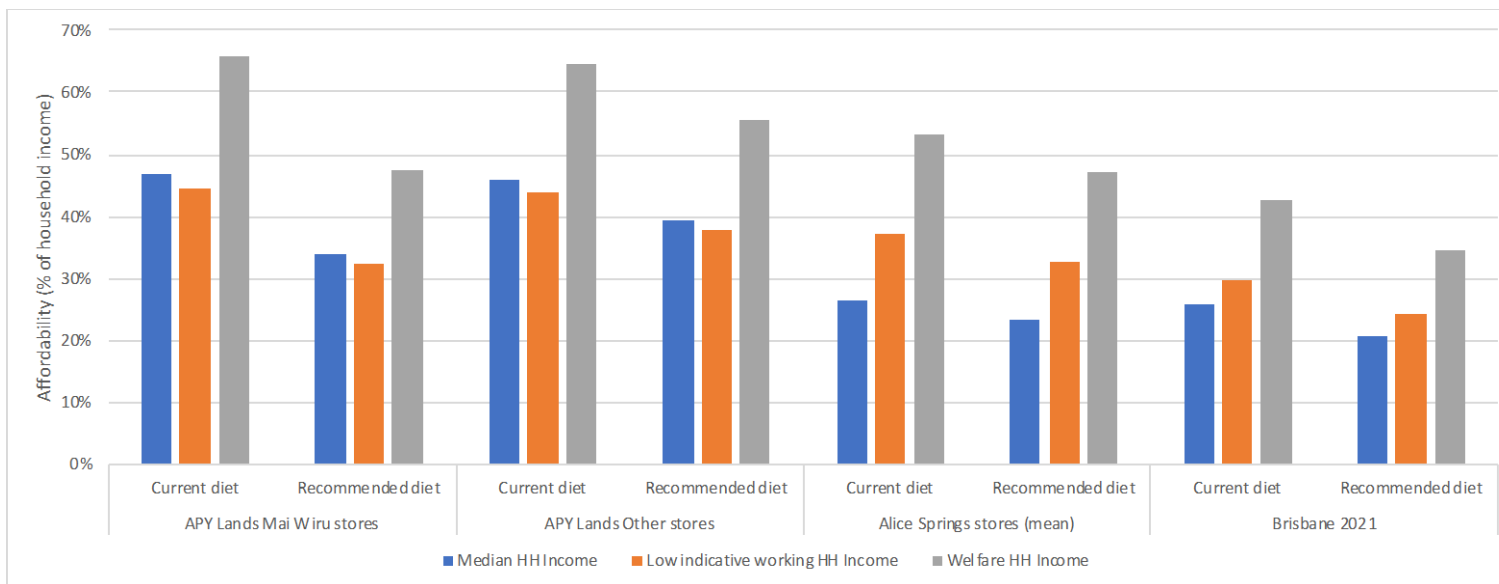


Figure 2: Affordability of current (unhealthy) and recommended (healthy) diets for households on the APY Lands, Alice Springs and Brisbane

Store food environments

The total scores for product availability, placement (location in the store) and promotion in the seven remote community stores surveyed on the APY Lands in June 2022 are shown in Table 1. Symbols indicate whether the score increased (↑), decreased (↓) or was unchanged (–) compared to results from the previous survey in May 2021.

Table 1: Total scores for availability, placement and promotion of food and drinks in stores on the APY Lands in June 2022

	Stores on APY Lands						
	Mai Wiru stores				Other stores		
	S1	S2	S3	S5	S6	S7	S8
Availability	89% ↑	75% ↓	78% ↓	78% –	64% ↑	82% ↑	68% ↑
Placement	65% ↑	57% ↓	56% ↓	51% ↓	26% ↓	69% ↑	46% ↑
Promotion	70% ↓	67% ↑	63% –	57% ↓	52% ↑	53% ↑	36% ↑

Colour coding (scoring of survey results)
Green = Good (86%-100%)
Amber = Could be improved (70-85%)
Red = Poor (0-69%)

In June 2022, most stores stocked an adequate range of healthy food and drinks, including a good supply of fresh fruit, vegetables and wholegrain cereals. However, only in one store, S1 was there very good availability of healthy food and drinks overall. Since the previous survey in May 2021, the availability of healthy foods and drinks increased or stayed the same in most stores but decreased in two stores. Product placement had improved in three stores but had worsened in four. While results for product promotion had improved in three stores since May 2021, they remained poor in all stores except S1.

