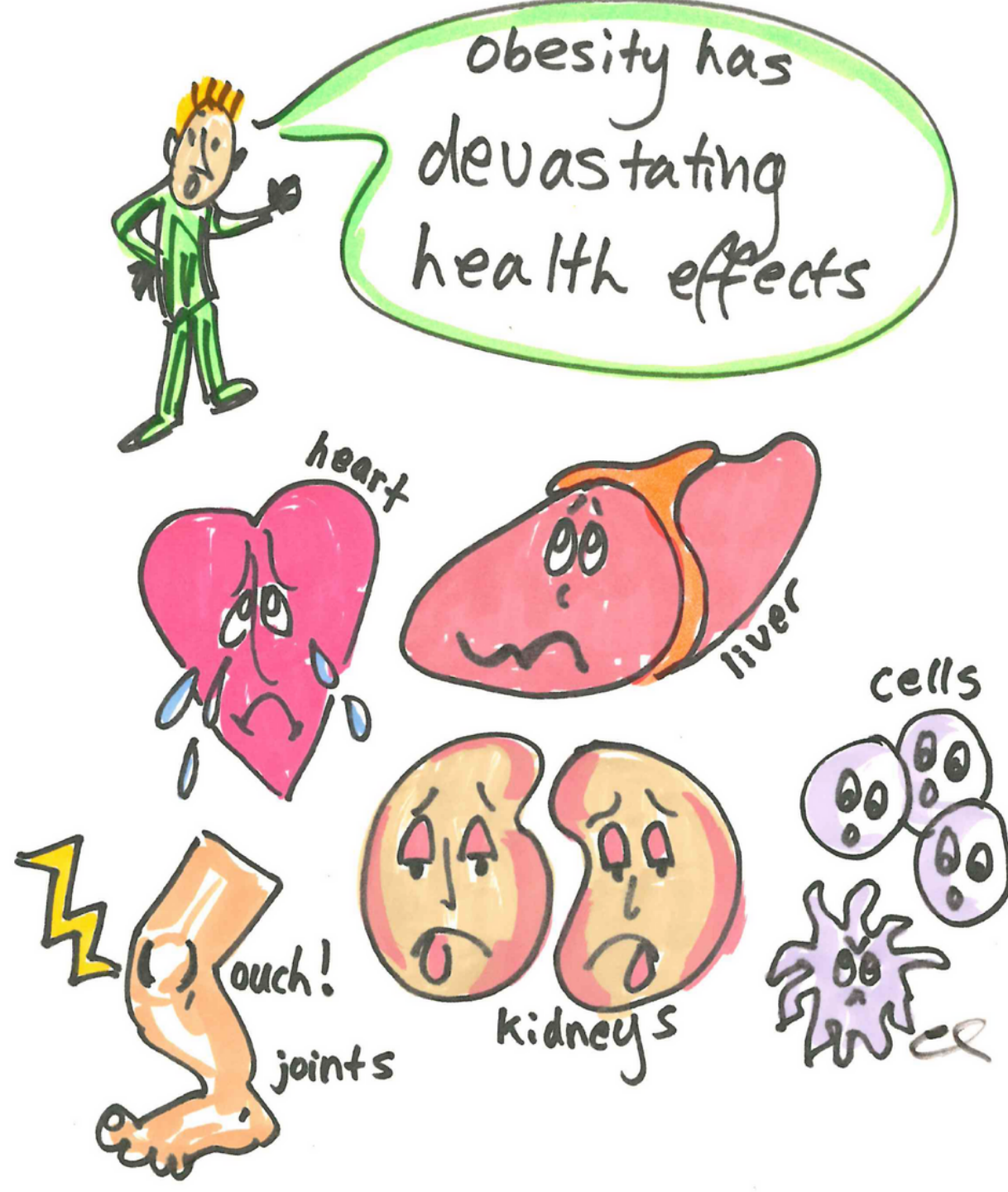




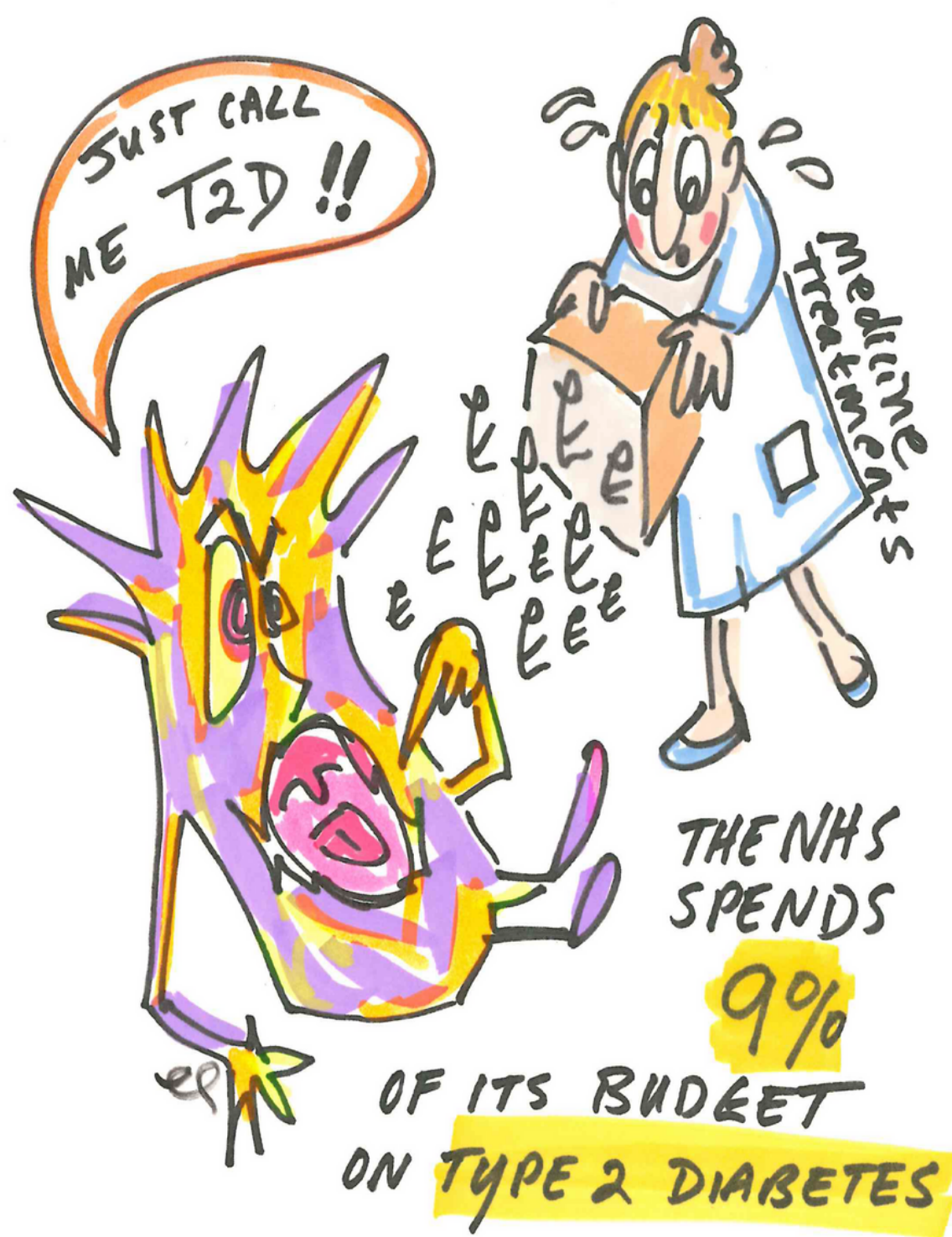
Key messages from a VHS workshop supported by the NHS Health Scotland Inequalities Learning Collaborative



2 in 3 people in Scotland are overweight or obese



Obesity can cause a wide range of health related difficulties



And cost lots of money: in Tayside alone over £80 million is spent on Type 2 Diabetes

