

Response ID ANON-1EPT-UGU6-1

Submitted to **A healthier future - action and ambitions on diet, activity and healthy weight**

Submitted on 2018-01-26 12:12:39

Transforming the food environment

Promotions

1 Are there any other types of price promotion that should be considered in addition to those listed above?

Not Answered

Please explain your answer.:

2 How do we most efficiently and effectively define the types of food and drink that we will target with these measures?

Please explain your answer.:

Advertising

3 To what extent do you agree with the actions we propose on non-broadcast advertising of products high in fat, salt and sugar?

Not Answered

Please explain your answer.:

Out of home sector

4 Do you think any further or different action is required for the out of home sector?

Not Answered

Please explain your answer.:

Planning system and the food environment

Labelling

5 Do you think current labelling arrangements could be strengthened?

Don't know

Please explain your answer.:

Down's Syndrome Scotland (DSS) would be interested to know whether any feedback has been sought from people with learning disabilities on food packaging and current labelling arrangements. People with Down's syndrome (Ds) can put on extra weight more easily than the rest of the population due to a slow metabolism and diet is a serious concern for many. As evidenced in our report 'Listen to me, I have a voice', some adults with Ds struggle to maintain a healthy weight and food labelling can therefore be extremely useful to them and their families/carers. It would be helpful to know their opinions on current labelling and whether it is easy enough for them to understand important information about the food they consume.

Reformulation and innovation

6 What specific support do Scottish food and drink SMEs need most to reformulate and innovate to make their products healthier?

What specific support do Scottish food and drink SMEs need most to reformulate and innovate to make their products healthier?:

Food and drink levies

Living healthier and more active lives

Developing a positive relationship with food from birth to adulthood

7 Do you think any further or different action is required to support a healthy weight from birth to adulthood?

Yes

Please explain your answer.:

Several points need to be raised regarding part 2 of this consultation 'Living healthier and more active lives'. First of all we believe that the section on health inequalities needs to be reviewed since people living in poverty are not the only ones with poor health outcomes. It is well documented that the health outcomes of people with learning disabilities are worse than the rest of the population due to various reasons including problems accessing health services for example.

Health inequalities in terms of diet cannot thus be reduced to poverty only. The strategy requires a much broader range of actions to include all affected.

Secondly we agree with the focus on pregnancy, birth and early years and the vital role played by professionals like health visitors as outlined in the strategy. However to be most effective professionals need to establish trust with families to form strong relationships that might help tackle issues like weight. To do this all parents and children across Scotland must be treated with dignity and respect and as a charity DSS is adamant that the issue of language used by professionals across NHS, schools etc ought to be addressed. Words are powerful tools. Poor language can have a profound effect on parents and people with Ds who told us they are being left feeling upset and isolated because of poor attitudes from some professionals. This is not acceptable and if a strategy like this one is to be successful it needs to ensure that all staff listen to people's concerns appropriately. As a charity we encourage everyone to practice 'people first' language (e.g. a child with Ds is NOT a Down's baby; they are a baby with Ds).

Finally greater consideration has to be given to the work of the Scottish Government and NHS Boards in terms of prevention. Preventative service provision is referred to in the consultation but DSS would argue that stronger emphasis should be put on the importance of annual health checks for people with learning disabilities. As part of the check, any concern from professionals and/or from patient regarding diet and weight should be taken seriously and managed accordingly. Annual health checks for adults with learning disabilities, including Ds, are recommended by institutions like the Royal College of General Practitioners. However our evidence shows that it is far from being the reality in Scotland with 50% of carers of adults with Ds not being aware of the recommended health checks. Moreover transition from children to adult services need to be better managed to ensure greater support for people and their families. More/better weight management programmes should also be available to people with Ds who need help with their diet across the country.

Supported weight management

8 How do you think a supported weight management service should be implemented for people with, or at risk of developing, type 2 diabetes - in particular the referral route to treatment?

How do you think a supported weight management service should be implemented for people with, or at risk of developing, Type 2 Diabetes - in particular the referral route to treatment?:

In response to this question we should indicate from the onset that the proposed strategy in its current form places too much emphasis on type 2 diabetes.

As noted in our answer to question 7, DSS is of the view that annual health checks for children and adults with learning disabilities would represent a powerful tool to improve route to treatment for all conditions susceptible to affect people with weight management issues. Adults with Ds also tell us that they would like longer appointments to talk to their GP/nurse/consultant and raise concerns. Better communications between professionals and patients is also necessary with suggestions from our members for professionals to use sign language/pictures as required. This will require a review of staff training.

Healthy living and other interventions

9 Do you think any further or different action on healthy living interventions is required?

Not Answered

Please explain your answer.:

Physical activity

10 How can our work to encourage physical activity contribute most effectively to tackling obesity?

How can our work to encourage physical activity contribute most effectively to tackling obesity?:

We welcome the proposal of using 'existing network of clubs and volunteers that support people to become active'. However too often these clubs are not necessarily inclusive. If a lot of children with Ds are interested in sport, too many are still facing significant barriers to become more active due to a lack of facilities for disabled children in some areas, lack of training for staff who do not know how to support children with Ds in their activities and negative assumptions by staff and members of the public about the abilities of children with Ds.

Leadership and exemplary practice

Leadership

11 What do you think about the action we propose for making obesity a priority for everyone?

What do you think about the action we propose for making obesity a priority for everyone?:

12 How can we build a whole nation movement?

How can we build a whole nation movement? :

By making sure that all programmes run by the partners involved (NHS, Local authorities etc) are truly inclusive.

Evidence-based improvement

13 What further steps, if any, should be taken to monitor change?

What further steps, if any, should be taken to monitor change?:

Consultation with third sector organisations like DSS might help gather feedback on areas of improvement and remaining concerns.

14 Do you have any other comments about any of the issues raised in this consultation?

Do you have any other comments about any of the issues raised in this consultation?:

As outlined earlier, we believe too much emphasis is given to type 2 diabetes throughout the strategy at the risk of minimising other conditions affecting people struggling with weight issues.

About You

What is your name?

Name:

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What is your email address?

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Are you responding as an individual or an organisation?

Organisation

What is your organisation?

Organisation:

Down's Syndrome Scotland

If you are responding on behalf of an organisation, please tell us the type of organisation for which you are providing a response.

Other (please note in the text box provided)

If other, please specify.:

Third Sector

The Scottish Government would like your permission to publish your consultation response. Please indicate your publishing preference:

Publish response only (without name)

We will share your response internally with other Scottish Government policy teams who may be addressing the issues you discuss. They may wish to contact you again in the future, but we require your permission to do so. Are you content for Scottish Government to contact you again in relation to this consultation exercise?

Yes

Evaluation

Please help us improve our consultations by answering the questions below. (Responses to the evaluation will not be published.)

Matrix 1 - How satisfied were you with this consultation?:

Please enter comments here.:

Matrix 1 - How would you rate your satisfaction with using this platform (Citizen Space) to respond to this consultation?:

Please enter comments here.: