

Scotland must change its attitude towards food, says report

Scotland's attitude towards food is in need of a radical overhaul according to a new report concerned with the nation's eating habits.

The Food Commission has set out key areas to be addressed in order for the country to be considered a good food nation by 2025, calling for a "nationwide movement for change".

Every Scot should have healthy and nutritious food readily available to them, diet-related diseases should be in decline and the environmental impact of food consumption and production should be reduced, according to Shirley Spear, who chairs the commission.

She went on to recommend that food companies should be "a thriving feature of the economy and places where people want to work", adding that Scots should take "a keen interest in their food, know what constitutes good food, value it and seek it out whenever they can".

"This movement for change must include everyone and be developed at every single level - no single section of our population is blameless and everyone should look towards improving their own food choices and assisting others to do the same."

Scotland's problematic relationship with food has been well documented, a primary factor in the nation being labelled the 'sick man of Europe'.

High levels of diabetes and heart disease have plagued the country for years, putting an ever-increasing strain on the National Health Service north of the border.

Last year, Food Standards Scotland issued a report indicating that Scotland's diet of predominantly fatty foods has remained almost unchanged since the start of the century, causing obesity to become normalised in modern society.

The report said: "Being overweight and chronically unwell is our 'norm'. It is not down to individuals, nor retailers nor manufacturers alone to address this problem. Everyone has to shift their mindset and be willing to act differently to what is done today."

More recently, a report last week from Obesity Action Scotland (OAS) criticised slow progress in tackling obesity, despite a 2010 government strategy aimed at addressing the problem.

Environment Secretary Richard Lochhead said: "We need ambition from our food, drink and hospitality industries to tackle the challenges of health, sustainability and economic prosperity, and support Scotland to become a good food nation.

"That is what the Food Commission is asking of the sector and I wholeheartedly support this call.

"This extends to supermarkets, food service and retailers to promote and serve delicious Scottish ingredients, and to the public themselves to embrace the changes."

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<http://news.stv.tv/scotland/1344520-scotland-must-change-its-attitude-towards-food-says-report/>