**Title:**
**Decoding and digitising evidence-based nutrition information for young people in Australia**

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**Background:**
Adolescence is a critical stage in the development of long-term dietary habits, yet 97-98% of adolescents fail to meet the fruit and vegetable recommendations. Existing nutrition guidelines are lengthy and technical, making them difficult for adolescents to interpret and apply. Adolescents increasingly engage with and seek health information from digital platforms.

This study aimed to translate and digitise key messages from a dietary guidelines document and create a framework to guide stakeholders in translating population-based guidelines into engaging digital content for adolescents.

**Methods:**
A qualitative document analysis of the 2013 Australian Dietary Guidelines Summary was conducted to extract key messages relevant to adolescents to create a nutrition database. Tone, language and format were assessed to guide the translation process and used to create digital content for adolescents. A framework was developed to outline the process for health professionals to translate nutrition information for adolescents.

**Results:**
The document analysis identified four key themes: *core components of a healthy diet*, *eating behaviours and patterns*, *health and wellbeing*, and *lifestyle*. Guideline messages were lengthy, technical, and framed in directive language, highlighting the need for adaptation. A nutrition message database was developed with simplified, positively framed statements informed by adolescent communication preferences and readability benchmarks. Selected messages were adapted into prototype digital content suitable for social media. A stepwise framework was created to illustrate a replicable process for translating and digitising nutrition guidelines for adolescents.

**Conclusion:**

This study bridges the disconnect between population-based guidance and the unique needs of adolescents by developing tailored digitised nutrition messages for adolescents and a framework for translating and digitising technical guidelines. This study provides adolescent health stakeholders with an innovative tool which ensures evidence-based nutrition is accessible to adolescents.

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