



## RESOURCES, INFORMATION, AND SUPPORT

### FOOD RESOURCES

The new Food Vision website – a joint project between FSA, LACORS and the LGA provides useful case studies for safe and healthy eating initiatives, along with toolkits, advice on funding, and other guidance and resources: [www.foodvision.gov.uk](http://www.foodvision.gov.uk)

Food Standards Agency's primary website with information on all aspects of the Agency's work including news, nutrition, enforcement, science and research, safety and hygiene, BSE, labelling and packaging, GM and novel foods: consultations, and food industries: [www.food.gov.uk](http://www.food.gov.uk)

FSA Website for advice on healthy eating, including healthy diet, ages and stages, health issues, keeping food safe, food labels, interactive games and quizzes [www.eatwell.gov.uk](http://www.eatwell.gov.uk). FSA Website on Salt reduction including 6g message, salt and health, labels, campaign, the salt you eat: [www.salt.gov.uk](http://www.salt.gov.uk)

Further information on Obesity, 5 A Day, food in schools programme, and other food and health related issues can be found on the Department of Health website [www.dh.gov.uk](http://www.dh.gov.uk) and information on the Strategy for Sustainable Farming and Food including the PSFPI is on the Defra website [www.defra.gov.uk](http://www.defra.gov.uk).

### INTELLIGENCE

Public Health Observatories are health intelligence organisations providing information and analysis to support those working to improve health and reduce health inequalities. The East Midlands Public Health Observatory has the national lead for food and diet. All regional offices can be accessed from [www.apho.org.uk](http://www.apho.org.uk)

### LAAs AND REGULATORY SERVICES

LACORS, the Local Authorities Co-ordinators of Regulatory Services have produced a number of information, support and guidance documents relating to the role of regulatory services in LAAs. These include a briefing for Local Authorities on Next Generation LAAs, a menu of possible targets for EH and TS services in LAAs, and a research document on the Drivers and Barriers to inclusion of Environmental Health and Trading Standards in LAAs. These are available at <http://www.lacors.gov.uk>

Further support and guidance on Local Area Agreements and the New Performance Framework for Local Authorities and Local Authority Partnerships are available from the Department for Communities and Local Government ([www.communities.gov.uk](http://www.communities.gov.uk)) and from the Improvement and Development Agency ([www.idea.gov.uk](http://www.idea.gov.uk)).

### EVIDENCE BASE

The National Institute for Health and Clinical Excellence (NICE) is an independent NHS organisation responsible for providing evidence based national guidance on promoting good health and preventing and treating ill health. Recent Guidance includes "Obesity: the prevention, identification, assessment and management of overweight and obesity in adults and children" and "The most appropriate means of generic and specific interventions to support attitude and behaviour change at population and community levels." NICE also hold previous public health evidence resources published by the Health Development Agency. See [www.nice.org.uk](http://www.nice.org.uk)

Further peer reviewed evidence on the contribution food can make to community health and well-being can be accessed through a number of sources including the Food Standards Agency [www.food.gov.uk](http://www.food.gov.uk), the Cochrane Collaboration [www.cochrane.org](http://www.cochrane.org) and the Scientific Advisory Committee on Nutrition [www.sacn.gov.uk](http://www.sacn.gov.uk).

The Food Standards Agency is an independent Government department set up by an Act of Parliament in 2000 to protect the public's health and consumer interests in relation to food.

For further information on this guidance, please contact Rob Howard, FSA East Midlands Office, GOEM, The Belgrave Centre, Talbot St, Nottingham NG1 5GG Tel: 0115 9714756, email: [rob.howard@foodstandards.gsi.gov.uk](mailto:rob.howard@foodstandards.gsi.gov.uk)

# LOCAL AREA AGREEMENTS GUIDANCE ON FOOD AND HEALTH

This Guidance Note has been produced by the Food Standards Agency and LACORS. It is for use by

- Local Authorities, PCTs and their partners developing LAAs and delivery plans, and to illustrate how food activities support the delivery of a wide range of indicators from the recently published National Indicator Set
- Government Office LAA Negotiating Teams, especially when reviewing and refreshing LAAs

### FOOD AND HEALTH

What we eat can make a big difference to our health and well being. Diet is thought to play a role in about a third of all deaths from cancer, and about a third of deaths from coronary heart disease. This amounts to around 80,000 early deaths each year<sup>1</sup>. Too much salt is associated with high blood pressure, and this in turn is associated with an increased likelihood of developing heart disease and strokes. Obesity, a major public health issue for the 21st century, is associated with increased likelihood of heart disease and Type 2 diabetes. If current trends continue, by 2050 60% of adult men, 50% of adult women, and about 25% of children could be obese. Without action, obesity-related diseases will cost an extra £45.5 billion per year<sup>2</sup>.

In addition, there are around 850,000 cases of food poisoning in the UK each year<sup>3</sup>. This can cause serious illness or permanent disability, and some types can kill. It is a significant cause of illness in the UK, costing the country around £1.5 billion each year<sup>3</sup>.

<sup>1</sup> FSA Strategic Plan 2005-2010 'Putting Consumers First'

<sup>2</sup> Foresight. Tackling Obesity: Future Choices. Department of Innovation Universities and Skills.

<sup>3</sup> FSA Strategic Plan 2001-2006

A thriving and sustainable food and drink industry can not only play an important role in providing access to affordable healthy food, but can also make a significant contribution to economic prosperity and development. From farm to fork, local authorities provide businesses with advice, support and where necessary enforcement action, to ensure that the food we eat is safe, of high standard, and complies with relevant current food law. Their work, supported by the FSA, has contributed to a 19.2% reduction in foodborne illness from 2001 - 2006. This is equivalent to 1.5 million fewer cases, saving the economy £750 million, and 10,000 hospital admissions.

Local Authorities and their partners in health, industry and the voluntary sectors, have a key role to play in delivering and supporting activities on food which can help to tackle the social, economic and environmental consequences of poor diets and unsafe food.

### THE GUIDANCE

The Government has agreed a national indicator set as part of the new performance framework for local authorities and their partners. This single set of 198 indicators represents what Government believes should be the national priorities for the next three years. Performance against each of these indicators will be assessed for every single tier and County Council Local Strategic Partnership. From April 2008 they will be the primary measures on which central government will performance manage outcomes delivered by local government either alone or in partnership.

Targets against this set of national indicators will be negotiated through new Local Area Agreements (LAAs). Each Agreement will include up to 35 targets from among the indicators, complemented by 16 statutory targets on educational attainment and early years.

Activities to promote safe food and healthy eating provide Local Authorities and their partners with an opportunity to help deliver a number of the outcomes described by these indicators. This Guidance provides examples of actions which can be taken in relation to food, linked to relevant Outcomes and National Indicators. The Guidance is not intended to be exhaustive, but it is hoped it will help inform relevant discussions on food activity. The Guidance also includes reference to authoritative resources, information and support to facilitate the implementation of evidence based and holistic interventions in a variety of settings with a wide range of partners.

Further work by the FSA and LACORS is planned to provide additional information for the delivery of national indicators and targets in relation to safe food and healthy eating for all.



# Food and LAAs Outcomes, National Indicators and examples of Interventions and Activities

