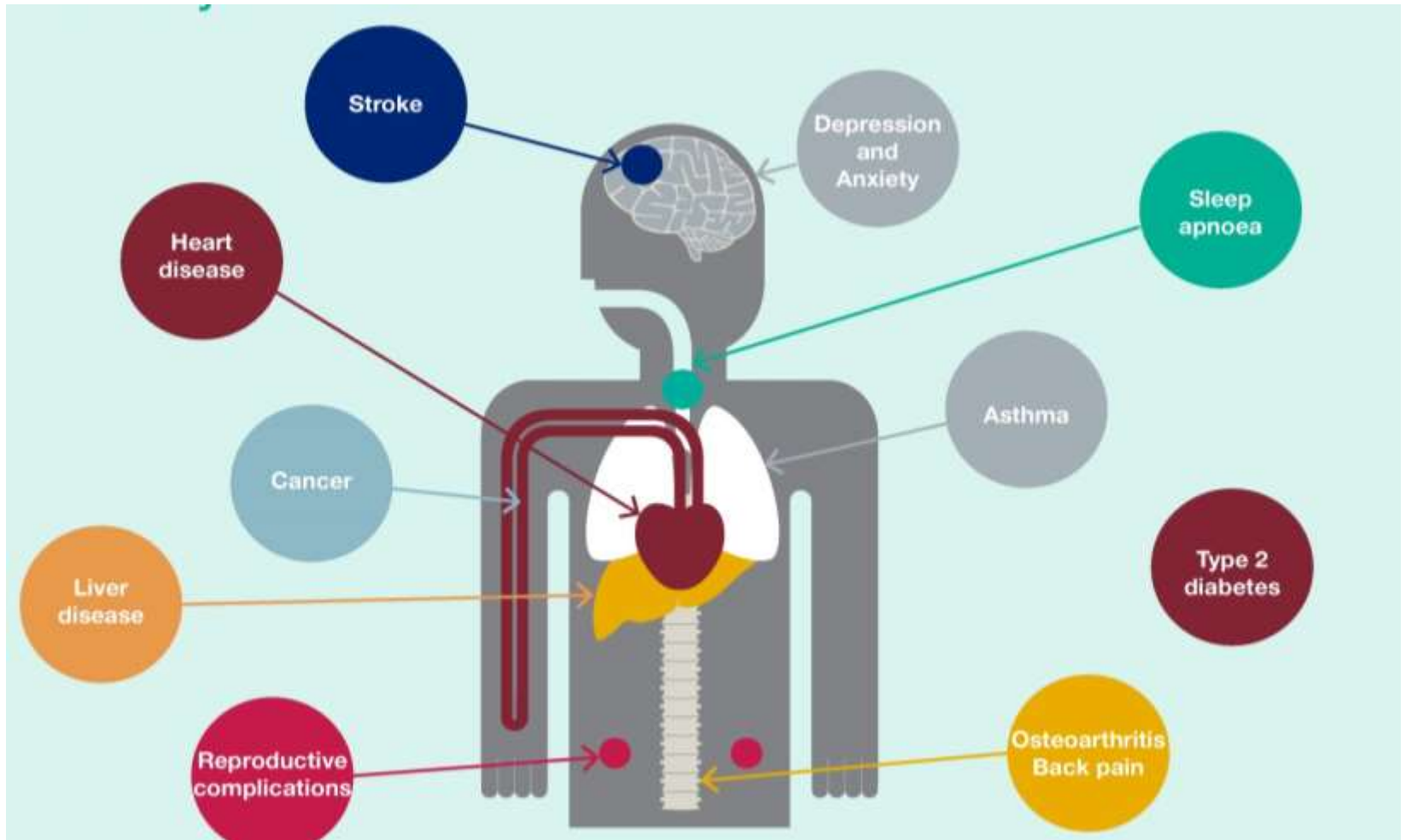


**Diet & Obesity Strategy
Consultation Soon!
Some current thinking**

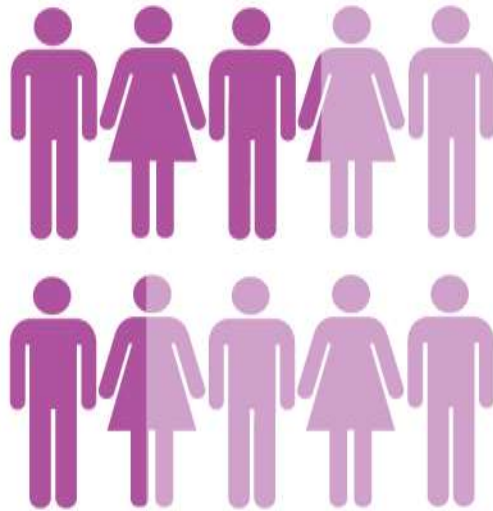
**Tony Rednall
Creating Health Team**



OBESITY HEALTH HARMS

Source: Public Health England

Scottish Health Survey 2016: Obesity



Two thirds

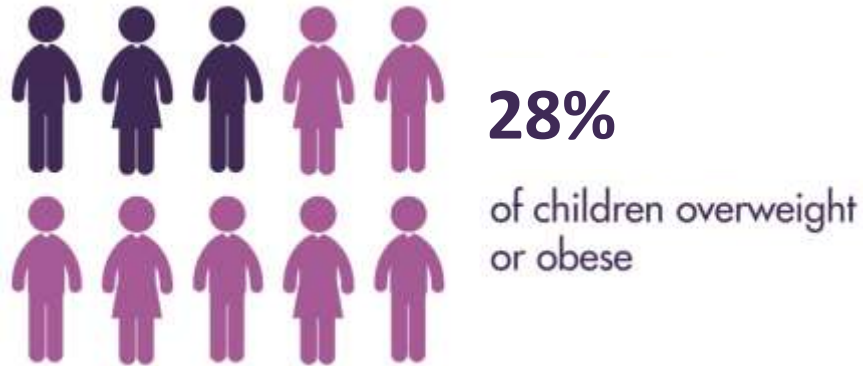
(65%) of adults in Scotland
were overweight, including

