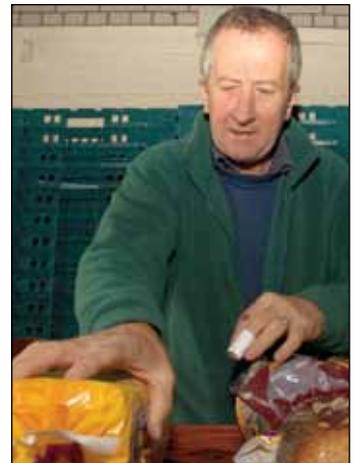


# Celebrating Outcomes

Celebrating the contribution of community food initiatives towards meeting national outcomes for Scotland



Community Food and Health (Scotland) or CFHS aims to ensure that everyone in Scotland has the opportunity, ability and confidence to access a healthy and acceptable diet for themselves, their families and their communities. We do this by supporting work with and within low-income communities that addresses health inequalities and barriers to healthy and affordable food.

Barriers being addressed by community-based initiatives are:

**Availability** – increasing access to fruit and vegetables of an acceptable quality and cost

**Affordability** – tackling not only the cost of shopping, but also getting to the shops

**Skills** – improving confidence and skills in cooking and shopping

**Culture** – overcoming ingrained habits

Through our work we aim to support communities to:

- identify barriers to a healthy balanced diet
- develop local responses to addressing these barriers, and
- highlight where actions at other levels, or in other sectors are required

We value the experience, understanding, skills and knowledge within Scotland’s community food initiatives and their unique contribution to developing and delivering policy and practice at all levels.

## Acknowledgements

We would like to thank everyone who provided CFHS with information about their activities. This information has enabled us to prepare this report and celebrate the contribution of community food initiatives across Scotland. In particular we would like to thank those who gave us extra time, enabling us to prepare case studies of their work. We hope these case studies showcase the work of community food and health activities and celebrate the contribution they make.

## Contents

Background	page 3
What is this report about?	page 4
Celebrating the contribution of community food and health activity	page 8
Reflections from CFHS	page 17
Appendix One: Matrix of respondents’ contribution to nine national outcomes	page 19
Appendix Two: List of Scottish Government national outcomes and national indicators and targets	page 20
Finding out more – useful websites	page 22

# Foreword

Healthy eating is one of the building blocks for improving health. By improving access to healthy food, community food initiatives are achieving positive outcomes for people and communities throughout Scotland. By empowering local communities to tackle issues of importance to them they address health inequalities in a direct way.

Throughout Scotland there are many examples of successful community food initiatives which provide invaluable advice, support and opportunities for communities to improve their health. They tackle health issues for local people and provide services that are of great importance on the ground. They often provide a stepping stone for local volunteers in gaining future employment as well as providing an opportunity for community spirit to flourish.

It is important that community food initiatives are supported to provide a secure infrastructure for healthy food and as significant assets in their communities. Community food initiatives need to be highlighted for all their hard work.

I hope that the case studies in this publication will inform and inspire all sectors to work in partnership with community food initiatives to realise their potential for meeting national and local priorities and improving the health of our Scottish communities.

**Margaret Burns CBE**  
**Chair, NHS Health Scotland**

It's really encouraging to see such a broad range of community organisations making a tangible contribution to the national outcomes to create a healthier, fairer and greener Scotland. This contribution is both 'in-touch' with consumers, as well as 'hands-on'.

Communities are delivering on national aspirations in a practical manner based on an understanding of local need, local circumstances and local opportunities. It is inevitable that the current positive relationships between communities and local and central government, as well as the Health Service, will be tested as budgets get tighter. But that is even more reason to stress the importance of imaginative collaboration between the third sector and the public sector, to ensure that we are delivering the outcomes that everyone wants and needs.

**Douglas Sinclair**  
**Chair, Consumer Focus Scotland**

# Background

In 2007, the Scottish Government launched 'Scotland Performs' - a national performance framework designed to capture change and progress against priority issues for Scotland. The framework was established to clearly demonstrate how the Scottish Government, and everyone responsible for public services in Scotland, are achieving their purpose.

The overarching purpose for the Scottish Government is 'to focus government and public services on creating a more successful country, with opportunities for all of Scotland to flourish, through increasing economic sustainable growth'. Scotland Performs details five strategic objectives and 15 national outcomes that the Scottish Government believes need to be achieved in order to achieve this purpose. This outcomes-focused approach to managing

*“The partnership planning environment that underpins Single Outcome Agreements (SOAs) encourages and supports joint working between statutory and Community and Voluntary Sector partners, combining their approaches to achieve shared outcomes.”*

**Guidance for partnerships between the NHS and community and voluntary organisations for anticipatory care; 2010**

performance provides a consistent set of priorities for all of Scotland's public services. It also encourages us to focus on **what** difference is being made for local communities and not just **how** this difference is being made. It encourages us to focus on outcomes (the changes) and not just outputs (the activities).

In addition to Scotland Performs providing a national framework for measuring change across Scotland, it is also the foundation of Single Outcome Agreements (SOAs). SOAs are agreements between the Scottish Government and each Community Planning

Partnership, which demonstrate how change will be created for local communities.