Detailed results from the 2022 survey of store food environments are included at Appendix 4 (page 12).

To improve their score most stores need to stock S26 from birth baby formula and increase the number of savoury (meat and vegetable based) baby foods from six months of age. Increasing the number and range of healthy takeaway choices, including meat and vegetable dishes and healthy sandwiches, is recommended strongly.

Few stores placed unhealthy choices (such as lollies, chocolates, chips/crisps) at the point of sale; however, all stores could increase the number and range of healthy snacks near checkouts. Most stores continued to stock sugary drinks larger than 600mL and fruit juice more than 250mL; a notable exception was S7. Where stocked, sugary drinks should be moved to the rear of the store or placed in a reduced access fridge.

In June 2022, no stores were supporting or promoting healthy choices through practical promotions (such as taste tests or cooking demonstrations) and only one store had shelf talkers promoting healthy food and drinks. Nearly all stores stocked bottled water for \$1 and priced fruit and vegetables at cost or with low margins.

The proportion of non-sugary beverages of the drinks on display in the seven remote community stores surveyed on the APY Lands in June 2022 are shown in Table 2. Symbols indicate whether the score increased (↑), decreased (↓) or was unchanged (–) compared to results from the previous survey in May 2021.

Four stores had increased the proportion of non-sugary drinks on display since May 2021. Store S7 no longer stocked any sugary drinks at all, and in S2 more than 90% of drinks stocked were diet drinks or bottled water.

Table 2: Non-sugary drinks as a proportion of all drinks displayed for sale in stores on the APY Lands in June 2022.

	Stores on APY Lands						
	Mai Wiru stores				Other stores		
	S1	S2	S3	S5	S6	S7	S8
June 2022	56% ↓	90% ↑	50% ↑	29% ↓	19% ↓	100% ↑	56% ↑

Colour coding (scoring of survey results)
Green = Good (86%-100%)
Amber = Could be improved (70-85%)
Red = Poor (0-69%)

Detailed results of the store food environment surveys since 2018 are included in Appendix 5 (page 14).

What more can be done to improve affordability and availability of healthy diets in the APY Lands?

This research provides more information to support urgent policy actions to help build on Anangu expert knowledge about food and shift diets towards the relevant recommendations of the Australian Dietary Guidelines³ which are:

- Enjoy traditional foods whenever possible, and
- Choose store foods which are most like traditional foods.

While many stores are cross-subsidising the price of healthy foods and drinks on the APY Lands, survey findings show that more needs to be done in the APY Lands to improve affordability of healthy foods and drinks, to help improve nutrition and health outcomes. This could be achieved through subsidies to families, funding of community stores as essential services, and subsidising freight of healthy foods.⁸

Store surveys should be conducted regularly and results reported to communities help inform policies and programs. Community-led, multi-strategy programs involving both supply (availability, affordability, accessibility and acceptability) of healthy food and drinks, and demand-side measures, such as advertising, promotion and food-literacy programs building on traditional knowledge, can improve nutrition in Indigenous communities⁸ and should be implemented across all communities in the APY Lands.

Acknowledgements

Thank you to the Anangu Researcher Team who contributed to this research, collecting information about food prices and store environments: Lisa Wells (leader), Princess Naiyup (Fregon), Karen Hatches (Fregon), Cathy Wintina (Pukatja), Imogen Wells (Pukatja), and Nyanu Burton (Amata and Pipalyatjara). Thank you to Maggie Kavanagh for providing training and support. Thank you also to Jemilla Dadd and Loren Paine who assisted with collection of food prices, and analysis of the Market Basket data.

This research was funded by the Australian Government's Medical Research Future Fund (MRFF) via the Central Australian Academic Health Science Network to the Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women's Council and The University of Queensland. Further information on the MRFF is available at www.health.gov.au/mrff

Suggested citation: Lewis M, Herron L, Bryce S, Wells L, Balmer L, Rainow S, Lee AJ. Summary results brief: Cost and affordability of healthy, equitable and more sustainable diets, and store food environments, in the APY Lands, June 2022. Brisbane: School of Public Health, The University of Queensland; 2022.

