

# Alignment between the New Zealand Health Star Rating system and the Chilean Warning Label system

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## Background

- Unhealthy diet is the leading preventable risk for poor health in New Zealand
- Simple, front-of-pack labelling may help consumers to make healthier choices
- One alternative to current food labelling are the Chilean Warning Labels which state if a product is high in added sugar, saturated fats, sodium or energy

## Aim

- To determine the degree of alignment between the Health Star Rating (HSR) system and the Chilean Warning Label system.
- Phase 1 involved assessing how many New Zealand products would meet the criteria for a “high in sugar” warning label



**Figure 1:** The Health Star Rating star graphic.

## Method

- We assessed how many packaged foods and beverages sold in New Zealand supermarkets would meet the criteria for a “high in sugar” warning label
- 8195 products containing added sugar, syrup, honey, mono- or disaccharides were included in the analysis
- Of these, foods containing >10g/100g and beverages containing >5g/100ml of total sugars met the criteria for a “high in sugar” warning label

## Results

- 4734 (58%) of NZ packaged foods and beverages with added sugar, syrup, honey, mono- or disaccharides would receive a warning label for sugar
- This equals to approximately 34% of packaged foods and beverages sold in NZ supermarkets

## Upcoming work

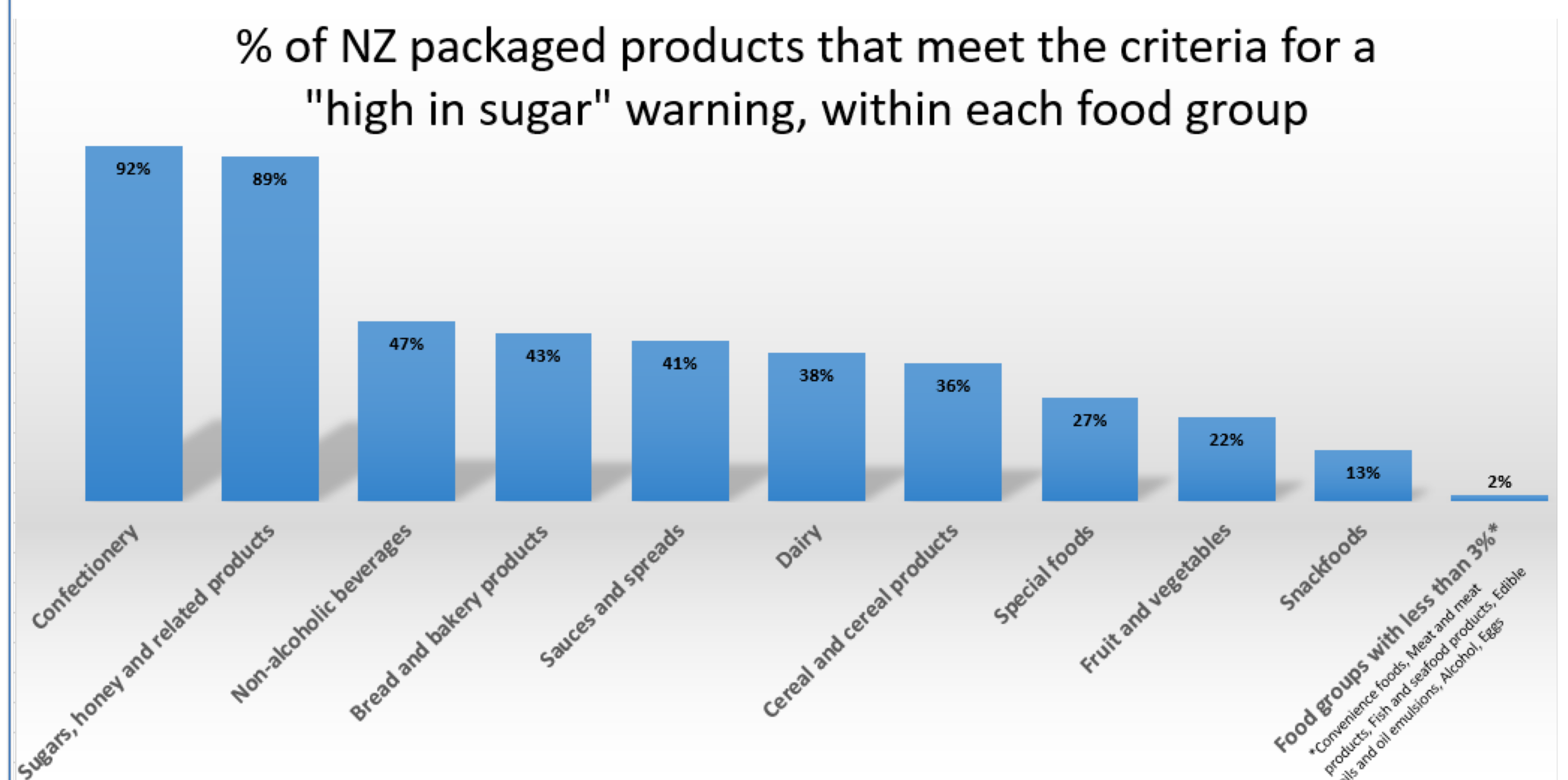
- We will conduct the same analysis for saturated fats, sodium and energy warnings
- We will analyse the alignment between the HSR system and the Chilean Warning Label system

## Future perspectives

- This work could inform potential improvements to food labelling in New Zealand

## Conclusion

- More than a third of New Zealand packaged foods and beverages could receive a “high in sugar” warning label



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