CONSULTATION QUESTIONS

1. How important do you think it is that we aim to be a Good Food Nation?

The document defines a Good Food Nation as one in which as a nation we ‘buy, serve and eat’ the food and drink we ‘produce’. Whilst Scotland is famed for producing ‘good food and drink’ it is also infamous for rubbish such as deep fried Mars bars and the nation’s bad diet. We are what we eat and the reality is that people in Scotland do not universally consume the good food and drink that we produce and therefore the high prevalence of obesity and nutrition-related chronic disease prevails. It is vital that Scotland becomes a Good Food Nation in every respect – it is crucial to our physical, mental, environmental and economic wellbeing as a nation.

2. How would we know when we had got there? What would success look like?

- Access to affordable good food
  - Reduction in health equity around food provision
  - No food banks; good access for all (rich and poor) to local, healthy and fresh Scottish food
  - More people cooking healthy and wholesome meals from scratch
  - Less reliance on food (meals) bought away from the home
  - More families or groups of people eating together
  - Healthier choices in restaurants, take-aways and ready meals
  - Proportion of commercial and non-commercial restaurants, cafes and food vendors with HLA+ status
  - Increase in number and variety of pre-packed foods and snacks which meet the HLA criteria
  - Increased support from food companies and expansion of choice and volume of reformulated food products
  - National events have healthy options on offer to the public (‘T’ in the Park, Edinburgh Festival)

- Production of good food
  - Food producers use high quality and healthy ingredients e.g.
less salt in products

- Education supports key messages
  - School home economics no longer focus on creating ‘chefs’ but on equipping children with the fundamental knowledge, skills and creativity to enable and motivate them to purchase, prepare and cook healthy meals on limited budgets
  - Education’s approach to supporting key messages is consistent across all school activities and the entire curriculum i.e. it should not be confined to home economics alone
  - Support for key nutrition messages in education is extended to broader education settings in the community and adult learning etc
  - Key senior personnel (public sector and NGO) who are in a position to influence others, are trained to deliver on their nutrition responsibilities

- Public Sector leads by example
  - All public sector providers (NHS and local authorities) use Scottish produce where possible based on quality and not just cost, and provide food and drinks which meet the needs of their respective populations
  - Consistent approaches prevail, particularly in Local Authorities where healthier choices may be available but vending machines continue to sell high sugar products
  - Public sector food and drink in Scotland is held in highest regard world wide
  - Public sector food and drink makes a positive contribution to the population’s health
  - Increased resource is aligned with prevention

- Health outcomes improve
  - Reduction in incidence/prevalence of obesity and obesity related disease
  - Reduction in alcohol intake and in incidence/prevalence of alcohol related problems/diseases
  - Improvement in malnutrition across the age spectrum
  - Better oral health

- Healthy lifestyles adopted
  - Majority of children are breastfed
Majority of children are provided with an appropriate diet which meets their needs

Majority of early years children are offered food cooked from fresh ingredients with less reliance on ready prepared food

Providers of care to older people (in care at home or in care homes) provide appropriate quality food and drink which meets older peoples' needs

Change the population’s attitude to food, nutrition and health

Scottish diet is improved
- More fruit and vegetable consumption in all age groups and more from Scottish produce
- More whole food/fibre consumption
- Decrease in salt intake
- Reduction in sugar and fat intake
- Reduction in snack food consumption

Increased activity and reduced screen time

Sustainable food and drink industry
- Less environmental waste associated with food
- Sustainable food production in Scotland
- More visitors enjoying Scottish food and drink
- More good food and drink producers
- More fish being landed and then sold for consumption in Scotland
- Better deals for Scottish food and drink producers (including fishermen) in the EU

3. Do you agree with the proposed vision? How would you improve it?

The proposed vision is impressive as it describes a joined-up approach that addresses the wider implications of food i.e. is not just about growth in the food and drink industry whatever the cost to health or the environment. That said, given the level of health inequalities in Scotland there is a need to focus more on inequalities as 'good food' is often just accessible to the wealthiest folk in our society. Perhaps some photos needed in the document of low cost good healthy food which many families can identify with not just high end food choices.

It is disappointing to note a fundamental absence of effective action:
- The Scottish diet is not changing significantly.
- The population’s average body weight is not decreasing.
- Type 2 diabetes rate is increasing.
• The role of food industry and marketing puts health far down the agenda.
• Education, information and maintaining the food conversation as a way to change diet will not achieve the necessary progress.

