

food & health
alliance



**community
food and health**

(scotland)

Food Networking – Promoting local food access and availability





Welcome

Eric Baijal

Joint Director of Public Health

NHS Borders and Scottish Borders Council

Programme

- **10:00** Registration and marketplace
- **10:30** Welcome and introductions
- **10:45** Expectations
- **11:00** Celebrating our local food activity
- **12.00** Reflections on local showcasing
- **12.30** Networking lunch and marketplace
- **13.15** Mapping exercise
- **13.30** Balancing all sides presentation
- **13.45** Interactive discussion groups
- **14.45** Summing up and next steps
- **15.00** Thank you

Aim

- **To hold a food networking event which will bring together those who have a role across the food chain with a focus on access and availability of local food in the Scottish Borders.**

Objectives



- **To build local awareness of the range and nature of local food activity and local assets.**
- **To develop links and showcase practice between food and health activity and the support available.**
- **To recognise that Health Improvement, Economic Development and Environmental Sustainability are interconnected.**
- **To increase awareness of the support that is available locally and nationally including Community Food & Health (Scotland) and the Food & Health Alliance**



Allyson McCollam

Joint Head of Health Improvement
NHS Borders and Scottish Borders
Council



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Geraldine O’Riordan
Development Officer
(Engagement)

Community Food and Health (Scotland)



Established in 1996 as the result of a recommendation in the 'Scottish Diet Action Plan. Tackles the 4 main barriers to access to, and take up of a healthy balanced diet:

- **Affordability**
- **Availability**
- **Culture**
- **Skills**



www.scotland.gov.uk/library/documents/diet-00.htm











Watch out.
They taste
curvy.

How
men
you've been
mango'd.

EATING
THE HEALTHY
WAY



How ?

- Networking conference, seminars, roundtable discussions and training sessions
- Produce reports, guides and toolkits on community activity
- Annual small grants scheme/ targeted funds
- Quarterly newsletters
- Website

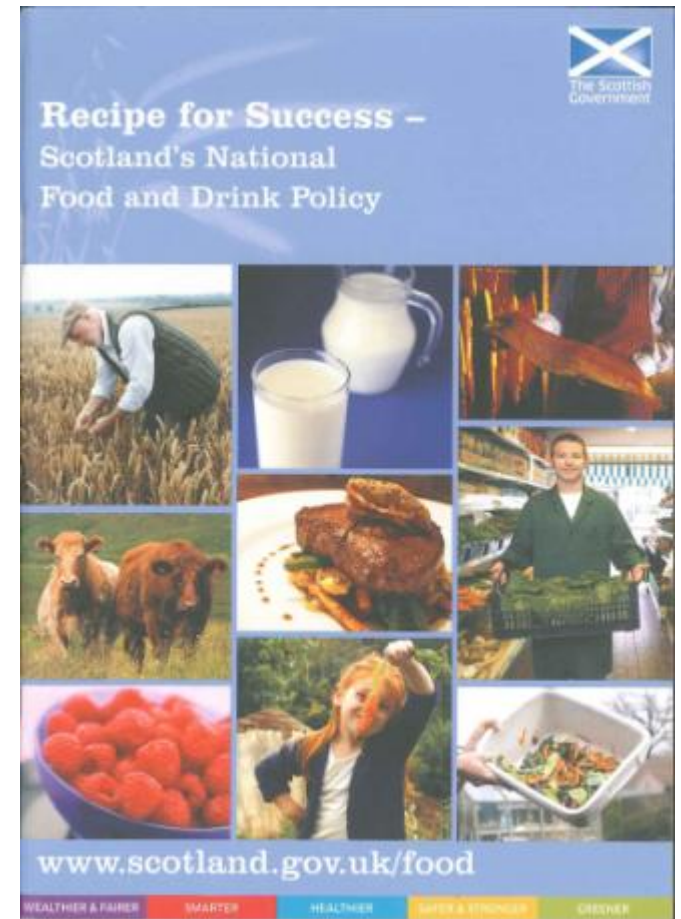
All resources and events are free of charge

Obesity Route Map – Action Plan

Version 1.0



Improving Maternal and Infant Nutrition: A Framework for Action





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www.communityfoodandhealth.org.uk



Food & Health Alliance, NHS Health Scotland

Frances Birch

NHS Health Scotland

- **NHS Health Scotland is the national agency for improving the health of the Scottish population.**
- **It is a Special Health Board in NHS Scotland.**
- **Work covers every aspect of health improvement, from gathering evidence, to planning, delivery and evaluation, and spans the range of health topics, settings and life stages.**
- **For information, visit: www.healthscotland.com**

