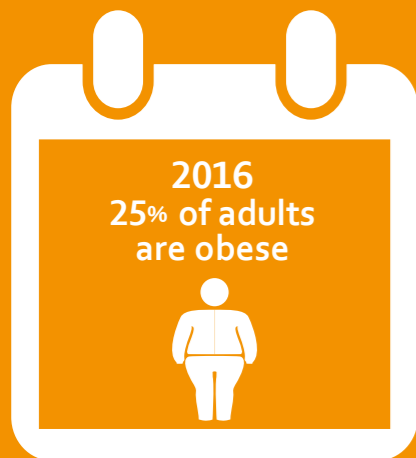


OBSESITY- AND DIET-RELATED DISEASES ARE REACHING CATASTROPHIC PROPORTIONS

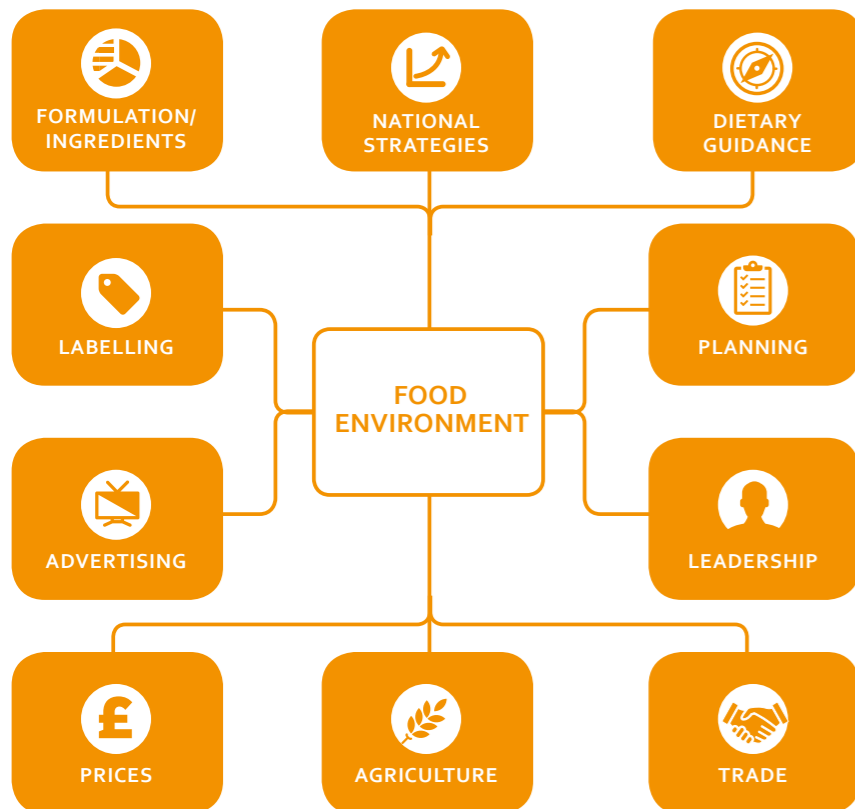


£6.1 BILLION COST TO NHS



£9.7 BILLION COST TO NHS

OUR DIETS ARE INFLUENCED BY LOTS OF DIFFERENT FACTORS THAT MAKE UP THE FOOD ENVIRONMENT



73 experts from 41 organisations assessed the policies related to the food environment in England

THE EXPERTS JUDGED THAT ENGLAND IS DOING WELL ON

- Supporting systems for monitoring obesity- and diet-related diseases and risk factors
- Labelling packaged foods
- Allowing public access to key government documents on food strategy
- Developing national dietary guidelines
- Adopting school food standards

THE EXPERTS CONCLUDED THAT ENGLAND IS NOT DOING WELL ON

- Controlling the advertising of unhealthy food to children
- Systems-based approach to improving the food environment
- Strengthening planning laws to encourage healthy food outlets
- Considering health in food and farming strategies
- Subsidising farmers to produce healthier food
- Listening to civil society

10 PRIORITY ACTIONS THAT EXPERTS THINK COULD SIGNIFICANTLY REDUCE OBESITY- AND DIET-RELATED DISEASES

- Reduce the sugar, fat and salt content in processed foods
- Prioritise health and the environment in the 25-year Food and Farming Plan
- Control the advertising of unhealthy food to children
- Monitor school food standards
- Implement the levy on sugary drinks
- Strengthen planning laws to discourage fast food
- Monitor the food environment
- Adopt a national food action plan
- Evaluate food-related programmes and policies
- Apply buying standards to all public sector institutions

LEARNING FROM EXPERIENCE IN THE UK AND ABROAD

- Advertising of unhealthy food to children** (Canada): Quebec bans all food advertising aimed at children under 13 years. French speaking families in Quebec are 19% less likely to consume fast food than their counterparts in Ontario.
- Health in food and farming plans** (Scotland): Scotland will launch the consultation on a Good Food Nation Bill in 2017. It promises to address procurement, waste, health, education and social justice. It is intended to enhance the National Food Policy.
- Monitoring school food** (Sweden): Sweden monitors the quality of school meals with an online tool which allows schools and municipalities to evaluate their school food provision in six areas: choice, nutritional quality, safety and hygiene, educational resource, environmental sustainability, organisation and policy. Currently 39% of all primary schools have started to use the system.
- Sugar, fat and salt content of processed foods** (UK): The UK introduced voluntary salt-reduction targets for a range of processed foods in 2006. Many foods now have 10–20% less salt than 10 years ago, while salt intake has fallen by 11%. Less progress was made with foods eaten out of home. It is important to build on this experience in the new sugar reformulation plan.
- Levy on sugary drinks** (France): France introduced a 'soda tax' in 2012. It is €0.11 per 1.5 litres of soda and raises around €400m a year for the general budget. Demand for soft drinks reduced by 3.3% in 2012 and 3.4% in 2013 following the introduction of the tax.