

Resources

F

Publications

This section gives a list of publications which may be useful for developing knowledge on food and health and for developing a nutrition and food poverty strategy. Many of these have been referenced or described in other sections of this toolkit. They are assembled here along with additional resources. Contact details of the organisations producing these documents are given on page 159. Guidance and tools for developing individual local projects as part of a wider strategy are shown throughout section E but are not duplicated here.

For information on obesity and physical activity see:

Tackling Obesity: A Toolbox for Local Partnership Action

By Alan Maryon Davis, Alison Giles and Roberta Rona.
Published by the Faculty of Public Health Medicine.

Let's Get Moving: A Physical Activity Handbook for Developing Local Programmes

By the Faculty of Public Health Medicine and the National Heart Forum.
Published by the Faculty of Public Health Medicine, 2001.

The scientific basis of healthy eating

Committee on Medical Aspects of Food Policy and Nutrition Policy (COMA) reports

Nutritional Aspects of Cardiovascular Disease. Report No 46, 1994

Nutrition and Bone Health. Report No 49, 1998

Nutritional Aspects of the Development of Cancer. Report of the Working Group on Diet and Cancer of the Committee on Medical Aspects of Food and Nutrition Policy. 1998.

Available from The Stationery Office. The *Nutritional Aspects of the Development of Cancer* report is also available from www.dh.gov.uk

Salt and Health

By the Scientific Advisory Committee on Nutrition.
Published by The Stationery Office, 2003. Available from the Department of Health website www.dh.gov.uk

Nutrition: A Handbook for Community Nurses

Available from the British Nutrition Foundation.
Briefing papers on various subjects.

Publications from the former Health Education Authority

The following publications are available for downloading from the Health Development Agency website: www.hda-online.org.uk

Dietary Fats

Sugars in the Diet

Nutritional Aspects of Cardiovascular Disease

Scientific Basis of Nutrition Education

Dietary Reference Values: A Guide

By the Department of Health.

Available from The Stationery Office or the Department of Health website www.dh.gov.uk

Nutrition and Patients. A Doctor's Responsibility.

By a Working Party of the Royal College of Physicians.

Published by the Royal College of Physicians, London.

Developing a local nutrition and food poverty strategy

Independent and voluntary sector publications – England

The Atlas of Food. Who Eats What, Where and Why

By Eric Millstone and Tim Lang.

Published by Earthscan Publications Ltd, 2003. Price £11.99.

Eating Well for Older People. Practical and Nutritional Guidelines for Food in Residential and Nursing Homes and for Community Meals

Published by The Caroline Walker Trust, 1995.

The Food Indicator Toolkit. The Toolkit to Develop Local Food Indicators

Published by the SAFE Alliance, 1999. Available from Sustain. Price £2.50 (to Food Poverty Network members), or £10.

Food Poverty: Policy Options for the New Millennium

Published by Sustain, 2002. Price £20.

From SRBs to PCTs. Understanding Local Structures and Area-based Initiatives to Tackle Food Poverty

By Anna Watson.

Published by Sustain, 2002. Price £10 (to Food Poverty Network members), or £25.

Good Food on the Public Plate: A Manual for Sustainability in Public Sector Food and Catering

Published by Sustain, 2003. Price £55 (to Food Poverty Network members), or £115.

Health and the Food Chain

Edited by David I Thurnham and Terry A Roberts.

British Medical Bulletin Series, vol 56, No 1.

Hunger from the Inside. The Experience of Food Poverty in the UK

Published by Sustain, 2002. Price £10 (to Food Poverty Network members), or £20.

Inconvenience Foods. The Struggle to Eat Well on a Low Income

By Caroline Hitchman et al.
Published by Demos, 2002. Price £10.

Let's Get Moving. A Physical Activity Handbook for Developing Local Programmes

By the Faculty of Public Health Medicine and the National Heart Forum.
Published by the Faculty of Public Health Medicine, 2001.

Looking to the Future. Making Coronary Heart Disease an Epidemic of the Past

By the National Heart Forum.
Published by The Stationery Office, 1999.

