Barriers to a healthy diet
Learning Outcomes

- Identify the barriers parents encounter with children’s nutrition guidelines
- List the Scottish Government’s policy and agenda with regard to children’s nutrition in Scotland
Session outline

- Barriers to a healthy diet
- Food labels
- Government Policy/local agenda on children’s nutrition.
Group Discussions

Identify the barriers parent’s encounter when trying to incorporate a healthy diet for a child.
Barriers to a healthy diet

The Scottish Diet Action Plan identified four interlinking barriers to a healthy diet:

Access
Availability
Skills
Culture
Shopping and budgeting classes
Community cafes
Weaning sessions
After school clubs
Breakfast clubs
Fruit in schools schemes
Allotment schemes
Cook and eat session
Food co-ops
Childsmile

different initiatives

Quality Education for a Healthier Scotland
Food Labels

Legislation
Group discussion

Discuss labels
Healthy Start

Healthy Start is a UK-wide government scheme to improve the health of low-income pregnant women and families on benefits and tax credits.

With Healthy Start, you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.
Policies and strategies

- Better Health Better Care
- Healthy Eating Active Living 2008-2011
- Preventing overweight and obesity in Scotland - A Route Map Towards Healthy Weight 2010
- Schools (health promotion and nutrition) (Scotland) Act 2007
- Healthy Eating in Schools 2008
- Nutritional guidance for early years 2006
- Maternal and Infant feeding strategy
Further reading

Websites

www.healthscotland.org.uk
www.healthystart.co.uk
www.scotland.gov.uk
www.scotpho.org.uk
www.takelifeon.co.uk
www.growingupinscotland.org.uk

Questions ?