



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Let's Celebrate!

This year's Healthy Scotland Convention (see page 2) was a celebration of achievement and change, with many of the examples raised on the day coming from work on food in the community and voluntary sectors. SCDP's annual networking event, 'On Track', was also a day of celebration and learning (see page 3).

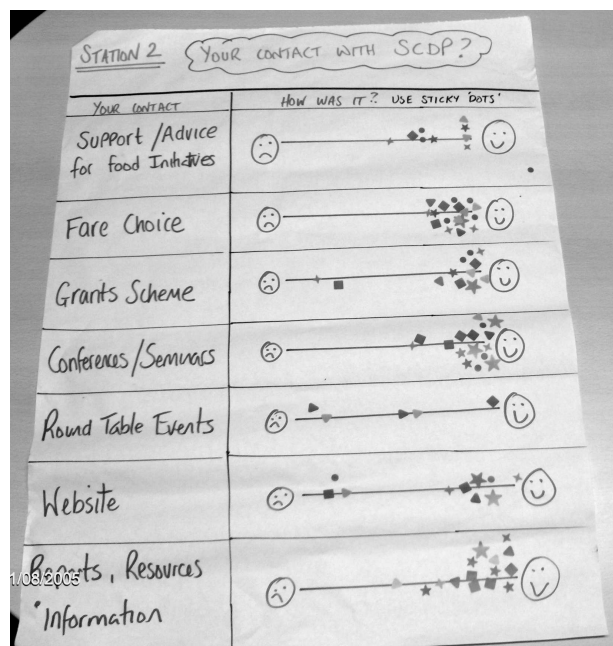


Reflecting on and appreciating what has been achieved in Cambuslang over the past ten years was the theme of a recent publication and seven years of work in Faifley the subject of another (both page 10)

As well as celebrating activity and achievements, Leith's Khush Dil project also shows you can turn celebrations into a community food activity (see page 7).

During this festive period no doubt many of Scotland's communities will be reflecting on and celebrating what they have achieved, as well as planning future achievements.

Thank you to everyone who responded to the users survey in the last edition of Fare Choice. If you did not respond and would like to, we are more than happy to receive forms up to the New Year. If you have lost your questionnaire, you can download one from the project website www.dietproject.org.uk. The information you have supplied is very useful in determining how we operate in the future, as was the information supplied by all those who attended our annual networking event (see page 3).



Using PA methods to evaluate the work of SCDP in a workshop at On Track

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Holyrood www.scotland.gov.uk

"I believe there is a collective mood to tackle the big problems around health improvement and health inequality." Andy Kerr, Health Minister.

"We need to think less about problems and more about assets." Erio Ziglio, World Health Organisation. The **4th Healthy Scotland Convention** was undoubtedly the most participative and positive yet. Successes were not only celebrated, but also analysed. The 300 participants enthusiastically fed in their experience from all levels, all sectors and all parts of the country. The Health Minister also used the event to announce up to £25m over three years for 'Prevention 2010', a pilot programme to strengthen primary health care and reduce health inequalities and also a primary-care led obesity management programme, 'Counterweight'. See www.scotland.gov.uk/News/Releases/2005/11/21103907 for more information

A **review of the Scottish Diet Action Plan** has been taking place by an invited panel led by Tim Lang, well known to many Fare Choice readers. Organised by Health Scotland, with support from the Food Standards Agency Scotland, more information on how the review is being conducted and details of when its findings will become available are available on www.hebs.com/research/news/SDAPreview/PolicyReviewproposalforweb080905.pdf

Tim Lang also attended the latest meeting (3rd) of Scotland's **Food and Health Council**, held in Glasgow the day after the Healthy Scotland Convention. Information on the Council, its membership, remit and discussions are available on www.scotland.gov.uk/Topics/Health/health/19133/17905.

Monitoring the Implementation of Hungry for Success: A Whole School Approach to School Meals in Scotland. HM Inspectorate of Education began monitoring the implementation of the recommendations of Hungry for Success in September 2004. By the end of June 2005, 33 primary schools and six special schools in 27 different local authority areas had been inspected. A report of the findings is now available from

www.hmie.gov.uk/publication.asp or tel 01506 600200.

A summary report of the key findings of the **2003 Scottish Health Survey** is now available to download from www.scotland.gov.uk/Topics/Statistics/17861/10352 or order from Blackwell's Bookshop 0131 622 8283.

Westminster www.ukonline.gov.uk

"We have made it clear that we would prefer a partnership approach, but we have also made it clear that, because of the importance of the issues raised, if we do not see improvements in standards we will consider whether further measures are needed, for example through legislation." The Minister of State, Department of Health, Ms Rosie Winterton speaking during the **second reading of the Childrens Food Bill**. The Children's Food Bill, which seeks to protect children from junk food advertising and promotions, had its second reading in the House of Commons at the end of October. The debate, which can be read on www.publications.parliament.uk/pa/cm200506/cmhansrd/cm051028/debtext/51028-21.htm was adjourned to be resumed next June.

