

# Food and Health

## Strategic Plan for Argyll and Bute

### 2007 – 2009

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Produced by Argyll & Bute Food & Health Strategy Group

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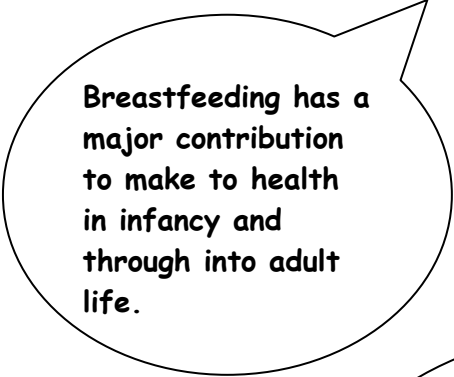
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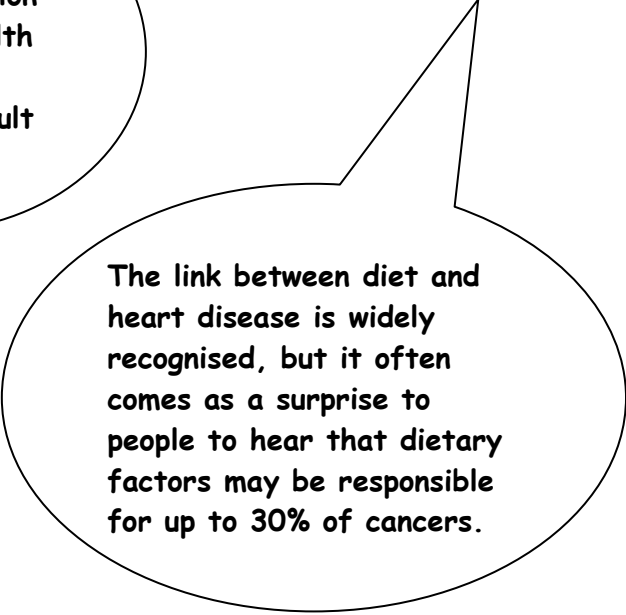
## INTRODUCTION

The overall objective of the Argyll and Bute Food and Health Strategic Plan is to promote health and quality of life through an **integrated, comprehensive food and health plan** in the local community. The benefits of increasing the amount and distribution of locally grown food, especially fruit and vegetables encompass many aspects of health including nutritional, environmental, social, and cultural with direct and indirect economic benefits for the whole community.

This view of food and health recognises that **food is more than just nutrition**. Whilst nutritional health is fundamental in the prevention of disease, improving the availability, access and consumption of nutritious food can also have many health benefits.



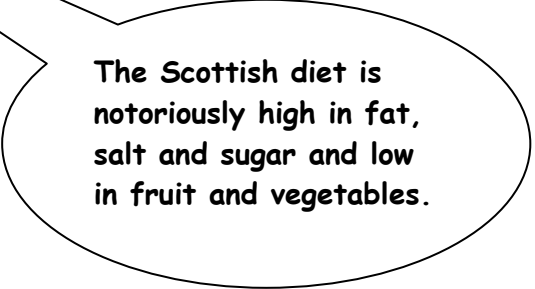
**Breastfeeding has a major contribution to make to health in infancy and through into adult life.**



**The link between diet and heart disease is widely recognised, but it often comes as a surprise to people to hear that dietary factors may be responsible for up to 30% of cancers.**



**A strong local food economy is key to ensuring access to fresh local food.**



**The Scottish diet is notoriously high in fat, salt and sugar and low in fruit and vegetables.**

All partners and agencies across Argyll & Bute can play a leading role in addressing food and health, as part of both the wider health improvement and economic development agendas and all can offer **leadership at a strategic level**.

There is a growing recognition that this agenda encompasses nutrition, the food economy, environmental impacts and social justice and therefore Argyll & Bute needs action across a broad front – involving local authorities, social inclusion partnerships, local food producers, retailers and caterers, community groups, voluntary organisations, workplaces and private sector nurseries, as well as the NHS.

