



Glasgow City Food Plan

Development Day, 9th Dec 2019





Cllr Anna Richardson

City Convener for Sustainability and Carbon Reduction

Proposed long term outcomes

- Everyone has access to fresh, fair, healthy affordable food.
- Growing and cooking brings communities together.
- The local food economy is thriving.
- We can all enjoy and celebrate diverse, tasty and healthy food.
- Our food is produced and disposed of in a way that is good for the environment as well as us.
- Greenhouse gas emissions (direct and indirect) arising from our food system are reducing.





Pete Ritchie

Director, Nourish Scotland



Jill Muirie

Glasgow Centre for Population Health

Brief outline of what we know: health, equity, sustainability and food



Health and Health Inequalities in Glasgow

In 2015-2017, a girl born in Glasgow was estimated to be likely to live to the age of **78.7**



And for boys:

73.3



Comparatively the city has one of the poorest health profiles of any Scottish or UK city

There are also wide health inequalities within Glasgow itself..

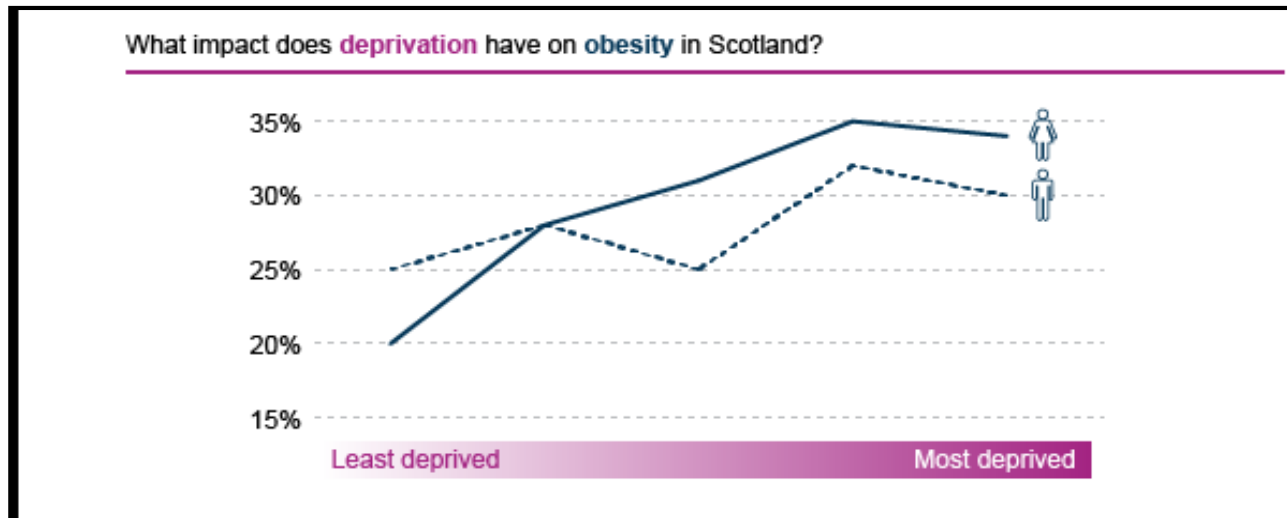
Men in the richest areas of the city can expect to live up

to **15 years longer** than those in the poorest neighbourhoods.



Food and health

- Body weight (adults)
 - Approx 1/3 adults are a healthy weight
 - 36% overweight and 26% obese
 - Obesity – inequalities gradient



Source: Grant K (2017). *How can we reduce obesity in Scotland*.
Edinburgh: Scottish Parliament.

