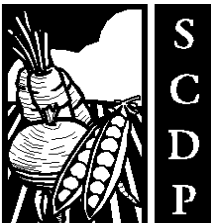


# FARE CHOICE



## SECOND HELPINGS

Following a very positive independent evaluation, the Scottish Office have agreed to continue funding the Scottish Community Diet Project until the year 2001.

The evaluation, based on responses from over three hundred groups, agencies and individuals, highlighted which characteristics of the project had been felt to be of particular value. These included *"a clear focus on food issues"* and *"the emphasis on and commitment to community based approaches."*

The priorities within existing work were also commented on by respondents alongside suggestions for future developments. These were incorporated into the funding application approved by the Scottish Office.

One major impact of the new funding arrangements has been our ability to recruit a new team member. By Christmas we hope to have a Development Officer in post. This increase in staff and resources should allow us to not only continue with our current activities but build on them.

As far as *Fare Choice* is concerned, the evaluation highlighted a very positive

response to its format, readability and content. *"The general tenor of the comments was don't change it."* We are keen to take up a suggestion to include 'project profiles'. Also planned are occasional 'special editions' to allow us to go into more depth about specific topics as suggested.

Despite projects being bombarded with questionnaires and surveys, the response to the project's evaluation was greater than expected. Not only are we grateful for this but also committed to ensuring the views that have been expressed are taken into account in any future activities we undertake.

The confidence shown by the Scottish Office in the Scottish Community Diet Project is a reflection of their appreciation of the work being carried out at community level and its contribution to the battles against food poverty and health inequalities.

### Shopping List

2. **Health Inequalities**
3. **Healthy Living Centres**
4. **Diabetes**
5. **Nutrition News**
- 6.- 8. **Information Exchange**



## Inequalities, Health and the new Scotland

*“Inequalities in health, let me say emphatically, should be no more tolerable than discrimination in employment, race or gender. They scar our health record. They undermine community well-being; they inhibit people young and old from living life to their full potential. Therefore they must be tackled and tackled comprehensively. It is unacceptable that good health or poor health, whichever way you approach it, should be determined by geographical or class distinction.”*

**Sam Galbraith, Minister for Health and the Arts in Scotland**

*“In Great Britain there is over a century of evidence which demonstrates that death rates are linked to social and economic circumstances, as measured by occupational social class: the lower one's class position, the higher the likelihood of premature death.”*

**S Pavis & S Platt, Research Unit into Health Behavioural Change**

*“Learning, inclusion and organisation alone are not enough. Health is also about having a sense of control over our life - as individuals and as members of communities. A healthy community is one which is consulted, and has a strong voice in the decisions which affect its interests. Communities are concerned about the quality and range of health services and other services, such as housing, social care, and safety that have a direct bearing on health. Moreover, participation in local democracy and decision making is itself an important element of community self esteem and thus healthy activities in themselves.”*

**Stuart Hashagan, Scottish Community Development Centre**

Inequalities, Health and the new Scotland, the report of the conference hosted by the Health Education Board for Scotland (HEBS) and addressed by the Minister for Health, which took place in Edinburgh in June is now available from Bill or Jacquie at SCDP (see back page for details) or from HEBS.

Those who attended the event will have a copy sent to them as will everyone who attended the preceding community level conference ***Well Down the Road: local communities, health inequalities and the future.***

Copies of the two papers presented at the conference are also available.

*S Hashagan, Scottish Community Development Centre: **Inequalities, Health and the New Scotland: Community action for Health.***

*S Pavis & S Platt, Research Unit into Health Behavioural Change: **Health Inequalities: the challenge for the New Scotland.***

The report from the ***Well Down the Road: local communities, health inequalities and the future*** conference, which preceded the Edinburgh event, organised by the Scottish Community Diet Project along with the Scottish Community Health Network Project is still available from both projects.

The White Paper outlining the government's proposals in this field will be published soon - watch out for details.

*“I am quietly confident the wind is set fair and that we are now in a position to create the comprehensive and innovative public health strategy which has been denied to Scotland for too long.*

*New Beginnings are just around the corner; the new millennium, and yet more importantly, the Scottish Parliament, bringing with it the unprecedented opportunity to evolve policies specifically tailored to meet Scotland's unique health problems”*

**Sam Galbraith, Minister for Health and the Arts in Scotland**



## Healthy Living Centres

**£300,000,000** has been allocated UK-wide, some £34,500,000 has been earmarked for Scotland, by the recently established New Opportunities Fund for the establishment of Healthy Living Centres.