4. How would your life be better? What does being a Good Food Nation mean in your locality?

• In work
  o The work of public health would be easier as there would be a common vision addressing health and wealth
  o The work of the NHS and local government would be easier as there would be less malnutrition (obesity and undernutrition) and less nutrition-related chronic disease
• At home, we would all be able to enjoy food provision at work and eating out better
• Locally, the population would be able to realise its contribution to Scotland becoming a healthier, fairer and better nation

5. Are there any other essential steps we need to take before setting out on this journey?

Identify what the population need is. There are still huge gaps in our knowledge of the nutritional and dietary needs/challenges of various segments of the Scottish population e.g. adults with learning disabilities, those with mental health problems, and the poorest in our society. We can't plan for what we don't know. We can't meet the need if we don't know what the need is. We won't be able to monitor improvement if we don't have a baseline. We needs to bring together a whole range of intelligence on food and nutrition including the execution of detailed and comprehensive food, nutrition and oral health surveys that reflect local populations across Scotland which also identifies the our attitude to food, nutrition and health and its aspirations.

6. How do you think a Food Commission could best help?

The Food Commission could oversee the survey, set up implementation plans for change, supporting change, monitoring change and reporting on
7. In what areas should indicators be set to check we are on track towards our goals?

See 2. above. Once we have a baseline and population needs assessments then many indicators can be set. Until then indicators such as obesity levels, diabetes rates, oral health indicators, breastfeeding rates, public sector quality food indicators (these will vary depending on institution) e.g. HIS Food, Fluid and Nutritional Care Standards met 100%, reduced food waste, reduced need for food banks, less food desserts, high reporting of good food from people purchasing food, all food vendors meeting Healthy Living Award.

8. What are your views on the different approaches that could be taken to help us become a Good Food Nation?

All the approaches described are required but in different measures. The input to child nutrition, tackling obesity, tackling food poverty and improving good food security needs greater emphasis and priority.

The workforce that is required to deliver the changes needs to be addressed - who will deliver, implement, monitor and provide training?

Determined and effective actions that will adequately address the unparalleled marketing of easy access and cheap foods and drinks that are energy dense and nutrient poor are essential.

9. Do you agree with the proposed initial focus on:

- Food in the public sector
- A children’s food policy
- Local food
- Good food choices and
- Continued economic growth?

Yes these are vital.

10. Which other areas would you prioritise?

Food in poverty and food in older adults.
11. What other steps toward achieving a Good Food Nation would you recommend?

- Invest in prevention – shift resources from secondary NHS care to prevention
- Tackle the root causes of malnutrition (over and undernutrition)
- Task the Health & Social Care Integrated Boards with delivering this agenda;
- Ensure that public health departments are provided with the responsibility and resources to assist implementation and monitoring
- A commitment from all political parties and Scottish Government Departments
- Produce standards and guides for premises to make the necessary changes i.e. Fish and Chip shop has healthy option of grilled trout and salad.

12. What else should be considered?

- Older adults, food poverty, obesity, undernutrition
- Regarding Children’s Food Policy, the text mentions focussing much attention on children’s diets from pre-school onwards but this needs to be targeted at an earlier age
- Development and implementation of a public health nutrition workforce plan which includes a review of the function and future direction of dietetics in Scotland.

13. What steps do you plan to take to help Scotland on the journey toward becoming a Good Food Nation – in the next month and in the next 12 months?

Utilise opportunities to raise the issue and engender wider support for this aspiration within a wide range of forums.

14. How did you hear about this Discussion Document?

Disseminated by various peer group e-communications.

Responding to this Consultation Paper
Authors of Becoming A Good Food Nation requested feedback on the propositions made within the document and how one can contribute to taking Scotland further on the journey towards being a Good Food Nation. Thirteen questions are posed and corresponding responses from a range of personnel were pulled together as follows:

1. **How important do you think it is that we aim to be a Good Food Nation?**
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1 Initially set up in 2000, TN now leads on NHS Tayside’s nutrition priorities. Work is underpinned by shared goals including the national drivers for territorial NHS Boards and Community Planning Partnerships as well as a set of common MCN principles.
Increased support from food companies and expansion of choice and volume of reformulated food products

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**Joyce Thompson, Dietetic Consultant in Public Health Nutrition, NHS Tayside**

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