

SPICe

The Information Centre
An t-Ionad Fiosrachaidh

How can Scotland reduce obesity levels?

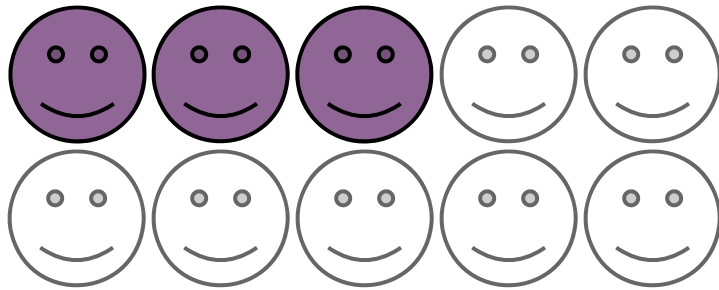
Kate Grant

Overview

- Interventions are needed now
- Multiple interventions are required to make a difference
- Four interventions will be discussed in the breakout groups today

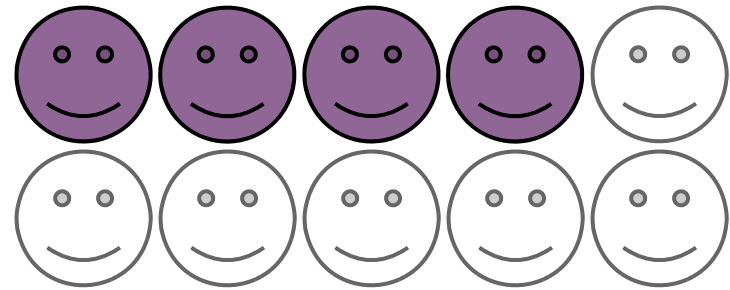
Scotland in 2030

2015:



29% adults obese

2030:

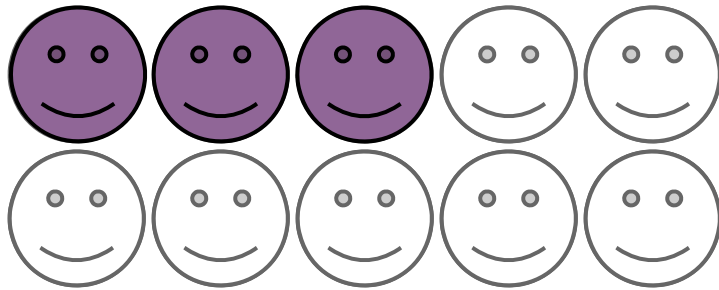


40% adults obese

Source: Scottish Government (2010)

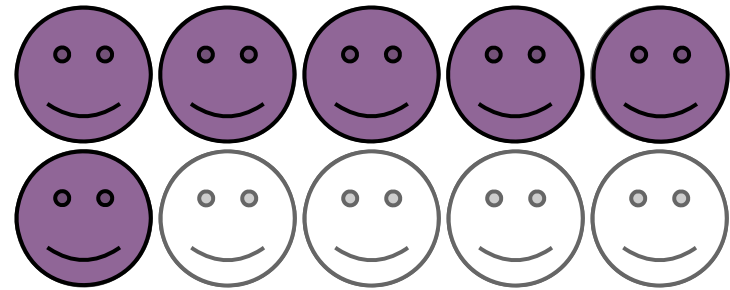
Scotland in 2050

2015:



29% adults obese

2050:



50 – 60% adults obese

Source: Foresight (2007)

What is the purpose of this event?

What interventions does Scotland need to introduce now, in order to **reduce** obesity by 2030?

Breakout groups will focus on four interventions:

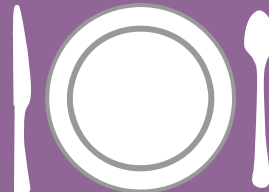
Walking and
cycling



Agricultural
subsidies



School meals



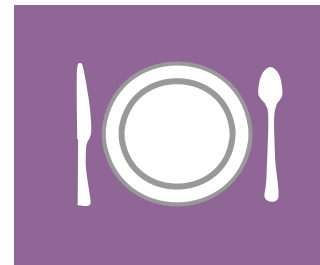
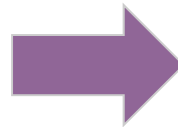
Reformulation



Why discuss these four interventions?

The Scottish Parliament Information Centre carried out a **survey** of **relevant experts** about obesity interventions.

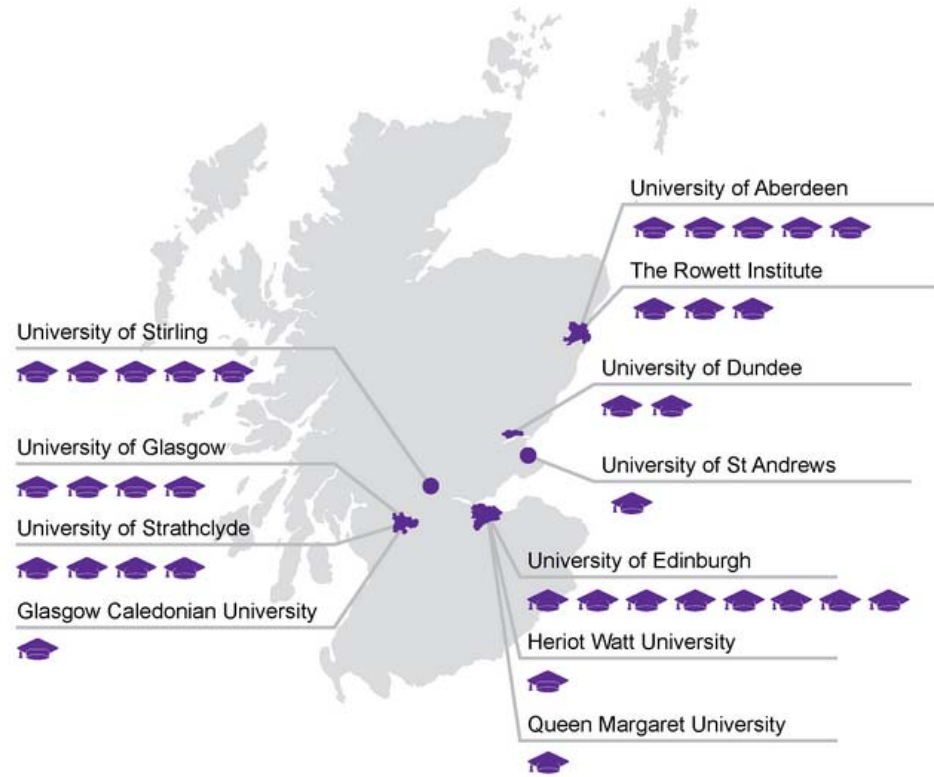
These were the four **most popular** interventions.



Survey respondents

For this survey, we approached academics working:

