

Appendix 1: Devolved Nations

This table provides an overview of the implications of each recommendation in Scotland, Wales and Northern Ireland.

Key

RP – this recommendation will require a reserved power which will apply to devolved nations

DP – this recommendation will require a national government to use devolved powers.

Recommendations

	Keep This section outlines our support for moves by the UK Government to implement evidence-informed policies that will contribute to healthy weight at a population level.	Scotland	Wales	Northern Ireland
1a	Introduction of a 9pm watershed on TV and a ban of paid-for advertising online for unhealthy food and drink adverts.	RP: This is likely to apply to all four nations.		
1b	Introduction of new restrictions on multi-buy and location-based promotions on unhealthy food and drinks in retail outlets and online.	DP: commitment made to introduce a Public Health Bill that includes restrictions on unhealthier food and drink promotions	DP: commitment made to introduce before 2030.	DP: commitment made to explore aligning.
1c	Introduce calorie labelling in large outlets along with a comprehensive evaluation to understand the impact on different groups.	DP: an out of home action plan was published in September 2021	DP: commitment made to introduce in Healthy Weight, Healthy Wales.	DP:
1d	Reinstatement of the National Infant Feeding Survey.	DP: A further survey has taken place but a long-term commitment is needed.	DP: Existing survey in place.	DP: Existing survey in place.

1e	New regulations to limit children's access to unhealthy drinks with new restrictions on sales of energy drinks to children under 16.	DP: consultation held during early 2020	DP: commitment made to introduce in Healthy Weight, Healthy Wales.	DP:
<p>Intensify This section outlines our recommendations that build on existing evidence-backed policies or interventions and for the enhanced funding and training needed to deliver the vision of this strategy. These should be implemented within the next five years.</p>				
2	Ensure that Government communications and campaigns do not perpetuate weight stigma and policies and strategies relating to healthy weight actively refute stigma.	Relevant for all nations.	Relevant for all nations.	Relevant for all nations.
3	<p>Ensure nutrient information is displayed clearly on all food and drink products at point of sale, including online.</p> <p>This should include:</p> <ul style="list-style-type: none"> • Mandatory front-of-pack nutrient labelling. • Inclusion of free sugar content on front-of-pack labels. • Inclusion of information on the quantity of sweeteners on the back-of-pack labels. • Requirement for calorie information to be displayed on all alcoholic product labels. 	Likely to be applicable to all nations with an aligned approach.		
4	Make a specific, time-bound commitment to introduce regulation to mandate calorie limits on single-serve portions of HFSS products if 25% of the calorie reduction targets have not been achieved by the first report point (2022) in the ongoing calorie reduction programme.	Likely to be applicable to all nations with an aligned approach.		

5	<p>Update food and buying standards to reflect dietary guidance and ensure they are robustly applied and monitored in multiple settings.</p> <p>This should include:</p> <ul style="list-style-type: none"> ● Application of food standards and buying standards policies to early years settings, all schools, healthcare settings, prisons, public sector workplaces; and any company receiving public funds. ● Mandate monitoring and enforcement by relevant statutory bodies or FSA ● Require the Health and Safety Executive to apply and monitor standards for private sector workplaces. 	<p>DP: Scottish Government has made a commitment to publish guidance to support healthier choices for all relevant parts of public sector and look for opportunities to increase the sourcing of local, healthier, seasonal produce</p>	<p>DP: Healthy Weight, Healthy Wales includes the following commitments by 2030</p> <ul style="list-style-type: none"> ● Implementation of revised school food regulations and improved dining environments, involving pupils in decision making about food and drink choices. ● Healthy campuses and sites that adhere to established criteria on food and drink provision. ● All food and drink provision for patients, staff and visitors to adhere to strict healthy criteria, including within canteens, vending and retail outlets on NHS sites. 	<p>DP:</p>
6	<p>Mandate Ofsted to evaluate primary and secondary schools on their approach to taking a whole school approach to building in opportunities for structured and unstructured physical activity across the day.</p>	<p>DP: applicable to Scottish setting through A More Active Scotland agenda</p>	<p>DP: Healthy Weight, Healthy Wales makes the following commitments:</p> <ul style="list-style-type: none"> ● Estyn Inspectors being more informed and having a greater focus on the whole school approach to health and 	<p>DP:</p>