The NHS and local authorities have important roles both as and agents of public health – working in partnerships with one another, with other agencies and with communities and as providers of food for many people, in schools, nurseries, hospitals and other care settings. As with other health and welfare issues, **setting a good example** is very important.

There is a need for a local sustainable food and health action plan which feeds directly into the Argyll & Bute Health Improvement Planning. Whilst many activities are already in place, there is still significant action to be taken. This action plan will add weight to the partnership working around food and health and help to identify and prioritise future resources.

**Driving forward the strategic action plan will require:**

- ◆ **Commitment from everyone in every organisation to integrate the goals of improving diet related health with those of social justice, sustainable development and agriculture. This aims to harmonise food production, supply and consumption with sustainability and public health.**
- ◆ **Equality – food consumption patterns are strongly patterned by deprivation with inadequate and/or inappropriate diets more prevalent in low income areas and poorer households. The challenge is to devise a sustainable food and health action plan which will increase food health for all but with a greater rate of improvement for the most deprived communities**

**Benefits are significant and crosscutting**

The mind map (Figure 1) is a pictorial representation of the wider food and health agenda.



The four main themes of this agenda are outlined below:

- Health – improving access, availability and affordability of healthy food which leads to improved consumption can benefit both physical and mental health and promote a sense of wellbeing, Health Promoting Schools, Hungry For Success.
- Social – the social and cultural value of food needs to be recognised and enhanced; they can have health benefits through shaping community norms, support leisure events, community cohesion and social inclusion.
- Economic – supporting and developing a sustainable local food economy supports has both direct and indirect economic benefits:
  - Direct – incomes, local employment and development of small enterprises linked to producing, processing, marketing and retailing
  - Indirect – education, recreation, economic diversity, changes in land use
- Environmental Food production and consumption has impacts on waste management, biodiversity, food miles, and carbon footprints.

### **Farmers Market stall at EAT BUTE 08 Event**

*Farmers market and food events with locally produced foods are happening more and more as the demand for local food rises. You know what you get, you know where it's coming from and you save on "food miles".*

*One off events is a great thing, but for producers to be able to gear up their produce to the local markets, regular opportunities for local outlets are important.*

*There are great things happening in Argyll & Bute with a change in public procurement and a willingness to buy from local producers increasing.*





## Raised Beds at the Meadows Allotments

*Community Gardens and allotments are a good way to increase local produce and can be a focal point to get the community interested and involved in growing their own fruit and vegetables.*

*They are also used as an educational tool for schools and families, to learn more about growing and the environment.*

Food miles project  
completed by pupils at  
Achaosh Primary



## NATIONAL POLICY

The two main drivers in updating our local Food and Health Plan are described below:

**Healthy Eating, Active Living** (Scottish Government 2008) is an action plan for Scotland which aims to improve diet, increase physical activity and tackle obesity (2008-2011). It details actions and budgets for diet and activity over 3 years to build on previous good work and reinforce work in some key areas:

Early Years – targeting women who are of child bearing age, pregnant women and preschool children to improve their nutrition.

Schools and School Age Children – supported by legislative duty on Scottish Ministers, local authorities and managers of Grant Aided schools to ensure schools are health promoting. Also health and wellbeing outcomes will be included in Curriculum for Excellence including the relationship between food, health and wellbeing.

Adults and Workplace – details actions supporting the implementation of Healthy Working Lives, and Counterweight – an approach to managing weight in primary care that helps obese patients achieve a healthier lifestyle.

Older People – considering the needs of free living older people and those in long term care establishments.

Communities – supporting Healthy Weight Community Projects; the protection and use of open spaces for recreation and sport.

In addition a **National Food and Drink Policy** for Scotland is currently under development following consultation and discussion (*Choosing the right ingredients, Scottish Government 2008*). This policy has five themed workstreams:

Workstream 1: Sustainable Economic Growth

Workstream 2: Food and Drink Choices

Workstream 3: Celebrating and Safeguarding Scotland's Reputation

Workstream 4: Walking the Talk

Workstream 5: Access, Affordability and Security

The purpose of the National Food and Drink Policy is: to promote Scotland's sustainable economic growth by ensuring that the Scottish Government's focus in relation to food and drink, and in particular our work with Scotland's food and drink industry, addresses quality, health and wellbeing, and environmental sustainability, recognising the need for access to affordable food for all.