The Regulations to implement **Phase One of Healthy Start in Devon and Cornwall** have now been approved by the UK Parliament and this commenced on 28 November 2005. Visit www.healthystart.nhs.uk for further information.

Brussels www.europa.eu.int

The European Commission has launched an **online database**, linked to the Platform on Diet, Physical Activity and Health, which details the actions of members in trying to tackle obesity and promote physical activity in the EU. More information is available on http://europa.eu.int/comm/health/ph_determinants/life_style/nutrition/platform/database

The reasons consumers decide whether or not to buy organic food is going to be the focus of a major study. The EU-funded CONDOR research project has brought together a multidisciplinary team across eight member states to examine **consumer choice in regard to organic foods**. More information available on www.condor-organic.org

Fare Choice

Twelve people from various food and health projects throughout Scotland attended this year's 'Exploring, Identifying and Tackling Community Food Issues' by **Participatory Appraisal (PA) residential course**. This was an intensive course based at Newbattle Abbey College in Midlothian. Included in the training was a day and a half for the group to put theory into practice and to engage with local people in either Wallyford or Tranent using PA techniques. In Wallyford one group heard views from over 200 local people on what kind of shops and services they felt they needed in the area and in Tranent the second group engaged with over 200 high school children and found out what they ate during the school day and their views on this. East Lothian Council will use the information that was shared by participants from both areas to assist with their planning processes. Thanks to all those who took part or helped arrange practical placements. For more information on the SCDP residential course and what it involves, see our report from the first course run in 2003 www.dietproject.org.uk/reports/PA2003.pdf

A station hotel in Glasgow was the venue for '**On Track**', **SCDP's annual networking event** in early November. With no speakers, the workshop-based event seems to have proven a popular format with the 150 participants, who enthusiastically shared experiences, information and concerns. A choice of fourteen morning workshops were available, covering everything from working with young people on Orkney to working with asylum seekers in Glasgow. The afternoon was given over to other agencies wanting to engage with the very useful cross-section of the country's practitioners who had gathered for the event. The project was particularly delighted to have participants from England, Wales and Northern Ireland. SCDP would like to thank everyone who took part and particularly all the 'volunteer' workshop presenters and scribes. A conference report, accompanied by a questionnaire looking at how people have applied the information/contacts acquired at the event, should be out in the New Year. The report from last year's networking event, '**In Touch**', is now available. Contact Alice for a copy.

"Good things come to those who wait" was the appropriate welcome given to the long awaited **Elementary Course in Food and Health** when

it was formally launched at the annual conference of the Royal Environmental Institute of Scotland (REHIS) held in Perth a few weeks ago. Developed by REHIS along with the Scottish Executive, Scottish Healthy Choices Award Scheme, NHS Health Scotland, Food Standards Agency Scotland and SCDP, the six-hour course provides participants with up-to-date information that extends their knowledge and understanding of the relationship between food, health and wellbeing. The course is expected to appeal to a wide range of people, including those working paid or unpaid within community food initiatives and even the general public. More details of a planned promotion of the course within low income communities will be available in the next edition of Fare Choice. If you are interested in doing the course, ask your community learning team or local college whether they are intending delivering the course or know of someone else who is. If you are interested in delivering the course contact REHIS at 3 Manor Place, Edinburgh EH3 7DH 0131 225 5444. Anyone wanting to see the course content can get a copy from Alice.

As indicated in the last edition of Fare Choice, the Scottish Healthy Choices Award Scheme has come to an end. At the request of the Scottish Executive the Scottish Consumer Council have established a short-term working group to take forward the development of a **new Scottish Catering Award**. The group, known as the Healthyliving Catering Award Working Group (HCAWG), is chaired by John Dyson of the British Hospitality Association with a secretariat provided by the Scottish Consumer Council. The working group will contribute to the development of a new national catering award in Scotland. They have met twice in the last two months and plan to meet once again before the end of the year to advise and assist in the following areas: development of award criteria; establishing assessment and award procedures; development of a promotion/marketing and communications strategy; and establishing an appropriate steering structure of the new award. They will be overseeing pilots early in the new year. Further information on the work of the HCAWG will be forthcoming as it becomes available.

Scoff



An insight into the world of research provided by members of the Scottish Colloquium on Feeding and Food

Ageing in the context of commercial dieting groups

Even though obesity is becoming increasingly commonplace, the social costs of fatness – in terms of income, marriage, education and employment – are considerable. Numerous studies have documented the widespread discrimination against overweight people of both sexes, but obese females pay a particularly high social and personal price. Thus, it is not surprising that many women try to lose weight through restrictive dieting, often in commercial slimming groups. Because relatively little is known about women's subjective experiences of organised slimming, this project documented those experiences and their meaning for female dieters.

