



# How healthy is Glasgow and its children?

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# Nutrition and child health

- Promotes physical growth and development
- Boosts brain development
- Strengthens Immunity
- Encourages healthy habits
- Affects overall well-being
  - cognitive, emotional, psychological, and social development, influencing children's moods and behaviour.

There is very strong evidence that good nutrition is important and protects against many cancers, type 2 diabetes and cardiovascular disease.

# Adults in Glasgow:

## Food insecurity



# Children in Glasgow:



# Dietary health in Scottish Children

- Fruit and veg intake: too low
- Fibre consumption: too low
- Sugar consumption: too high
  
- Children and young people in the most deprived parts of Scotland tend to have a less healthy diet.
- Diets tend to be less healthy in young teenagers.



# Inequalities in childhood nutrition

Children from the most disadvantaged groups

- Are least likely to consume enough fruit and vegetables.
- Are nearly twice as likely to be living with obesity at school entry.
- Suffer from more than twice the rate of tooth decay.

Adults in the most deprived areas of Scotland have the lowest life expectancy and healthy life expectancy.



# Making a difference...

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National policies, e.g.  
Good Food Nation (Scotland) Act & Plan

Local policies, e.g.  
Glasgow City Food Plan

Local action, e.g.  
Holiday Programme