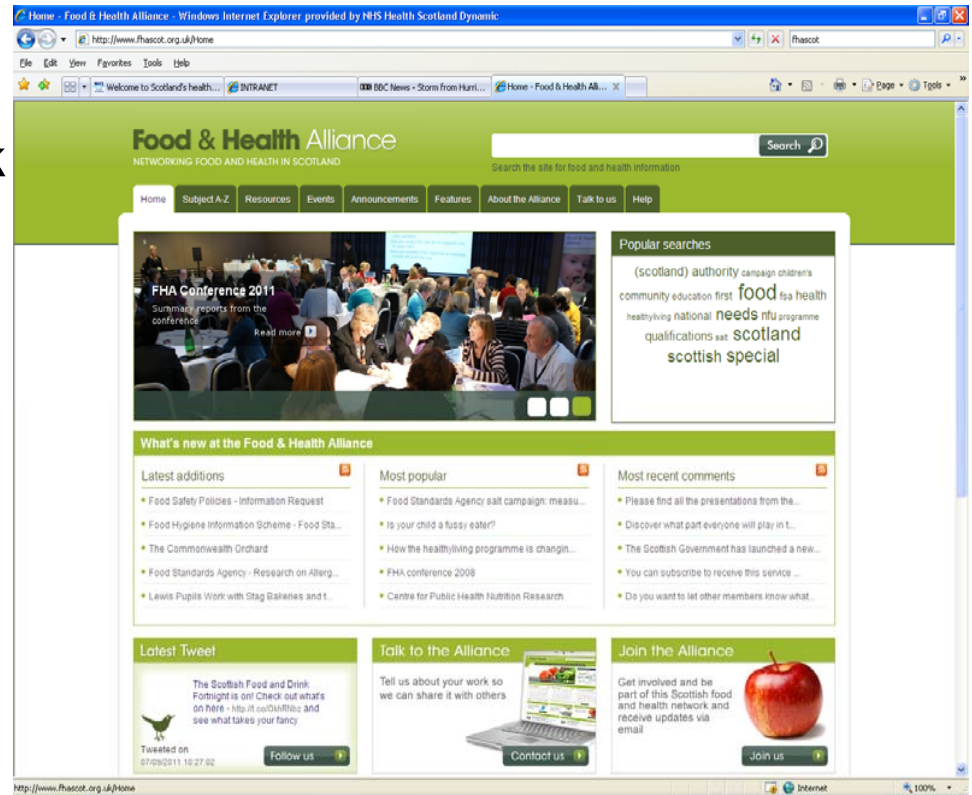
food & health alliance

- **Supports the Food and Health workforce;**
- **Membership of over 700;**
- **Events;**
- **E-communications;**
- **Opportunity to network and share practice;**



food & health alliance

- The Food and Health Alliance (FHA) is a network of stakeholders interested in food and health issues.
- The Alliance is set up in order to support the workforce working in food and health achieve their outcomes and share information.





Function of the Alliance

- **connect people to information**
- **connect people with each other**
- **connect people to policy**



Thank you for listening

www.fhascot.org.uk
frances.birch@nhs.net

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Expectations of the day

Ger O'Riordan



Celebrating local food activity

- Jo Highet – Borders Healthy Living Network
- Gary White – Tweedgreen Challenge
- Pete Richie – Breadshare Community Bakery

Jo Highet – Borders Healthy Living Network



Food Networking Event
Promoting Local Food Access and Availability
1st May 2012

Borders Healthy Living Network
'Community Led Food Production'

Jo Highet
Health Improvement Specialist - HLN
NHS Borders

Introduction

- HLN established 2003
- 5 x Localities
- Community Development
- Partnership Working
- Virtual 'Network' of activity
- Mainstreamed



Current Situation

Staffing

- 4 x Health Improvement Specialists
- 1 x Food and Health Development Worker
- 1 x Project Assistant
- 1 x Administrator
- Sessional Staff and CHV's

Aims of HLN

- To reduce health inequalities
- To increase community capacity for health

Process

- Needs Assessment
- Partnerships
- Core HI Programmes
- Identification of Key Themes:
Food & Health, Physical Activity, Parenting,
CHV's, Training

Context

- Equally Well
- The Early Years Framework
- Achieving Our Potential
- The Single Outcome Agreement
- A Route Map Towards Healthy Weight
- Heat 3
- Curriculum for Excellence



Results

What Do We Have?