Photographs:

Cover page: Lisa Wells and Cathy Wintina collecting data in a store on the APY Lands, June 2022

Page 3: Princess Naiyup, Karen Hatches and Jemilla Dadd collecting data in a store on the APY Lands, June 2022

Further information about this study and findings is available from Professor Amanda Lee: Amanda.Lee@uq.edu.au

References

1. Lee A, Ride K. Review of nutrition among Aboriginal and Torres Strait Islander people. *Australian Indigenous Health Bulletin*. 2018;18(1).
2. Queensland Health. *The 2014 Healthy Food Access Basket (HFAB) Survey*. Queensland Government; 2015. <https://www.health.qld.gov.au/research-reports/reports/public-health/food-nutrition/access/overview>
3. National Health and Medical Research Council (NHMRC). *Australian Dietary Guidelines. Providing the Scientific Evidence for Healthier Australian Diets.*; 2013.
4. Lee AJ, Kane S, Lewis M, et al. Healthy diets ASAP – Australian Standardised Affordability and Pricing methods protocol. *Nutrition Journal*. 2018;17(1). doi:10.1186/s12937-018-0396-0
5. Lee A, Lewis M. Testing the Price of Healthy and Current Diets in Remote Aboriginal Communities to Improve Food Security: Development of the Aboriginal and Torres Strait Islander Healthy Diets ASAP (Australian Standardised Affordability and Pricing) Methods. *International Journal of Environmental Research and Public Health*. 2018;15(12):2912. doi:10.3390/ijerph15122912
6. Landrigan TJ, Kerr DA, Dhaliwal SS, Pollard CM. Protocol for the Development of a Food Stress Index to Identify Households Most at Risk of Food Insecurity in Western Australia. *International journal of environmental research and public health*. 2018;16(1):79. doi:10.3390/ijerph16010079
7. Lewis M, Lee AJ. Affording health during the COVID-19 pandemic and associated economic downturn. *Australian and New Zealand Journal of Public Health*. Published online October 12, 2020. doi:10.1111/1753-6405.13045
8. Lee A, Ride K. Review of programs and services to improve Aboriginal and Torres Strait Islander nutrition and food security. *Australian Indigenous Health Bulletin*. 2018;18(4):24.