## ACTION PRIORITIES

Actions outlined in the plan build on existing partnership work. The actions are grouped under the headings outlined in *Improving Health in Scotland – The Challenge (2003)* and reflect national priorities and local priorities as identified by locality groups.

- Early Years and Childcare
- Primary and Secondary Education including Teenage Transition
- Community
- Workplace

These headings reflect national priorities and local priorities as identified by locality groups and within each section action priorities have been identified which impact on health, the social and cultural value of food, the local food economy, the environment.

## MONITORING AND EVALUATION - HOW WILL WE KNOW WE ARE MAKING A DIFFERENCE?

- **LEAP Framework**  
The Learning Evaluation and Planning Framework (LEAP) is the basis for the health improvement partnership planning and monitoring process within the Argyll and Bute Community Planning Partnership. This means that intended outcomes are identified at the planning stage, and a process of monitoring and evaluation ensures that these outcomes are achieved.
- **Joint Health Improvement Plan (JHIP)**  
Food and Health Strategic Action Plan for Argyll and Bute, features as a strategic action in terms of priority 3 of the JHIP 2005/2008. Implementation of the plan is therefore monitored by the Health and Well Being Theme Group of the Community Planning Partnership on a quarterly basis.
- **Specific action priorities**  
Actions to be monitored through this plan and process will be identified with an **M**. These will only be actions that are not being monitored as part of any other planning process. Where actions are part of another planning process, the monitoring framework for that plan will ensure that actions are delivered to the agreed timescale.

As this is a 3-year action plan, progress with individual actions is reported in the Comments and Proposed Further Action Column. This column will also note any remedial actions being taken to bring pieces of work back within an identified or altered timescale.

## ACTION PLAN

EARLY YEARS AND CHILDCARE							
Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Infant Nutrition including Breastfeeding (BF), weaning onto solid foods	<ul style="list-style-type: none"> <li>• To support the local delivery of the NHS Highland Infant Feeding Framework, which details action on:               <ul style="list-style-type: none"> <li>➤ Maternal nutrition</li> <li>➤ Breastfeeding</li> <li>➤ Weaning</li> <li>➤ Nutrition in the early years</li> </ul> </li> <li>• With a particular focus on improving the nutrition of childbearing age, pregnant women and children under five in disadvantaged areas (CEL 36)</li> </ul>	NHS Highland, A&B Council, Private and Voluntary Sector	2007-2009	Breastfeeding Strategy  Infant Feeding Adviser s  UNICEF Infant Feeding strategy (expected Jan'09)  CHP Public health nutrition/dietitian  Midwives  Healthy Start  CEL 36	Increase in BF rates; increased peer support; evidence of partnership working; UNICEF BFI, weaning advice linked to Infant feeding Framework           Increased uptake of Healthy Start           Increased uptake of vitamin supplements before, during and after pregnancy, and in infants.	Monitored by NHS Highland pre school surveillance system           To ensure Infant Feeding Framework fully integrated	Ann Campbell           Janet Kellock