Food and Health

- Fruit and veg intake
 - 20% of adults eat 5-a-day
 - Those in least deprived areas nearly twice as likely to eat 5-a-day than those in most deprived areas
- Cost of food
 - 24% of Scotland's households would need to spend more than 1/4 of their disposable income after housing costs to meet dietary recommendations
- Food insecurity
 - 11% of people reported at least one episode of food insecurity in previous year (Glasgow)



Sustainability

- The food system contributes to climate change (around 30% of greenhouse gas emissions)
 - production, processing, distribution, retail, consumption, disposal
- The food system also contributes to (air and water) pollution, soil erosion, loss of insects and biodiversity
- Climate change will impacts on global food production and supply systems - one of the main risks for Scotland
- Opportunities: A more sustainable local food system can be more resilient, good for the local food economy, good for health and equity.





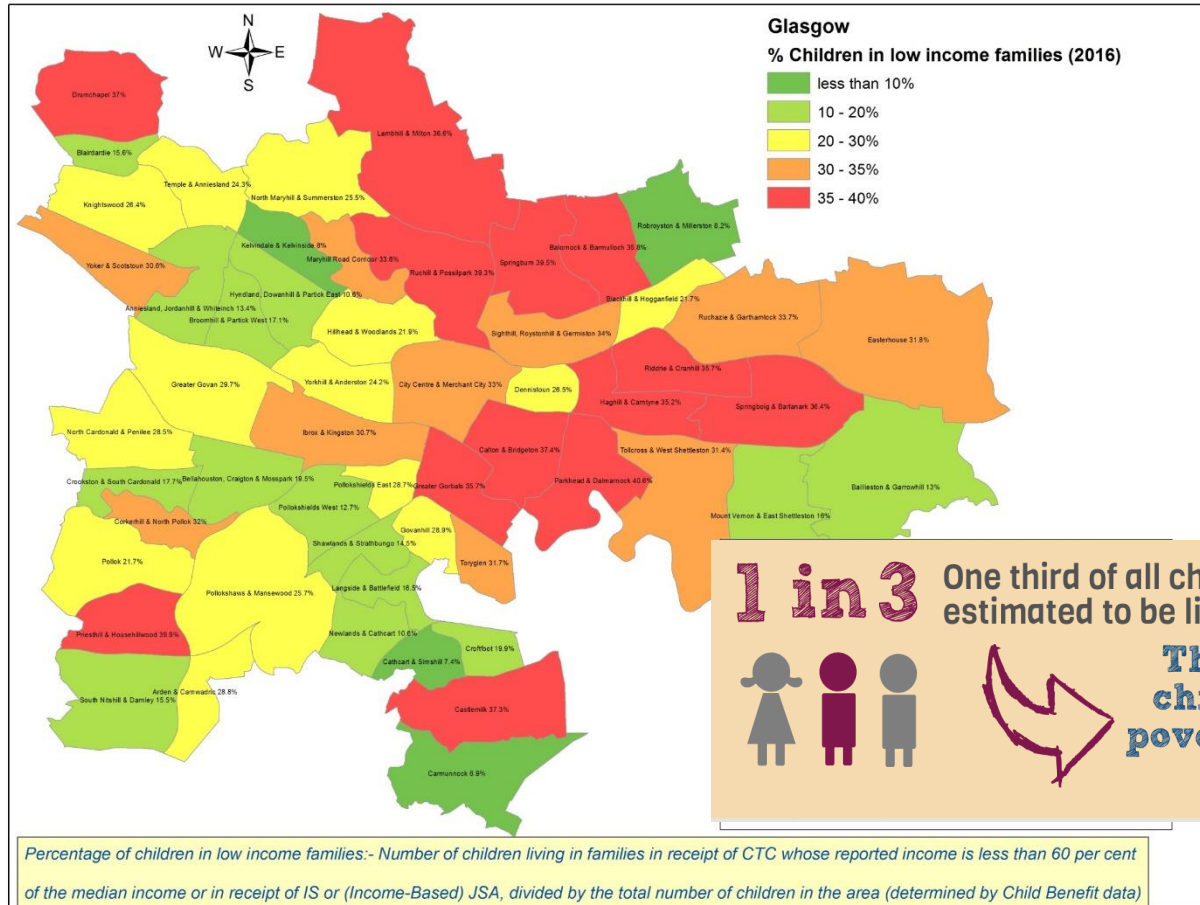
City Food Plan Themes

Food poverty and fair food for all

- Rooted in poverty
 - the nature of poverty is changing (in-work poverty and insecure employment growing, impact of welfare reform).
- Food banks/emergency food aid
 - Dramatic increase in demand (40 food banks, 50 places serving free hot meals in Glasgow)
 - 44% of food bank users reported long standing health condition/disability
 - Food bank data is only part of the picture (estimated 4 times more people struggling to afford food)
- A number of areas in Glasgow identified as ‘food deserts’.



Children and young people



Children and Young People

- 22.8% p1 children at risk of overweight or obesity
 - and rises with age
- 2017/18: children in more deprived areas more likely to be at risk of overweight and much more likely to be at risk of obesity than those in the least deprived areas
- 15% CYP eat 5 portions F/V per day; 10% eat none (Scotland)
- CYP's diet varies by deprivation
- In GCC free school meals available to p1 to p4 and being considered for p5 to p7 and Best Start being rolled out.



Community food

- Many community organisations contribute to alleviating poverty
- Many also have a wide range of roles including food sharing, education, skills, growing, and affordable retail
- Over 100 members of GCFN