Appendixes

Appendix 1: Food and drink prices over time

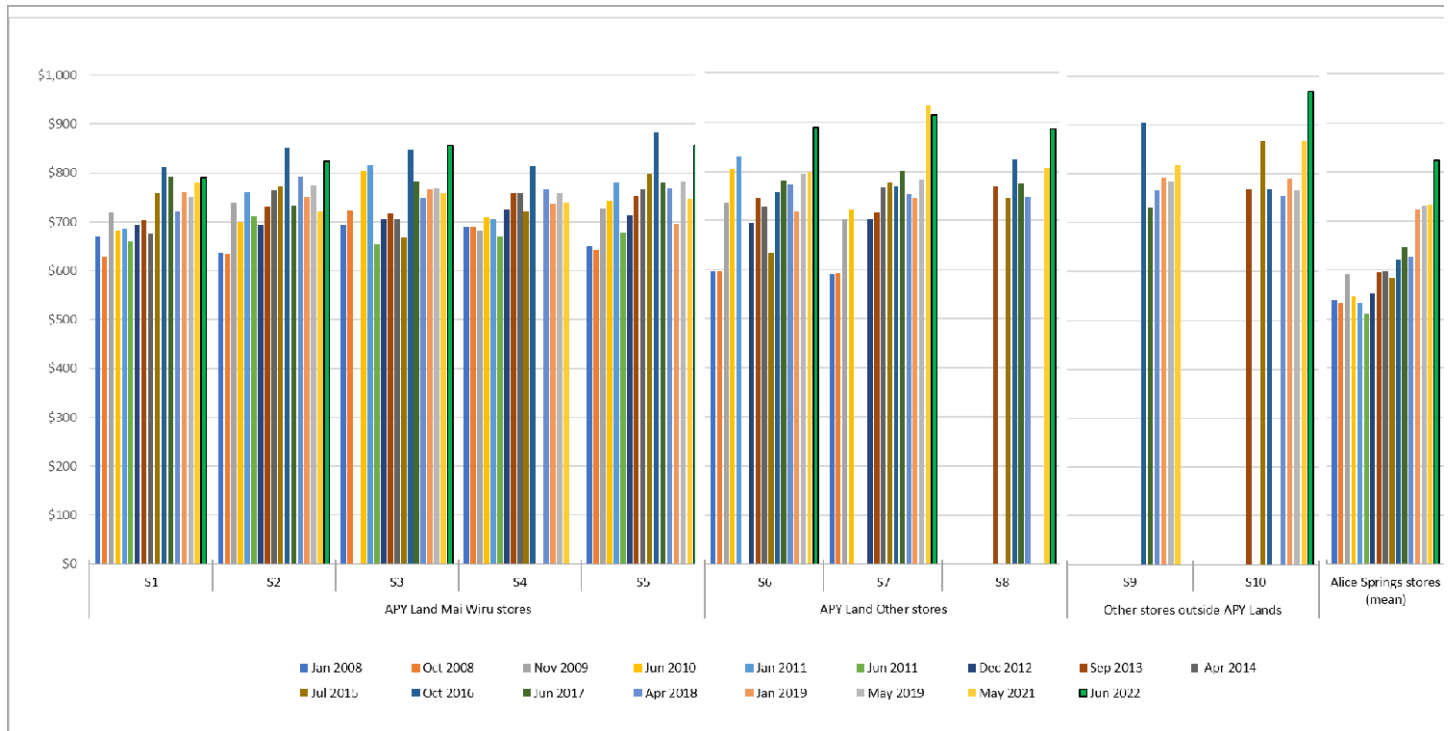
The cost of food and drinks in remote Aboriginal and Torres Strait Islander communities was monitored previously by pricing a single basket of ‘healthier’ food items and the FARA Food Affordability Calculator for Remote Communities. This tool was based on one of the Northern Territory Market Basket Survey data collection forms. However, the market basket contents are not consistent with current dietary guidelines (as they include items like sugar that are not recommended) and do not accurately reflect what most people are eating (according to the most recent national health survey). These are some of the reasons that the Healthy Diets ASAP protocol was developed and is now used nationally.

Prices were collected using the FARA tool to enable time-series comparison, to show the changing and variable costs of some food and drinks over a long period of time. Results over time for each store on the APY Lands and comparison stores including in Alice Springs are presented in Figure 3. Figure 4 shows the mean food and drink prices in all stores on the APY Lands, Mai Wiru stores on the APY Lands, other stores on the APY Lands, and in Alice Springs from 2008 to 2022.

In June 2022, S4 was closed and S9 was not surveyed.

The results confirm that food prices increase over time. The elevated prices recorded in some stores in October 2016 also illustrate the value of maintaining this time series.