Low Income but Acceptable. A Minimum Income Standard for the UK: Families with Young Children

Edited by Hermione Parker.
Published by the Family Budget Unit, 1998.

Making Health Scrutiny Work: The Toolkit

By the Democratic Health Network. Available from the Democratic Health Network (020 7554 2802 or www.dhn.org.uk). Price £15.

Making Links. A Toolkit for Local Food Projects

Published by Sustain, 2000. Price £10 (to Food Poverty Network members), or £20.

The Making of Modern Malnutrition. An Overview of Food Poverty in the UK

By Suzi Leather.
Published by The Caroline Walker Trust, 1996. Price £10.

Myths about Food and Low Income

Published by the National Food Alliance, 1997. Available from Sustain.

Nutrition and Diets in Lone-parent Families in London

By Elizabeth Dowler and Claire Calvert.
Published by the Family Policy Studies Centre, 1995.

Poverty Bites. Food, Health and Poor Families

By Elizabeth Dowler and Sheila Turner with Barbara Dobson.
Published by the Child Poverty Action Group, 2001. Price £9.95.

Prevention is Better than Cure

A report from a conference on joined up thinking on public health.
Published by the NHS Confederation, the Local Government Association and the Faculty of Public Health Medicine, 2003.

Public Health and Nutrition. The Challenge

By Barbara Maria Kohler, Elfriede Feichtinger, Elizabeth Dowler and Gertrude Winkler.
Published by Sigma, Germany. 1999.

Social Inequalities in Coronary Heart Disease. Opportunities for Action

By the National Heart Forum.

Published by The Stationery Office, 1998.

Tackling Obesity. A Toolbox for Local Partnership Action

By Alan Maryon Davis, Alison Giles and Roberta Rona.

Published by the Faculty of Public Health Medicine, 2000.

Too Much and Too Little. Debates on Surplus Food Redistribution

Published by Sustain, 2000. Price £12.

The Well-being of Children in the UK

Published by Save the Children, 2002.

Resources for consumers

Shape-up. A Lifestyle Programme to Manage Your Weight

By Jane Wardle, Lih-Mei Liao, Lorna Rapoport, Melvyn Hillsdon, Helen Croker and Carolyn Edwards.

Published by Weight Concern, 2001.

Weight Wise

An interactive website on weight management for consumers, produced by the British Dietetic Association. See: www.bdaweightwise.com

The DASH Eating Plan. A Low-salt Plan to Help Lower Blood Pressure

Produced by the US Department for Health and Human Services. Can be downloaded from: www.nhlbi.nih.gov/health/public/heart/hbp/dash/

Healthy Eating and Blood Pressure

Published by the Blood Pressure Association (www.bpassoc.org.uk)

Government publications – England

Publications addressing the wider health agenda

Child Poverty

Published by the Department for Work and Pensions, 2002.

Available from www.dwp.gov.uk/consultations/2002

Factsheets from the Neighbourhood Renewal Unit, 2002:

No 3 Health and Neighbourhood Renewal

No 5 Neighbourhood Wardens and Street Wardens

No 8 The Role of Local Strategic Partnerships in Neighbourhood Renewal

No 13 Skills and Knowledge for Neighbourhood Renewal

Community Strategies and Health Improvement. A Review of Policy and Practice

Published by the Health Development Agency, 2002.

Evaluation of Local Strategic Partnerships. Report of a Survey of all English LSPs

Published by the Office of the Deputy Prime Minister and the Department of Transport, 2003.

Food: The Local Vision – A Joint Statement by the LGA, LACORS and the FSA

Published in 2002. Available from the Local Government Association, or Local Authorities Coordinators of Regulatory Services, or the Food Standards Agency.

Improving Shopping Access for People Living in Deprived Neighbourhoods. Report of Policy Action Team 13

Published by the Social Exclusion Unit, 1999.

Introducing Health Impact Assessment: Informing the Decision-making Process

Published by the Health Development Agency. Available from www.hda.nhs.uk

The Learning Curve. Developing Skills and Knowledge for Neighbourhood Renewal

Published by the Office of the Deputy Prime Minister, 2002.

Local Government Scrutiny of Health. Using the New Power to Tackle Health Inequalities

By L Hamer.

Published by the Health Development Agency, 2003. Available from hda-online.org.uk

Low Income, Food, Nutrition and Health: Strategies for Improvement. A Report by the Low Income Project Team for the Nutrition Task Force

Published by the Department of Health, 1996.

The Management of Obesity and Overweight: An Analysis of Reviews of Diet, Physical Activity and Behavioural Approaches

Published by the Health Development Agency, 2003. Available from www.hda.nhs.uk

The National Healthy Schools Standard. Confirming Healthy School Achievement

Published by the Health Development Agency, 2003. Available from hda-online.org.uk

Planning Across the LSP: Case Studies of Integrating Community Strategies and Health Improvement

By Lucy Hamer and Nick Easton. Published in 2002.

Available from the Neighbourhood Renewal Unit www.renewal.net

Tackling Health Inequalities through Local Public Service Agreements

Produced by the Department of Health. Available from www.dh.gov.uk

Tackling Obesity in England

By the National Audit Office.

Published by The Stationery Office, 2001.

Health sector publications

Cancer Prevention. A Resource to Support Local Action in Delivering The NHS Plan

Produced by the Health Development Agency, 2002.

Coronary Heart Disease: Guidance for Implementing the Preventative Aspects of the National Service Framework

Produced by the Health Development Agency, 2000.

Health Visitor Practice Development Resource Pack

Published by the Department of Health, 2001.

Health promotion effectiveness reviews

The following reviews are produced by the former Health Education Authority. They are available for downloading from the Health Development Agency website: www.hda-online.org.uk

Effectiveness of interventions to promote healthy feeding in infants under one year of age: a review (1998)

Effectiveness of interventions to promote healthy eating in pre-school children aged 1-5: a review (1998)

Effectiveness of interventions to promote healthy eating in pregnant women and women of childbearing age: a review (1998)

The effectiveness of interventions to promote healthy eating in the general population: a review (1997)

The effectiveness of health promotion interventions in the workplace: a review (1997)

Effectiveness of interventions to promote healthy eating in people from minority ethnic groups: a review

Effectiveness of interventions to promote healthy eating in elderly people living in the community: a review

The effectiveness of public health interventions to promote the initiation of breast feeding (2003)

Opportunities for and barriers to good nutritional health in minority ethnic groups (1997)

Opportunities for and barriers to change in dietary behaviour in elderly people (1998)

Opportunities for and barriers to good nutritional health in women of child-bearing age, pregnant women, infants under 1 and children aged 1-5 (1998)

National Service Frameworks: A Practical Aid to Implementation in Primary Care

Published by the Department of Health, 2002.

5 A DAY Guidance and Evaluation

All the following publications are available from www.dh.gov.uk

Reports on the 5 A DAY pilot initiatives:

5 A DAY Community Pilots Initiatives: Key Findings

Evaluation Summary

5 A DAY in Airedale and Craven

5 A DAY Community Project, County Durham and Darlington

Making Fruit and Vegetables the Easy Choice. Report of a 5 A DAY Pilot Project in Hastings and St Leonards, September 2000 – August 2001

Give Me 5. Report of a 5 A DAY Pilot Project in Sandwell, August 2000 – July 2001

5 A DAY Keeps the Doctor Away: Report of a 5 A DAY Pilot Project in Somerset, August 2000 – August 2001

Guidance booklets:

Booklet 1: A Local 5 A DAY Initiative: Increasing Fruit and Vegetable Consumption – Improving Health

Booklet 2: A Local 5 A DAY Initiative. A Handbook for Delivery.

Target setting and evaluation support

Closing the Gap: Setting Local Targets to Reduce Health Inequalities

By Julie Bull and Lucy Hamer.

Published by the Health Development Agency, 2002.

Consumer Attitudes to Food Standards

Published by the Food Standards Agency, 2003.