Designing the research (badly): This study draws from participant-observation of a commercial slimming group and in-depth interviews with 15 female members aged 55 and older. Intending to examine class-based differences in women's dieting practices and assuming that members choose meetings held near their home, I selected one research site in a modest, city centre area and another in an upmarket suburb. I began attending the city centre group and soon learned that many members had chosen the meeting simply because it was held close to a large shopping district. This factor complicated the socio-demographic composition of the group, such that participants could not be categorised as any single class. Nonetheless, by the time I recognised my error, I had become interested in older members' friendly and familiar interactions with one another and enthusiastic engagement with the leader. What intrigued me most was these women's apparent enjoyment of an activity that many critics have interpreted as oppressive and personally destructive. I wanted to understand this seeming contradiction and so continued the research with a focus on the experiences of older female dieters.

Research ethics: Because weight is a sensitive topic for many people – including myself – ethical concerns figured heavily in project planning. Having struggled with weight for most of my life, I entered the research with an awareness of the vulnerability, shame

and guilt that frequently surround women's eating and dieting. Thus, while I believed that my own experiences equipped me with some sensitivity to the emotional needs of my participants, I also recognised that my status as a middle-class academic placed me in a privileged position. Such considerations led me to employ a combination of participatory and interview methods. Although other members were aware of my multiple motivations for attending (with the permission of the leader and her supervisor; I informed them of my research interests and requested their participation), I still hoped that by following the diet, paying the weekly fees and being weighed alongside everyone else – i.e., by becoming a 'real' member myself – I could alleviate the discomfort that my presence might have otherwise caused.

Unexpected findings: This research suggested that discourses of ageing shaped older women's understandings of body/weight management. In keeping with broader notions that ageing women should not be preoccupied with physical attractiveness, my respondents attributed their dieting primarily to health concerns. Moreover, those who acknowledged a desire to improve their looks often did so while asserting that appearance standards for ageing women were less demanding than those for younger ones. Discourses about the physical challenges of older age also informed the leader's advice to the group. Such discourses not only reinforced the idea that ageing females have a distinct set of body-related experiences and expectations, but also provided older respondents with a convincing, age-specific vocabulary for understanding and explaining dieting setbacks. As a result, the women were often able to avoid the feelings of blame that might have otherwise been associated with their (sometimes unsuccessful) weight loss efforts. Finally, defined as a specific subgroup of dieters, the older participants benefited from new opportunities for social interaction with women of comparable ages. These interactions contributed to feelings of support and encouragement among the members and alleviated the anxieties often associated with dieting.

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For more information about SCOFF, please contact the convenor, Wendy Wills w.j.wills@herts.ac.uk Tel: 01707 286165

Project News

"The development of the food project has been a long and occasionally difficult process. At each stage the Health Promotion Department has played a key role. Throughout the development of the Food Co-op, the Community Café, to the present day Café Knowes and the variety of valuable services that it provides, there are clear examples of innovation and good practice." A useful study has been undertaken on the development of **community food activity in Faifley**, near Clydebank. The study particularly focuses on the role of Greater Glasgow's Health Promotion Department in strengthening the work. The project began in 1999 as Community Action on Food (CAF) and has gone through a number of changes to arrive at its present format as Café Knowes. Copies of the 30-page report are available from Ailsa King, tel 0141 204 4784 or 0141 435 7501.

The Community Retailing Network took advantage of SCDP's annual networking event (see page 3) to formally launch their organisation. Made up of co-operatively run stores in some of the countries remotest communities (eg. Eday, population 120, 75 minute ferry journey from Kirkwall), the network of eight shops, with a combined annual turnover of around £3 million, now have their own Development Officer, Bob Litster. Based near Inverness, Bob can be contacted on bob@litster.fslife.co.uk.

A **food access event** took place in October in **Broxburn**, West Lothian. About 60 participants attended the event from a range of backgrounds including teachers, food producers and volunteers. Using a technique called participatory appraisal (PA), which enables everyone to have their say on what the issues are and devise ways to tackle them, the participants split into five groups and carried out a series of exercises asking, "What does food access mean to you?" and "How easy is it to access healthy food in West Lothian?" Finally they were asked to come up with action points, which were prioritised into three main areas concerning growing, education and transport. As a result of this event, a network has been established and a meeting planned to discuss how best to take these actions forward. A report is being written and will be available from the contact

below. During the event, this year's presentation to students who completed the **Nutrition Skills course** took place. The 20 week course is designed to train local people to become tutors to facilitate healthy cooking classes and taster sessions. Kay Johnson is keen to talk to others involved in training or working with community food workers who would like to share information. You can contact Kay on 01506 771793 or email Kay.johnson@wlt.scot.nhs.uk