Since 2008, all local authorities and their partners have demonstrated how they are going to support the Scottish Government to meet the national outcomes, by detailing local actions that address local priorities and issues within their SOAs. In addition work is ongoing to further develop local indicators that will be used to demonstrate change at a local level.



## What is this report about?

Across Scotland community food initiatives are achieving positive outcomes and are making a difference for local communities. Through improved access to healthy food, communities are addressing health inequalities and improving the health of individuals and families. Demonstrating and celebrating this contribution towards local and national priorities is crucial for local communities.

**Here, we have created a snapshot of the sector's work across Scotland and we celebrate this contribution.**

In this report 15 community groups highlight the part they play in achieving national outcomes for Scotland. They also reflect the breadth and depth of community food and health activity in Scotland.

It is hoped that this celebration will emphasise, both for community food initiatives and for local and national policy makers, the contribution that is being made by community food and health activities across Scotland. By raising the profile of this work we hope that the links between community food and health activities and national outcomes will be more widely recognised.

We have based this report solely on the information we received in response to this piece of work, to ensure that we provide a true reflection for those involved. However, across Scotland there are many other examples of community groups that are successfully addressing health inequalities through food. We will continue to share this information and evidence of the contribution being made through the CFHS website and through the CFHS quarterly newsletter, Fare Choice.



*Pearce Cafe*

## How did we do this?

Through CFHS's quarterly newsletter Fare Choice and the CFHS website we asked community food initiatives to tell us how they feel they contribute towards national outcomes. From the 15 national outcomes, we identified nine that were most relevant to community food and health activities in Scotland. Below are the 15 national outcomes, with those that were felt to be more closely related to the food and health work of community and voluntary organisations highlighted in green.

More details about Scotland Performs can be found at the back of this report on page 22.

We live in a Scotland that is the most attractive place for doing business in Europe

We realise our full economic potential with more and better employment opportunities for our people

We are better educated, more skilled and more successful, renowned for our research and innovation

Our young people are successful learners, confident individuals, effective contributors and responsible citizens

Our children have the best start in life and are ready to succeed

We live longer, healthier lives

We have tackled the significant inequalities in Scottish society

We have improved the life chances for children, young people and families at risk

We live our lives safe from crime, disorder and danger

We live in well-designed, sustainable places where we are able to access the amenities and services we need

We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others

We value and enjoy our built and natural environment and protect it and enhance it for future generations

We take pride in a strong, fair and inclusive national identity

We reduce the local and global environmental impact of our consumption and production

Our public services are high quality, continually improving, efficient and responsive to local people's needs

We asked groups to tell us which of these nine outcomes they feel they contribute towards, and how. By limiting this to certain outcomes we have been able to focus on those that are most relevant to community food and health activities across Scotland. However, it is important to highlight that community food initiatives across Scotland are working in different ways, with different communities, and may therefore contribute to all national priorities and all national outcomes.

## Who did we hear from?

We received responses from 15 community and voluntary groups. Below are some brief details about these initiatives and their key areas of work:

**Pilton Youth and Children's Project** works with children aged 5-18 years and runs an employability project for young people aged 16-24 years in Pilton, North Edinburgh.

**Gowans Terrace Child and Family Centre** supports the most vulnerable children and families in Perth, eg. those with child protection issues, housing difficulties or social isolation, as a result of physical or mental health difficulties or substance/alcohol misuse.

**East Lothian Roots and Fruits** provides access to healthy produce for its local community and also runs various cookery courses and health promotion activities in East Lothian.

**Shettleston Health Centre** offers a wide range of health promotion activities, for the community. With Keep Well funding it currently runs 'Eat Up' and 'Waist Winners' classes.

**Burnfoot Community School** is a health promoting nursery and primary school. It also provides learning and development opportunities for adults and parents living in Hawick.

**NHS Forth Valley Department of Nutrition and Dietetics** has a team of community food workers that work to facilitate a positive change in food choices for local communities.

**Gorgie City Farm** is a farm and community garden within Edinburgh City Centre that offers educational and volunteering opportunities for people of all abilities.

**Lanarkshire Community Food and Health Partnership** works with local communities to improve access to healthy, fresh, affordable food and promote healthy eating.

**NHS Fife Health Promotion Team** has a three-year action plan to improve the diet of people living in Fife, through food and health activities, particularly in areas of deprivation.

**The Jolly Sixties Day and Lunch Club** is for older people living in Dunfermline. It is run by volunteers who are also older people. Members share a healthy meal each week.

**St Bridget's Nursery Class** is connected to St Bridget's School, in Kilbirnie, North Ayrshire. It is a health promoting school.

**NHS Tayside Nutrition Standards** aims to prevent malnutrition in hospitals, care homes and the community, particularly for vulnerable older people, by sharing knowledge and expertise.

**The Food Train** is a volunteer-led grocery delivery, befriending and household support service for older people living in Dumfries and Galloway and West Lothian.

**The Pearce Institute** hosts a range of community groups and social economy organisations that aim to improve the health and wellbeing of people living in Govan, Glasgow.

