

THE BROKEN PLATE 2022 AT A GLANCE

FOOD ENVIRONMENT METRICS

PRICE AND AFFORDABILITY



Affordability of a healthy diet

The poorest fifth of UK households would need to spend 43% of their disposable income on food to meet the cost of the Government-recommended healthy diet. This compares to just 10% for the richest fifth.

What needs to happen: Ensure everyone has sufficient income to afford to eat a healthy diet.



Wages in the food system

22% of workers in the food system earn the National Minimum Wage or below, compared to 8% of workers across the whole economy.

What needs to happen: Pay all workers in the food system a wage that allows them to meet their everyday needs.



Cost of healthy food

More healthy foods are nearly three times as expensive per calorie as less healthy foods.

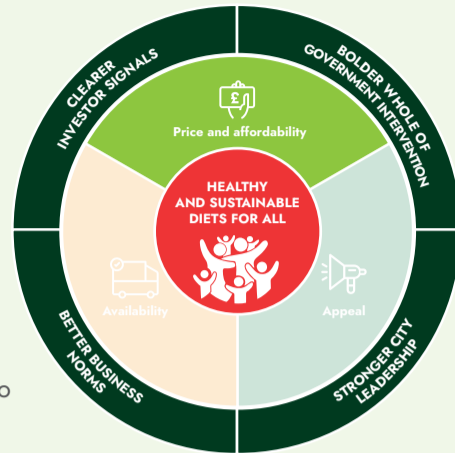
What needs to happen: Rebalance the cost of food so healthy options are the most affordable.



Cost of sustainable alternatives

More sustainable plant-based alternatives are approximately 60% more expensive than dairy milk.

What needs to happen: Ensure that price isn't a barrier to choosing sustainable options, including for people on low incomes.



APEAL



Advertising spend

Approximately a third (32%) of food and soft drink advertising spend goes towards less healthy food and drink, compared to just 1% for fruit and vegetables.

What needs to happen: Address the imbalance in advertising spend between more healthy and less healthy foods



OUTCOME METRICS

HEALTH AND ENVIRONMENTAL OUTCOMES



Children's weight

The percentage of children with obesity in their first year of school has risen by nearly 50% in one year, affecting twice as many children in the most deprived fifth compared with the least deprived fifth.



Children's growth

Children in the most deprived tenth of the population are on average over 1cm shorter than children in the least deprived tenth by Year 6 (age 10–11).



Diabetes-related amputations

Nearly 10,000 diabetes-related amputations are carried out on average per year, an increase of 23% in five years.



Healthy life expectancy

Healthy life expectancy in the most deprived tenth of the population is 20 years less for women and 18 years less for men than in the least deprived tenth.



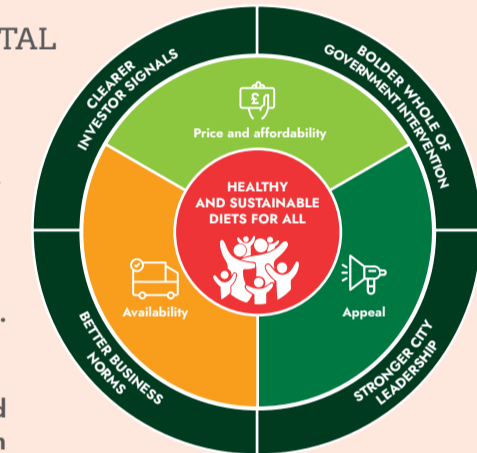
Children's health trajectory

If current trends continue then, amongst children born this year, 1 in 4 will suffer overweight or obesity by the time they start school, rising to 3 in 4 by age 65.



Climate change impact of food

If things continue as they are, by 2050 emissions from the food system will be four times higher than the level that is needed if the UK is to meet its net zero target.



AVAILABILITY



Monitoring of food in schools

25% of state schools in England and 47% of state schools in Scotland are known to be meeting school food nutritional requirements (compliance in the rest is unknown).

What needs to happen: Monitor compliance with school food requirements to ensure that all children can access a nutritious school lunch.



Places to buy food on the high street

More than 1 in 4 (26%) places to buy food are fast-food outlets.

What needs to happen: Use local authority planning powers to reduce the proliferation of unhealthy fast-food outlets.



Sustainability of convenience food in high street retail settings

71% of sandwiches from high street retailers contain meat or fish, with no significant improvement in the past three years.

What needs to happen: Make more sustainable convenience foods the more readily available option.



Business reporting on healthy and sustainable food sales

Just 1 major UK food retailer, caterer or restaurant chain currently reports publicly on sales of healthy foods, vegetables, and animal vs plant-based proteins.

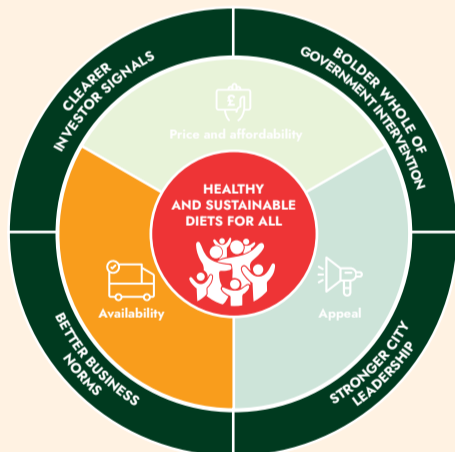
What needs to happen: Require food businesses to report publicly on the proportion of food they sell that is healthy and sustainable.



Sugar in children's food in retail settings

Only 7% of breakfast cereals and 4% of yogurts marketed to children are low in sugar.

What needs to happen: Reformulate products with too much sugar and stop marketing unhealthy food to children.



The Food
Foundation

