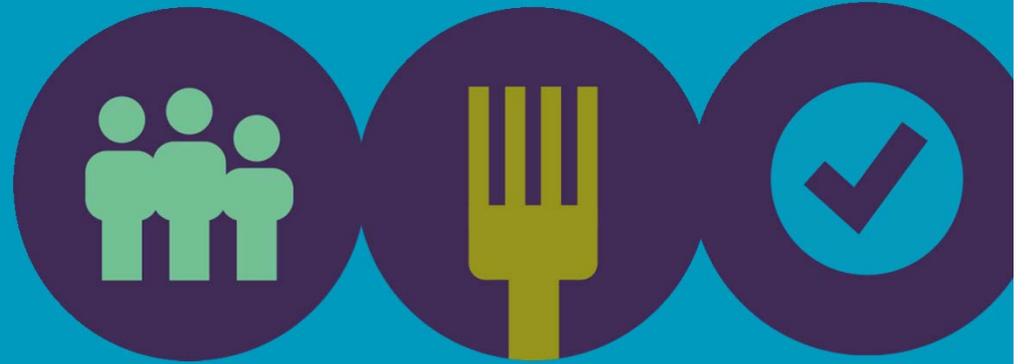




For safe food and
healthy eating



Food Standards Scotland contribution to tackling obesity

SPICE Futures Forum

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Food Scotland Act 2015

Contains a statutory duty for FSS to

“improve the extent to which the Scottish population have diets conducive to good health”.



FSS recommendations for improving the diet of the Scottish population

- Period of critical appraisal of scientific and policy **evidence** prior to developing recommendations
- Package of recommendations discussed in **open session** and **published** on our website : no sliver bullet
- Recommendations fall into two broad areas;
education and
the food environment



Provision of evidence based advice and education is important

- FSS advises and informs consumers, Ministers and stakeholders about diet and health
- FSS contributes to nutrition education, e.g. by providing school resources and more widely via healthy eating campaigns
- However, education **alone** is not sufficient. It's hard for people to do the right thing when faced with an obesogenic environment



Changing the food environment

Areas recommended for action

- Advertising , Marketing, Price Promotion
- Product reformulation to reduce fat, salt and sugar
- Taxation (beyond soft drinks)
- Development of an out of home strategy
- Planning and licensing
- Support for Scottish SMEs to make the changes



Monitoring the Scottish diet

Dietary surveillance programme provides the **underpinning evidence** for the work we do

- Monitoring dietary **intakes** and progress towards achieving Scottish Dietary Goals
- Monitoring food and drink **purchase**
- Development of **novel methods** for measuring diet



Thank you.

For further information, see FSS reports:

FSS Diet and Nutrition Board papers

- December 2015: <http://www.foodstandards.gov.scot/fss-board-meeting-09-december-2015>
- January 2016: <http://www.foodstandards.gov.scot/fss-board-meeting-20-january-2016>
- October 2016: <http://www.foodstandards.gov.scot/board-meeting-19-october-2016>
- March 2017: <http://www.foodstandards.gov.scot/board-meeting-8-march-2017>

FSS Dietary monitoring and research

- The Scottish Diet it needs to change, 2015: <http://www.foodstandards.gov.scot/scottish-diet-it-needs-change>
- Living Costs and Food Survey (FSS secondary analysis), 2014 interim report: <http://www.foodstandards.gov.scot/latest-estimation-food-and-nutrient-intakes-interim-report>
- Monitoring foods and drinks purchased into the home in Scotland, 2016: <http://www.foodstandards.gov.scot/monitoring-foods-and-drinks-purchased-into-the-home-in-scotland>
- An assessment of the out of home food and drink landscape in Scotland, 2016: <http://www.foodstandards.gov.scot/assessment-out-home-food-and-drink-landscape-scotland>
- NDNS Assessment of dietary sodium, 2016: <http://www.foodstandards.gov.scot/national-diet-and-nutrition-survey-assessment-dietary-sodium>

All published FSS dietary monitoring and research: [http://www.foodstandards.gov.scot/publication-resources?field_topic_tid\[\]=27&field_resource_type_tid\[\]=65](http://www.foodstandards.gov.scot/publication-resources?field_topic_tid[]=27&field_resource_type_tid[]=65)