**North Argyll Young Carers** run weekly after school clubs for young carers where they educate young people about food and health and provide healthy food at the clubs.



In addition to the information we have included within this report, there are also additional and more detailed case studies on the CFHS website. We would like to continue to highlight the contribution of community food initiatives and to keep this information 'live' so, if you, or anyone you know, contribute towards national outcomes through community food and health activities, please contact us and let us know!

## What did we find?

Over the next few pages we share what community food initiatives told us about their work and how they contribute towards national outcomes. At the back of this report we have also included a table that summarises the responses we received.

From early analysis of the responses it was clear that five outcomes in particular were felt to be most relevant to community food initiatives and the difference they make:

**Our young people are successful learners, confident individuals, effective contributors and responsible citizens**

**Our children have the best start in life and are ready to succeed**

**We live longer, healthier lives**

**We have tackled the significant inequalities in Scottish society**

**We have improved the life chances for children, young people and families at risk**

As a result we decided to do some more work to further illustrate how groups contribute towards these specific outcomes. We went back and spoke to some groups about their work in more detail and from this we developed some case studies. This has allowed us to further showcase the contribution of community food and health activities.



# Celebrating the contribution of community food and health activities

Community and voluntary groups across Scotland carry out a wide range of community food and health activities. For some groups, food and health activities are the main focus of their work, for others they can be part of a wider programme of activities.

Food and health activities can range from community cafés to cookery classes, from community growing projects to community run food co-ops and from lunch clubs for older people to work with early years. In addition, food and health

activities bring people together in local communities, offering opportunities for individuals to build relationships and develop their confidence.

Whatever the scale and context of food and health activities within vulnerable communities, they all share the common goal to improve health and reduce health inequalities by encouraging and enabling individuals and families to make healthy choices.

Within this section of the report we have taken the nine national outcomes most relevant to community food initiatives and highlighted their contribution.



## We live longer, healthier lives

Twelve of the community groups that responded feel they contribute to this national outcome. As the ultimate aim of community food and health activities is to improve the health and wellbeing of vulnerable and disadvantaged communities, their contribution to this outcome is steadfast. The groups that responded demonstrate the breadth and depth of community food and health activities, ranging from work with early years and older people, to developing cookery skills and providing access to affordable fruit and vegetables.

### CASE STUDY 1

#### The Food Train

The Food Train is a grocery delivery, befriending and household support service for older people living in Dumfries & Galloway and West Lothian. The service aims to address the difficulties older people can face doing grocery shopping and doing jobs around the house. Support is provided through the Food Train grocery delivery service and the EXTRA service for 'odd jobs' around the house.

Older people can experience a range of barriers to accessing food. In particular, for older people living in remote and rural areas physical access to shops can be difficult and transport can be difficult and more expensive. The Food Train addresses this problem by providing a volunteer-led service that delivers groceries directly to people's homes. Volunteers collect orders from Food Train customers and take these to one of a number of stores working in partnership with the Food Train, who make up the orders. The Food Train volunteers then deliver the groceries to their customers on certain days of the week.



If necessary they will also help the customers to unpack and store their shopping. The EXTRA service provides support for odd jobs such as cleaning windows, changing light bulbs or defrosting the freezer.

*“Food Train is an excellent example of a practical solution to a simple problem that supports older people to live longer healthier lives, through remaining in their home, amongst their own friends and in their own community.”*

**Chief Executive, Food Train**

The work of the Food Train supports older people to live independently, in their own homes, for as long as possible.



## CASE STUDY 2

### Department of Nutrition and Dietetics for NHS Forth Valley

Across Stirling, Falkirk and Clackmannanshire, NHS Forth Valley has a team of community dietitians and community food workers that supports low-income communities to address local food and health issues. NHS Forth Valley delivers a wide range of practical food activities, from fruit barras to weaning classes and from community cafés to taster events and other health promotion work. Its activities increase the knowledge, skills and confidence of individuals and families to tackle the barriers to eating a balanced, healthy diet. In addition to the work that NHS Forth Valley delivers directly, the community food workers also provide opportunities for local community groups to develop their own food and health activities, by running an annual small grants scheme.

They also deliver the REHIS accredited Elementary Food and Health course. This six-hour course is designed to provide a basic knowledge of the link between food and health and includes: the function of food; nutritional needs; life and diet; eating for health; and food policy. In Forth Valley, this course is delivered to staff and volunteers who work with vulnerable communities, ensuring they are able to deliver accurate and consistent healthy eating messages.



*“The course has been seen as providing the necessary skills for them to feel confident to provide information, or to take cooking groups. For others it has been about improving their knowledge and being able to share with and support other staff.”*

**Evaluation Report, 2009**

Last year, the impact of this course was evaluated to demonstrate the difference it was making. Within 18 months 120 people had attended the training. Of the 120 participants, nearly half said it would enhance what they were already doing and just over a third said that the course had motivated them to include food and health activities in their work.