Figure 3: Market basket price time-series data 2008-2022



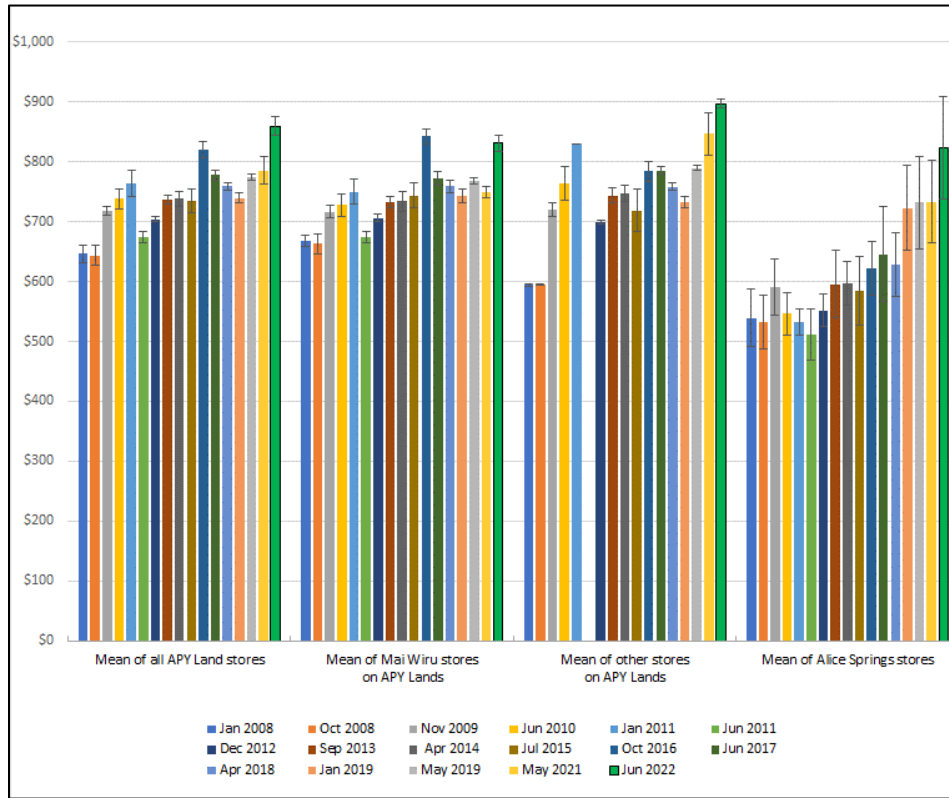


Figure 4: Market basket price time-series data means 2008-2022 (error bars show standard deviations)

Appendix 2: Diet costs

Table 3 shows the detailed diet costs in the APY Lands (means of Mai Wiru stores and means of other stores) and Alice Springs, for the reference household of two adults and two children, per fortnight.

Table 3: Diet costs in the APY Lands and in Alice Springs, for a reference household of two adults and two children, per fortnight, June 2022

	APY Lands – Mai Wiru stores				APY Lands – other stores				Alice Springs stores (mean)			
	Current diet		Recommended diet		Current diet		Recommended diet		Current diet		Recommended diet	
	Mean cost (\$) ± s.d.	Prop'n of total cost (%)	Mean cost (\$) ± s.d.	Prop'n of total cost (%)	Mean cost (\$) ± s.d.	Prop'n of total cost (%)	Mean cost (\$) ± s.d.	Prop'n of total cost (%)	Mean cost (\$) ± s.d.	Prop'n of total cost (%)	Mean cost (\$) ± s.d.	Prop'n of total cost (%)
Water, bottled	\$8.83 ± 0.00	1%	\$8.83 ± 0.00	1%	\$10.30 ± 2.08	1%	\$10.30 ± 2.08	1%	\$21.71 ± 2.28	2%	\$21.71 ± 2.28	2%
Fruit	\$64.93 ± 4.28	5%	\$88.81 ± 3.54	10%	\$84.05 ± 15.91	7%	\$157.52 ± 74.24	15%	\$65.42 ± 18.82	6%	\$122.07 ± 47.48	13%
Vegetables & legumes	\$57.53 ± 5.06	5%	\$192.51 ± 23.33	22%	\$58.84 ± 4.48	5%	\$214.09 ± 9.52	21%	\$55.57 ± 5.62	5%	\$188.13 ± 26.35	21%
Grain foods (cereals)	\$65.93 ± 2.42	5%	\$171.61 ± 6.91	20%	\$70.85 ± 0.72	6%	\$168.02 ± 2.49	17%	\$60.19 ± 7.56	6%	\$150.45 ± 20.04	17%
Lean meats, poultry, fish, eggs, nuts, seeds and alternatives	\$146.66 ± 7.74	12%	\$242.65 ± 7.43	28%	\$137.63 ± 2.26	12%	\$230.15 ± 3.36	23%	\$128.32 ± 4.04	13%	\$235.86 ± 7.04	27%
Milk, yoghurt, cheese and alternatives	\$69.58 ± 2.80	6%	\$153.60 ± 7.52	18%	\$75.91 ± 5.47	6%	\$221.04 ± 9.04	22%	\$57.74 ± 4.27	6%	\$165.88 ± 41.55	18%
Unsaturated oils & spreads	\$1.40 ± 0.00	<1%	\$12.69 ± 0.00	1%	\$1.77 ± 0.07	<1%	\$15.33 ± 0.56	2%	\$1.31 ± 0.21	<1%	\$13.02 ± 1.87	1%
Artificially sweetened beverages	\$11.89 ± 0.32	1%			\$9.03 ± 0.45	1%			\$8.92 ± 1.14	1%		
Sugar sweetened beverages	\$103.78 ± 6.12	9%			\$86.48 ± 14.12	7%			\$73.34 ± 9.37	7%		
Takeaway foods	\$251.15 ± 5.51	21%			\$241.11 ± 1.42	20%			\$185.63 ± 0.00	18%		
Alcoholic beverages	\$91.36 ± 0.00	8%			\$91.36 ± 0.00	8%			\$91.35 ± 3.97	9%		
All other discretionary choices	\$327.97 ± 22.17	27%			\$313.34 ± 12.40	27%			\$268.40 ± 49.22	26%		
Total diet	\$1,201.01 ± 31.85	100%	\$870.70 ± 25.62	100%	\$1,180.69 ± 36.22	100%	\$1,016.45 ± 72.49	100%	\$1,017.89 ± 104.30	100%	\$897.12 ± 141.94	100%
All healthy foods and drinks	\$426.75 ± 8.72	36%	\$870.70 ± 25.62	100%	\$448.39 ± 18.70	38%	\$1,016.45 ± 72.49	100%	\$399.18 ± 42.69	39%	\$897.12 ± 141.94	100%
All discretionary foods and drinks	\$774.26 ± 24.46	64%			\$732.31 ± 25.04	62%			\$618.71 ± 61.61	61%		

