

## Social Media: What can Public Health Learn from the Corporate Sector

**Presented by**

Dr Becky Freeman, Sr Lecturer/NHMRC Early Career Research Fellow  
School of Public Health, Prevention Research Collaboration

Twitter @drbfreeman



## Maslow's Hierarchy of Needs



The Big Read Donald Trump + Add to myFT

# Donald Trump: Without Twitter, I would not be here – FT interview

Governing is harder than he thought, but the US president is defiant about his style and agenda

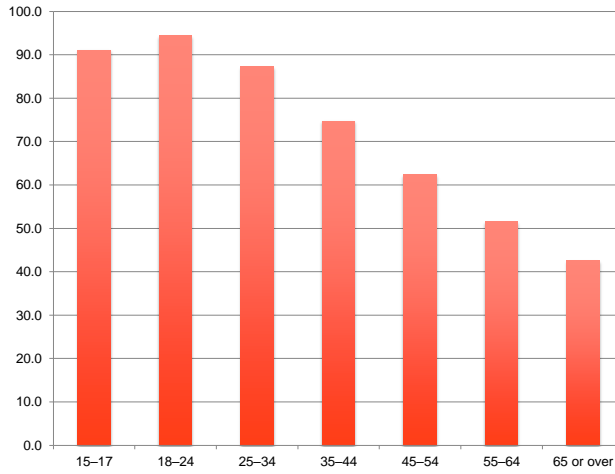
November 02, 2016 | By Do

## Fired Over Facebook: 13 Posts That Got People CANNED

Huffington Post | Catharine Smith and Craig Kanaley First Posted: 07-26-10 10:40 AM | Updated: 09-25-10 05:12 AM

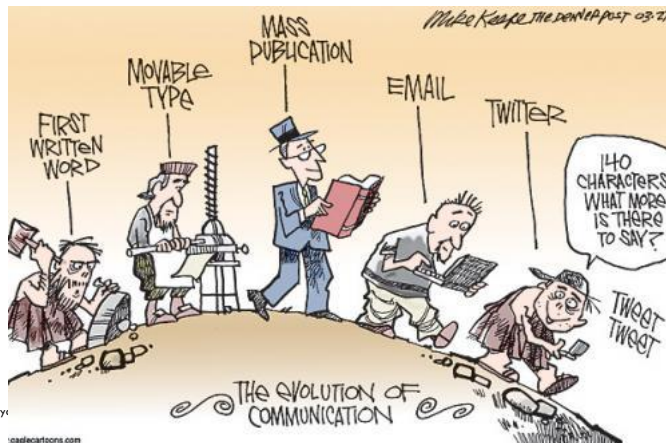


## Social networking



Source: ABS Household Use of Information Technology, Australia, 2014-15

Planning: Consider the role of social marketing channels as part of your broader campaign preparation



Use of social media tools: Use simple and familiar tools to encourage participation and collect data

Community: Build online communities by tapping into existing networks

Content: Develop engaging content with a clear call to action

**NOISE TO SIGNAL**  
Rob Cottingham · socialsignal.com/n2s



Okay, so there's no way this video's going viral.  
Do you think the client would settle for going fungal?



## Promotion: Actively drive traffic through continuous promotion

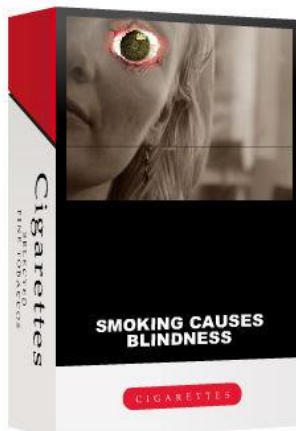
- Dual-screening is now considered normal among online Australians – three in four (74%) now multi-task with two sets of content.
- **A new movement, however, in the form of triple-screening, has begun to infiltrate consumers' media behaviour, with more than a quarter (26%) now participating in triple-screening**



Source: <http://www.nielsen.com/au/en/insights/news/2014/triple-screening-a-new-phenomenon.html>

Cost: Social media can be low cost but time and human resource intensive

**Crucial Lesson: Remember why people use social media**



RESEARCH AND PRACTICE

# Digital Junk: Food and Beverage Marketing on Facebook

Becky Freeman, PhD, Bridget Kelly, PhD, Louise Baur, PhD, Kathy Chapman, MNutrDiet, Simon Chapman, PhD, Tim Gill, PhD, and Lesley King, MPsych

Obesity is a common, serious, and costly health issue.<sup>1</sup> In the United States alone, the medical costs of obesity are estimated to be \$147 billion.<sup>2</sup> Although the prevalence of overweight and obesity among children and adolescents in countries such as the United States and Australia appears to have plateaued in recent years, rates remain high.<sup>3</sup> Obesity rates generally increase with age among adults<sup>4</sup>; however, of urgent concern is the growing prevalence of overweight and obesity among young Australian adults, particularly women. Research has suggested that later generations have higher rates of excess body weight than generations before them. Current obesity-promoting environments likely mean people are now put at greater risk for weight gain in young adulthood.<sup>4</sup>

One of the powerful environmental factors

**Objectives.** We assessed the amount, reach, and nature of energy-dense, nutrient-poor (EDNP) food and beverage marketing on Facebook.

**Methods.** We conducted a content analysis of the marketing techniques used by the 27 most popular food and beverage brand Facebook pages in Australia. We coded content across 19 marketing categories; data were collected from the day each page launched (mean = 3.65 years of activity per page).

**Results.** We analyzed 13 international pages and 14 Australian-based brand pages; 4 brands (Subway, Coca-Cola, Sturpee, Maltesers) had both national and international pages. Pages widely used marketing features unique to social media that increase consumer interaction and engagement. Common techniques were competitions based on user-generated content, interactive games, and apps. Four pages included apps that allowed followers to place an order directly through Facebook. Adolescent and young adult Facebook users appeared most receptive to engaging with this content.

**Conclusions.** By using the interactive and social aspects of Facebook to market products, EDNP food brands capitalize on users' social networks and magnify the reach and personal relevance of their marketing messages. (*Am J Public Health*. Published online ahead of print October 16, 2014; e1–e9. doi:10.2105/AJPH.2014.302167)





## Feelings, not facts

The University of Sydney

Page 17

## Imagery



The University of Sydney

Page 18

## Giving back to members

Skittles  
25 November

Warning: Skittles objects in my BFF's hands are exactly as awesometastic as they appear.

Hey! If you post a photo to this page, you might become The Rainbow's BFF and your photo may be shown off to the world. Awesoms, right?

Like · Comment · Share 32 Shares

1,283 people like this.  
View 38 more comments

Mahi Tarha Hello g ap kon ho  
Like · Reply · 3 December at 00:28

Write a comment...

The University of Sydney

Page 19

## Be useful

Domino's Pizza  
2 December

From now until 12/7, get half off menu-priced pizzas when you order online. Pay half, get the whole thing. Isn't life grand? #CyberMonday

Like · Comment · Share 539 Shares

The University of Sydney

Page 20



**Coca-Cola** changed their cover photo.  
14 December 2013 · Edited

His words, remembered. #rememberingmandela  
[www.rememberingmandela.com](http://www.rememberingmandela.com) — with Levy Rebouças and 33 others.



"The purpose of freedom is to create it for others."  
Nelson Mandela  
- Prison Desk Calendar, written on Robben Island  
June 2, 1979

[www.rememberingmandela.com](http://www.rememberingmandela.com)

Like · Comment · Share

8,182 854 530 Shares