- 96 community gardens and growing spaces
- 3 market gardens
- 32 allotment sites.



Food economy

- Glasgow's food and beverage sector
 - adds £330 million to the economy annually
 - provides jobs for over 5,000 people
 - has over 100 enterprises
- 21% of tourist spend in Scotland is on food & drink
- Multiplier effect
 - Buying in a local shop (£1 spent worth £2.50 to local economy)
 - Buying local produce in a local shop (10x)
- 98% of groceries bought in supermarkets
- Growing number of local enterprises keen to build more resilient and sustainable food supply.



Catering and procurement

- GCC provides 13M meals pa
- NHSGGC provides 3.6M meals pa
- 560 staff are employed in catering functions across NHSGGC hospital sites
- In 2018/19, 28% of GCC food procured through Scotland Excel was sourced in Scotland; with a further 44% sourced at UK level.



The environment and food waste

- The food system contributes ~30% of GHG emissions.
 - food production processes and food waste are important contributors
- Approx 1/3 of food produced is wasted (40% of this at retail or consumption)
- Estimate Glasgow City produces 113,706 tonnes food waste annually (70,748 household food waste).
- Across the UK, Fareshare redistributed over 21 tonnes of surplus food last year
- Food packaging waste also a big issue
- GCC have food waste uplift service and are considering a plastic reduction strategy.



Today's session

- The start of a process to build a healthier, more equitable, more resilient and more sustainable local food system.
- To work in themes to consider
 - what needs to happen differently
 - what connections need to be made
 - what barriers need to be addressed
 - And how?
- By the end of today
 - listed the areas of most importance for progress
 - agreed how you are going to work together
- By the end of February
 - to have a draft chapter for each theme of the Food Plan.



Today's session

- Split into theme groups
- Three exercises in each theme
- A theme lead for each group
- Support and facilitation for each group
- No plenary at the end of today

- Questions?

Glasgow City Food Plan – Themed groups

- Food Poverty & Fair Food for All
- Community Food
- Food Procurement & Catering
- Environment & Food Waste
- Children & Young People
- Economy Group (stay in this room)