### What is a healthy living centre?

*“Healthy living centres..will,*

- *focus on health in its broadest sense*
- *be targeted at geographical areas containing the most deprived sectors of the community*
- *reduce health inequalities and improve the health of the worst off in society”*

### What does it mean for community initiatives?

*“A central principle is that healthy living centres must belong to the communities they serve...users and local communities need to be involved in the planning of projects from the start and in their development and operation.”*

Circular from Scottish Office Department of Health

### How can I find out more?

Contact Miss Aileen Bearhop in the Public Health Policy Unit of The Scottish Office Department of Health (0131 244 2502) or your Health Board/Local Authority.

The New Opportunities Fund are organising two **roadshows** in Scotland to meet with potential applicants. These events will take place on **Monday 14 December in Edinburgh** and on **Tuesday 15 December in Aberdeen**. Health Boards have been asked to invite relevant local interests in their areas.

Places are very limited, but Boards have been encouraged to ensure appropriate representation from those operating at

community level. If you haven't yet heard who is attending from your area, or would like to be considered for an invitation, then you should contact your local Health Board.

### What next?

The first batch of applications are being invited from early 1999. Grant payments in respect of successful applications will commence in the Autumn of that year.

Scotland will have its own advisory panel made up of representatives of relevant organisations to advise the New Opportunities Fund.

**Fare Choice** would be happy to hear of the experiences of community food initiatives who are, or are trying to become, involved in the development of this very important element in the strategy against health inequalities.

*“The Government's White Paper on the National Lottery, The People's Lottery, set out our plans for a core network of healthy living centres, funded from Lottery proceeds. This initiative has great potential to improve health. It will be of particular value in deprived communities, and under the criteria we are assembling, preference will be given to projects which target areas and groups with the worst health. Projects may be small or large and there is no set blueprint. There will be scope to be bold and imaginative in utilising what will be substantial sums of money from the New Opportunities Fund to improve our health. Any initiative which has the prospect of improving health in the community will be within bounds.”*

**Working Together for a Healthier Scotland,  
A Consultation Document  
Scottish Office, Dept of Health**



## What's Going On? With Diabetes

In the last edition of Fare Choice we asked about any links between community food initiatives and the issue of diabetes. Hopefully the example from Paisley and the useful comments provided by the British Diabetic Association will encourage more activity in this very important field.

### Ferguslie Park Diabetic Self Help Group

The group was formed several years ago by two local people who had recently been diagnosed as diabetic. The only support group available in the area at that time involved evening meetings in the town centre.

They set up the self help group in the local community building with help from the local Community Health Project. They were successful in also getting support from the Diabetic liaison nurses as well as dieticians and other staff.

Ferguslie Park has been described as a 'shopping desert' where access to good quality fresh food is practically non-existent. The group felt that this was an issue which had a particular affect on diabetics as well as the general community.

The members soon felt the need to widen their activities into other community food issues as part of another community group, FRESH LOAF, (Ferguslie Research into Shopping and Health, Local Organisation around Food) who were campaigning and lobbying in an effort to set up a 'good food centre' where the local community could access affordable fresh food locally.

Food issues are high on the agenda in the local area and the members felt it right that

the Ferguslie Park Diabetic Self Help Group get involved in wider food debates and activity.

In the near future they plan to hold a community based Diabetic Awareness Day.

***For further information on Diabetic Self Help Group please contact Gordon or Liz at Ferguslie Community Health Project on 0141 887 9650.***

### British Diabetic Association

Diabetes can occur at any age. It is a health problem which seems to be becoming more common. It is estimated that there are 1.4 million people in the UK today with diabetes and probably as many people again will have diabetes without knowing it. The British Diabetic Association (BDA), founded in 1934, was the first medical self-help charity in Britain, and also the first to have both lay and professional members. The aims then were the same as they are today: to help and care for people with diabetes and those close to them, to represent and campaign for their interests, and to fund research into diabetes.