"Every week members come along to the fruit barras, not just to purchase fruit and vegetables but also for a chat, to meet others or to taste something new. These members also buy for friends, family and neighbours. Each child in the nursery who eats a kiwi fruit for the first time, draws a banana or makes a melon boat as part of the Pam Pam fruit game goes home to their family each day. Most days they bring home the story of what they did today, other times they might have a recipe or a booklet." **It's Much More Than Bananas** was the conclusion reached when Cambuslang and Rutherglen Community Health Initiative reflected on their achievements over the past decade. The very useful 27 page report traces the development of local fruit barras and a whole range of other initiatives. It was formally launched at a South Lanarkshire conference (see page 11) but was given its 'home' launch in Cambuslang a few weeks later at an event also attended by a coach load of community activists from Northern Ireland keen to learn from the Cambuslang experience. SCDP have been supplied with copies of '.. More than Just Bananas', contact Alice if you would like one.

FSA Wales has recently launched its new **Get Cooking!** materials online. Get Cooking! aims to bring healthier eating messages and essential cookery skills to young people aged between 14-25. The guide includes help on planning a six-week course as well as quizzes and recipe cards. www.food.gov.uk/wales/nutwales/getcooking

A new website has been developed by the **British Nutrition Foundation**. *Food – a fact of life* provides primary school teachers and children with up-to-date information on healthy eating through interactive learning activities and downloadable resources such as information and activities sheets. www.foodafactoflife.org.uk

Take Stock

Khush Dil

Khush Dil (Happy Heart) was set up in May 2002 by North East Edinburgh Local Health Care Co-operative (LHCC) to provide a culturally sensitive outreach service of **Coronary Health Disease (CHD) screening accompanied by dietetic clinics and 'lifestyle' activities for South Asian People** living in the Leith area of Edinburgh. Part of this process included consultation with local South Asian communities and this process fed into the funding proposal. An action research project funded separately from Khush Dil during the first year ensured that the key aims were being achieved.

The aim of Khush Dil was to improve primary care CHD prevention practice in a population identified as at high risk and adhere to key principles for addressing minority ethnic health as outlined in 'Fair for All' [Scottish Executive 2000]. Research evidence suggests that South Asian minority groups need to be targeted for intense public health interventions, education and other preventative measures to reduce the incidence of heart disease and diabetes.

After a successful launch in June 2002 the team followed a comprehensive work plan that steered Khush Dil into a successful minority ethnic health provision. Within the first year the project extended to include all South Asians living within Edinburgh and many working partnerships were developed, with the South Asian voluntary sector as key players. Over a two-year span an exemplary framework for prevention practice emerged that is strongly rooted in a community-outreach model of care.

Primary to the Khush Dil vision are two key service elements: 1: Health Visitor/Nurse-led, community-based, screening and dietetic clinics to identify

CHD risk factors and provide culturally appropriate information and support. 2: Practical activities to help lifestyle change and reduce CHD risk. This includes cookery workshops, exercise classes and CHD/diabetes awareness sessions. Follow-up screening to review progress and monitor health outcomes is planned on a 3- 6 month time-scale.

The clinics go to where people are - so clinics have been held at the Sikh Temple, South Asian voluntary organisations, businesses, family homes and a GP surgery. People attending are offered a 30-minute appointment where information is collected on family history, personal medical history and lifestyle. A second visit is offered 1-2 weeks later to discuss health profile and to set target goals. Participants are provided with a print-out of their own profile produced using CALM heart, a custom

designed coronary risk assessment software package. Participants are also offered information on the activity programme.



The Khush Dil activity programme offers a range of activities including: nutrition/cookery workshops, City Slimmers (Edinburgh

Leisure Initiative), basic life support, stress management, walking programme (Paths to Health) men's or women's exercise classes and Jogscotland (national graded walk/jog programme).

The nutrition workshops are mainly run with established South Asian women's groups and between 2-8 sessions are offered per group. All nutrition workshops consist of hands-on work that focuses on producing healthier versions of South Asian meals and snacks. Workshops also include 'tasters' of healthier foods (such as brown rice/oily fish/salads) and discussions about healthy eating. Current work with Sikh Sanjog, a Sikh women's organisation, has resulted in increased healthy cooking skills in five women who have, after six sessions prepared a healthy 'lunga' (meal following religious meeting) for the Sikh community and carried out an evaluation following the meal. This

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group intends to introduce healthy cooking guidelines in the Gurdwara (temple) kitchen so that everyone eating there will benefit from less use of fat and sugar. There are many challenges in providing cookery sessions: translation; suitable premises; hygiene issues; good communication with the group to ensure regular attendance; ensuring consistent messages are carried through into the organisation; encouraging younger women to participate; and commitment from groups where cultural issues often present challenges such as festivals, religious observance, celebrations, illness or death.