## EARLY YEARS AND CHILDCARE

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Oral Health	<ul style="list-style-type: none"> <li>To promote “tooth-friendly” healthy snacks in line with the Nutritional Guidance for Early Years</li> </ul>	NHS Highland, A&B Council, Private and Voluntary Sector	Ongoing	Within existing funding  Childsmile	Satisfactory Care Commission Inspection	Ongoing involvement in Nutritional Guidance for Early Years training	Maggie Fawkes
Promoting positive messages about food in Early Education and Childcare	<ul style="list-style-type: none"> <li>To ensure healthy snacks are provided in accordance with the NHS Scotland Nutritional guidance for the pre school settings</li> </ul>	Service providers NHS A&B Council	Ongoing	Existing alternative funding source.  Adventures in Foodland	Satisfactory Care Commission Inspection Reports		Alison MacKenzie
	<ul style="list-style-type: none"> <li>To promote and support provision of fruit in pre five establishments</li> </ul>	CPP NHS A&B Council	Ongoing	Funding still be identified and secured		Grant applications completed continue discussions with NHS	
	<ul style="list-style-type: none"> <li>To sustain and establish breakfast clubs where a need is identified</li> </ul>	External funders Community Regeneration	Ongoing	Funding still be identified and secured	Needs analysis updated Funding secured	Breakfast clubs maintained and established across Argyll and Bute	Alison MacKenzie
	<ul style="list-style-type: none"> <li>Ensure appropriate training opportunities are available</li> </ul>	P.O. Childcare and Education Training agencies Active School's Coordinators, EYFSW		Alternative funding source	All staff have had appropriate training opportunities		Alison MacKenzie

## EARLY YEARS AND CHILDCARE

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
	<ul style="list-style-type: none"> <li>Support local food messages in pre school establishments</li> </ul>	A&B Council, Royal Highland Education Trust, local Public health networks	Ongoing	Within existing resources	Participation in local events		

## PRIMARY AND SECONDARY EDUCATION INCLUDING TEENAGE TRANSITION

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Food in Schools	<ul style="list-style-type: none"> <li>To agree and implement Food For Life as part of Health Promoting School and Schools Food and Health policy, to be piloted in Bute.</li> </ul>	Agricultural Forum, Argyll & Bute Council, ICS	Ongoing	Within existing resources	Evidence of policy in all schools, training, integration within HPS status	<p>Monitored through HPS accreditation process</p> <p>Food for Life is working with Bute producers (May 08)</p>	Cath Dobbie  Ailsa Clark
	<ul style="list-style-type: none"> <li>To support the provision of healthier choices in school, in particular snacks and drinks as part of Curriculum for Excellence</li> </ul>	Argyll and Bute Agricultural Forum	Ongoing	Within existing resource	Increase availability of healthier choices of snacks and drinks; increased uptake	<p>Opportunities need to be explored to link in with other community growing projects – crafting connections may do this?</p> <p>To be developed in line with new Schools (Health promotion and Nutrition) (Scotland) Act 2007</p>	Hungry for Success
	<ul style="list-style-type: none"> <li>To implement food safety and handling training for school staff, parents and pupils</li> </ul>	Argyll & Bute Council, ICS, NHS Highland	Ongoing		More people trained	<p>Monitored by Food and Health Group</p> <p><b>M</b></p>	

## PRIMARY AND SECONDARY EDUCATION INCLUDING TEENAGE TRANSITION

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Oral Health	<ul style="list-style-type: none"> <li>To promote the development of rural skills and outdoor learning opportunities throughout school and into apprenticeships</li> </ul>	Argyll and Bute Council, Argyll College	Ongoing	Funding being pursued	Young people more able to participate in rural occupations		Cath Dobbie
	<ul style="list-style-type: none"> <li>To continue to promote the schools' oral health programme to the targeted classes: P1, P3 &amp; P6 and involve them in a healthy snack competition</li> </ul>	NHS Highland, A&B Council	Ongoing				Maggie Fawkes
	<ul style="list-style-type: none"> <li>To raise awareness of the general principles of healthy eating in both sectors of educational establishments</li> </ul>	NHS Highland		SEHD	Established in all Argyll schools (except Cowal & Bute) Pupils increased intake of fruit for 3 weeks duration of OH input	Cowal & Bute now has oral health educator in post to roll out core programmes to this area	

## PRIMARY AND SECONDARY EDUCATION INCLUDING TEENAGE TRANSITION

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Childhood Obesity	<ul style="list-style-type: none"> <li>• Oral Health Educators to be updated on a yearly basis on the principles of healthy eating and nutrition to ensure consistency</li> <li>• To support activities towards delivery of H3 target</li> </ul>	<p>NHS Highland: Community Dietitian A &amp; B Council</p> <p>NHS Highland, A&amp;B Council education early years team</p>	Ongoing		Hall 4 statistics on BMI at Primary 1 and 7.	<p>Annual nutritional training with oral health educators provided by Dietitian</p> <p>An 8 week family based healthy weight intervention is being developed and training on this intervention will be provided to CHPS in February for delivery from March onwards; this will include guidance on recruitment, healthy weight family and community interventions and pathway development.</p> <p>BMIs conducted in P1 and P7 in November 2008</p>	Patricia Renfrew / Ann Campbell/Sally Amor

