

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:

- **Translate the UK Government's existing commitment to halve childhood obesity by 2030 into action, alongside tangible measures to achieve this:**
 - **Implement plans to protect children from junk food advertising on TV and online.**
 - **Restrict misleading health claims on packaging of unhealthy food.**

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:

- **Use the Soft Drinks Industry Levy approach to design further fiscal measures that prompt production of healthier food and drink options.**
- **Take an evidence-informed approach to support 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:

- **Support Scottish Government to deliver on commitments within the Scottish Government Diet and Healthy Weight Delivery Plan 2018**
 - **Progress a code of practice for local authorities to restrict unhealthy food advertising outdoors.**
 - **Implement regulations on unhealthy food promotions without delay.**
- **Ensure National Planning Framework 4 embeds health to enable equitable access to healthy diets and mandates the Scottish Government's out of home action plan to favour healthy outlets.**
- **Secure measurable indicators for diet and healthy weight in the Public Health Framework under development.**
- **Ensure Good Food Nation Plans, at national and local levels, can help achieve healthy diets through improved provisions and use of appropriate indicators.**

For more information about us:

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