- Programmes that Meet Need
- Participants Who Engage Voluntarily
- Barriers to Participation Addressed
- Local Involvement

What Does Our Evaluation Tell Us?

- Increased Knowledge, skills & changes in behaviour
- Discussion of Health Issues & Health Benefits
- Subjective improvements in physical and emotional well-being

Food Production

- 2 x Localities
- Health Benefits
- Social Aspect
- Partnership Working
- Participatory Appraisal Techniques



Walkerburn

- Criminal Justice Partnership
- CHV's
- Food & Health Research
- Local Steering Group
- Partnerships & Climate Challenge Fund
- Allotment Project & Community Garden



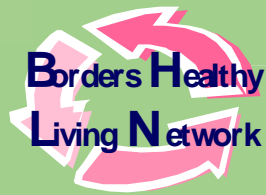
Bannerfield

Needs Assessment

- Participatory Appraisal Techniques
- What were the community interested in?
 - 'Gardening Sessions'
- Needs Assessment – What did people want?
 - 'To Save Money'
- Practical Sessions
- Results



Participatory Appraisal Exercise



'Participatory Appraisal is a family of methods, techniques and tools used to help people share ideas, analyse information, plan and act together'
(Chambers, 1994)



Future Work

- Continue to work in partnership, develop new partnerships with 3rd sector and other statutory/community partners
- Build on success of existing programmes and identify additional opportunities for similar work
- Consult with communities re food and health needs
- Priority focus on reducing poverty



Questions



Gary White – Tweedgreen Challenge





Pete Richie – Breadshare Community Bakery

Breadshare Bakery

Good bread for all

What's interesting about Breadshare?

- We're a community interest company which has raised all the money to get started from its local members
- We make sourdoughs and slow-fermented bread which is easier to digest
- We're organic, and we're using local wheat
- We have four different routes to market
- We're replicable, educational, becoming sustainable

...and we do make exceedingly good bread

Discussion Groups

- What have you heard about this morning that is significant to you?
- What are the links between the work/communities you are involved in and the work you are hearing from others today?

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Networking Lunch and marketplace



Mapping exercise

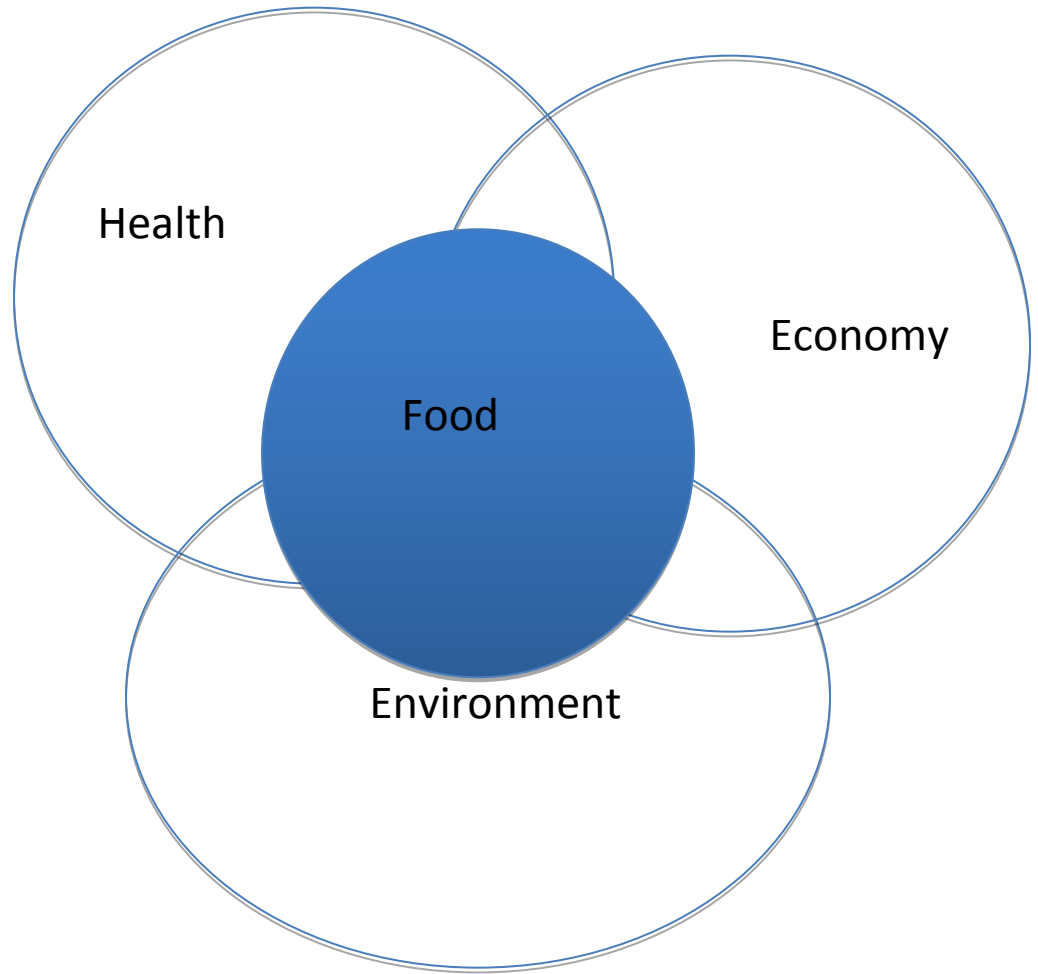
- Write down your organisation's name, who they work with, where and what kind of activities they are involved in in relation to food
- Write down organisations you link with
- Draw lines to demonstrate links