## We have improved the life chances for children, young people and families at risk

Nine of the community groups that responded feel they contribute towards this national outcome. Food and health activities in communities can provide a range of opportunities for children, young people and families. These can include improved access to healthy foods or opportunities for individuals to develop their cooking skills. Providing these opportunities and engaging the most vulnerable children, young people and families is crucial for addressing health inequalities.

### CASE STUDY 3

#### Gowans Terrace Child and Family Centre

Gowans Terrace Child and Family Centre promotes and provides healthy, balanced snacks and meals for children under five years old who live in regeneration areas of Perth. The Child and Family Centre supports the most vulnerable children and families, such as those who have child protection issues, housing difficulties or social isolation as a result of mental health difficulties or substance/ alcohol misuse. In 2008, the centre received a small grant from CFHS to develop the Life Skills Cooking Groups. These groups provide parents/carers with the opportunity to improve and develop basic budgeting and cooking skills; learn about healthy eating; build self-esteem and confidence and enable them to plan, prepare and provide healthy meals for their families.

At the cooking classes participants learn to prepare a two course meal and the workers who run the class cook alternative dishes for the participants to taste. In addition to the practical elements of the cooking sessions, the group



discuss planning, budgeting and shopping for healthy meals. They also talk about diet and how healthy eating is important. The groups are kept to a small size so that a trusting relationship can be developed with vulnerable mothers and fathers. This relationship is essential to sustain their involvement and ensure they achieve the maximum benefit from being involved.

*“Learning new recipes every week, getting time out the house and socialising with other people and mums. Learning how to prepare the food and learning about healthy eating.”*

**Participant, Life Skills Cookery Group**

As part of the evaluation, participants are asked to mark on a scale from 1-10 how they are feeling when they arrive and leave the cooking session – this has consistently shown participants leave feeling better than when they arrived.

*“Both the parents commented that they are more confident cooking at home, and that they are more aware of food labels and look at the food labels before buying their food shopping.”*

**Worker, Life Skills Cookery Group**

## Our children have the best start in life and are ready to succeed

Nine of the community groups that responded feel they contribute towards this national outcome. Activities varied, and included delivering free fruit to nurseries in combination with health promotion work with children and their parents, promotion of breastfeeding, and healthy eating work within schools and communities. Working with children is recognised as a key way of creating change for families and communities. By providing opportunities for children and their families, it is intended that young people will grow up with an understanding of the connections between food and health and the importance of healthy eating.

### CASE STUDY 4

#### Burnfoot Community School

Burnfoot Community School sits on the edge of Hawick, a small town in the Scottish Borders. Burnfoot has embraced the 'Health Promoting Schools' agenda and healthy eating messages are embedded within the ethos of the school through a range of different activities with young children and parents.

*“Healthy eating messages are consistent within the school and children are very good at recognising the messages.”*

**Homelink Worker,  
Burnfoot Community School**

Tasty tuck aims to promote a 'sweetie-free' playground by encouraging children not to bring unhealthy snacks to school by offering healthy alternatives such as cheese and crackers, milk, seasonal fruit, and vegetable sticks every day. Tasty tuck is delivered by the children themselves so they are also developing skills through delivering the project. A daily Breakfast Club has been running for 11 years, for 60-70 children, highlighting the importance of starting the day



with breakfast. In addition, the club makes breakfast more manageable for parents. It also provides an opportunity for children to socialise with others outwith their classroom.

Fit Friday provides weekly opportunities for children to get involved in activities and take part in cookery classes, ensuring they learn about healthy lifestyles through both physical activity and health eating.

All these activities provide opportunities for children to succeed at primary school and beyond.

Parents from the local community are also engaged in the work. There are a range of groups within the school, such as parenting and social groups, where a healthy snack option is always available. Parents are also encouraged to think about healthy packed lunches as one

way of providing the best start in life for their young children.

*“These healthy messages are included in all of the connections with parents”*

**Homelink Worker, Burnfoot Community School**

Burnfoot Community School has recently participated in the Early Years Self-Evaluation Collaborative, which was delivered by CFHS and Evaluation Support Scotland, enabling them to develop self-evaluation skills. Demonstrating the difference that these activities make will show how different activities work well for young children and their families. However, the key for Burnfoot has been developing an ethos that supports healthy eating and creating an environment where healthy choices are the easy choices.

## We have tackled the significant inequalities in Scottish society

Seven of the community groups that responded feel they contribute towards this national outcome; however, all groups that work with and within vulnerable communities are addressing health inequalities in different ways. The groups that responded carry out a wide range of activities, including grocery deliveries for older people, healthy eating sessions in disadvantaged communities and health promotion work with early years, children and young people. All the other groups that responded, but did not identify this outcome as being one that they contribute towards, are working within vulnerable communities.

### CASE STUDY 5

#### The Pearce Institute

The Pearce Institute (PI) has been at the heart of the Govan community since 1906. The PI is home to a wide range of community groups and social economy organisations that share the aim of meeting the needs of their local community. Café Pearce is a community café operating within the PI and attracts customers from across Govan. The café opens Monday – Friday from 8am until 2.30pm. In 2008 Café Pearce achieved the **healthyliving award**, and offers a range of healthy options at affordable prices, such as homemade soups and baked potatoes. An evaluation found that these options have become increasingly popular with customers.

