

# A MANIFESTO FOR HEALTHY WEIGHT



## The Asks of Obesity Action Scotland and Obesity Health Alliance for Scottish MPs

We have a huge opportunity to improve the UK's health, tackle growing inequalities between our communities, enhance economic productivity and reduce long-term pressures on the NHS. We jointly call on all political parties to commit to taking bold, effective action to address the high levels of diet-related ill health in Scotland and the UK to transform our economy and society.



## Prioritise Children's Health

It should be easy for everyone to eat healthily, especially children. It isn't. It is of the utmost importance that the UK Government takes action to protect future generations from developing excess weight and achieves a significant reduction in existing excess weight across our population. The public wants action from politicians to create a healthier environment for every child. How we achieve this must be led by evidence, not ideology.

### Asks for Government:

- a. **Renew the UK Government's existing commitment to halve childhood obesity by 2030, alongside tangible measures to achieve this.**
- b. **Deliver on existing policy commitments not yet implemented, particularly delayed plans to protect children from junk food advertising on TV and online.**
- c. **Bring forward an effective cross-government strategy to reduce health inequalities, recognising the strong association between excess weight and poverty.**

## Build on What Works

We must redesign our broken food system to put health first. The Soft Drinks Industry Levy (SDIL) has been an enormous success, reducing sugar intake across all socio-economic groups without a fall in industry profits. We must build on this success to ensure that the healthy option is the most affordable and accessible option for everyone.

### Asks for Government:

- a. **Use the successful model of SDIL to design further fiscal measures that incentivise industry to sell healthier food and drink options.**
- b. **Take an evidence-informed approach to inform future policy decision-making, by monitoring and learning from national and international best practice examples.**

## Support Devolved Action

All children have the right to grow up healthy, no matter where they live. We call on you to support and enable the following action in Scotland.

### Asks for Scottish MPs:

- a. **Support Scottish Government to deliver on commitments within the Scottish Government Diet and Healthy Weight Delivery Plan 2018**
- b. **Continue the expansion of access to free school meals and support initiatives to increase uptake and quality of school food**
- c. **Ensure Good Food Nation Plans, at national and local levels, can help achieve healthy diets**
- d. **Ensure National Planning Framework 4 embeds health as a core focus of the planning system and enables equitable access to healthy diets**

### For more information about us:

[www.obesityactionscotland.org](http://www.obesityactionscotland.org)  
[www.obesityhealthalliance.org.uk](http://www.obesityhealthalliance.org.uk)

### Contact:

[lorraine.tulloch@obesityactionscotland.org](mailto:lorraine.tulloch@obesityactionscotland.org)  
[alfred.slade@obesityhealthalliance.org](mailto:alfred.slade@obesityhealthalliance.org)