29%

who were
obese, in 2016

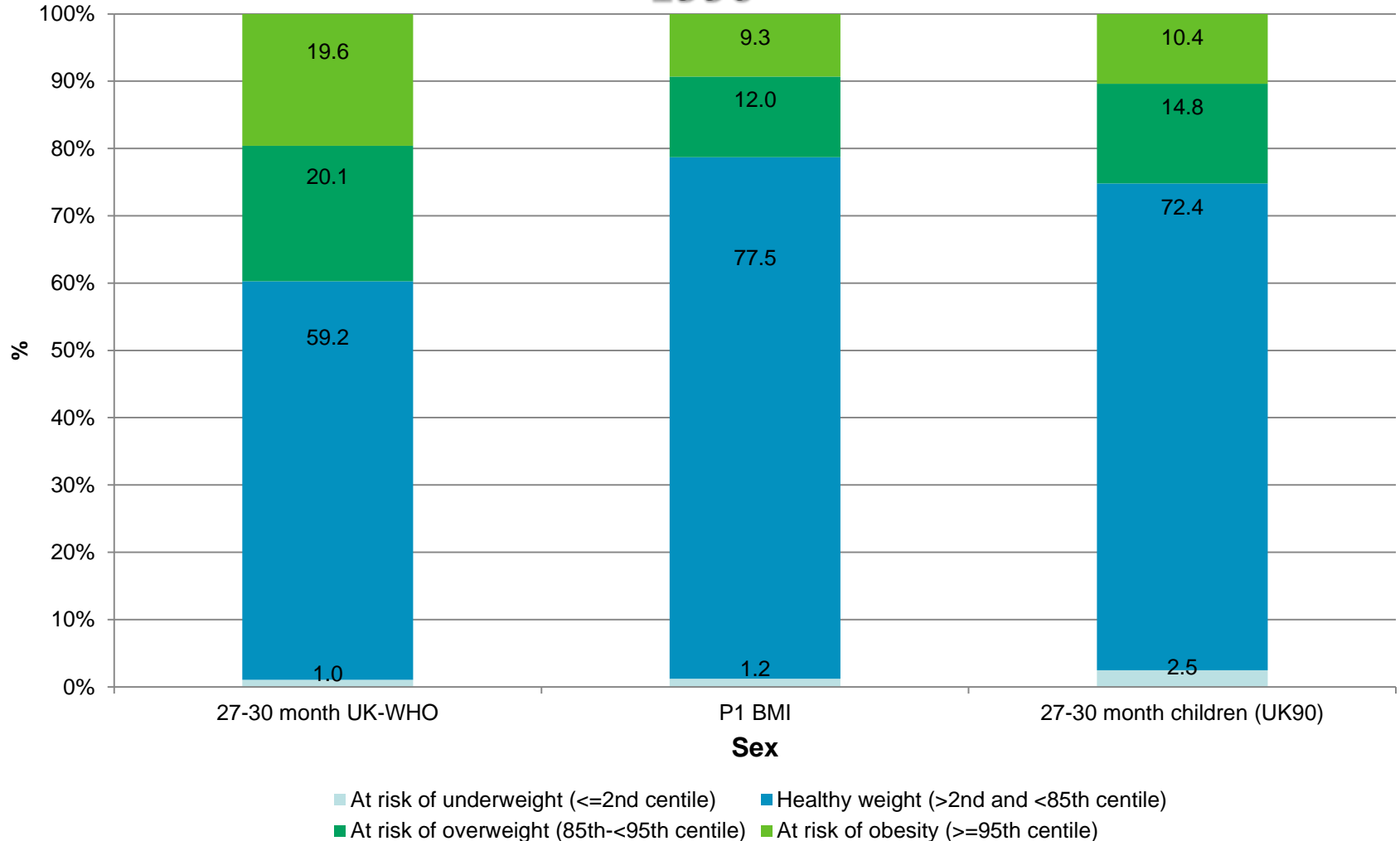
These figures are largely
unchanged since 2008

