



community food and health

(scotland)

Summary overview of Scottish Food and Health Policy in particular 0-5's, families and communities

The implementation of a range of food and health policies in Scotland has led to effective community-led practice and approaches to tackle health inequalities through food in low income communities.

- Health improvement and tackling health inequalities through food are major themes in current Scottish policy.
- Local communities have a long tradition of driving work that tackles health inequalities especially aimed at young children, parents and families and what happens in schools and nurseries.
- Community Food and Health (Scotland) or CFHS and other intermediary bodies are in contact with hundreds of these on a regular basis some of whom are represented here to day.

The following is a brief overview of some of those policies and related practice to today's theme. Time only allows a brief mention but there will be plenty of opportunity throughout the day to network and find out more.

Scottish Diet Action Plan (SDAP) (1996)

<http://www.scotland.gov.uk/library/documents/diet-00.htm>

- Published by Scottish Office in 1996 –an ambitious plan to focus and prioritise strategies for health improvement in Scotland.
- Agreement on a framework of action towards achieving dietary targets.
- Recognised low income communities have most difficulty in accessing health and nutrition improvements due to poor life circumstances.
- Achieving dietary targets for this group would mean addressing four barriers: Affordability, Availability, Culture and Skills.
- Community led action already taking place and created Scottish Community Diet Project (as CFHS was formerly known) to 'promote and focus' these initiatives and bring them into a strategic framework.

The Food Standards Agency Scotland (FSAS) was launched in 2000 and works closely with the Scottish Executive Health Department to develop nutritional policy. FSAS have a range of nutrition resources available for all life stages.

Scottish Ministers appointed a Food and Health Co-ordinator (Gillian Kynoch) in 2000 to take forward the recommendations of the SDAP with the support of Scottish Executive, NHS Health Scotland and FSA Scotland and other partner organisations, stakeholders and the food industry. Post now vacant and unsure if it will be retained in new administration.

Improving Health in Scotland - The Challenge (2003)

<http://www.scotland.gov.uk/Publications/2003/03/16747/19929>

- Published by Scottish Executive (SE) in 2003- a 'framework to support the processes required to deliver a more rapid rate of health improvement in Scotland'.
- Recognised work being undertaken by communities.
- Four main 'pillars' of health improvement activity including early years and communities with 'healthy eating' one of seven special focus programmes.
- SDAP key action.

Eating for Health: Meeting the Challenge (2004)

<http://www.scotland.gov.uk/Publications/2004/07/19624/39995>

- Published by SE in 2004 – a framework for action to guide local and national food and health plans to add to implementation of SDAP.
- Food and Health Council / Food and Health Alliance set up to support and guide implementation of national food and health policy in Scotland.
- Recognised current work being undertaken and included some examples of action:

Promoting consumption of Healthy Diet and Food Choices

-Breastfeeding and infant feeding practice

-'Adventures in Foodland' resource developed by NHS Health Scotland and partners to support carers of children to encourage the children's taste for healthy eating with guidance on oral health and physical activities. Used widely.

Can be purchased from NHS Health Scotland

-Hungry For Success - major investment from SE over three years to revitalise school meals www.scotland.gov.uk/library5/education/hfs-00.asp

Increase Access to Healthier Food Choices

CFHS mentioned along with our over-riding aim to improve Scotland's food and health by supporting work with and within low-income communities.

Addressing Barriers

Community – led approaches highlighted. (Mentions Edinburgh Community Food Initiative some of whom are here to day. www.ecfi.org.uk)

Community – led Supporting and Developing Building Healthy Communities Task Group (Task Group)

<http://www.nhshs.net/settings/community-voluntary-publications.aspx>

-Following the 'Eating for Health' document, the Health and Communities Ministers assigned a range of stakeholders to investigate and report back with a series of recommendations to take forward and strengthen community – led activities across Scotland.

-12 recommendations proposed and endorsed by both ministers in December 2006 highlighting the crucial contribution of communities and aimed at those involved in delivering outcomes.

-Implementation Group meeting throughout 2007 to take forward recommendations and allocate responsibilities to key agencies.

SDAP REVIEW: Progress and Impacts 1996-2005

<http://www.healthscotland.com/understanding/evaluation/policy-reviews/review-diet-action.aspx>

Some examples of considerable progress include

- Delivery of dietary information to expectant mothers – A Framework for Maternity Services to 'Ready, Steady Bab' resources website and publication <http://www.hebs.scot.nhs.uk/readysteadybaby/> . Health Scotland concluded from research that resources widely used.
- Support for and increased rates of breastfeeding in Scotland – National Breastfeeding Advisor was appointed, NHS Boards Breastfeeding Strategy Groups in place with co-operation between both clinical and community organisations. Strong support and guidance from SE and Health Scotland. 2005 UK wide infant feeding strategy reported that 70% of mothers in Scotland now initiate breastfeeding compared to 63% in 2000. Work still being progressed on improving the length of time mothers breast feed for. Breastfeeding (Scotland) Bill 2005 made it an offence in Scotland to prevent any person from feeding milk to a child under two years of age. www.show.scot.nhs.uk/breastfeed
www.healthscotland.com/uploads/documents/BEG%20section%201.pdf
- Free fruit to P1 and P2 pupils.
- Nutritional Guidance for Early Years for providers of childcare for children 1-5 who provide food/snacks and drinks.
<http://www.scotland.gov.uk/Publications/2006/01/18153659/0>
- Health Promoting Schools with additional initiatives in low income areas.
- Healthyliving brand signposting to healthy choices for consumers i.e. Healthyliving Award and Scottish Grocers Federation Healthyliving Programme www.healthyliving.gov.uk .
- Success of CFHS in supporting community food initiatives in low income areas. Experience, skills, understanding and knowledge within Scotland's communities vital in their contribution to developing and delivering policy and practice at all levels. CFHS well placed to produce guidelines for good practice through a range of publications. Breakfast Club Toolkit an example from some years ago. Constant engagement ensures consistent sharing and learning through a range of activities including annual conference. Small Grant Scheme continues to be effective in assisting

successful applicants tackle one or more barriers to a healthy diet contributing to local and national priorities.
www.communityfoodandhealth.org.uk

CFHS recently held a roundtable discussion on a similar theme as today looking at what work is being done, how it works and why? Report available soon on our website. Examples include: (some representatives from these organisation here today)

-Dundee Healthy Living Initiative training volunteers to facilitate physical activities alongside healthy eating messages. Will hear from them this afternoon alongside a presentation on the 'Eat Well to Play Well' programme developed in partnership with Have a Heart Paisley and NHS Glasgow and Clyde. <http://www.dundeehealth.co.uk/main.htm>

-Fife Community Health Project based in Kirkcaldy is basing its work around 'Hungry for Success' and applying it in the community. Working with young mums.

-Healthy Valleys Healthy Weaning Initiative encouraging parents of young babies to give them the best start in life. Volunteers trained and are the main facilitators of this work. Working with NHS Lanarkshire on this approach <http://www.healthyvalleys.org.uk/> .

- Greengables Nursery Craigmillar: 'Cooking For Tots' four themed workshops aimed at nursery children and their parents part funded by SureStart.

<http://www.healthyliving.gov.uk/casestudies/index.cfm?contentid=1507> .

This overview hopefully shows in brief some of the policy and practice in particular relating to 0-5 and communities in Scotland. These approaches and processes are integral to what is happening in Scotland today. They also highlight that continued success can be achieved by joined up approaches to health improvement and health inequalities.