Balancing all sides – Health, Economy and Environment

Pete Richie – Nourish/Whitmuir
Organics Ltd

Scotland's Sustainable Local Food Network



Pete Ritchie

What's the health problem we're trying to solve?

- UK fattest in Europe, Scotland fattest in UK – 28% adults obese
- 240 litres soft drinks per year – highest in Europe
- 22% adults, 12% children eat five a day
- Not enough bread, fish, cereals
- 39% total energy intake from fat
- We live 4 years less than EU average

What's the economy problem we're trying to solve?

- Food and drink large part of Scottish economy
- But 7 out of 8 farms not viable without subsidy, GVA from agriculture falling, farmgate share of food price low
- In Scottish Borders, 1381 farms employ on average one person (incl p/t and seasonal) per 250 acres
- Subsidy not linked to public goods, employment or local economic multiplier but drives up land prices
- Multiple retailer dominance (Tesco+Asda =52% all food sales) shuts out village shops and short supply chains, drives monoculture, large livestock units
- Cheapest, quickest calories least beneficial

What's the environment problem we're trying to solve?

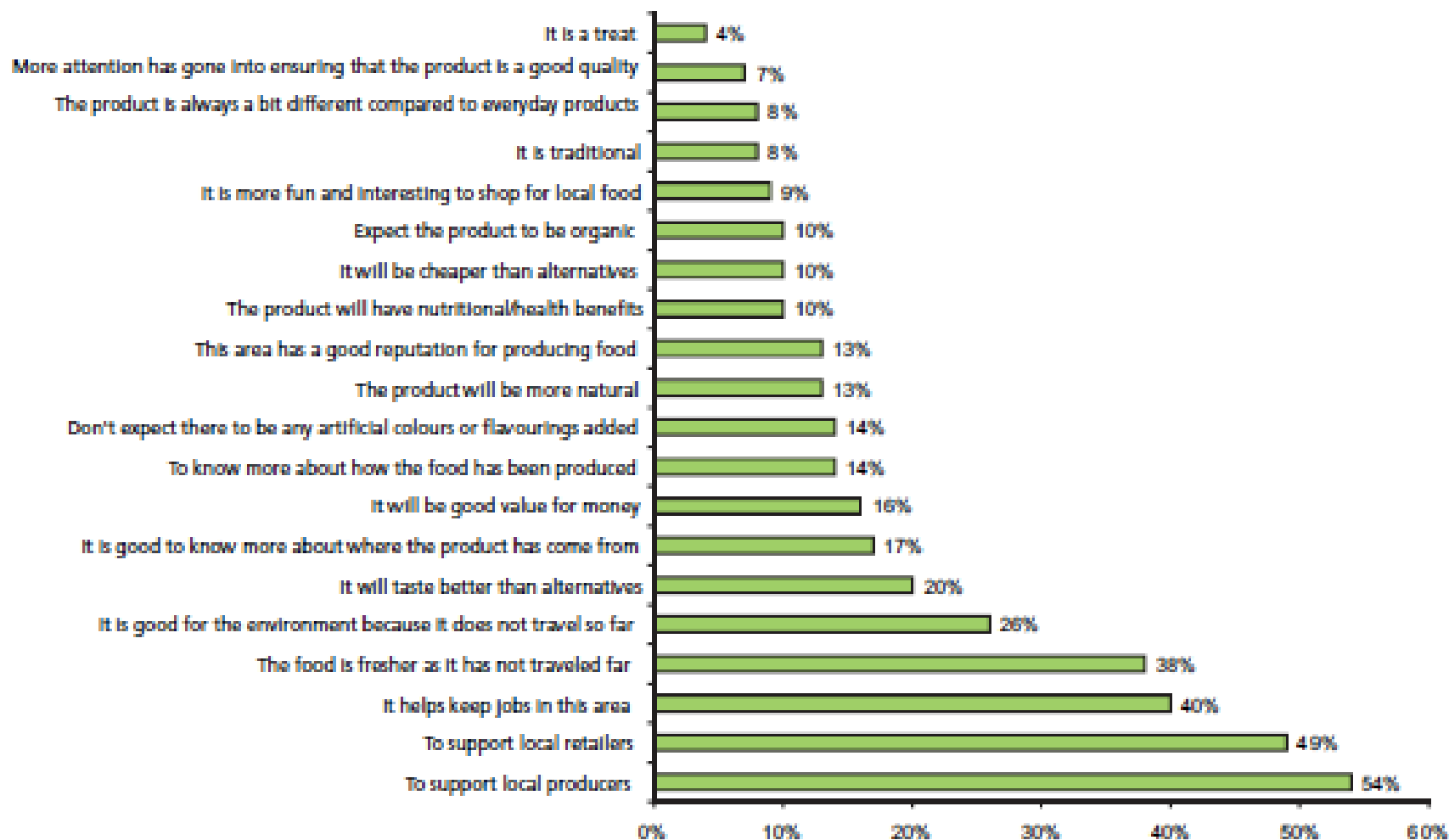
- Food accounts for 25-30% of our greenhouse gas emissions
- Nitrogen pollution alone costs each person in the EU €150-700 per year
- Loss of biodiversity (eg species-rich grassland, bees)