See Section 5 *Healthy eating and nutrition*, and Section 9 *Food labelling*.

Health Equity Audit Made Simple: A Briefing for Primary Care Trusts and Local Strategic Partnerships. Working Document

Produced by the Association of Public Health Observatories and the Health Development Agency.

Health Inequalities Indicators

By MHA Research and Consultancy. Draft Final Report. 2003.

Produced by the Association of Public Health Observatories and the Health Development Agency.

Available from www.hda-online.org.uk.

Index of Multiple Deprivation 2000

Available from www.urban.odpm.gov.uk/research/summaries/03100/pdf

Gives ward-level data.

National Strategy for Neighbourhood Renewal. Report of Policy Action Team 18: Better Information. Annex D Neighbourhood Statistics

Available from www.statistics.gov.uk/StatBase

Quality of Life: Using Quality of Life Indicators

Published by the Audit Commission, 2002.

Publications from Scotland and Wales

Eating for Health: A Diet Action Plan for Scotland

Published by the Scottish Office, 1996.

Healthy Food Policy: On Scotland's Menu?

Edited by James McCormick.

Published by the Scottish Council Foundation, 2000.

Scottish Community Diet Project. Guide to Funding for Community Food Projects

Published by the Scottish Consumer Council, 2002

Food and Well-being. Reducing Inequalities through a Nutrition Strategy for Wales

Published by FSA Wales and Welsh Assembly, 2003.

WHO and European publications

The First Action Plan for Food and Nutrition Policy. WHO European Region 2000-2005

Published by the WHO Regional Office for Europe.

Food and Health in Europe: A New Basis for Action

Published by the WHO Regional Office for Europe. Draft, 2002.

Food, Nutrition and Cardiovascular Disease Prevention in the European Region: Challenges for the New Millennium

Published by the European Heart Network, 2002.

Health at the Heart of the CAP

By the Gastein Opinion Group.

Published by the Faculty of Public Health Medicine, 2002.

Joint WHO/FAO Consultation on Diet, Nutrition and the Prevention of Chronic Diseases

Published by the World Health Organization, 2002.

Status report on the European Commission's work in the field of nutrition in Europe

Published by the European Commission, 2002.

World Health Report 2002: Reducing Risks, Promoting Healthy Life

Published by the World Health Organization, Geneva.

Organisations

Age Concern England

Astral House
1268 London Road
London SW16 4ER
T: 020 8765 7200
W: www.ageconcern.org.uk
E: ace@ace.org.uk

Blood Pressure Association

60 Cranmer Terrace
London SW17 0QS
T: 020 8772 4994
W: www.bpassoc.org.uk

British Dietetic Association

5th floor
Charles House
148-9 Great Charles Street
Queensway
Birmingham B3 3HT
T: 0121 200 8080
W: www.bda.uk.com

British Heart Foundation

14 Fitzhardinge Street
London W1H 6DH
T: 020 7935 0185
Heart information line: 08450 708070
W: www.bhf.org.uk

British Nutrition Foundation

High Holborn House
52-54 High Holborn
London WC1V 6RQ
T: 020 7404 6504
W: www.nutrition.org.uk

Cancer Research UK

PO Box 123
Lincoln's Inn Fields
London WC2A 3PX
T: 020 7242 0200
W: www.cancerresearchuk.org

The Caroline Walker Trust

PO Box 61
St Austell PL26 6YL
T: 01726 844107
W: www.cwt.org.uk

Child Poverty Action Group

94 White Lion Street
London N1 9PF
T: 020 7837 7979
W: www.cpag.org.uk

Department of Health

W: www.dh.gov.uk

Diabetes UK

10 Parkway
London NW1 7AA
T: 020 7424 1000
Helpline: 020 7424 1030
W: www.diabetes.org.uk
E: info@diabetes.org.uk

Faculty of Public Health

4 St Andrews Place
London NW1 4LB
T: 020 7935 0243
W: www.fph.org.uk

Food Standards Agency

Aviation House
125 Kingsway
London WC2B 6NH
T: 020 7276 8000
W: www.food.gov.uk

Health Development Agency

Holborn Gate
330 High Holborn
London WC1V 7BA
T: 020 7430 0850
W: www.hda.nhs.uk

Health Education Trust

18 High Street
Broom
Alcester
Warwickshire B50 4HJ
W: www.healthedtrust.com/
E: enquiries@HealthEdTrust.com

Help the Aged

207-221 Pentonville Road
London N1 9UZ
T: 020 7278 1114
W: www.helptheaged.org.uk
E: info@helptheaged.org.uk