In Scotland



Survey approach

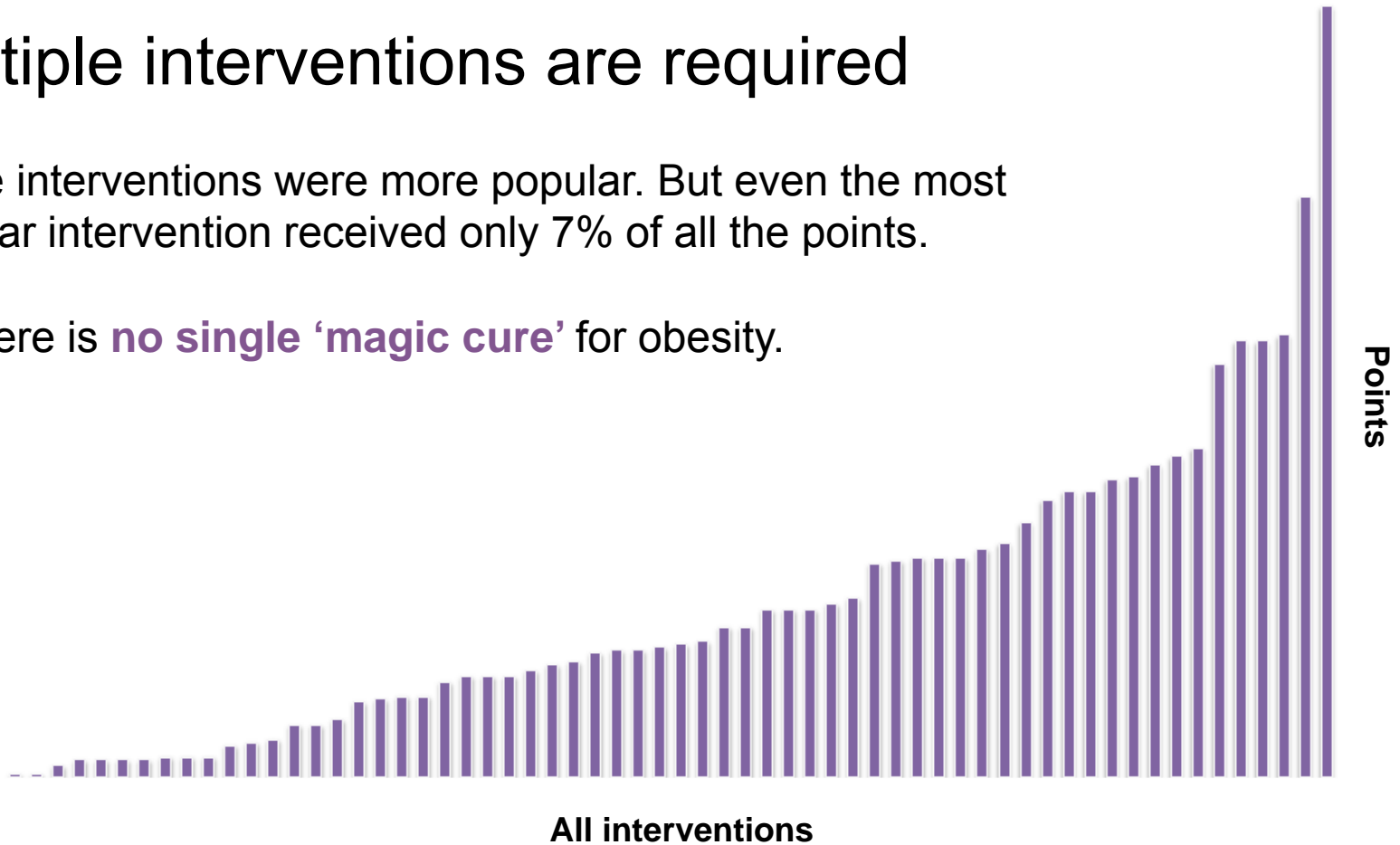
Interventions: based on Mckinsey Global Institute report (2014).

Academics were asked, in their expert **opinion**, what interventions would most reduce obesity levels in Scotland?