A handful of those who had attended nutrition workshops also had the chance to put their skills into practice at two of Khush Dil's **Family Health Fairs** - by cooking healthy food for over 300 people. Family events held on Sundays are an excellent way of involving whole families especially men who can be difficult to engage in groups. Another successful way of involving South Asian men, particularly Bangladeshi men, has been to run screening sessions at restaurants where they work.

The results of all the interventions were analysed with the help of Edinburgh University's Department of Public Health and were based on 140 people where long-term follow up was completed. Men and women reported a decrease in the intake of salt, fried foods, ghee and sugar in their diets following the Khush Dil intervention. A marked increase in moderate exercise levels was reported while more modest changes were seen in the reported levels of consumption of alcohol, smoking cessation and stress. There was also a marked reduction in collective risk scores for men and women denoting a positive trend towards risk factor reduction.

Khush Dil will continue to run their current programme until 2007 during which time a strategy will be formalised to integrate the activities into mainstream provision. This will take the form of more capacity building in local communities and organisations to enable sustainable activities at grassroots level. Future projects include plans to work with South Asian wholesalers and shops to encourage them to stock more heart protective foods such as olive oil, non-hydrogenated margarine and low fat yoghurt. There are also plans

to introduce Scotland's Health at Work programme to three local restaurants (www.shaw.uk.com).

Other plans include: continuing to work with **Edinburgh's Queen Margaret College** and others to develop a community health worker course for community workers/activists with an interest in minority ethnic health and to run a short cookery/ nutrition course for health workers interested in pursuing healthy eating initiatives in their own organisations.

Khush Dil is currently funded by NHS Lothian, but receives support from a range of organisations in the South Asian community. **For more information** on Khush Dil **contact Jill Alexander** (Community Dietitian) on 0131 537 4585 or email Jill.Alexander@lpct.scot.nhs.uk There is a full Khush Dil report (2005) only available from www.nhslothian.scot.nhs.uk/index_02.html

Khush Dil's key achievements include:

- Raising awareness about CHD risk factors in South Asian communities
- Provision of new, culturally sensitive, flexible and accessible services including community heart health screening, nutrition/dietetic clinics, and a healthy lifestyle activities programme
- Improved health status for many project participants
- Training and employment for South Asian community workers
- Providing a community forum for discussion about heart health
- Partnership working with voluntary, public and national bodies

Khush Dil again took the opportunity to sell healthy fruit or vegetable juices/smoothies and give away recipes and information at the annual **Edinburgh Mela**. This multi-cultural family festival and celebration was held in early September this year and was attended by up to 30,000 people each day. The Khush Dil stall again teamed up with Edinburgh Community Food Initiative who supplied fruit, vegetables, equipment and staff. Financial partners included the British Heart Foundation and SCDP. Around 1500 drinks were sold for £1 each - more than double than in the previous year.

Question Time

Ian Mitchell is Director of Regeneration at Communities Scotland and a member of the Scottish Food & Health Council



Q How important is food to the regeneration of Scotland's communities?

The recent Scottish Executive report "Social Focus on Deprived Areas 2005" highlights gaps between communities on a range of indicators. Food and diet play a vital role in all communities but particularly as part of the approach to regenerate disadvantaged communities. There are good examples of partnership approaches - the Dundee Partnership is promoting healthy eating alongside health advice, cookery skills and better access to fruit. The concept of 'Getting Fit Together' is being promoted by a partnership led by Cordale Housing Association in Renton, encouraging the whole community to participate in activities in a new integrated centre. Regeneration is not something that can be achieved by outside influence alone – all the most successful examples involve people being actively engaged. And the promotion of a good diet and of healthy eating is no different. While I am fully supportive of health campaigns, I admit to feeling uneasy about an overdose of 'top down' messages. Equally important are locally based projects, often unsung, which work hard to promote good food and combine this with other ways of keeping active. There are a range of such projects across Scotland such as Kids and Co. in Glasgow or Skypoint in West Dunbartonshire

Do you feel that the desire by many communities for better small scale local retail provision alongside better access to larger retailers is achievable?