Overweight and Obese Children



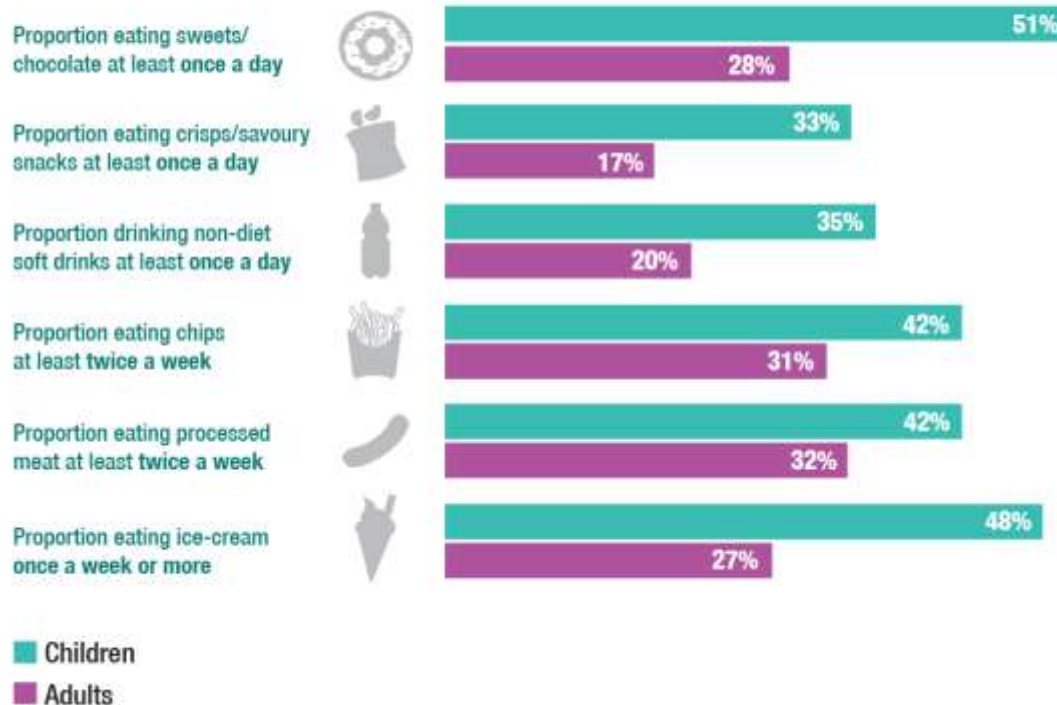
27-30 month measurements

Comparison of BMI distribution: UK-WHO combined Vs UK 1990

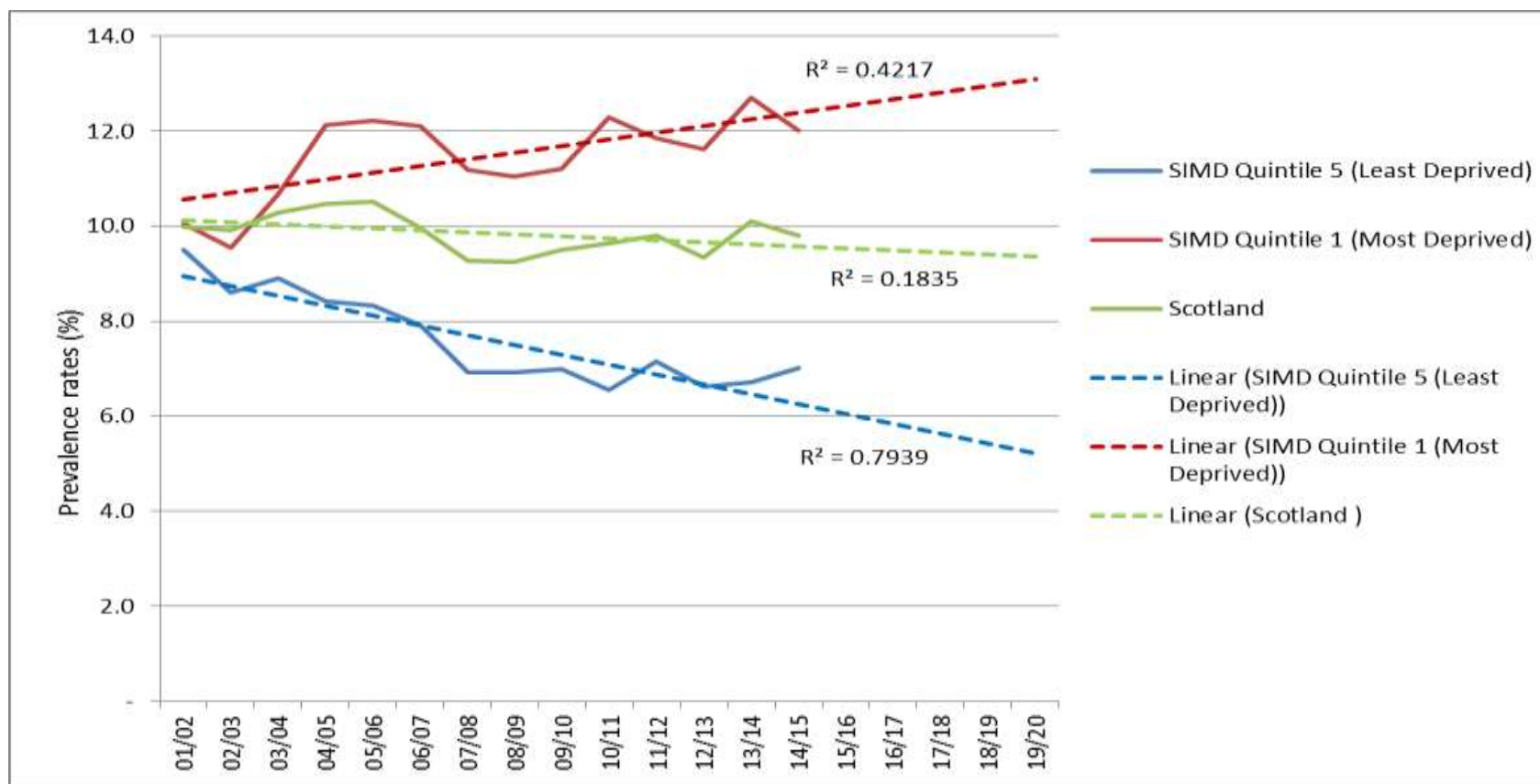


Scottish Health Survey 2016: Children's diets

Overall, children in Scotland tended to consume **foods and drinks high in fat and/or sugar** more often than adults



