



Digital Food Environments, Food Choice and Public Health

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Message from the Guest Editors

Dear Colleagues,

Chronic diseases, like cardiovascular disease, are the leading cause of diet-related deaths. Dietary risk factors for chronic disease include diets high in discretionary foods (i.e. high in added salt, saturated fat and sugar and low fibre – ‘junk foods’). To stem the rapid rise in chronic disease globally, we need to understand the societal and environmental influences on population food choices and dietary intake.

The way we purchase foods has changed. Now, with a click of a button we can order supermarket groceries, prepared meals or meal kits and take-away foods, among others. However, there has been limited research to understand the health and policy implications of the digitisation of the food environment. Current public health nutrition policies do not include strategies to address the challenges and opportunities it presents. This forms an innovative area for new research to navigate the potential negative public health impacts of the digital food environment on dietary choices and health outcomes and to ensure people have access to healthy and nutritious convenience food.





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