

# Food, Activity and Childhood Obesity

Fergus Millan

Healthy Living and Screening Team  
Health Improvement Strategy Division

# Context

- Better Health Better Care
- Ministerial Task Force on Health Inequalities
- National Food Policy Discussion
- Developing Early Years Strategy
- LA and NHS Targets

# Setting the Scene

- ~60% adults overweight
- ~20% adults are obese
- ~30% children overweight
- ~15% children obese
- Trend is upward
- Not unique to Scotland

# Impact of Obesity

- Increase in Disease
  - Diabetes, Cardiovascular Disease, Cancer etc
- Estimated cost to NHSScotland
  - £171m (probably much higher)
- Increased risk of death
  - 12-38% if overweight
  - 60% if obese

# Current Strategies

- Healthy Eating and PA Strategies
  - built on common themes:
    - Long-term approach
    - Evidence based
    - Multi-agency action
    - Life Course Approach
    - Creating Supportive environments

# Physical Activity Strategy

- “Accumulate at least 60 minutes (30 minutes for adults) of moderate intensity activity on most (preferably all) days of the week”

# Physical Activity - Actions

- Schools
  - Active Schools, YDance, School Travel Coordinators, Schools (Health and Nutrition) Act
- Communities
  - Paths to Health, JogScotland, Beyond the Schools Gate, Girls on the Move
- Homes
  - Play@Home
- Workplace
  - ILAM Healthy Living Award

# Healthy Eating -Actions

- Promote consumption of healthy food.
- Promote the preparation and provision of balanced meals
- Increase access to healthier food choices, particularly in low income and rural communities
- Work with food industry to develop healthier choices
- Ensure agriculture and fisheries contribute fully to the achievement of Scottish dietary targets.
- SDAP Review



# Healthy Eating – Future Direction

- Maternal Nutrition
  - Pre-natal support
- Infant Nutrition
- Creating Healthy Places
  - Environmental factors
- Food in Public Sector
  - Catering standards
- Food Industry
  - Support FSA on labelling
  - Restriction of inappropriate marketing
- Older People
  - Improve nutrition

# Obesity – Actions

- Complement existing action on Physical Activity and Diet
- Identify gaps
- Evidence base limited but....
- NICE guidelines (Health Scotland provided Scottish commentary)

# Obesity - Actions

- Children
  - Child centred family based intervention
- Community
  - Link together existing programmes
- Adults
  - Dynamic BMI
  - Counterweight
- Infrastructure
  - Improve information, knowledge, training

# Obesogenic Environment

- Planning
  - Sustainable communities
- Transport
  - Sustainable transport
- Environment and Rural Affairs
  - National Food Policy

# Food, Activity and Childhood Obesity

Fergus Millan

Healthy Living and Screening Team  
Health Improvement Strategy Division