Appendix 3: Household income and diet affordability data

Household incomes were calculated based on the Aboriginal and Torres Strait Islander Healthy Diets ASAP (Australian Standardised Affordability and Pricing) protocol.⁵ Healthy diets are not affordable when they cost more than 30% of household income.⁴

Table 4: Detailed diet affordability in the APY Lands and in Alice Springs (for a reference household of two adults and two children), June 2022

Household income type	APY Lands				Alice Springs			
	Income per fortnight (\$)	Mai Wiru Stores		Other stores		Income per fortnight (\$)	Healthy diet affordability (% of income)	Current diet affordability (% of income)
Healthy diet affordability (% of income)		Current diet affordability (% of income)	Healthy diet affordability (% of income)	Current diet affordability (% of income)				
Median gross	\$2,571.40	34%	47%	40%	46%	\$3,834.74	23%	27%
Indicative low disposable	\$2,694.88	32%	45%	38%	44%	\$2,743.26	33%	37%
Welfare only	\$1,829.45	48%	66%	56%	65%	\$1,909.95	47%	53%

Appendix 4: Product availability, placement and promotion (detailed results of FIRST surveys)

This appendix presents details of the availability, placement (location in the store) and promotion of healthy and unhealthy food and drinks assessed in seven stores on the APY Lands in June 2022 using the Food Index for Remote Stores (FIRST) survey tool.

Table 5: Availability of healthy and unhealthy food and drinks in remote community stores, June 2022