**The BDA has regional offices and BDA Scotland can be contacted at Unit 3, 4th Floor, 34 West George Street, Glasgow t 0141 332 2700 Fax 0141 332 4880 email: [scotland@diabetes.org.uk](mailto:scotland@diabetes.org.uk)**

The regional office provides practical help and information on living with diabetes; publishes a range of useful leaflets, books, videos and Balance, the BDA magazine. They also support research to treat diabetes and its complications. You can also get details of local branches and contacts in Scotland.

**WHAT'S GOING ON? ... WITH RETAILERS**  
**Has your local group worked alongside, or tried to work alongside a RETAILER? If so, let us know how you got on and we will compile your experiences.**



## Schools in Focus

Gardner Merchant are well known school caterers who need to tune into their target group hence the production of the most recent research report "What are today's children eating?" (1998). The report produces a succinct review of the dietary habits of 1,372 children aged 7-16 and views of 1,174 of their parents.



### Findings

- ↪ 18% girls aged 15-16 skip breakfast 12% boys aged 15-16 skip breakfast
- ↪ Children have considerable amount to spend on the 3 "C's" Crisps, Confectionery and Canned drinks. The average spent on the way to school is 52p.
- ↪ On returning home from school, crisps (and savoury snacks) are the most popular foods consumed (38%) followed by biscuits (27%) and fizzy drinks (25%).
- ↪ On average children eat crisps 2.5 times per week.
- ↪ Most popular "main courses" a) pizza, b) chips, c) roast dinner, d) burgers, e) sausages.
- ↪ 24% of boys aged 15-16 buy hot food from local food shops at lunch time.
- ↪ 52% parents said they are not getting enough information about school meals.
- ↪ 50% of parents said they could either definitely or probably pay extra if they believed the standard of food would improve.

These results somewhat confirm recent trends in grazing, high fat choices and parental concerns over school food. Here then lies the challenge and one which the Department of Education and Employment (South of the border) is responding to in their consultation paper on Nutritional Standards for School Lunches ("Ingredients for Success", DFEE, 1998). The paper is for consultation in England.

### The introduction of national minimum nutritional standards and other nutritional requirements for school lunches

- ↪ A school lunch will not necessarily have to be a hot meal to meet nutritional standards. Local Education Authorities and schools should decide whether they wish to provide hot or cold food. [*Look forward to seeing the Veggies with the sandwich*]
- ↪ The government will set food-based nutritional standards for school lunches, based as the balance of good health. These standards will not ban the use of individual foods in school lunches. [*Great opportunity for deep-fried MARS bars here!*]
- ↪ There will be no need to calculate the nutrient content of the food provided routinely but intermittent evaluation of the nutrient will still be needed. [*Let's not look at the fat content too often*]
- ↪ The standards will be introduced by legislation. [*Not that we know what "the standards" are*]
- ↪ "To help catering staff to put into practice the national standards, we will issue practical, non-binding guidance on preparation and cooking methods". [*Let the caterers make the decision*]
- ↪ No plans to influence customers to make healthy choices such as the positioning of food on the servery or pricing strategies. [*Concealed somewhere under the doughnuts is an apple*]

The standards aren't set out in this document but an example is the fruit juice should be offered every lunch time (*this one offers more hope!*)

And finally please note that a school lunch is defined as

*"Food made available for consumption by the pupil as midday meal on a school day, whether including a set meal or the selection of items by him or otherwise"*

My guess is that the food industry and caterers will welcome this document whole heartedly whilst health professionals and parents will wonder if it is worth it. Indeed the scope to maximise junk food provision is enormous.

As a consultation document it does not inspire. Lets hope we get it right in Scotland.

**Note** The standards will not apply to tuckshops, vending machines, breakfast provision, mobile vans near schools or packed lunches. [*What happened to the concept of the whole school approach?*]

### REFERENCES

What Are Today's Children Eating? The Gardner Merchant School Meals Survey, 1998 (p75).

Ingredients for Success: A consultation paper on Nutritional Standards for School Lunches, DFEE (England) (Free).



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The first meeting of Ayrshire Food Council was held at the end of October. The aim of the group is to develop strategies to support the implementation

of the Scottish Diet Action Plan with a partnership approach to food and health. Membership is from Health Board, Community Trust, Tourist Board, Enterprise Ayrshire, Local Authorities, Scottish Agricultural College and Scottish Grocer's Federation.