I am fortunate to have reasonably good health and be fairly active but I am particularly lucky to have choice. Choice is the key here – this is the one aspect that tends to be missing in areas experiencing disadvantage – for example choice in housing, choice in financial services and choice in food. People are rational beings who will not

pay over the odds nor travel great distances for products even when their instinct tells them this may be good in the longer term. Communities Scotland have already invested substantially to provide affordable housing where the market can close people out. In the management of regeneration programmes we want to look at choice and how the combined pooling power of public bodies can help to create more choice. Local food co-ops and subsidised fruit and food programmes can play a large part. There is also potential to provide more help to small retailers to get quality food stuffs locally. Indeed there are opportunities to look at more food being produced locally. I am talking about the potential of social enterprise here. But we also have to be realistic for the longer term. We cannot seek to interfere unduly in market processes which at present seem to point towards larger retailers. The big change will come through customer preferences and that's why information and advice are so important. We need to create a market which wants good food locally. This is the best long term prospect of getting choice in all our communities

Are you confident that Scotland's diet will improve, and if so who should be responsible for achieving it?

I am very confident that it will and we can already see that Scotland's health is improving. However, my particular interest is in the most disadvantaged communities and closing the gap – this is proving more difficult but I am confident we can rise to the challenge. But we need to do more - while not a particularly exciting answer it has to be a shared responsibility. It is the responsibility of Scottish Ministers not only to show commitment, which they are doing, but also to set a clear framework for action for delivery bodies. Of course this also needs to be joined up and a good example of this is the Food and Health Council with a range of public, private, voluntary and community bodies represented including myself through Communities Scotland. But of course there is also a responsibility on individuals – to themselves and their families – to have a better balance to their diet. But this is not about finger wagging – getting information and advice better targeted is a challenge and the collective influence of the public sector can do more to bring about choice, so that healthy food is an option for all.

Publications

Where are we? Where do we want to be? and How do we get there? were the questions posed to multi-sectoral audiences in Greenock and Inverary when NHS Argyll and Clyde launched their Big Lottery funded study, '**Food Access in Communities: an assessment of current activities**'. Current action on food and health in urban Inverclyde and rural Argyll and Bute was assessed through focus groups, postal surveys and interviews. Individuals addressing food access issues across a wide range of sectors were involved and it is hoped that the information gained will play a major part in future planning and action around food access in all areas of NHS Argyll and Clyde. Recommendations from the study covered four key areas; food & health policies and partnership working; awareness raising, skills development and resources; evaluation and monitoring of current activity; and communication. Copies of the 83-page report and a useful summary can be downloaded from www.nhsac.scot.nhs.uk/publications or from Argyll and Clyde's Healthy Learning Resource Centre health_promotion@achb.scot.nhs.uk tel: 0141 314 0370.



"Food is such a normal part of every day living that its effects can easily be overlooked. Whether eating at home or dining out, Londoners benefit from a complex food system that daily meets the capital's enormous food requirements. This draft strategy sets out how - through the co-operation of all those involved - we can enhance our health, increase our pleasure from eating and dining, enrich further our experience of London's cultural diversity, and ensure a more sustainable future." Ken Livingstone, Mayor of London. *Better Food for London*, the **draft London Food Strategy**, has been produced for the Mayor of London by London Food and the London Development Agency. The draft was recently out for public consultation and the final strategy will be published early in 2006. For further information visit www.ida.gov.uk/londonfood.

Forth Valley Food Links has produced a **2005/2006 directory of local food in Clackmannanshire, Falkirk and Stirling** areas. You can download it from www.fvfl.org.uk or send

a Stamped Addressed Envelope (1 copy:35p, 2 copies:47p, 3 copies:71p, 5 copies:£1.14) to Diane Alderdice, Project Officer, Forth Valley Food Links, Room 18, Stirling Business Centre, Wellgreen Place, Stirling, FK8 2DZ. Tel/Fax 01786 446255, email: diane@fvfl.org.uk

"There is a sea change underway that is good news for consumers as supermarkets start to compete on health. We congratulate the Co-op, the top performer. The fact that the Co-op has an above-average share of budget-conscious shoppers shows that this is not just for the better off. But we're dismayed that the biggest supermarket - Tesco - is a laggard on health." Ed Mayo, Chief Executive, National Consumer Council. The National Consumer Council commissioned the Food Commission to conduct their **second survey of major stores around England**. The findings compare company performance, highlight good practice and identify ways in which retailers could do more to support nutrition and public health targets. Using largely the same research methods as in 2004, the study looked at nutrition, labelling, promotion and advice and although discovering that there are twice as many supermarket price promotions for fatty and sugary foods compared to healthier options of fruit and vegetables, they also found improvements in many areas. 'Healthy competition' can be downloaded from www.ncc.org.uk/food/healthycompetition.pdf

Sustain – the alliance for better food and farming has recently launched a new policy briefing: *Social Enterprise for Community Food Projects: A solution to the funding conundrum, or just another fashionable "magic bullet"?* Contact Sustain's Food Poverty Project on 020 7837 1228 for a copy or it can be downloaded from www.sustainweb.org/sauce/reports/PolicyBriefing_05.pdf. Sustain has also recently developed Sauce – the online social enterprise toolkit for community food projects at www.sustainweb.org/sauce/index.asp