Glasgow City Food Plan

Food procurement
and catering



Food poverty -
fair food for all

Food
economy

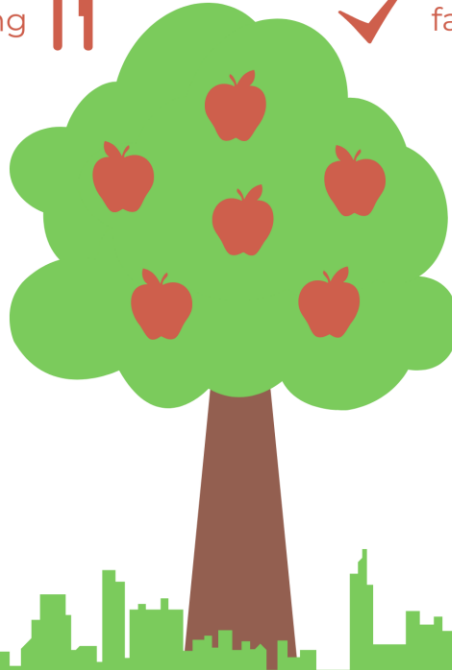


Children and
young people

Environment
and food waste



Community
food



Equity

Sustainability

Health

Health and Health Inequalities in Glasgow

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And for boys:

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Comparatively the city has one of the poorest health profiles of any Scottish or UK city

Life expectancy for Glaswegian men at birth is

3.7 years less



than the Scottish average and

2.3 years less for women



This is in part because improvements in health have lagged behind other comparable cities in the UK



There are also wide health inequalities within Glasgow itself...

Men in the richest areas of the city can expect to live up to

15 years longer

than those in the poorest neighbourhoods.



Food and Health

- Dietary indicators (fruit and veg intake)
 - 20% adults eat 5-a-day
- Healthy weight (adults)
 - Approx 1/3 adults are a healthy weight
 - 36% overweight and 26% obese
- Healthy weight (children)
 - 22% at risk of overweight or obesity in Primary 1
 - Fewer CYP are a healthy weight as they get older
- Dietary related illness
 - Approx 270k people with type II diabetes and increasing rapidly (Scotland)



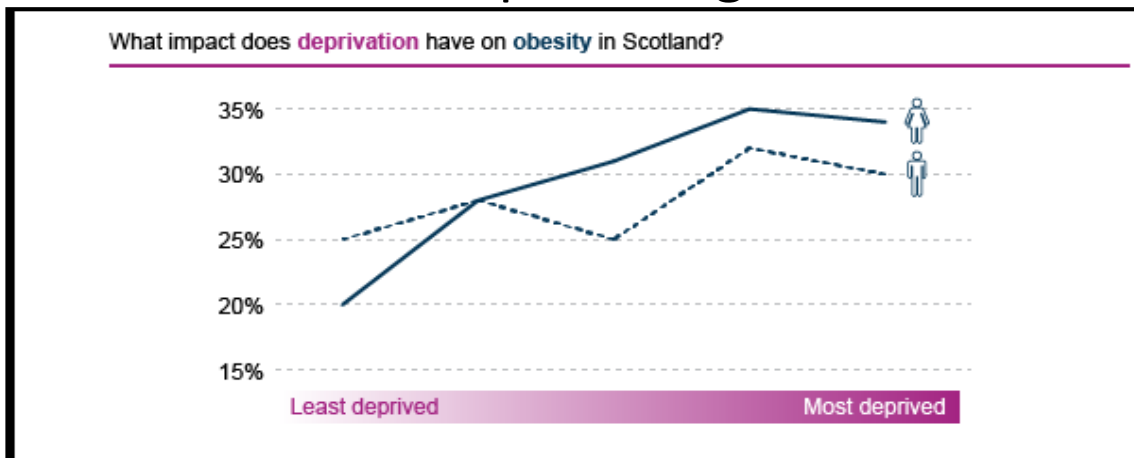
Dietary-related inequalities

- Inequalities in diet (fruit and veg intake)
 - Those in least deprived areas nearly twice as likely to eat 5-a-day than those in most deprived areas.
- Cost of food
 - 24% of Scotland's households would need to spend more than a quarter of their disposable income after housing costs to meet dietary recommendations
- Inequalities in healthy weight (adults and children)
 - Considerable inequalities gradient



Dietary-related inequalities

- Inequalities in healthy weight (adults and children)
 - Considerable inequalities gradient



- Food insecurity
 - 11% of people reported at least one episode of food insecurity in previous year (Glasgow)

