

## 4 Conclusion

This report has collated existing measures and data relevant for reporting against the Dietary Guidelines for Australian Adults. Although there is a large body of data relevant to food and nutrition monitoring available for Australia, there is a lack of both recent and ongoing data for key areas. In particular, data regarding dietary intakes have not been collected since 1995, and there are no recent data for biochemical measures, such as blood iron and folate status.

The international measures reviewed indicate that existing Australian measures for food and nutrition are generally consistent with those elsewhere. However, some additional indicators were highlighted, which could be considered for future data collection, e.g. more comprehensive assessment and monitoring of food security and biochemical factors. The regular collection of nutrition-related data in other countries also emphasised the age and non-ongoing status of much of the Australian data.

In light of ongoing nutrition concerns and gaps in existing data collection, this report highlights the need for the development of Australian indicators for food and nutrition monitoring. These would be an important part of a comprehensive framework for data collection and reporting, within an ongoing system of monitoring and surveillance. They would also provide a useful reference for future survey development by indicating potential survey components and providing a consistent standard for data collection. As such, these indicators would be useful in assessing changes in population nutrition and in the evaluation of nutrition-related interventions and policies.