Multiple interventions are required

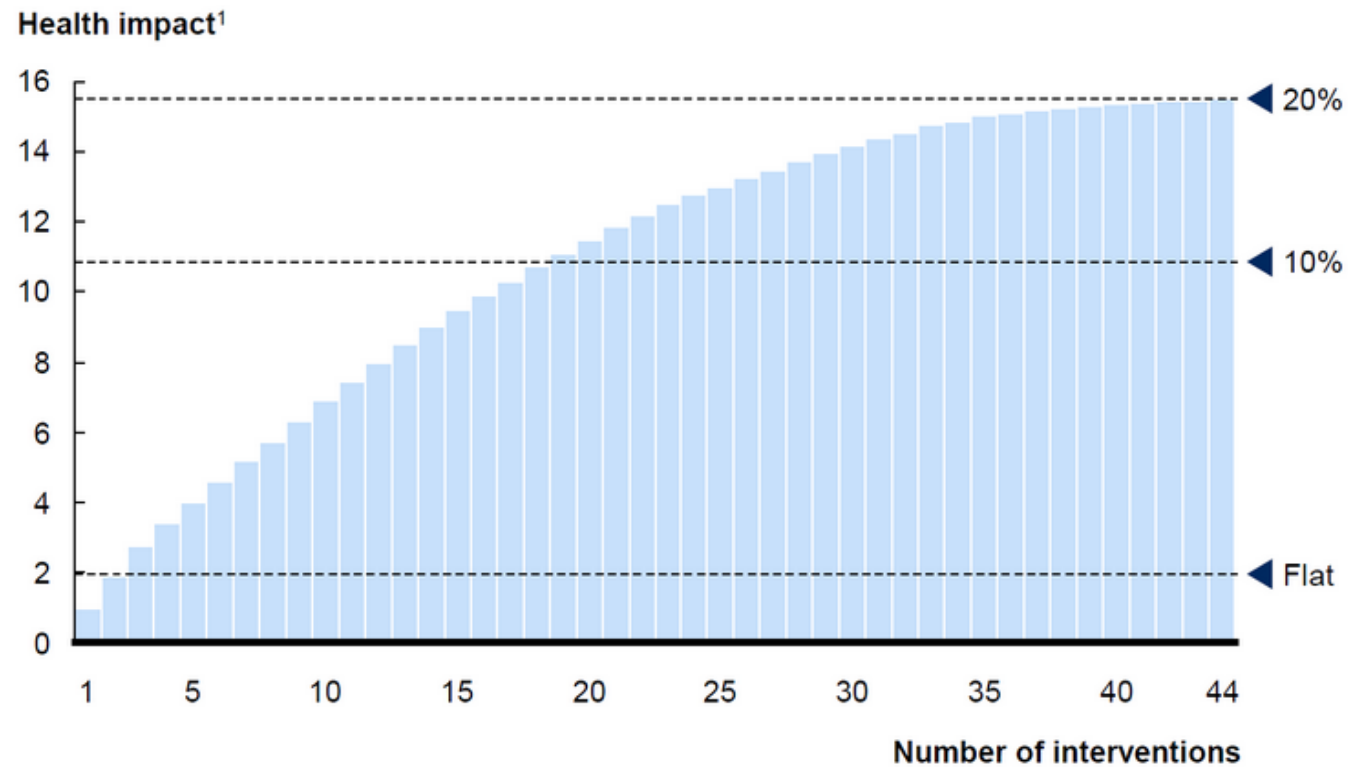
Some interventions were more popular. But even the most popular intervention received only 7% of all the points.

So there is **no single 'magic cure'** for obesity.



Multiple interventions are required

From McKinsey
Global Institute
Report (2014)



Breakout groups focus on four most popular interventions

This is to prompt **discussion!**

This does not mean we recommend these four interventions.

Or, that other interventions are not worth discussing.

Facilitate walking and cycling

People in Scotland do **not** get enough **physical activity**

50% journeys are **less than** 3 km

25% journeys are **less than** 1 km

20% journeys made by foot

1% journeys made by bike

Facilitating walking and cycling may improve activity levels

Introduce agricultural subsidies

Scotland does **not eat enough** fruit, vegetables, fibre or oily fish.

Healthier diets may **cost more** than less healthy diets.

Deprived households must use a **greater proportion** of their **income** to buy food.

Introducing agricultural subsidies may reduce the cost of fruit and vegetables. This may encourage greater consumption.

Provide free or subsidised healthy school meals

Scotland does **not eat enough** fruit, vegetables, fibre or oily fish.
Scotland **eats too much** fat, sugar and too many calories.

Schools form a large part of **children's 'food environment'**.

Currently, there are **minimum nutritional standards** for meals in Scottish public schools. Some children are **eligible for free meals**.

Expanding the provision of healthy school meals may improve children's diet

Reformulation through government regulations

Scotland **eats too much** fat, sugar, salt and too many calories.

Too much comes from **'discretionary'** items.

Reformulation involves altering food or drink products to limit the amount of sugar, fat, salt or calories.

Both the UK and Scottish government have run **voluntary reformulation programmes**. These have been criticised by some.

Requiring reformulation through government regulations may improve Scotland's diet.

Summary and further information

- Interventions are needed **now**
- **Multiple interventions** are required to make a difference
- **Four interventions** will be **discussed** in the breakout groups today