*“The most popular dish was homemade soup, made fresh every day, being purchased by 88% of respondents. 27% purchased baked potatoes and 23% purchased salad.”*

BIG Lottery Evaluation Report



When asked ‘Do you think you have experienced any health benefits through being a Café Pearce customer?’ over 60% of customers gave examples of the benefits they have experienced. Some examples include:

*“Have lost weight not eating fatty foods.”*

*“Don’t have to think about healthy lunch it is provided.”*

*“Visiting café makes us eat breakfast.”*

*“Things are grilled not fried.”*

The café has become a hub for the work of the PI, providing a place where people can meet and buy snacks and meals at affordable prices. Within the PI building there are other organisations including Carers Scotland, Scottish Association for Mental Health, and the Bridges Programme. These organisations use Café Pearce as a relaxed and comfortable place to meet with those they work with. These organisations also use Café Pearce as a way to engage with the local community of Govan.

## Our young people are successful learners, confident individuals, effective contributors and responsible citizens

Seven of the community groups that responded feel they contribute towards this national outcome. The majority are achieving this by delivering cookery courses or healthy eating sessions for young people, including young carers. This work focuses on helping young people to make the connections between food and health and supporting them to develop confidence to take responsibility for their food-related choices. In addition to this, groups are working with children through nurseries and schools, helping them to develop their knowledge and understanding of food and health which they will build on in the future.

### CASE STUDY 6

#### Pilton Youth and Children's Project

Pilton Youth and Children's Project (PYCP) is based in Pilton, North Edinburgh. In 2009 it received a CFHS small grant to begin to develop its food and health activities with young people. This work enabled it to open a youth café.

PYCP ran a five-week course with 16 young people on healthy eating, food hygiene and basic cooking skills. Following this course the young people opened the 'Greenhouse Café', which now opens once a month on a Saturday between 11am and 2pm. So far they have attracted around 35 customers each time they have opened. The enthusiasm of the young people has been one of the key factors to securing the success of the Greenhouse Café.

The young people have taken on board this opportunity to learn new skills through the training and be involved in the café work, taking on the responsibility for its success.

The young people themselves have benefited from their involvement in the youth café work. As well as developing



healthy eating knowledge and skills, the young people have also gained confidence, self-esteem and skills in team working, managing money, publicity, waitressing and cooking. As a result of this involvement one individual has been offered a place on a catering course and wants to pursue this line of work as a career.

*“Young people and adult volunteers have shown huge commitment and enthusiasm and have formed a strong and dynamic sense of team - The Café Crew.”*

Youth and Children's Worker,  
Pilton Youth and Children's Project

Now PYCP plans to produce a cook book with all the recipes the young people use. It is also hoping to provide more training opportunities in the near future (in response to high demand) which will help secure the sustainability of the Greenhouse Café.

*“Healthy eating and cooking skills will remain a core part of our work at PYCP.”*

Youth and Children's Worker,  
Pilton Youth and Children's Project

## **We are better educated, more skilled and more successful, renowned for our research and innovation**

Four of the community groups that responded feel they contribute towards this national outcome in various ways, eg. through working in partnership with other agencies or providing training opportunities for others, groups are sharing knowledge and skills about healthy eating. This outcome is associated with work in education settings where different activities contribute towards the education and skills of children and parents. Also, by delivering healthy eating sessions with children and running healthy cookery projects to support parents/carers plan and budget healthy meals, community food initiatives are developing the knowledge and skills of families and communities.

## **We have strong, resilient and supportive communities where people take responsibility for their actions and how they affect others**

Three of the community groups that responded feel they contribute towards this national outcome. Community food initiatives contribute towards strong, resilient and supportive communities by adopting approaches that strengthen and increase their capacity. This capacity building is key to encouraging and enabling local communities to address health inequalities for the most vulnerable individuals and families.

*“Roots and Fruits continue to do a lot of good work throughout the community... to cater for the needs of the people in the communities in East Lothian.”*

East Lothian Roots and Fruits  
Annual Report 2008/09



Community food and health activities not only provide opportunities for communities to develop knowledge and skills for healthy eating, supporting them to adopt healthier diets, they also help to build the capacity and confidence of individuals by providing a supportive environment, where they can gain confidence and develop social networks.

*“Another significant area of impact is the personal and community capacity building achieved through the use of volunteers.”*

Lanarkshire Community Food and Health Partnership Case Study,  
NHS Health Scotland

For example, community food and health activities are often delivered by volunteers, who develop their own skills and confidence, but also contribute towards developing social cohesion through building social networks and identifying how communities can address the barriers they experience.

*“Developed from a community survey it is a true example of local people taking local action to meet a growing need.”*

Chief Executive, Food Train

## **We reduce the local and global environmental impact of our consumption and production**

Three of the community groups that responded feel they contribute towards this national outcome. Two of the groups work in an educational setting; both are involved in the Scottish Eco School Programme. The third group is increasing local awareness of environmental issues through running a community garden and city farm and supporting people to make choices that are environmentally friendly.