			<p>well-being, included food and physical activity</p> <ul style="list-style-type: none"> All primary schools building daily physical activity into the school day. 	
7	<p>Introduce next-stage regulation to ensure all advertising and promotion in external settings is for healthier food and drinks.</p> <p>This should include:</p> <ul style="list-style-type: none"> Extension of the 9pm watershed on unhealthy food and drinks adverts to cinema and radio. Removal of all outdoor advertising for unhealthy food and drinks. End marketing and promotions related to unhealthy food and drinks, such as sponsorships, giveaways and competitions in family attractions, childcare and educational establishments. 	<p>DP: The Scottish Government has committed to engage with local authorities, transport companies and media agencies to develop a code of practice to restrict advertising HFSS foods on sites they manage such as bus shelters, stations and inside buses and trains</p>	<p>DP: The Welsh Government has committed to restrict unhealthy adverts, sponsorship and promotions before 2030. This will include bus/ train stations, sporting events, family attractions, schools (including close to), hospitals, leisure centres and other public spaces.</p>	<p>DP:</p>
8	<p>Extend all existing and new advertising restrictions to adverts for food and drink brands that are associated with predominantly unhealthy products.</p>	<p>Likely to be applicable to all nations</p>		
9	<p>Incentivise a shift to promotions on healthier food and drinks in the out-of-home sector by extending restrictions on multi-buy promotions of unhealthy food and drink products. This should restrict meal deals including HFSS products and apply to outlets and online food delivery platforms.</p>	<p>DP: The Scottish Government signalled an intention to include OOH sector in promotions restrictions</p>	<p>DP: Healthy Weight, Healthy Wales commits to placing limits on upselling food and drinks high in saturated fat, salt and sugar, including free refills.</p>	<p>DP:</p>

10	<p>Improve the nutritional content of infant food by strengthening the existing commercial infant and baby food and drink reformulation programme to fully align with WHO recommendations for sugar and salt. Commit to the introduction of a regulatory lever (such as fines or sanctions) for manufacturers that do not reformulate their products by 2024.</p>	Likely to be applicable to all nations		
11	<p>Build stronger arrangements to ensure cross-government co-operation, action and accountability in tackling obesity. This should include the following:</p> <ul style="list-style-type: none"> ○ the new cross-government ministerial board on prevention should be enduring and chaired by a senior, Cabinet-level minister who carries authority within and across the Government; ○ the implementation strategy for healthy weight should sit under the umbrella of the Infrastructure and Projects Authority 	<p>Relevant for all nations</p> <p>DP: The principle applies in Scotland and cross-government co-operation, action and accountability is required in relation to the Scotland's Public Health Priorities</p>	Relevant for all nations	Relevant for all nations
12	<p>Identify opportunities to share the UK's experience of successful and unsuccessful approaches to healthy weight policy internationally and work collaboratively with other countries to bring in aligned policies that incentivise global change across the food system.</p>	Relevant for all nations	Relevant for all nations	Relevant for all nations
13	<p>Deliver a sustainable strategy for the NHS and local authorities to guarantee consistent and equitable access to all levels of effective weight management services.</p> <p>This should include the following:</p>	<p>Relevant for all nations</p> <p>The principle applies in Scotland and further</p>	<p>Relevant for all nations</p> <p>The Welsh Government has now published its updated All Wales Weight</p>	Relevant for all nations

	<ul style="list-style-type: none"> Centrally mandating the provision of all levels of effective weight management services in every local health system across the country, ensuring there is embedded psychological support at every level, and the delivery of a range of virtual and traditional services. Reviewing and updating NICE and NHS England guidance to improve the effectiveness of service delivery by: <ul style="list-style-type: none"> Encouraging greater standardisation and simplification of commissioning of weight management services. Introducing more flexible patient pathways, where patients and their primary care physicians jointly review and agree on the most appropriate treatment option to pursue. 	investment and support is required to guarantee consistent and equitable access to all levels of effective weight management services,	Management Pathway: https://gov.wales/new-all-wales-weight-management-pathway-published-help-tackle-obesity-0	
14	<p>Use data to ensure that services are tailored to the needs of the population. This should include the following:</p> <ul style="list-style-type: none"> Analysis of the planned National Obesity Audit data to inform future service planning. Quantitative evaluation of local service provision to identify areas for improvement in uptake and impact. Development of validated patient reported outcome measures. 	DP:	DP:	DP:
15	<p>A well-resourced system is needed to provide the services and create the environments needed to facilitate healthy weight. These recommendations relate to funding.</p> <p>Invest at least £1 billion more a year in the Public Health Grant, with future yearly increases aligned to the NHS budget increases. This will ensure local</p>	DP: Public Health funding is centralised and run through NHS boards rather than local authorities	DP:	DP:

	authorities are well placed to deliver the recommendations outlined in this strategy.			
a	Increase the mandated universal face-to-face contacts with a health visitor to eight, with enhanced tailored follow-up where needed to improve outcomes.	DP: The Universal Health Visiting Pathway within Scotland consists of 11 home visits to families.	DP:	DP:
b	Ensure universal breastfeeding support programmes are accessible to all families.	DP:	DP: The Welsh Government has an All Wales 5 Year Breastfeeding Plan: https://gov.wales/breastfeeding-plan-2019-2024	DP:
c	Provide children's centres or family hubs in areas of high deprivation.	Not applicable in Scotland	DP:	DP:
d	Provide and maintain local environments that promote physical activity.	Relevant for all nations	DP:	DP:
e	Maintain at least £350m/year investment into PE, school sport and physical activity across all state schools and link to national targets for children's physical activity to ensure accountability.	DP: applicable to Scottish setting through A More Active Scotland agenda	DP:	DP:
f	Greater sustainability in funding must be delivered across the entire range of weight management services, both in central UK government funding and in local health system budgets. This should include a minimum term for all weight management funding.	DP: The principle of minimum term funding is relevant for Scotland	DP:	DP:

16	<p>A range of professionals have a stake in improving health and training; it is vital to ensure they have the right knowledge and skills.</p> <p>Health and care professionals should receive comprehensive training in discussing weight with confidence, in a sensitive and non-stigmatising way and able to assist patients to access appropriate services.</p> <p>This can be achieved in the following ways:</p> <ul style="list-style-type: none"> ● Education and training curricula for all health and care professionals should include a) an understanding of the complexities of obesity and b) the implications of weight stigma in healthcare environments. ● Health and care providers should encourage all clinical staff to complete appropriate training on the damage of stigma and how to discuss weight and health appropriately with patients. <p>Training for professionals working with expectant parents and families must include the skills needed to discuss infant and child healthy growth and healthy eating with compassion and sensitivity.</p> <p>Training for early years practitioners should include skills to enable them to incorporate physically active play in their settings and confidently reach out and support play between parents and children in and around the home.</p> <p>Training for planners and other built environment specialists should include modules on healthy place-making, providing an understanding of the role of the built environment as part of the wider determinants of health and its potential to help reduce – or exacerbate – health inequalities</p>	Relevant for all nations	Relevant for all nations	Relevant for all nations
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	<p>New</p> <p>This section outlines our recommendations for new policies or interventions that will deliver the vision of this strategy and should be implemented within the next five years</p>			
17	<p>Ensure that healthcare environments are size-inclusive where feasible, with provision of suitable equipment for people with obesity.</p>	<p>Relevant for all nations</p>	<p>Relevant for all nations</p>	<p>Relevant for all nations</p>
18	<p>Provide greater clarity on the legal responsibility of employers to not discriminate against employees based on their weight. This should include consideration of policies that would specifically prohibit obesity discrimination in the workplace.</p>	<p>RP: UK Government actions would apply in Scotland.</p>	<p>RP: UK Government actions would apply in Wales.</p>	<p>DP: Equality law is devolved to Northern Ireland</p>
19	<p>Introduce a fiscal lever on food and drink manufacturers to incentivise further reformulation of processed food, such as the sugar and salt reformulation tax proposed in the National Food Strategy.</p>	<p>RP: This is likely to apply to all four nations. Devolved governments could enact their own levers, but may require permission from the UK Government.</p>		
20	<p>Set out a process to ensure that the UK Government, in its trade negotiations and agriculture policy development, protects the right to health, the right to adequate nutritious food and related rights for all.</p> <p>This should include the following:</p> <ul style="list-style-type: none"> ● participation of public health experts and relevant civil society organisations. ● the publication of mandatory health impact assessments. ● time for meaningful Parliamentary scrutiny and debate. 	<p>RP: This is likely to apply to all four nations. Ongoing NI protocol negotiations should be taken into consideration here</p>		

	<ul style="list-style-type: none"> the adoption and implementation of mechanisms intended to protect public interests from undue commercial interference. 			
21	<p>Introduce new regulations to limit the use of promotional techniques on unhealthy food and drink product packaging.</p> <p>This should include the following:</p> <ul style="list-style-type: none"> Restrictions on the use of cartoon, brand equity and licensed characters along with celebrities and sports stars. End the use of on-pack promotional offers including give-aways, and competition prizes. Restrictions on nutritional and health claims on the packaging of unhealthy food. 	<p>RP: This is likely to apply to all four nations. The Scottish Government has outlined support for restrictions on child-friendly marketing on packaging.</p>		
22	<p>Introduce a legal duty for large food businesses to provide annual data on their sales of HFSS products, to be collated and published by the Food Standards Agency.</p>	<p>RP: This could apply to all nations and it will be important to ensure a national breakdown of data.</p>		
23	<p>Update national planning and licensing policies to explicitly state that a primary purpose of the planning system is to create places in which people of all ages, abilities and financial means can live safe, active healthy lives, including objectives to reduce health inequalities and address public health priorities such as healthy weight.</p>	<p>DP: Scotland is showing signs of greater recognition of this as a priority and a Position Statement ahead of the publication of the new Fourth National Planning Framework indicates that it</p>	<p>DP: Future Wales: The National Plan 2040 commits to creating healthy places prominently at the start of the guidance</p>	<p>DP:</p>