## COMMUNITY

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Access and availability of healthier, locally produced foods, in particular fruit and vegetables	<ul style="list-style-type: none"> <li>Support for community food initiatives including provision of Farmers markets, local food trials into public sector procurement</li> </ul>	NHS Highland, A&B Council, Local and Voluntary Sector	Ongoing	Within existing resources; identify new resources	Increased availability of healthier foods and approaches that encourage a greater interest in healthy food	Procurement policies Argyll Hill Lamb Trial – currently exploring potential of supplying locally. Not target food group but approach maybe replicated?	Fergus Younger, Dilys Leckie
	<ul style="list-style-type: none"> <li>To explore and support the potential for more local food networks to deliver better access to locally produced food</li> </ul>	Agriculture Forum, A&BC, NHS Highland	Ongoing		Stronger local food economy	Argyll & Bute Agri Forum attended 21/7/05; Links being established, training planned <b>M</b>	Fergus Younger/ Ailsa Clark
	<ul style="list-style-type: none"> <li>Support for local fruit and vegetable producers to become established – explore procurement contract structure, potential pilot projects</li> </ul>	NHS Highland, A&B Council, Local and Voluntary Sector, Fyne Homes			More growing initiatives, better access to markets for small scale growers, potential for supply chain collaboration. Increased awareness to make healthy food choices	Procurement policies Links to Islay, Bute and Kintyre Community growing projects	Fergus Younger Ailsa Clark

## COMMUNITY

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Access to information and practical training opportunities to increase ability to make healthy food choices	<ul style="list-style-type: none"> <li>Support opportunities to educate communities on food and health</li> </ul>	Healthy Living Centre, Public health networks	Ongoing	Within existing resources and Identify new resources		Recipe booklets, cookery courses, Develop food & health topic Course	Fiona Clarke/ Dan Jenkins
	<ul style="list-style-type: none"> <li>Implement Highland Healthy Weight Strategy</li> </ul>	NHS Highland, A&B Council, workplaces, local and voluntary sector	Ongoing	Within existing resources; identify new resources	Increased opportunities for healthier eating and physical activity	Mapping of ongoing activities and links with existing plans commenced December 08. Development of local action plan and monitoring framework. Strategy endorsed and adopted by Argyll and Bute Council.	
	<ul style="list-style-type: none"> <li>To encourage use of Healthy Start vouchers to increase availability and uptake of fresh fruit and vegetables</li> </ul>	NHS Highland, local food providers		CEL 36 Local community food workers Local public health dietitian/ practioner Midwives and health visitors	Increased availability of healthier foods with increased uptake of these foods by vulnerable women and families.		

## COMMUNITY

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Healthy Working Lives Award Programme (HWL)	<ul style="list-style-type: none"> <li>To support and encourage HWL registered organisations to work towards HWL healthy eating criterion.</li> <li>To support organisations with a SHAW Award to undertake the transition to the HWL Award by highlighting the additional requirements of the HWL Award healthy eating criteria.</li> <li>To support and encourage HWL organisations with catering facilities to provide and promote healthy food choices for employees in particular targeting the NHS premises.</li> </ul>	Scottish Centre for Healthy Working Lives SCHWL's), HWL Advisers, NHS Health Scotland, NHSH,	<p>Ongoing.</p> <p>All SHAW Awards will expire by 2010. Transition to the HWL Award should be undertaken before SHAW Award expiry date.</p>	Maintain within existing allocation	<p>Raised awareness of the importance of a healthier diet through promotional material and/or activities in workplaces</p> <p>Increased availability of healthier food options offered to staff in NHS premises with catering facilities.</p>	<p>Ongoing</p> <p>Monitored by NHSH HWL team</p>	Angela Coll, NHSH HWLT