	Stores on APY Lands						
	Mai Wiru stores				Other stores		
AVAILABILITY OF HEALTHY FOODS	S1	S2	S3	S5	S6	S7	S8
Weekly delivery of fresh, healthy food	100%	100%	100%	100%	100%	100%	100%
Number of types of vegetables (at least 15)	100%	100%	100%	100%	100%	100%	100%
Number of types of frozen/canned veg (at least 10)	100%	100%	100%	100%	100%	100%	100%
Number of types of fruit (at least 8)	100%	100%	100%	100%	100%	100%	38%
Number of types of full cream and reduced fat milk (fresh, UHT, dried)	67%	83%	83%	50%	83%	100%	67%
Number of types of full fat and reduced fat cheese and yoghurt	75%	100%	50%	100%	100%	75%	100%
Wholemeal/multigrain and "high fibre" white bread	100%	100%	75%	100%	100%	100%	100%
Number of types of wholegrain cereals e.g. Weetbix, rolled oats, quick oats, untoasted muesli, All Bran, Sultana Bran (at least 3)	100%	67%	100%	100%	100%	100%	100%
Number of types of lean red meat e.g. beef, veal, lamb, pork, kangaroo, mince (at least 5)	100%	100%	100%	100%	100%	100%	80%
At least one type of chicken, low fat tinned meat, lean (<10% fat) sausages, unsalted nuts; at least two types of tinned beans, tinned	100%	100%	100%	100%	100%	100%	100%
At least one type of monounsaturated or polyunsaturated oil and spread e.g. olive, canola, sunflower, safflower, peanut	100%	100%	100%	100%	100%	100%	100%
At least one type of iron enriched baby cereal 6m+, and at least 2 types each of meat and veg based baby foods 6m+, and 8m+; both	83%	8%	100%	83%	67%	58%	67%
S26 from birth baby formula and no other (not recommended) infant formula	50%	100%	0%	50%	50%	50%	50%
At least 50% of all drinks are low sugar drinks (e.g. diet soft drinks or water)	100%	100%	100%	59%	39%	100%	100%
Store has a bubbler and/or offers free chilled drinking water	100%	0%	100%	100%	0%	0%	0%
At least one healthy takeaway meal, healthy sandwich, and at least two healthy snack packs	100%	50%	50%	25%	50%	100%	50%
Use of combi oven to prepare healthy takeaway choices	100%	100%	100%	100%	0%	0%	100%
Does not use deep fryer	0%	0%	100%	0%	0%	100%	0%
LIMITED OR NO AVAILABILITY OF CERTAIN UNHEALTHY FOOD AND DRINKS	S1	S2	S3	S5	S6	S7	S8
No sugary drinks (full strength soft drink, sports drinks, energy drinks) over 600mL and no fruit juice more than 250mL	100%	0%	0%	0%	0%	50%	0%
No unrecommended products (coconut oil, vegetable oils/spreads containing palm oil or trans fats >1%)	100%	100%	0%	100%	0%	100%	0%
TOTAL SCORE FOR AVAILABILITY	89%	75%	78%	78%	64%	82%	68%

Colour coding (scoring of survey results)
Green = Good (100-86%)
Amber = Could be improved (85-70%)
Red = Poor (69-0%)

Table 6: Placement of healthy and unhealthy food and drinks in stores, June 2022

	Stores on APY Lands						
	Mai Wiru stores				Other stores		
PLACEMENT OF HEALTHY AND UNHEALTHY FOOD AND DRINKS IN STORES	S1	S2	S3	S5	S6	S7	S8
Fresh fruit and vegetables at front of store or in line of sight from front of store	100%	50%	0%	50%	0%	100%	0%
Healthy snacks foods at point of sale: fruit (fresh fruit, fresh fruit salad and dried fruit), cheese/fish and crackers, boiled eggs	0%	33%	33%	17%	0%	67%	33%
Water fridge at front of store	100%	100%	100%	100%	100%	0%	50%
Sugary drinks are at rear of store or in reduced access fridge	50%	50%	50%	0%	0%	100%	75%
No unhealthy choices at easy access point of sale, no lollies, chocolates, chips/crisps, nutella or other	75%	75%	88%	75%	25%	100%	100%
Healthy food predominately at eye level and predominately at ends of aisles, unhealthy choices out of reach of infants as children	67%	33%	67%	67%	33%	50%	17%
Total score for product placement	65%	57%	56%	51%	26%	69%	46%

Colour coding (scoring of survey results)
Green = Good (100-86%)
Amber = Could be improved (85-70%)
Red = Poor (69-0%)

Table 7: Promotion of healthy and unhealthy food and drinks in stores, June 2022

	Stores on APY Lands						
	Mai Wiru stores				Other stores		
PROMOTION OF HEALTHY AND UNHEALTHY FOOD AND DRINKS IN STORES	S1	S2	S3	S5	S6	S7	S8
Plain water \$1, fruit and vegetables at cost price or low margins, low margins on other core food groups	100%	100%	100%	100%	100%	100%	67%
Signage and posters promoting healthy products; signage and posters price promoting healthy food and water; warning signage and posters on unhealthy drinks, general nutrition posters present. (Signage and posters must be consistent with ADGs and Infant Feeding Guidelines)	20%	100%	80%	40%	60%	20%	0%
No price promotion/advertising of unhealthy choices (sugary drinks, confectionary, chocolate, crisps, fried takeaway food or fried chips)	100%	100%	100%	100%	50%	100%	50%
Does not display signage or posters inconsistent with nutrition evidence base (e.g. baby food posters promoting choking hazard, advertising unhealthy foods and drinks such as fruit roll ups, fad diet products)	100%	100%	100%	100%	100%	100%	100%
Support and promote different types of practical promotion of healthy choices (e.g. taste tests, cooking demonstration, provision of recipes etc) (at least 2 different activities within the last month)	0%	0%	0%	0%	0%	0%	0%
Displays shelf talkers promoting healthy products	100%	0%	0%	0%	0%	0%	0%
Total score for product promotion	70%	67%	63%	57%	52%	53%	36%

