

A Healthier Future Consultation

1. INTRODUCTION

- 1.1** On the 26th of October, the Scottish Government released its consultation¹ on A healthier future- action and ambitions on diet, activity and healthy weight. This consultation describes the public health challenges Scotland faces in terms of our diet, activity, and weight.
- 1.2** Responses to this consultation will be used to inform the development of future policy and the development of a progressive plan of action. SEStran welcome the opportunity to respond to the consultation as active travel is inextricably linked to health benefits and will be vital in ensuring a healthier future for Scotland.

2. CONSULTATION

The consultation outlines the following proposals for consideration:

- Transforming the food environment
 - Living healthier and more active lives
 - Leadership and exemplary practice
- 2.1** The recently announced Programme for Government identified tackling obesity as a priority. Upon launching the consultation, the Government announced funding of £42 million over the next five years to address this. Subsequently, in a bid to create an Active Nation, the active travel budget was doubled from £40 million to £80 million per year from 2018 -19.
- 2.2** Scotland's obesity rates continue to be amongst the highest in the developed world. It is stated within the consultation that 70% of children's excess weight gain is achieved by age 5. The potential cost to our health services and the economy due to increasing ill-health and inactivity could be significant. The rates of obesity in children highlight how we should be encouraging children from an early age to travel actively and its benefits, not just physically, but mentally too. SEStran identified in its X-Route report that there are many barriers to young people choosing to travel actively therefore it is imperative that these issues are addressed if we want to encourage children and young people to be more active. Physical activity needs to be viewed as more than a recreational activity but as part of our daily lives including in how we travel.
- 2.3** The doubled active travel budget will go towards supporting new infrastructure and improvements, however behaviour change initiatives are crucial to encourage modal shift in conjunction with infrastructure. The Government recognises that advertising can be a powerful force for positive messaging on healthy eating but will it view active travel in the same regard? This is an opportunity for the Government to support and encourage schools to partake

¹ https://consult.gov.scot/health-and-social-care/a-healthier-future/user_uploads/00526543.pdf

in cycle training and bikeability, providing young people with the skills to make active travel the natural choice. Instilling active travel as a viable mode of transport from a young age will be crucial to ensure more young people stay active and can maintain and sustain healthier lives.

- 2.4** In November 2017, the Scottish Government published a Health and Social Care paper² highlighting obesity indicators. The report identified that in 2016, 65% of adults aged 16 and over were overweight, including 29% who were obese.
- 2.5** Under 'living healthier and more active lives' the consultation highlights the increased investment in active travel infrastructure to encourage more people to walk and cycle as part of everyday life. This will help to address weight management and encourage people to become more active in modern life where increasingly jobs become more sedentary, by providing infrastructure that will encourage non-cyclists or less confident cyclists to cycle. Making cycling more accessible to people of all levels. The consultation's mention of active travel and its link to a healthier future for all is progressive as the health benefits of active travel are often overlooked in favour of tangible outputs. The Programme for Government displays a commitment to deliver a new approach to weight management to address the increase in type 2 diabetes. SEStran would reiterate the importance of active travel and its links to improved health and wellbeing to take priority in any new plan from the Government.
- 2.6** The overarching aim of the Scottish Government is to create a fairer Scotland and reduce inequality. Active travel is a way to address this inequality, as already discussed in the active travel discussion paper, it can provide part of the solution of reducing inequalities. The socio-economic duty asks public authorities to do more to tackle the inequalities of outcome caused by socio-economic disadvantage. The consultation mentions leadership and exemplary practice and SEStran would encourage the Government to engage with the planning and transport sector to ensure the health benefits of active travel promoted through this partnership working.

3. CONCLUSIONS / RECOMMENDATIONS

- 3.1** The paper seeks to invite comment from the Board on the consultation, which will be incorporated into a response from SEStran and signed off by the Partnership Director, in consultation with the Chair under delegated powers. Please refer to the earlier 'active travel discussion paper' to inform debate.
- 3.2** It is requested that any comments are to be sent SEStran officers by the 15th of January for collation.

Moira Nelson
Active Travel Strategic Development Officer
30th November 2017

² <http://www.gov.scot/Resource/0052/00527553.pdf>

Policy Implications	None
Financial Implications	There is a potential for RTPs through the consultation to make a case for greater funding to deliver regional active travel infrastructure and marketing.
Equalities Implications	Potential impacts in terms of access to active travel infrastructure and service
Climate Change Implications	Potential to increase use of sustainable modes

Appendix 1 - A healthier future questions

A Healthier Future Consultation

Summary of Consultation Questions

Question 1

Are there any other types of price promotion that should be considered in addition to those listed above?

Please explain your answer.

Question 2

How do we most efficiently and effectively define the types of food and drink that we will target with these measures?

Please explain your answer.

Question 3

To what extent do you agree with the actions we propose on non-broadcast advertising of products high in fat, salt and sugar?

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

Please explain your answer.

Question 4

Do you think any further or different action is required for the out of home sector?

Yes No Don't know

Please explain your answer.

Question 5

Do you think current labelling arrangements could be strengthened?

Yes No Don't know

Please explain your answer.

Question 6

What specific support do Scottish food and drink SMEs need most to reformulate and innovate to make their products healthier?

Question 7

Do you think any further or different action is required to support a healthy weight from birth to adulthood?

Yes No Don't know

Please explain your answer.

Question 8

How do you think a supported weight management service should be implemented for people with, or at risk of developing, type 2 diabetes - in particular the referral route to treatment?

Question 9

Do you think any further or different action on healthy living interventions is required?

Yes No Don't know

Please explain your answer.

Question 10

How can our work to encourage physical activity contribute most effectively to tackling obesity?

Question 11

What do you think about the action we propose for making obesity a priority for everyone?

Question 12

How can we build a whole nation movement?

Question 13

What further steps, if any, should be taken to monitor change?

Question 14

Do you have any other comments about any of the issues raised in this consultation?