International Obesity Task Force

231 North Gower Street
London NW1 2NS
T: 020 7691 1900
W: www.iotf.org
E: obesity@iotf.org

LACORS

(Local Authorities Coordinators of Regulatory Services)
10 Albert Embankment
London SE1 7SP
T: 020 7840 7200
W: www.lacors.com

Local Government Association

Local Government House
Smith Square
London SW1P 3HZ
T: 020 7664 3131
W: www.lga.gov.uk

National Osteoporosis Society

Camerton
Bath BA2 0PJ
T: 01761 471771
Helpline: 0845 450 0230
W: www.nos.org.uk
E: info@nos.org.uk

Royal College of Physicians

11 St Andrews Place
Regent's Park
London NW1 4LE
T: 020 7935 1174
W: www.rcplondon.ac.uk

Save the Children

17 Grove Lane
London SE5 8RD
T: 020 7703 5400
W: www.savethechildren.org.uk

Scottish Community Diet Project

c/o Scottish Consumer Council
Royal Exchange House
100 Queen Street
Glasgow G1 3DN
T: 0141 226 5261
Minicom: 0141 226 8459
E: info@scotconsumer.org.uk

Sustain

94 White Lion Street
London N1 9PF
T: 020 7837 1228
W: www.sustainweb.org

WRVS

Milton Hill House
Milton Hill
Steventon
Abingdon
Oxfordshire OX13 6AD
T: 01235 442900
W: www.wrvs.org.uk

Glossary

BMI	Body Mass Index
CAP	Common Agricultural Policy
COMA	Committee on Medical Aspects of Food and Nutrition Policy
GMS contract	General Medical Services contract
LA	Local authority
LETS	Local Economy Trading Standards
LPSA	Local Public Service Agreement
NSF	National Service Framework
ODPM	Office of the Deputy Prime Minister
PCT	Primary care trust
PPF	Priorities and Planning Framework
PPG	Planning and Policy Guidance
PSA	Public Service Agreement

Index

A

accessibility of foods 94
alcohol 32
arthritis 36

B

Balance of Good Health 23, 39
barriers to healthy eating 93, 107, 139
benefits of healthy eating 35, 76
Best Value framework 83
Better Hospital Food Programme 82
blood pressure 64
BMI 66
 BMI chart for adults 51
 BMI chart for boys 53
 BMI chart for girls 54
box schemes 136
breakfast clubs 131, 143

C

calcium 49
cancer 36
CAP 75
carbohydrates 26
catering 129
Children (Leaving Care) Act 2001 84
Children's Fund 85
Common Agricultural Policy 75
community cafés 135
community mapping 96
community setting 125, 134
community shops 136
cooking clubs 133, 135
co-operatives 135
coronary heart disease 35, 64, 66
cost of diet-related diseases 76

D

dairy foods 29, 40
data (sources of) 109
debt 94
dental health 65, 66
diabetes 36, 66
dietary questionnaires 117
dietary recommendations 80, 91

dietary supplements 32
DINE questionnaire 117, 122
dissemination 101
drinks 40

E

education (policies and programmes) 74, 83
environmental policies and programmes 74, 83
ethnic variations 67, 68
evaluation 100, 115

F

FACET questionnaire 118
farmers' markets 136
fats 29, 40, 45, 91
fibre 26, 43, 91
fish 28, 40
five a day 27, 81
 5 A DAY programme 81
Food and Health Action Plan 73
food co-operatives 135
food deserts 94
Food in Schools programme 82
food labelling 25
food mapping 96
food production 95
fruit 27, 40, 41, 91
funding 102