**For more information contact Fiona Smith, Nutrition and Diet Therapy, Maternity Residence Block, Ayrshire Central Hospital, Irvine t 01294 323130**



### **Voulez-Vous Manger Avec Moi Ce Soir?**

A report on the trip to France by the volunteers of the Prentice Centre Cafe, Edinburgh. The report includes individuals experience of eating, cooking and shopping in France and at home, a selection of tried and tested recipes mainly based on vegetables, fruit and fish and a local guide to sources and costs of ingredients. The report is available from:

**Chris Clark, Edinburgh Community Food Initiative, 22 Tennant Street, Edinburgh, EH6 t 0131 467 7326 Fax: 0131 467 7325**



Community Action on Food (CAF) is a new community-based, partnership-funded, project based in Faifley. Anné Gebbie-Dibén has recently been appointed Co-ordinator and would be delighted to hear from other initiatives. Anné has a background in nutrition, institutional catering and marketing. She is particularly interested in issues around sustainability. It is planned to base CAF in its own premises with training facilities, a community cafe, food co-op and possibly even a vegetable garden. Until they move to their new premises Anné can be contacted at Faifley Area Centre, 31 Lennox Drive, Faifley, Clydebank t 01389 879797.

The Edinburgh Community Food Initiative have just published a report titled *3/4 of an Egg: accessing a balanced diet*. A focus group based analysis of a range of issues highlighting the barriers to accessing a healthy, balanced diet within 'low income Edinburgh'. If you would like a copy, price £5, please contact:

**Chris Clark, Edinburgh Community Food Initiative, 22 Tennant Street, Edinburgh, EH6 t 0131 467 7326 Fax : 0131 467 7325**



If you're interested in learning more about fibre, now's your chance. As part of 'Profibre', a European Commission funded research initiative, a newsletter has been produced giving information on recent progress in the field of dietary fibre. The A3 (folded) newsletter is well laid out and colourful although some of the language remains quite scientific. The Scottish Consumer Council received copies and these are available through Bill and Jacquie while stocks last. (See back page for Tel/Add)



### **Centre for Applied Nutrition Research, Dundee - Forthcoming Events**

#### **February 1999 - The Consumer and Food**

a one day conference on issues including genetic modification, nutrition labelling and food safety etc.

#### **March 1999 - The Mother and Food**

A one day conference on issues including diet in pregnancy, obesity prevention and development, the mother as gatekeeper of family diet and osteoporosis.

One free place sponsored by CANR available at each conference. Otherwise cost £65 for community/voluntary sector, £75 for others.

For further information please contact:

**Professor Annie Anderson, Professor of Food Choice, School of Management and Consumer Studies, University of Dundee, Dundee, DD1 4HT**

**t 01382 345383 Fax 01382 200047 email: a.s.anderson@dundee.ac.uk**





'Now You're Cooking' is a nutrition education programme developed by Health Promotions aimed at low income families. It was piloted in ten venues around Grampian earlier this year, and attracted a lot of interest in each area. Led by trained Health Promotion Assistants, the course consists of eight, two hour sessions covering healthy eating, food safety, shopping tips and the opportunity to try out low cost recipes. Naturally, there were practical cooking and tasting sessions as well. A total of forty eight participants took part throughout Aberdeen and Aberdeenshire, all of whom were low income mothers, mostly with young children. They were referred to the course by GPs, health visitors or community workers.

To ensure the programme was developed to meet the needs of the target group consultation took place with representatives of the target audience, community workers and health professionals. The findings of the pilot project show that it is possible to achieve both significant increases in nutritional knowledge and potentially beneficial changes in the dietary practices of limited income families even though they are traditionally considered 'hard to reach'. A positive effect on the well being and social aspects of the target group was also noted. A practical guide to support cooking skill development, particularly with low income groups is now available.

The results and the enthusiastic response to Now You're Cooking highlight a need to further develop food poverty projects in designated areas within Grampian. Funding was recently secured from Grampian Health Board to train community members and workers to take the project forward to help provide a consistent and co-ordinated approach to nutrition education for those in need. Contact:

**Linda Davidson, Health Promotions**  
t01224 589901



**Food and Health: Making it Happen in Moray**

A report on the first seminar organised as part of the Moray Health Strategy, and hosted by the Moray Council and Grampian Health Promotions. Copies are available, while stocks last from:

**Kate Philip, Health Promotion Co-ordinator,**  
**239 High Street, Elgin t 01343 545246**

**Food Connections** is a brand new initiative in East Ayrshire. Still in its early days, people from around Cumnock and Doon Valley have begun meeting monthly to identify food issues of concern to their communities.