## COMMUNITY

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
	<ul style="list-style-type: none"> <li>To encourage organisations with catering facilities to consider undertaking the <i>Healthy Living Award</i> which contributes directly towards the HWL healthy eating criterion</li> <li>To raise awareness of and encourage the use of locally produced foodstuffs by promoting the local producer directory and highlighting how such action can contribute towards the HWL Award health and the environment criterion.</li> <li>To encourage organisations to actively support breastfeeding mothers returning to work</li> </ul>				<p>Increased uptake of the Health Living Award by HWL registered organisations</p> <p>Increased access and availability to staff of healthier, locally produced foods</p> <p>Increased rates of breastfeeding by mothers returning to work</p>		

## COMMUNITY

Key area	Action priorities	Key Partners	Time Scale	Resources	Outputs	Comments and proposed further action	Lead person
Health Promoting Health Service	<ul style="list-style-type: none"> <li>To increase access to locally produced fresh fruit and vegetables through retail outlets in acute /community hospital settings</li> <li>To implement healthy choices on menu for patients and availability of healthy snacks in vending machines in hospitals and leisure centres</li> </ul>	Highlands and Islands Local Food Network, Agriculture Forum, local food providers , Healthy Working Lives	2009-10	Within existing resources, identify new resources	Increased consumption of fresh fruit and vegetables		Ann Campbell/ Angela Coll

## OTHER LINKED INITIATIVES AND KEY POLICIES WHERE FOOD AND HEALTH HAS A ROLE

Argyll and Bute Integrated Children's Services Plan;  
Out of School Care;  
Integrated Community Schools;  
Health Promoting Schools;  
Single Outcome Agreement;  
Better Health, Better care;  
Healthy Living Centres;  
Cancer in Scotland: Action for Change;  
CHD and Stroke Framework;  
New Deal for Communities;  
Community Planning; Community Regeneration / Regeneration Outcomes;  
Healthy Working Lives;  
Action Plan for Improving Oral Health and Modernising Dental Services;  
Argyll and Bute Agricultural Strategy;  
A Smart Successful Highlands and Islands; Guiding Principles for Sustainable Development;  
Tiree Crofting, Agriculture and Environment Strategy;  
Scottish Rural Development Plan Consultation; A Partnership for a Better Scotland;  
A Forward Strategy for Scottish Agriculture: Next Steps;  
Next Steps: An Agricultural Strategy for the Argyll area 2007-2010;  
Argyll and Bute Sport and Physical Activity Strategy;  
Argyll and Bute Transport Strategy.

## Argyll & Bute Food & Health Strategy Group

<p><b>1. Purpose of the Group</b> <b>Aim</b></p> <p><b>Objectives</b></p>	<p>To develop and ensure implementation of a local action plan linking to relevant plans including Health Improvement Plans and Community Planning processes.</p> <ol style="list-style-type: none"> <li>1. To co-ordinate through a staged multi-agency approach the effective local implementation</li> <li>2. of Food and Health Strategic Plan for Argyll and Bute</li> <li>3. To link with locality based multi- agency implementation groups</li> <li>4. To ensure where relevant effective evidence based practice</li> <li>5. To network and share expertise around examples of good practice</li> </ol>
<p><b>2. Action plan for 3 year period</b></p>	<ul style="list-style-type: none"> <li>➤ Review annually</li> </ul>
<p><b>3. Frequency of meetings Inc Admin &amp; Clerical</b></p>	<ul style="list-style-type: none"> <li>➤ Quarterly meetings</li> <li>➤ Video Conferencing can be arranged</li> <li>➤ Rotation minute taking</li> <li>➤ Minutes &amp; Agenda's are recorded and circulated through Chair</li> </ul>
<p><b>4. Membership</b></p>	<ul style="list-style-type: none"> <li>➤ One representative from each locality</li> <li>➤ Public Health Practitioner</li> <li>➤ Health Improvement Officer</li> <li>➤ NHS Highland SHPO Nutrition</li> <li>➤ Oral Health Promoter</li> <li>➤ Representative across the sectors of Early Years, Education, Community groups and projects</li> <li>➤ Food producers representative</li> <li>➤ Healthy Working Lives Officer</li> <li>➤ Dietitian</li> <li>➤ Hungry For Success Coordinator</li> </ul>
<p><b>5. Budget</b></p>	<ul style="list-style-type: none"> <li>➤ Budget accessed via partners</li> </ul>
<p><b>6. Reporting Mechanisms</b></p>	<ul style="list-style-type: none"> <li>➤ Links to other groups through membership</li> <li>➤ Links to the locality Public Health Networks</li> <li>➤ Links to the Joint Health Improvement Plan (JHIP)</li> <li>➤ HWTG</li> </ul>
<p><b>7. Monitoring &amp; Evaluation</b></p>	<ul style="list-style-type: none"> <li>➤ Ongoing through the JHIP</li> <li>➤ In place for specific actions</li> </ul>