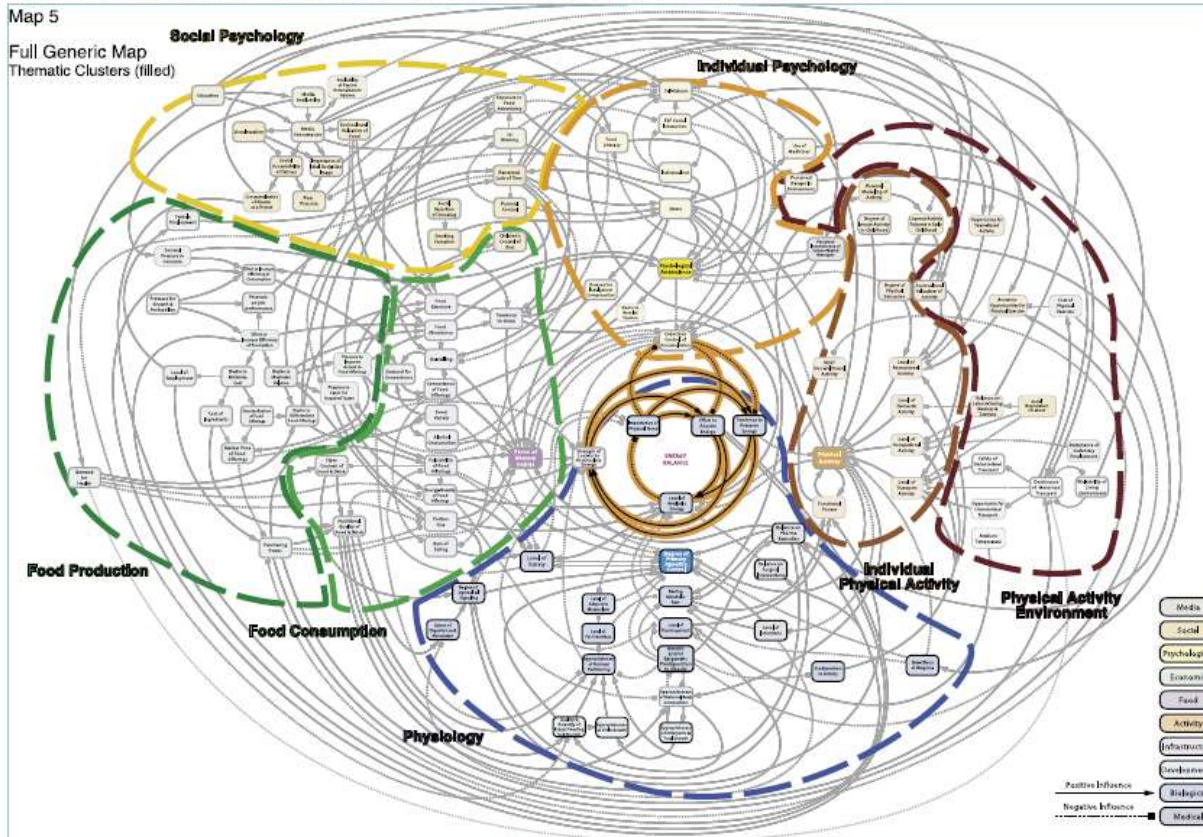
The Inequalities Challenge



Projected Prevalence of Obesity in Primary 1 Children in Scotland for SIMD quintiles 1 & 5 compared to Scotland as a whole: 01/12 to 19/20. ScotPHN Report on Child Healthy Weight Programme. August 2014

Obesity control is complex

Figure 5.2: The full obesity system map with thematic clusters (see main text 5.1.2 for discussion)^{17,18} Variables are represented by boxes, positive causal relationships are represented by solid arrows and negative relationships by dotted lines. The central engine is highlighted in orange at the centre of the map.



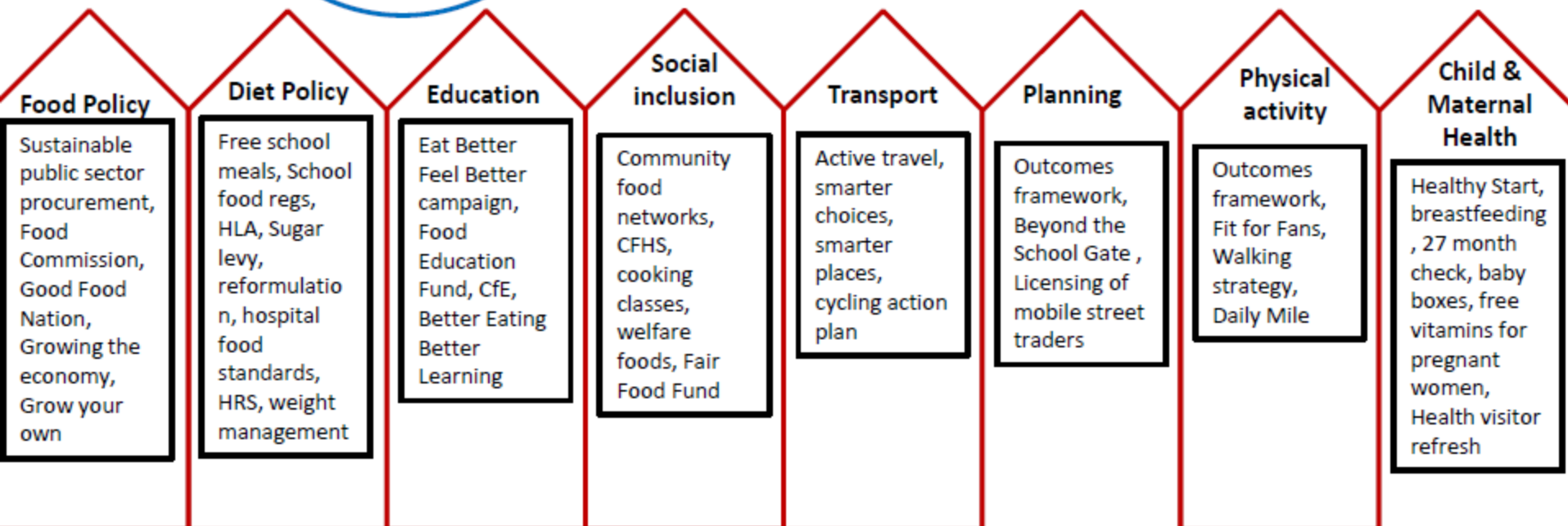
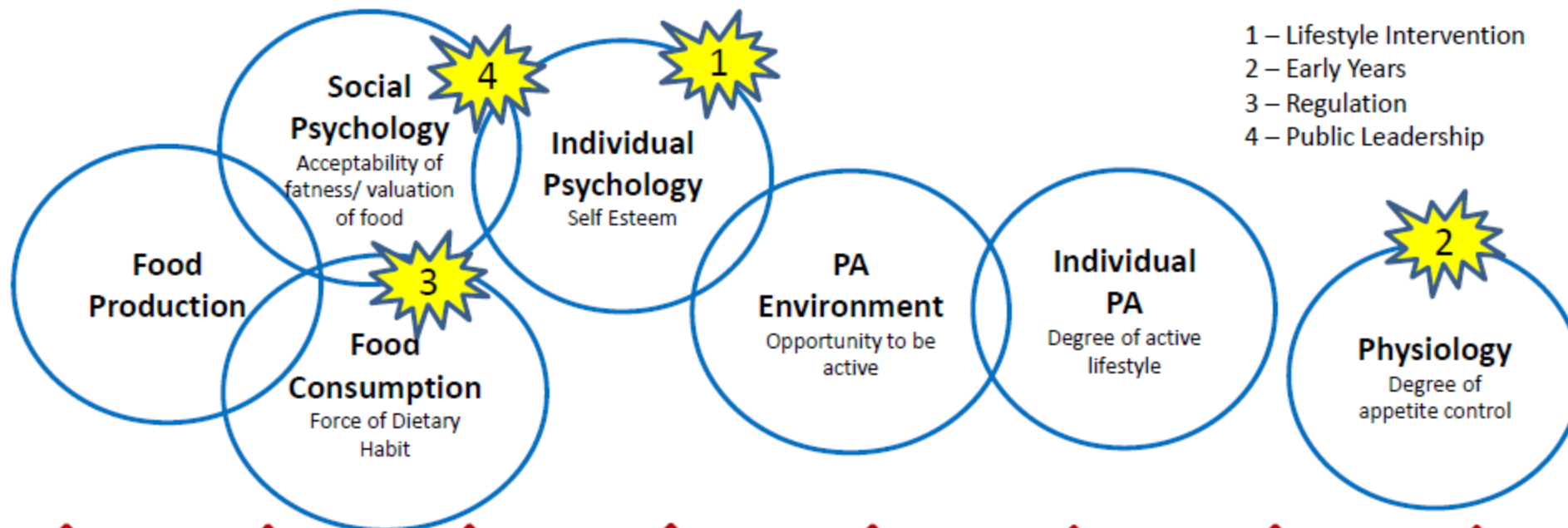
Key considerations

