The NEEDNT Food List was compiled using the National Heart Foundation and Diabetes New Zealand “Foods to Avoid”, “Stop Eating” and “Optional Foods” lists and the Canterbury District Health Board “Supermarket Shopping Guide”. Items were included if they contained alcohol, saturated fat, added sugar, were prepared using a high fat cooking method or contained a large amount of energy relative to their essential nutrient value. Forty nine foods/groups of foods were included on the final list. The NEEDNT Food List will be a useful tool for health professionals working with people wanting to lose weight.

A model is presented that illustrates the development of health literacy along a trajectory that includes the development of knowledge, health literacy skills and practices, health literacy actions, abilities in seeking options and informed and shared decision making opportunities. Motivations and barriers to developing and practising health literacy skills partly reflected participants’ characteristics but were also influenced by health professionals.

Guidelines evidence-based physical activity for the preschool years have recently been developed in several countries, but there are notable inconsistencies in the amount of physical activity regarded as sufficient for this age group. There is an urgent need for evidence-based studies to inform the development of community-targeted programs to ensure healthy levels of physical activity in young children. The article outlines the global recommendations for physical activity for children ≤ 5 years of age.

There is a need for interventions to reduce overweight and obesity during adolescence. Preventive measures should include a focus on facilitating physical activity and reducing sedentary behaviour, as well as promoting adequate sleep, particularly among young people from lower SEP neighbourhoods, who appear to be most susceptible.

This evaluation examines the febfast (alcohol-free month) event to understand who took part and why, and what impacts the event had on their alcohol awareness, health and subsequent drinking behaviours with the aim of increasing participation rates in the future.

Why is high-risk drinking more prevalent among men than women? Evidence from South Korea, W Chung, S J Lim and SM Lee, BMC Public Health 6 February 2012.
Gender-specific HRD tendency is the greatest contributor to gender differences in HRD. Therefore, to effectively reduce HRD, it will be necessary to understand gender differences in socioeconomic characteristics between men and women but also take notice of such differences in sociocultural settings.

There is recognition that the environment plays a role in food choices, and is appropriate for interventions. One of the potential interventions is food pricing strategies. A 25% discount on fruits and vegetables was effective in stimulating purchases of those products in a trial setting and did not lead to higher expenditures in unhealthier food categories.


Health literacy is a key determinant of health. Our objective was to apply the HLF to discourses about diet-related colon cancer prevention among English-as-a-Second-Language immigrant women. We explored whether these discussions could inform the development of culturally appropriate information and potentially increase health literacy. Interviews were conducted by 64 older immigrant women. Diet-related conversations were initiated by 43 (67%) participants. Four themes were identified: general information requests, specific nutrition inquiries, actions for healthy eating and community communication issues.

A journey into school health promotion: district implementation of the health promoting schools approach, Doug Gleddie, Health Promot. Int. Vol 27, No.1.

The health-promoting schools approach has gained momentum with many jurisdictions providing guidelines and frameworks for general implementation. Although agreement exists as to the broad strokes needed for effectiveness, less apparent are local implementation designs and models. This project was designed to explore one such local implementation strategy for a provincial health promoting schools program.

Developing capacity and achieving sustainable implementation in healthy ‘settings’: insights from NHS Health Scotland’s Health Promoting Health Service project, Sandy Whitelaw, This paper builds on previous work by reporting on activity in a series of sites within ‘NHS Health Scotland’s Health Promoting Health Service (HPHS) initiative. The objectives of the review were to: describe the achievements of HPHS sites, assess the degree of influence and embedding of the HPHS approach, review the support functions provided by ‘NHS HS’ and identify the challenges to implementation and sustainability. The paper suggests that there should be optimism in pursuing a relatively expansive vision of health improvement.

Healthy lifestyle programs for physical activity and nutrition, Australian Institute of Health and Welfare, 2 February 2012.

Over half (51%) of Indigenous people living in non-remote parts of Australia aged 15 and over do very little or no exercise, compared with 33% of non-Indigenous Australians.


Urban residents were more likely to walk for transportation daily compared to semi-urban and rural residents. Daily cycling for transportation was less prevalent among urban compared to semi-urban residents. Access to destinations appeared to be important for promoting both walking and cycling for transportation and recreation across all demographic subgroups.

Disclaimer: In selecting items for inclusion in this alert, the aim has been to reflect a breadth of views. The article selections do not reflect the views of the Department nor imply endorsement by the Department.