The Joseph Rowntree Foundation have produced a practical guide providing step-by-step advice on **how to evaluate a community project**. This is available to download from www.jrf.org.uk/bookshop/eBooks/1859354157.pdf

News

In partnership with Scottish Community Diet Project, the Edinburgh Cyrenians will shortly be launching their new '**Good Food in Tackling Homelessness**' film. The film will be used to highlight the key role that food plays in effective resettlement among partner organisations, policy makers, funders, volunteers and the wider community. The film will include footage of Cyrenians 'Cooking at Home' classes as well as shots of the other activities operated from the Jane Street Depot, including the FareShare Project, Supported Volunteering and Improving Practice and Provision. As stated by a Cyrenians representative, "*Our vision for the Good Food Programme incorporates the elimination of*



homelessness, the redressing of food inequalities, and reduction in the poverty gap. In our hands, food is a means to this end. We want all people who are affected by the awful problems of homelessness to enjoy the respite and pleasure of good food, served to them as people of value, giving

not just the benefits of nutrition but also the emotional benefits of knowing that they are invited to the nation's table." Further information on how to obtain a copy of the DVD and details of the launch will soon be available on the Cyrenians website: www.cyrenians.org.uk or the SCDP website. To receive a copy of the Cyrenians '**Good Food in Tackling Homelessness**' handbook, see the Cyrenians website and click on 'Good Food Programme', then click on 'Cooking at Home' and click on the link '04 Cyrenians Good Food.pdf'. Hard copies are available by emailing jeannie@cyrenians.org.uk

"The policies, the resultant programmes, and the community food initiatives which have formed an important part of tackling this situation have had

success in changing the eating habits and culture of people across the Falkirk area." From **Community Food Consultation: Falkirk Council Area, Sept 2005**. Commissioned by NHS Forth Valley from Linked Work and Training, the study focused on regeneration areas identified by the local Community Planning Partnership and used questionnaires and focus groups to better understand both the current situation and issues for the future. A summary and further information is available from morag.mackellar@fvpc.scot.nhs.uk or janey.brown@fvpc.scot.nhs.uk

South Lanarkshire's Food and Nutrition Group hosted a 'Food in the Community' seminar in September to kick start a process for the developing and co-ordinating of activity around food and nutrition in the community. A large attendance from the community and voluntary sectors as well as from partner agencies concentrated on three key themes. Access and availability of food in the community, production of food in the community and practical skills relating to food in the community were discussed in a series of very practical workshops. Funded by the South Lanarkshire Community Planning Partnership, copies of the report on the event are available from Dr Michele Dowling, Planning Manager Health, South Lanarkshire Council, tel: 01698 45 5960 or email Michele.Dowling@southlanarkshire.gsx.gov.uk

Almost two-thirds of adults in Great Britain, approximately 30 million people, have changed their family's eating habits or activity levels in the past year according to a **MORI survey** commissioned by the National Consumer Council (NCC). Top actions range from eating more fruit and vegetables, to increasing physical activity, cutting down on fat or switching to reduced fat products, and eating less convenience food. The survey shows however that social class, gender and marital status are all significant factors affecting diet and lifestyle. Around 4 in 10 men, aged over 55, have made no changes to their lifestyles over the past year. A similar proportion of low-income families and single people have also failed to change their habits. "*It is good news that many people are making changes. But those most at risk, particularly poorer families, need practical solutions from food companies and government*

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to help continue this trend," said Sue Dibb of the NCC. For more information on the survey see www.ncc.org.uk.

Does a healthy diet have environmental consequences? A look at the merits of combining two analytical methods (ecological footprints and nutritional analysis) to assess the sustainability of food and drink consumption, was just one of the questions considered at a recent conference organised by the Cardiff-based centre for Business Relationships, Accountability, Sustainability and Society (BRASS) entitled 'Measuring Sustainability of the Food Supply Chain'. Presentations from the conference and further information on BRASS is available from www.brass.cf.ac.uk

"It'll be a generation before we will see the benefits of many current initiatives." Dr Lesley Wilkie, Senior Medical Officer, Scottish Executive. *"If we are to make a difference we need to build on everyone's strengths."* Gill Fine, Food Standards Agency UK. **'Food, Diet and Health'** was the theme of Glasgow University's very well attended conference held in late October. The presentations covered everything from functional foods to behaviour change counselling. For more information on this and forthcoming events see www.gla.ac.uk/developmental/cpd/NewCourses.html

World Health Day takes place every year on 7th April. Next year's theme for World Health Day will be Health Human Resources and will also coincide with the launch of the *'World Health Report 2006: Working for Health'* and the launch of the Health Workforce Decade (2006-2015). For the first time, the World Health Organisation is offering open consultation on the World Health Report via the World Wide Web and electronic mail. Broad participation is encouraged – from schools for the health professions to national and international financing institutions to the ultimate beneficiaries of health services, the general public. For more information on the World Health Report and how to participate, please visit http://www.who.int/hrh/whr06_consultation/en/index.html.