## **We take pride in a strong, fair and inclusive national identity**

Two of the community groups that responded feel they contribute towards this national outcome. Both groups work with people who have either mental health support needs or learning disabilities and live in disadvantaged communities. One group runs a community garden which provides a safe place to be, make friends and build confidence through involvement. The other group runs cookery classes, which has helped it successfully engage with a group of ladies with learning difficulties. As a result the group has developed three tailored six-week awareness sessions about food.





## Reflections from CFHS

This report highlights the breadth and depth of community food and health activity across Scotland that is contributing towards improving health and addressing health inequalities. However, this report only touches on the contribution that is being made by community food initiatives. We must continue to capture the work of the sector and the contribution that is being made in the short, medium and long term. This continued learning will help ensure that practice informs policy and that policy provides opportunities for further developing action within local communities.

The community food initiatives in this report have shown how they contribute towards national outcomes and whilst this shows the important contribution that is being made, it is also important to recognise that different community groups relate to the national outcomes in different ways.

### Shared outcomes

From the nine outcomes that CFHS identified as being most relevant to community food initiatives, the responses we received to this piece of work highlighted that five were felt to be most relevant by community food initiatives.

These outcomes are:

- We live longer, healthier lives
- We have improved the life chances for children, young people and families at risk
- Our children have the best start in life and are ready to succeed
- We have tackled the significant inequalities in Scottish society
- Our young people are successful learners, confident individuals, effective contributors and responsible citizens

We must also reflect the number of different outcomes that each community group feels it contributes towards. From the nine outcomes originally identified as being most relevant, groups each feel they are contributing on average to five different national outcomes (this ranged from two to eight). In addition, of the 15 groups involved, six identified their contribution to four or more of the five outcomes above. As this widespread contribution has been identified from only a small number of community groups, this demonstrates that the contribution being made across Scotland is considerable.

### The wider impact of community food and health activities

When identifying which outcomes are most relevant to their work, some groups have focused narrowly on the outcomes that relate to the immediate results of their work, whilst others have considered the broader, holistic approach of their work. When thinking about the community development approach of community food initiatives, we must also recognise the wider impact of their work. This wider impact reflects the difference community food and health activities make for individuals and families as well as for the health, social and economic wellbeing of the low-income communities they work within.

For example, considering the outcomes below, it would be clear to expect community groups to feel their work relates to this outcome:

## **We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others**

Community capacity building and community cohesion are at the heart of the work of many community food initiatives; however, only four out of 15 responses identified a contribution to this outcome. It is worth noting that those who did identify this outcome are relatively well-established community food initiatives.

It is also worth noting that only seven community groups feel they are contributing towards the outcome below:

## **We have tackled the significant inequalities in Scottish society**

As described within the report, all the community groups that responded are working with and within vulnerable communities and are addressing health inequalities in different ways. Although not all groups highlighted their contribution to this outcome, all have described their work within deprived and vulnerable communities, which demonstrates their explicit contribution to tackling significant inequalities.

There may be many reasons why community groups focused on certain national outcomes; however, it is important that no community food initiative sells itself short in terms of the contribution it is making. One reason may be that groups that focus on food and health work are more familiar with how their work improves health and wellbeing, whilst those that carry out food and health activities as a small part of their work may not fully appreciate the difference that this work can make.

## **Celebrating the contribution of community food and health activities**

This report has been compiled using the responses we received from community groups. This has allowed us to create a snapshot that represents the contribution that community food initiatives feel they are making. This snapshot was never intended to provide robust analysis of the contribution that is being made; rather, it was intended to provide evidence created from examples. Whilst case studies have provided detailed illustrations of the work of community food initiatives, more must be done to better evidence and articulate the difference made by community food and health activities to be able to celebrate their contribution.

Communities across Scotland are addressing the barriers they experience to access and take-up of a healthy diet. This contribution of community food initiatives, both locally and nationally, cannot be underestimated. It is important that we truly reflect the contribution that community food initiatives are making, as well as support groups to recognise and celebrate the significant contribution that community food initiatives can and do make.