What would better look like?

- More, more agroecological and more diverse farms, orchards, market gardens
- More local added value, more connections between farms and communities
- Thriving market towns selling distinctive local food, food co-ops, short supply chains
- Public food 90% organic, 75% local
- Less and better (grass-fed) meat, kinder milk
- Less sugar, fat and processed food in diet

Think local?

Chart 5.11 Scottish consumers reasons for buying local food, 2010

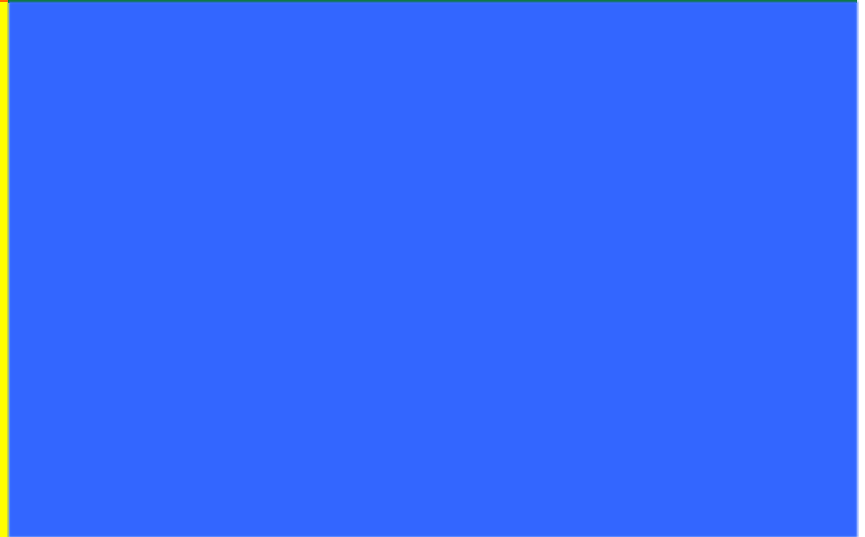


Nourish

Changing what we eat

Changing how we farm

Changing local food economies



Ten years work – where to start?

- Don't underestimate depth of change needed
- Establish cross-sectoral leadership group in Borders, develop local sustainable food plan
- Build the movement – young families, older people, NGOs, public sector, community groups, workplaces - not just children
- Use CAP reform creatively – landscape level biodiversity, agroecological farming, short supply chains, agritourism
- Procure organic and local food
- Support community gardens, food groups, community supported agriculture
- Revive village shops with local organic food

Whitmuir CSA



280 households supporting farm



Diverse production



Conclusions

Scotland needs a generation's work to
reconnect

food, land, people and health

The organic movement should be at the heart of
this but must make new alliances

Discussion Groups

- How could local food connections be developed/improved, supported and promoted using resources/assets already available?
- What are the opportunities/challenges?

Who needs to be on board?

Next Steps

Allyson McCollam

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Thank you very much