"Banning foods or telling children not to eat them is not enough – we must engage children in

understanding why certain foods are less healthy than others, and encourage them to become interested in what's on their plate." BHF Director General, Peter Hollins. **A recent study from the British Heart Foundation (BHF)** concluded that over a third of children (ie 36% of 8-14 year-olds) do not know what chips are made of. The study was conducted to coincide with the launch of a major new campaign by BHF, Food4Thought. Aimed particularly at 11 and 12 year olds, it intends to get them thinking about what is in their food and how they can make healthier choices. See www.bhf.org.uk/food4thought

The **Annual Scottish Public Health Conference** was held in November in Aberdeen. Workshops included information on Healthy Living Centres and Food and Activity in parts of Scotland as well as Obesity and the health needs of the Homeless. To read abstracts from the conference, go to www.fphm.org.uk/about_faculty/committees/regional_committees/scot.asp

A national community retailing conference took place in Melton Mowbray as part of the **Plunkett Foundation's annual rural social enterprise conference**. Useful presentations from national organisations were accompanied by inspiring local case studies. All will be available on www.plunkett.co.uk. Also see www.virsa.org and www.co-opunion.coop/live/welcome.asp

The **new website of the Scottish Public Health Observatory (ScotPHO)** collaboration has recently been launched. Designed to become the main portal to public health information for professionals in Scotland, it contains information on a wide range of public health topics. Key figures from the 2003 Scottish Health Survey (see page 2) are also incorporated into the website. Visit www.scotpho.org.uk.



Berry Scotland together with the Institute of Cardiovascular Research have produced

Christmas cards which benefit both organisations and cost £3.50 (including postage & packing) for a pack of ten. To order visit www.berryscotland.com/christmas.htm.

DATES FOR YOUR DIARY

January

6-7 Soil Association Annual Conference - Feeding Our Cities in the 21st Century, Brewery Conference Centre, London. Visit www.soilassociation.org or call Marc Jackson on 0117 924 6496.

22-28 Farmhouse Breakfast Week. This celebration of breakfast is run by the Home Grown Cereals Authority. Visit www.hgca.com/breakfast to find out how to get involved.

23-27 Food allergy and food intolerance week. Visit www.allergyuk.org for more information.

26 Voice 06 - the UK Conference for Social Enterprise, Manchester International Convention Centre. Organised by the Social Enterprise Coalition. For more information or to download a booking form visit www.socialenterprise.org.uk or call 020 7968 4921.

26 National Salt Awareness Day. Visit www.hyp.ac.uk/cash to find out more.

March

6-19 Fair Trade Fortnight. Visit www.fairtrade.org.uk for more information.

12-18 Obesity Awareness Week. Organised by the Obesity Awareness and Solutions Trust. Visit their website www.toast-uk.org for more information.

14-15 UKPHA 14th Annual Public Health Forum: Creating Healthy Sustainable Communities, bridging the gap between democracy, design and delivering, at the International Centre, Telford. Visit www.ukphaconference.org.uk for further information.

20-21 2nd National Conference on Obesity and Health, Manchester Conference Centre. Visit www.obesityandhealth.co.uk for further information.

April

1-8 Welly Week. Organised by HDRA, the organic organisation, to raise funds to help educate and inspire people about organic gardening, farming and food. To find out what's happening and how to get involved visit www.gardenorganic.org.uk/wellyweek/index.php or call 024 7360 3517.

7 World Health Day. To find out more visit www.worldhealthday.net. See page 10 for details of how you can contribute to the World Health Report 2006: Working for Health.

June

2-4 Gardening Scotland, the Royal Highland Centre, Ingliston, Edinburgh. Visit www.gardeningscotland.com for more information.

19-21 The Gathering, SECC Glasgow. Scotland's voluntary sector fair organised by the Scottish Council for Voluntary Organisations.

Visit www.dietproject.org.uk for more information on events. If you have an event coming up let SCDP know!

The views expressed in Fare Choice are not necessarily those of the Scottish Community Diet Project unless specifically stated.



The Scottish Community Diet Project: Supporting local communities tackling inequalities in diet and health.

How to get in contact with the Scottish Community Diet Project

The SCDP team are: Bill Gray, National Project Officer; Kim Newstead, Development Officer and Alice Baird, Project Administrator. SCDP c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN Tel: 0141 226 5261 Fax: 0141 221 0731 E-mail: info@scotconsumer.org.uk. Reports, back issues of the newsletter, toolkits, information about the project and other useful links are available on the SCDP website www.dietproject.org.uk.