## Policy statements relevant to food and health, 1990-2005

Date	Body	Publication title	Type of document	Purpose [comment]
March 1991	Scottish Office	<i>Health Education in Scotland</i>	Policy statement on health education	Set reduction targets for key causes of death, e.g. coronary heart disease, cancer
1992	Scottish Office	<i>Scotland's Health: a Challenge to Us All</i>	Policy statement	Scotland's poor health record in need of action; coincided with publication of Health of the Nation by Department of Health in England
December 1993	Scottish Office	<i>Scotland's Health: a Challenge to Us All: the Scottish Diet</i>	James Report	Set 70+ targets (including 40+ dietary targets); SDAP created
1993	Scottish Office	Consultation document on the Scottish Diet report	Consultation	Consultation on what to do
November 1994	Scottish Office	<i>Scottish Diet Action Plan</i> working party created	Creation of structure	Translate James report into actions
1996	Scottish Office	<i>Eating for Health: a Diet Action Plan for Scotland</i>	Chaired by Health Minister	Targets to 2005 to change consumer demand, food supply, training and education, influences on diet
1998	HM Government	<i>Food Standards Agency – A Force for Change</i>	White Paper, leading to Act	Outlined plans and purpose for establishment of FSA and FSA Scotland
1999	Scottish Office	<i>Towards a Healthier Scotland</i>	White Paper	First White Paper on public health in Scotland
2000	Scottish Executive	<i>Our National Health: a Plan for Action, a Plan for Change</i>	Action plan	Set out in more detail how the broad commitments in <i>Towards a Healthier Scotland</i> would be achieved
2000	WHO Europe	<i>First Action Plan for Food and Nutrition Policy in Europe</i>	International policy context for member states	Guide for member states
2001	Scottish Executive	<i>A Forward Strategy for Scottish Agriculture</i>	Agricultural policy	Rural development, farming, environment, competitiveness (nothing on health except safety)
2001	Food Standards Agency Scotland	<i>Strategic Plan 2001–2006: Putting Consumers First</i>	Plan for the new FSA regarding safety and nutrition	General duty to help consumers improve their dietary health led to the strategic framework for FSA on nutrition, to reduce inequalities and promote long-term dietary improvement
2002	Scottish Executive	<i>Building a Better Scotland</i>	Spending review	
2003	Scottish Executive	<i>Improving Health in Scotland – The Challenge</i>	Strategic framework for health improvement policy	Set health vision to 2020; new framework for health improvement; four pillars (early years, teenage transitions, workplace, communities) and seven special focus programmes, including diet/healthy eating
2003	Scottish Executive	<i>Organic Action Plan</i>	Action plan	Goal to produce 70% of Scottish needs by doubling acreage and home-grown produce
2003	Scottish Executive	<i>A Strategic Framework for Scottish Aquaculture</i>	Strategic framework	Most emphasis on sustainability but fish consumption specified among 'healthier eating options'; created Healthy Seafood Eating task force

Source: Review of the Scottish Diet Action Plan: Progress and Impacts 1996-2005 NHS Health Scotland. (2006) page 87.