G

geographical differences 65, 68
grow-your-own schemes 136
Guideline Daily Amounts 25

H

Health Act 1999 77
Health and Social Care Act 2001 84
health inequality targets 79
health policies and programmes 73, 77
health scrutiny provisions 72
healthy eating
 messages 23, 26
 research evidence of benefits 35

Healthy Eating for Looked After Children 81
Healthy Start 81
HEBS Research and Evaluation Toolbox 115
height/weight chart
 for adults 51
 for boys 53
 for girls 54
hospital food 82
hypertension 64

I

income (low income) 94
inequalities
 ethnic inequalities 67, 68
 geographical inequalities 65, 68
 in diet-related diseases 65
 in what people eat 67, 91
 social inequalities 65, 67
 tackling health inequalities 72
interventions 97, 125

L

labelling of foods 25
literacy skills 95
local authorities 98, 111
Local Government Act 83
looked after children 81, 84

M

malnutrition 63
mapping 96
marketing of foods 95
meat 28, 40, 47, 92
 alternatives to meat 28, 40
mental health 36
milk 29, 40
MUST screening tool 57

N

National Healthy School Programme 81
National Service Frameworks 79, 80
Neighbourhood Renewal 84
Neighbourhood Wardens 85
New Deal for Communities 86

NHS Cancer Plan 79
NHS Plan 77, 79
non-starch polysaccharides 26, 43
NSP 26, 43
numeracy skills 95
Nutrition Action Plan 81
nutritional guidelines for school meals 147
nutritional standards for school meals 145

O

obesity 63, 65, 92
oily fish 28, 91
older people 137
organisations 159
osteoporosis 36
Our Countryside. The Future (rural white paper) 83
Our Towns and Cities. The Future (urban white paper) 83
overweight 24, 92

P

partnerships 97, 111
PCT plans 71
Phoenix Fund 86
policy related to food poverty 72, 74, 77
portion sizes
 fruit and vegetables 41
 meat 47
primary care 129
priorities and planning
 framework 78
project management 103
promotion 102
publications 151
Public Service Agreements 78, 84

Q

questionnaires 117

R

recommendations
 dietary recommendations for England 91
 young@heart policy recommendations 87

redistribution of foods 137
regional inequalities 65, 68
resources 151
risk management 103
rural white paper 83

S

salt 31, 91
Saving Lives: Our Healthier Nation 77
schools
 breakfast clubs 131, 143
 catering for schoolchildren with special diets 149
 cooking clubs 133
 projects in the school setting 128, 130
 school food policy 131, 141
 school lunches 81, 132, 145, 147
 school meals 81, 132, 145, 147
 tuckshops 133
Securing Good Health for the Whole Population 78, 83
Securing Our Future Health 83
settings for local food poverty programmes 125
 community 125
 primary care 129
 school 128
 workplace 128
Shifting the Balance of Power 77
Skills and Knowledge Programme 86
Skills for Life 86
Small Retailers in Deprived Areas Initiative 86
social exclusion 84
social policies and programmes 74
socioeconomic inequalities 65, 67
special diets 149
starchy foods 26, 40
strategy on nutrition and food poverty 93
 aims of strategy 99
 outline of strategy 105
stroke 35
sudden cardiac death 35
sugars 30, 40

supplements 32
Sure Start 86
sustainable development strategy 83

T

Tackling Health Inequalities 77
target audience
 for the Toolkit 19
 for a nutrition and food poverty strategy 96
targets for a nutrition and food poverty strategy 99
theoretical models 97
training 103
transport plans 71
transport to supermarkets 134
tuckshops 133

U

undernutrition 33
 assessment of 55, 57
urban white paper 83

V

Value for Money 72
vegetables 27, 40, 42
views of the community 96
Vital Village Scheme 86
vitamin D 32, 39, 49
vitamins 26, 31, 32

W

weight 24
workplace 128

Y

young@heart policy recommendations 87