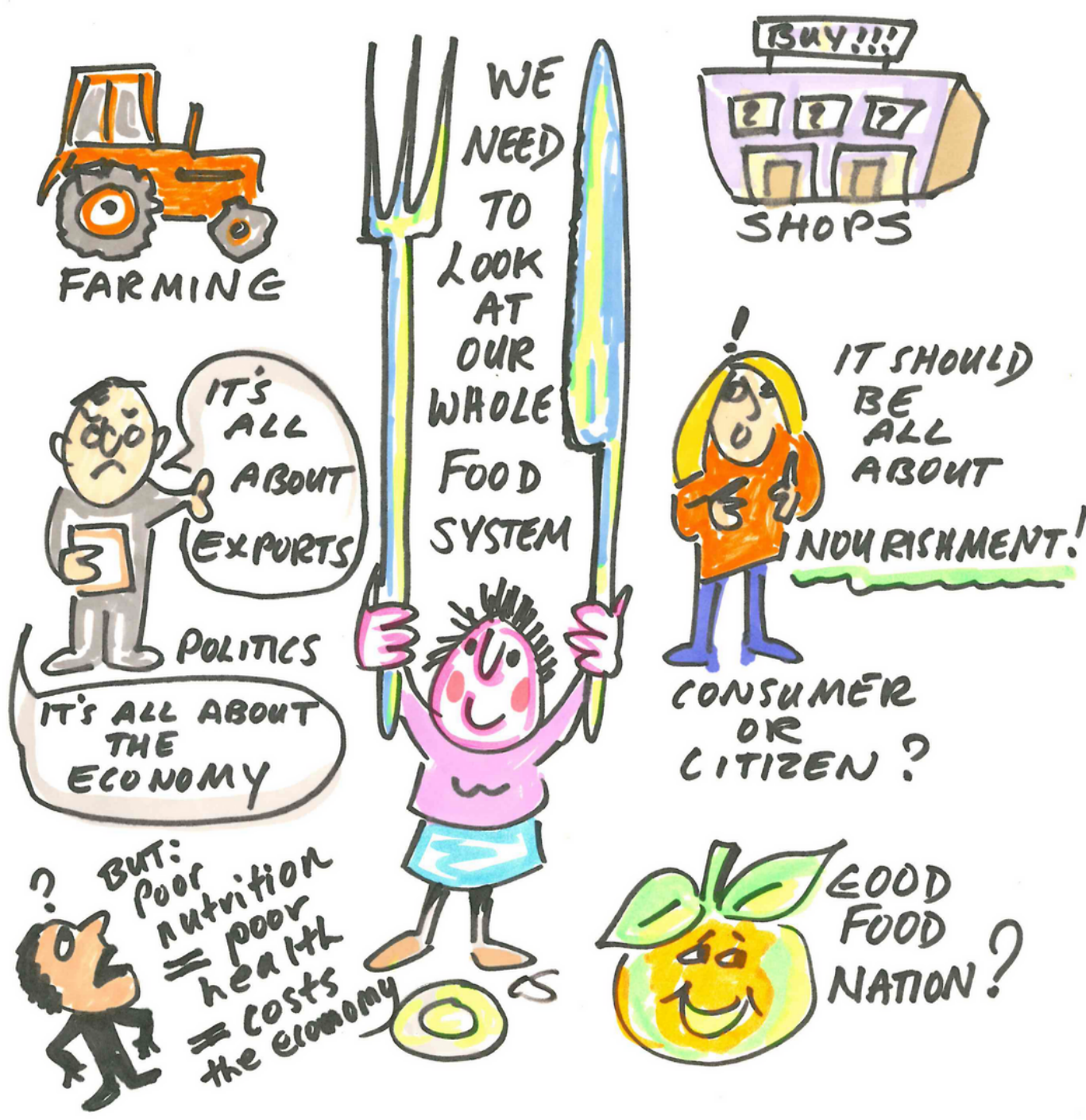


School meals in Scotland serve children pudding more often than soup





Clustering of unhealthy food/drink provision in the most deprived communities is a problem



Food production in Scotland is geared for exports and not for nourishment



There is a need to take a whole government, cross-portfolio approach to tackling obesity



Social prescribing and the 3rd sector are key to addressing obesity in Scotland



Let's coproduce solutions with communities, 3rd and public sectors, medical professionals, and government