		will incorporate national public health priorities		
24	<p>Ensure only healthier food and drink products can be associated with sports, with new restrictions to prevent unhealthy products and brands from sports sponsorship of all kinds.</p> <p>This should include: virtual events, e-sports, in-game sponsorship, mega-events, grassroots sports, social responsibility and community programmes run by clubs, leagues and national associations plus title sponsorship for cup-competitions and leagues.</p>	DP: Applicable in Scotland	DP: The Welsh Government has committed to remove unhealthy adverts from sporting events before 2030.	
25	<p>Ensure that all infants and young children at risk of, or with overweight and obesity are identified and supported.</p> <p>This requires the following:</p> <ul style="list-style-type: none"> ● Height and weight measurements taken at 2/2.5-year check with data nationally collated. ● Development of a model pathway with guidance to identify infants and key principles for future management plus the development of targeted pathways for highest risk communities such as looked after children and those with special education needs. 	DP: This is applicable in Scotland with some progress already in place.	DP:	DP:
26	Prevent the misleading marketing of food and drinks aimed at infants and young children with new regulations to ensure honest labelling that aligns with public health advice. Introduction of further regulation- including extending the ban on advertising infant formula milk to follow-on formula- so marketing cannot be used to undermine breastfeeding or mislead	Relevant for all nations	Relevant for all nations	Relevant for all nations

	parents.			
27	Initiatives must be undertaken across the entire healthcare system to increase the uptake of weight management services, particularly amongst socio-economic groups that are most under-represented in these services. These should include targeted outreach campaigns to encourage uptake from under-represented demographic groups, and encouraging healthcare professionals to take-up training and development opportunities about discussing weight and health with patients.	Relevant for all nations via devolved powers.	Relevant for all nations via devolved powers.	Relevant for all nations via devolved powers.
28	The four UK governments should work together to develop fair and ethical principles for interacting with the food industry, underpinned by the latest evidence on the commercial determinants of health.	Relevant for all nations	Relevant for all nations	Relevant for all nations
	Develop This section outlines our recommendations for further policy development and research to inform future policies and interventions within the next ten years.			
29	The following areas require further policy development with a view to bringing in new policies in the next ten years. <ul style="list-style-type: none"> Explore and develop effective policies that address disproportionate pricing structures on HFSS products, to prevent multi-portion servings being sold for proportionately less than individual servings. 	Relevant for all nations	Relevant for all nations	Relevant for all nations

	<ul style="list-style-type: none"> ● Policies that could facilitate purchase of healthier options on food delivery aggregator platforms. ● Policy mechanisms that reduce the accessibility of unhealthy food and drink, particularly to older children. This should include the potential impact of licensing on retailers or curbing the hours when particular products could be sold. ● Assess the potential and utility of fiscal stimulus mechanisms to support food businesses to shift towards the production, manufacture, and sale of healthier food and drink products. 			
30	<p>In reviewing relevant literature to inform the strategy, a number of research gaps were identified. This is not an exhaustive list, but instead examples of topics where new or further research is needed to inform future policies and interventions. There is further work needed to develop research priorities in the short, medium and longer term.</p> <p>The following areas have been identified as current research gaps:</p> <ul style="list-style-type: none"> ● The relative effect of different elements of HFSS product packaging – such as use of colour, pictures, warnings and branding on what people buy and consume. ● Digital marketing innovation – emerging food marketing techniques. ● The impact of price reduction strategies on HFSS product purchasing. ● How to reduce obesity stigma, including the impact of classifying obesity as a disease. ● Effectiveness and take-up of weight management support and interventions for families. ● Impact of regular monitoring of weight in healthcare settings on motivation of patients and healthcare professionals. 	Relevant for all nations	Relevant for all nations	Relevant for all nations

	<ul style="list-style-type: none">● An assessment of the latest developments in treatment options, across the entire range of services, and the potential impact of adapting existing weight management services to make better use of these options.● Effectiveness of new commercial self-management services.			
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