## APPENDIX 1

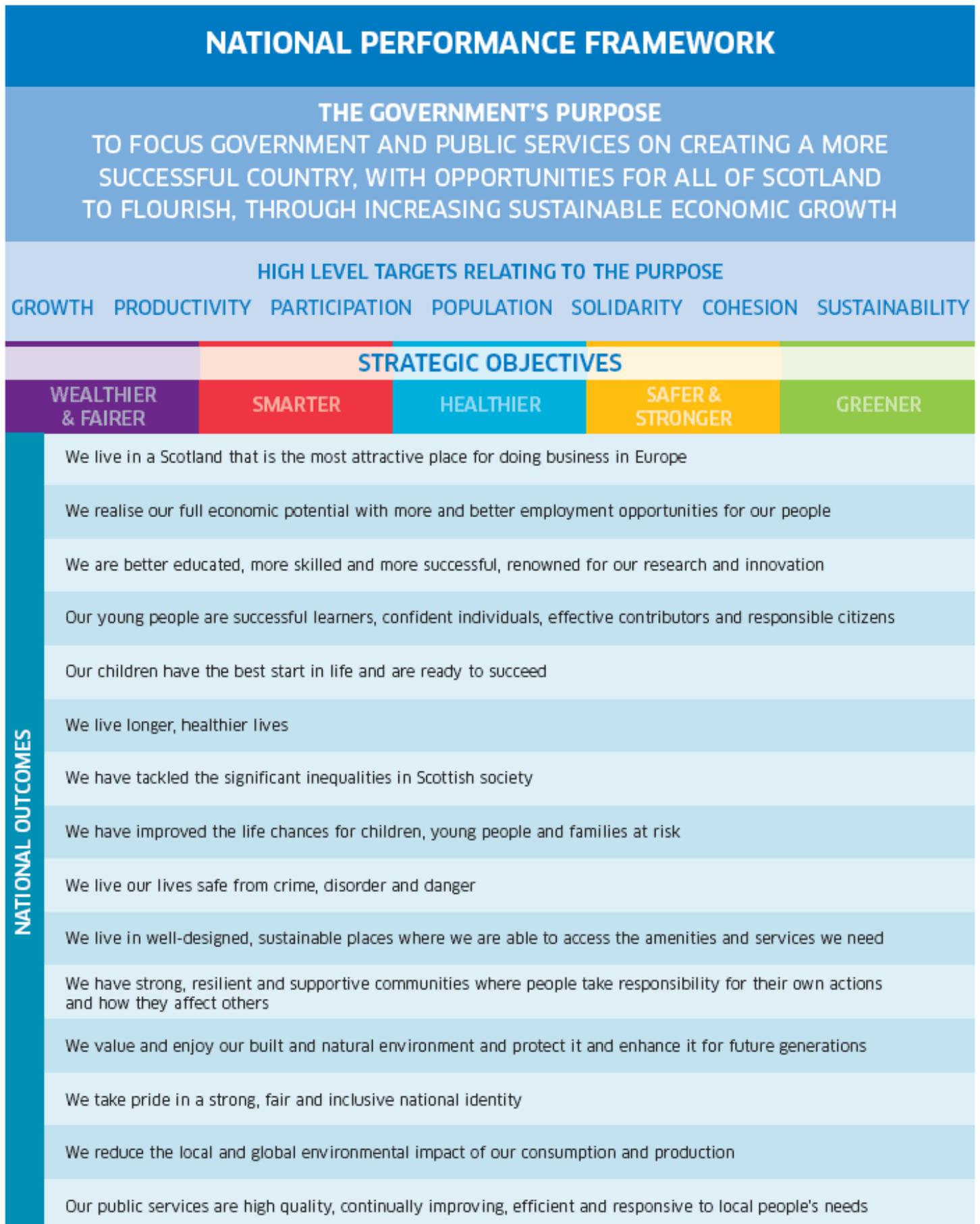
National Outcomes	1	2	3	4	5	6	7	8	9
Lanarkshire Community Food and Health Partnership		✓	✓	✓	✓	✓	✓		
Gorgie City Farm	✓	✓	✓	✓	✓	✓		✓	✓
East Lothian Roots and Fruits			✓	✓		✓			
The Jolly Sixties Day and Lunch Club <sup>1</sup>									
The Food Train				✓	✓		✓		
Pilton Youth and Children's Project		✓		✓		✓			
Shettleston Health Centre		✓			✓				
NHS Tayside Nutrition Standards	✓				✓		✓		
NHS Fife Health Promotion			✓	✓		✓		✓	
St Bridget's Nursery Class	✓		✓	✓	✓	✓			✓
The Pearce Institute				✓	✓				
Burnfoot Community School	✓	✓	✓	✓		✓			✓
NHS Forth Valley Department of Nutrition and Dietetics			✓	✓					
Gowans Terrace Child and Family Centre		✓	✓	✓		✓			
North Argyll Young Carers		✓	✓	✓		✓			

- 1 We are better educated, more skilled and more successful, renowned for our research and innovation
- 2 Our young people are successful learners, confident individuals, effective contributors and responsible citizens
- 3 Our children have the best start in life and are ready to succeed
- 4 We live longer, healthier lives
- 5 We have tackled the significant inequalities in Scottish society
- 6 We have improved the life chances for children, young people and families at risk
- 7 We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others
- 8 We take pride in a strong, fair and inclusive national identity
- 9 We reduce the local and global environmental impact of our consumption and production

<sup>1</sup> One group provided us with lots of detail about their work, however, did not tell us which outcomes they feel they contribute towards. We have included them in this report but we have taken this into account when showing the proportions of community groups that contribute towards each outcome.

## APPENDIX 2

From [www.scotland.gov.uk/Publications/2007/11/13092240/9](http://www.scotland.gov.uk/Publications/2007/11/13092240/9)



At least halve the gap in total **research and development spending** compared with EU average by 2011

Increase the **business start-up** rate

Grow **exports** at a faster average rate than GDP

Improve **public sector efficiency** through the generation of 2% cash releasing efficiency savings per annum

Improve people's perceptions of the **quality of public services delivered**

Reduce the number of Scottish **public bodies** by 25% by 2011

Reduce the proportion of driver journeys delayed due to **traffic congestion**

Increase the percentage of Scottish domiciled **graduates** from Scottish Higher Education Institutions in positive destinations

Improve knowledge transfer from **research activity** in universities

Increase the proportion of **school leavers** (from Scottish publicly funded schools) in positive and sustained destinations (FE, HE, employment or training)

Increase the proportion of **schools** receiving positive inspection reports

Reduce number of working age people with severe **literacy and numeracy** problems

Increase the overall proportion of **area child protection committees** receiving positive inspection reports

Decrease the proportion of **individuals living in poverty**

60% of school children in primary 1 will have no signs of **dental disease** by 2010

Improve the **quality of healthcare experience**

Increase the proportion of **pre-school centres** receiving positive inspection reports

Increase the **social economy turnover**

Reduce the rate of increase in the proportion of children with their **Body Mass Index** outwith a healthy range by 2018

Increase the average score of adults on the Warwick-Edinburgh **Mental Wellbeing Scale** by 2011

Increase **healthy life expectancy** at birth in the most deprived areas

Reduce the percentage of the **adult population who smoke** to 22% by 2010

Reduce **alcohol related hospital admissions** by 2011

Achieve annual milestones for reducing **inpatient or day case waiting times** culminating in delivery of an 18 week referral to treatment time from December 2011

Reduce the proportion of people aged 65 and over admitted as **emergency inpatients** two or more times in a single year

Reduce mortality from **coronary heart disease** among the under 75s in deprived areas

Increase the percentage of people aged 65 and over with high levels of care needs who are **cared for at home**

All unintentionally **homeless households** will be entitled to settled accommodation by 2012

Reduce overall **reconviction rates** by 2 percentage points by 2011

Reduce overall **crime victimisation rates** by 2 percentage points by 2011

Increase the percentage of **criminal cases** dealt with within 26 weeks by 3 percentage points by 2011

Increase the rate of **new house building**

Increase the percentage of adults who rate their **neighbourhood** as a good place to live

Decrease the estimated number of problem **drug users** in Scotland by 2011

Increase positive public perception of the general **crime rate** in the local area

Reduce overall **ecological footprint**

Increase to 95% the proportion of **protected nature sites** in favourable condition

Improve the state of Scotland's **Historic Buildings, monuments and environment**

**Biodiversity:** Increase the index of abundance of terrestrial breeding birds

Increase the proportion of **journeys to work** made by public or active transport

Increase the proportion of adults making one or more **visits to the outdoors** per week

50% of electricity generated in Scotland to come from **renewable sources** by 2020 (interim target of 31% by 2011)

Reduce to 1.32 million tonnes of **waste** sent to landfill by 2010

Increase to 70% key **commercial fish stocks** at full reproductive capacity and harvested sustainably by 2015

Improve people's perceptions, attitudes and awareness of **Scotland's reputation**

**DELIVERY, ACCOUNTABILITY: PARTNERS' CONTRIBUTIONS ACROSS THE PURPOSE AND ALL STRATEGIC OBJECTIVES - MEASURED BY PERFORMANCE MANAGEMENT REGIMES**

# Finding out more - useful websites

## **Community Food and Health (Scotland)**

More information about community food and health activities across Scotland can be found on this website, as well as more details about the contribution being made.

[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

## **Scotland Performs**

This Scottish Government website provides more information about the national performance framework, where it came from and how it will be used in the future.

[www.scotland.gov.uk/About/scotPerforms](http://www.scotland.gov.uk/About/scotPerforms)

## **Single Outcome Agreements**

The Improvement Service contributes towards the development of Single Outcome Agreements and the measurement of progress that is outlined within these agreements.

[www.improvementservice.org.uk/single-outcome-agreements/](http://www.improvementservice.org.uk/single-outcome-agreements/)

## **NHS Health Scotland**

NHS Health Scotland is working with the Scottish Government to develop outcome-focused approaches for planning and managing performance for health improvement.

[www.healthscotland.com/understanding/evaluation/planning/hi-performancemanagement-nhs.aspx](http://www.healthscotland.com/understanding/evaluation/planning/hi-performancemanagement-nhs.aspx)

## **The healthyliving award**

This website will explain how simple the **healthyliving award** can make it to eat and serve healthy food whether you are a caterer or a diner.

[www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)

## **Health Promoting Schools**

Through this programme schools across Scotland are working to adopt a whole school approach to promoting health for children and young people.

[www.ltscotland.org.uk/healthpromotingschools/index.asp](http://www.ltscotland.org.uk/healthpromotingschools/index.asp)

## **Eco Schools Scotland**

Eco-Schools is an international initiative designed to encourage whole-school action for the environment. It is an environmental management tool, learning resource, and recognised award scheme.

[www.ecoschoolsscotland.org](http://www.ecoschoolsscotland.org)

## **The Royal Environmental Health Institute for Scotland (REHIS)**

REHIS provide education and accredited training opportunities, including Food Hygiene and Food and Health training courses, within local communities.

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





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