Colour coding (scoring of survey results)
Green = Good (100-86%)
Amber = Could be improved (85-70%)
Red = Poor (69-0%)

Appendix 5: Product availability, placement and promotion – total scores over time

This appendix presents the total scores for availability, placement (location in the store), promotion of healthy and unhealthy food and drinks, and proportion of non-sugary drinks displayed for sale, assessed in all available stores using the Food Index for Remote Stores (FIRST) survey tool in April 2018, January and May 2019, May 2021 and June 2022. In June 2022, S4 was closed and S9 was not surveyed.

Overall, scores for product availability, placement and promotion had increased from 2018 to 2019, coinciding with concerted effort in communities to improve food supply and encourage healthy choices. However, scores have declined since 2019 in most stores.

Table 8: Total scores for product availability in remote community stores 2018 to 2022

	Mai Wiru stores							Other stores on the APY Lands			
	S1	S2	S3	S4	S5	S9	Average	S6	S7	S8	Average
April 2018	80%	81%	71%	66%	76%	72%	74%	70%	75%	n/a	73%
January 2019	94%	89%	91%	80%	88%	90%	89%	90%	92%	n/a	91%
May 2019	98%	98%	88%	89%	85%	88%	91%	94%	86%	n/a	90%
May 2021	81%	82%	80%	84%	78%	87%	82%	62%	70%	59%	64%
June 2022	89%	75%	78%	n/a	78%	n/a	n/a	64%	82%	68%	71%

Table 9: Total scores for product placement in remote community stores 2018 to 2022

	Mai Wiru stores							Other stores on the APY Lands			
	S1	S2	S3	S4	S5	S9	Average	S6	S7	S8	Average
April 2018	42%	86%	81%	26%	68%	54%	59%	28%	100%	n/a	64%
January 2019	78%	76%	78%	72%	67%	77%	75%	46%	100%	n/a	73%
May 2019	92%	92%	75%	81%	92%	92%	87%	67%	86%	n/a	77%
May 2021	68%	92%	86%	86%	92%	81%	84%	28%	50%	33%	37%
June 2022	65%	57%	56%	n/a	51%	n/a	n/a	26%	69%	46%	47%

Table 10: Total scores for product promotion in remote community stores 2018 to 2022

	Mai Wiru stores							Other stores on the APY Lands			
	S1	S2	S3	S4	S5	S9	Average	S6	S7	S8	Average
April 2018	47%	60%	60%	57%	47%	47%	53%	37%	71%	n/a	54%
January 2019	78%	83%	67%	37%	58%	38%	51%	34%	63%	n/a	49%
May 2019	100%	100%	83%	67%	83%	80%	86%	73%	80%	n/a	77%
May 2021	73%	62%	63%	63%	60%	63%	64%	40%	28%	33%	34%
June 2022	70%	67%	63%	n/a	57%	n/a	n/a	52%	53%	11%	39%

Colour coding (scoring of survey results)
Green = Good (100-86%)
Amber = Could be improved (85-70%)
Red = Poor (69-0%)

Table 11: Non-sugary drinks as a proportion of all drinks displayed for sale in stores on the APY Lands 2018 to 2022

	Mai Wiru stores					Other stores on the APY Lands		
	S1	S2	S3	S4	S5	S6	S7	S8
April 2018	62%	67%	57%	58%	67%	18%	70%	23%
January 2019	52%	81%	73%	73%	51%	36%	100%	n/a
May 2019	78%	83%	74%	62%	57%	46%	78%	n/a
May 2021	60%	78%	31%	58%	56%	65%	83%	n/a
June 2022	56% ↓	90% ↑	50% ↑	n/a	29% ↓	19% ↓	100% ↑	56% ↑

Colour coding (scoring of survey results)
Green = Good (100-86%)
Amber = Could be improved (85-70%)
Red = Poor (69-0%)