**Further information available from:**  
**Janet McComb, Community Resources Centre,**  
**54/56 Corserine Terr, Bellsbank, Dalmellington**  
**KA6 75Y t 01292 550 712**



Many projects will have already received the excellent report from the seminar on Breakfast Clubs organised by Possil/Parkhouse Community Health Project in Glasgow. If you would like a copy you can get one by contacting Bill or Jacquie at SCDP and if you would like further information on how the work is progressing you can contact

**Sadie Gordon at Possil Parkhouse Community Health Project, Ardoch House, Ardoch Street, Glasgow G22 t 0141 347 1172**



Greater Glasgow Health Board's recently established Breakfast Club Steering Group are attempting to map out existing activity in this field and are keen to hear from Breakfast Clubs in their area. They are also keen to learn from the experience of similar initiatives in other parts of the country. Any relevant information should be sent to

**Phil White, Youth Team, Health Promotion Department, Dalian House, St Vincent St, Glasgow t 0141 201 4890**



If you haven't already seen, it the evaluation report on the Big Breakfast Club in Govan, Glasgow is well worth reading. Completed last summer, a copy of the report is available from

**Uzma Rehman, Health Promotion Officer,**  
**Cowglen Hospital, 10 Boydstone Rd, Glasgow**  
**G53 6XJ t 0141 211 9241**



If you are doing something you think is worth sharing, or are looking for advice or practical assistance, or simply want to declare your existence, then *Fare Choice* will be glad to hear from you. The next edition is due out in February and the deadline for contributions is Friday 15 January.



INFORMATION EXCHANGE

"We should always listen to the experience of those at the front line; those who perform the daily miracle of juggling impossible budgets to put food on their table"

Professor Tim Lang

The new National Food Alliance report, "Food Poverty: What are the policy options?", draws together over 70 proposals for tackling food poverty such as basing benefits on clearly defined budget standards, introducing tighter control on retail developments, providing longer term support for community food projects such as food co-operatives and community cafes.

"Whilst the government deliberates on its plans for a new Food Standards Agency, one factor is often forgotten - food poverty. This kills more people than all cases of food poisoning put together. An inter-departmental advisory committee should be established to tackle this serious health problem."

NFA project officer Jacquie Webster

An order form has been inserted in this newsletter. If this is missing you can order Food Poverty: What are the policy options? Cost £12 (£5 to members of the Food Poverty Network). From the National Food Alliance, 94 White Lion Street, London, N1 9PF t 0171 837 1228 Fax 0171 837 1141 email:nationalfoodalliance@compuserve.com



The Health Education Board for Scotland (HEBS) and the Edinburgh Community Food Initiative have teamed up to launch Just for Starters, an exciting new and practical guide to starting up and running a community cafe.

Written by Marjorie Shepherd, an experienced cafe manager, Just for Starters is packed with essential information and advice including:

- drawing up a business plan
• health and safety in the kitchen
• testing recipes and portion control
• promoting healthy choices
• money-saving tips
• ideas for attracting and keeping business

It also features over 70 tasty recipes which have been designed to be healthy, easy to prepare and economical.

Just for Starters is being launched at a conference in Edinburgh on 8 January. An application form has been inserted into Fare Choice. If this is missing contact: Margaret Richardson, Courses and Conferences Officer, HEBS, Woodburn House, Canaan Lane, Edinburgh t 0131 536 5500 fax 0131 536 5501

Closing date for applications is Friday, 4 December 1998.

There is no fee for attendance at this event and each group will receive a complimentary copy of Just For Starters on the day.



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



If this copy of Fare Choice has been sent to the wrong address, or you wish a copy to be sent to another agency, or a different part of your own organisation, or you no longer wish to receive a copy, please let us know.

Scottish Community Diet Project

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c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow G1 3DN, Tel: 0141 226 5261 Fax: 0141 221 0731
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