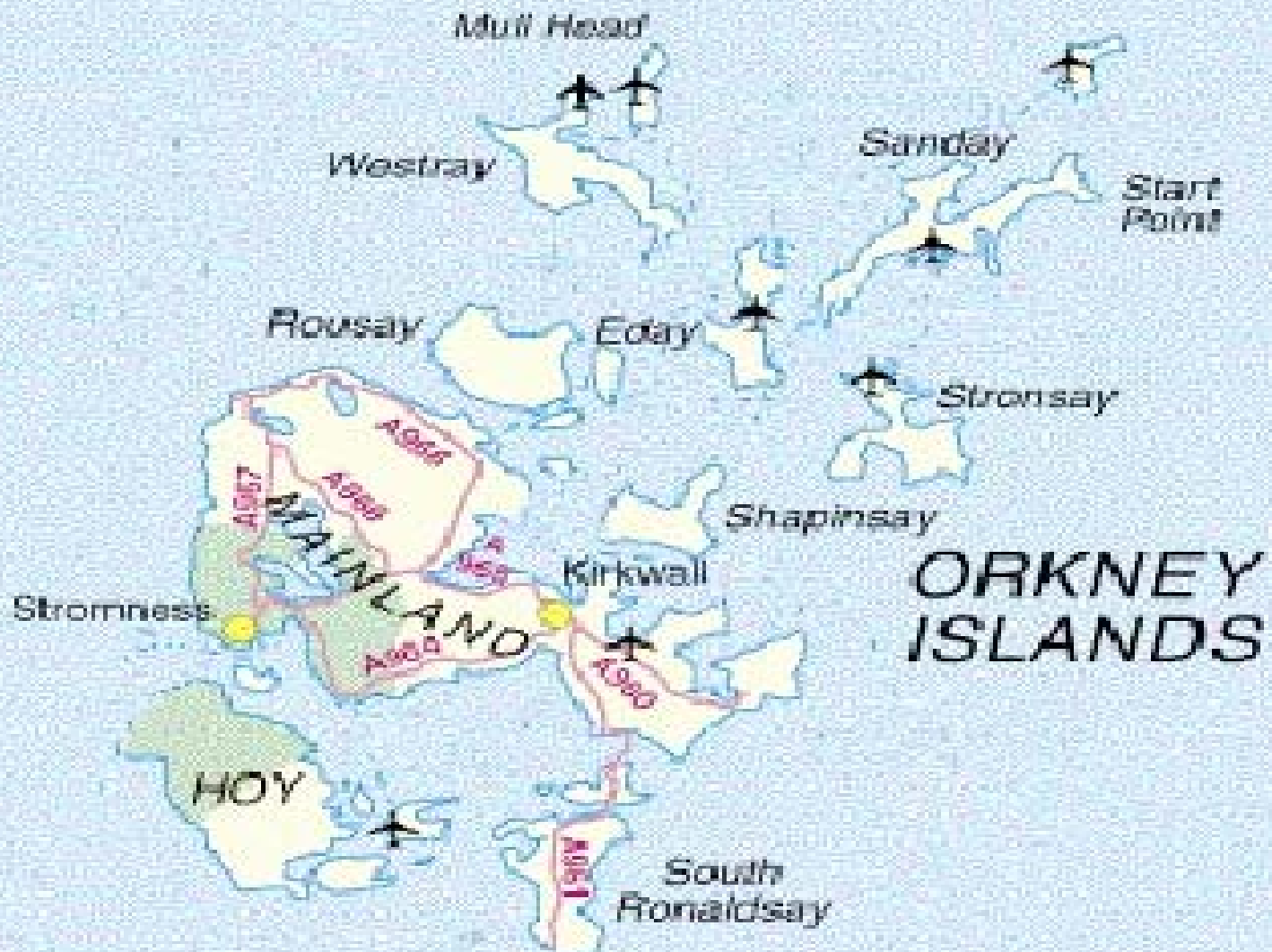




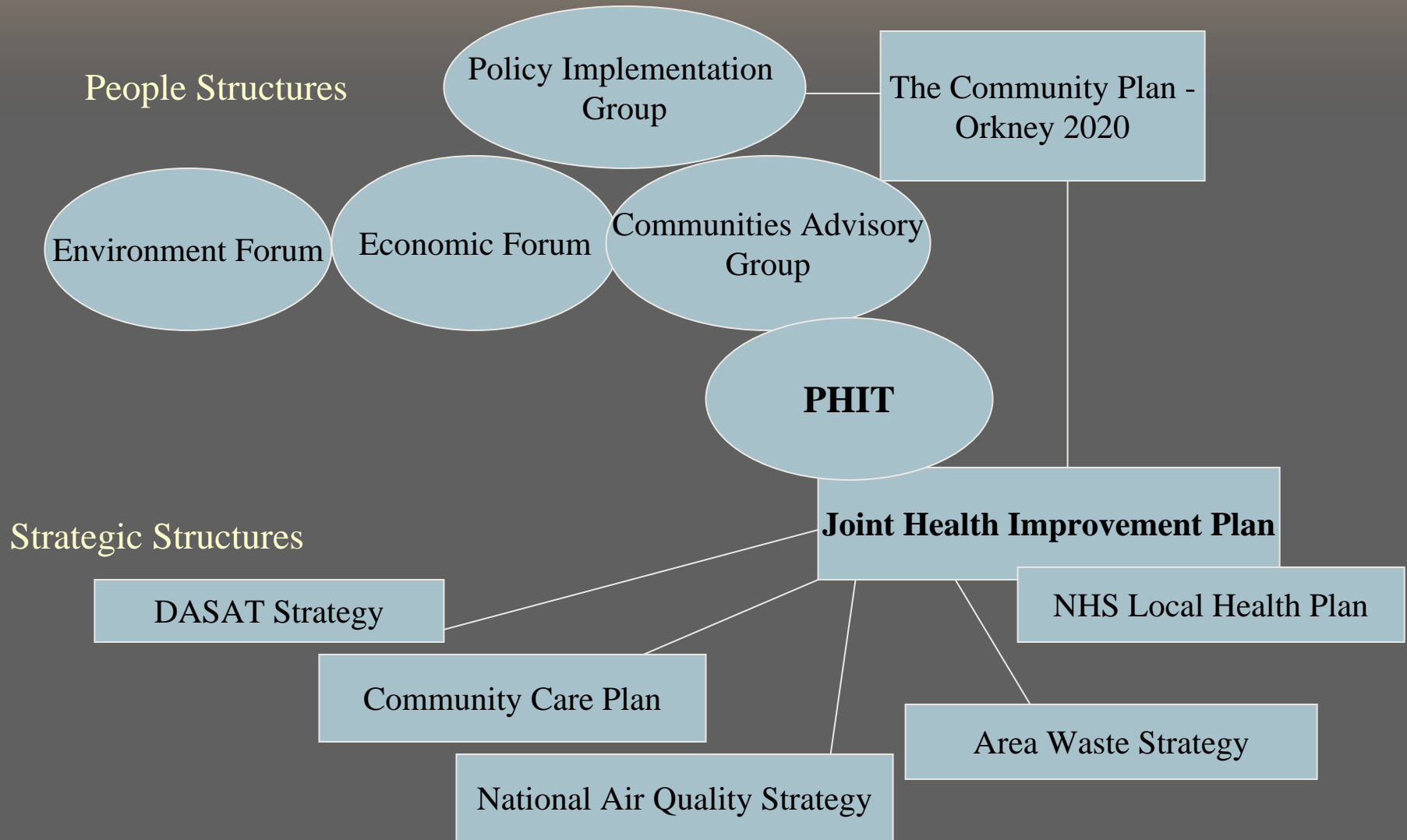
Orkney Islands Food Roadshow

Presentation to the 8th Inter-Island Public
Health Forum – October 2003

By Val Cameron



Community Planning Framework in Orkney



Food Priorities in Scotland

Reducing salt, fat and sugar in the diet.

Reducing food-borne disease by 20% by 2006.

Improving hygiene standards in food manufacturing.

Improving food labelling.

Improving consumer advice about food, health and diet.

A number of initiatives have been launched eg. *'Eating for Health- A Diet Action Plan for Scotland'* and *'Hungry for Success'*.

'Health Improvement in Scotland – the Challenge'

Orkney Islands Food Roadshow



transport



venue



partners



Education department



Young folk – food fun



‘Aliens in our food’



Wolfric's 'fruit bird'



Food hygiene and bugs



Wash your hands please!



A healthy
supper from
Hoy

Outcomes

Teaching staff in schools were very responsive to the material supplied, although the feeling was generally that schools can only do so much and that education on food and diet extends into the home setting.

2 Some schools have 'tuck shops' supplying sweets, crisps and soft drinks. Staff would prefer to supply dried fruit and healthier snacks and bottled water, although these items are expensive to buy. Several schools asked about central purchasing and grants to reduce these costs.

3 Parents were pleased to be consulted about school meals. There is genuine concern about long term health conditions aggravated by unbalanced diets.

4 Older people would like to bring back traditional recipes and cooking methods. There were comments that obesity in younger people was partly due to cheaply available fast food and sweets.

5 There were offers for grannies to show young people how to cook.

6 A number of people said they would like to see more informal diet control groups and exercise etc classes on the islands to help with some of the issues.

7 Food premises proprietors on the islands would like better access to training courses.