- Gauging the level of ambition and consensus on the right package of measures
- Making best use of the evidence about the problem ...
- ... learning from what works in tackling other similar challenges eg smoking, alcohol; and
- what is the most/least effective in reducing health inequalities
- Being mindful of the environment we work in

Guiding principles

- Can't be solved by health alone; system-wide
- No single intervention; a multi-pronged long-term approach
- Rely less on individual choice and more on structural changes to the food environment
- Education & physical activity are necessary but not sufficient to produce the results we need
- Start young, prioritise disadvantage groups
- Include totemic policy to demonstrate the scale of political commitment

Diet and obesity – Current and future activity



Programme for Government

- Our focus is on delivering an early intervention and prevention approach to public health, balanced by efforts to support everyone to lead healthier lives regardless of their circumstances.
 - Support for children and families in the very earliest years, through expansion in Health Visitor numbers and roll-out of Family Nurse Partnerships
 - we will also progress measures to limit the marketing of products high in fat, sugar and salt which disproportionately contribute to ill health and obesity.
 - We will consult this year on a range of actions to deliver a new approach to diet and healthy weight management - including on support to lose weight for people with, or at risk of, type-2 diabetes.
-
- Make obesity a national public health priority. Build leadership and coalitions across the system

Community Food

We will renew our commitment to the Community Food initiatives that make healthy, affordable food more accessible and equip people, particularly in deprived communities, with the knowledge and skills they need to prepare healthy meals

Community Food Questions

- What value do you add?
- What do you need from us?