



The Grocer's Awards!

Congratulations to Professor Michelle Morris (lead of FIO Food WP2) & Nilani Sritharan (FIO Food retail partner) on winning awards for women shaping the future of national health policy! Your achievements are truly remarkable and inspire us all to strive for excellence. Keep up the fantastic work and continue to make a meaningful impact on the future of health policy.



Michelle Morris (Professor of data science for food, Leeds University) won an award for measuring the effectiveness of supermarket "nudge" tactics. She is leading DIO Food WP6 on the impact of High Fat, Salt and Sugar (HFSS) policy which could provide evidence for a potential ban on certain promotions in the retail environment.



Nilani Sritharan (Group healthy living manager, Sainsbury's) supported tighter HFSS regulations at the Labour conference and led Sainsbury's to top the Food Foundation's supermarket league table for health and sustainability commitments. She was also praised by IGD for her role in behavior change trials.



Mark your calendars!

We are excited to invite you to join FIO Food webinar supported by Future Food Movement on delivering healthy sustainable diets.



Join this huddle to get access to NEW sector-wide insights and advice. Find out how your organisation can be leading the charge to deliver on healthier and more sustainable diets.



FIO Food Team Brings Family Fun & Learning to the Royal Highland Show!

In June, the FIO Food Team hosted a mini-market challenge at the **Royal Highland Show**, which is Scotland's biggest annual agricultural event showcasing the best of food, farming and rural life at Ingliston in Edinburgh. We invited visitors to purchase breakfast items for under £1 - a reflection of the average daily spending on breakfast in the UK (2022).

This eye-opening activity highlighted how tight budgets severely limit access to fresh produce, fruits, and vegetables. The experience sparked meaningful conversations about food affordability, with many participants gaining a new perspective on the challenges faced by those with limited resources.

The team plans to bring this impactful activity to **future events** at the Rowett Institute in September 2024, all local Stakeholders are welcome to visit and chat with the Team.



Where: The Rowett Institute, Ashgrove Rd W, Aberdeen

When: September 2024

7th - **Rowett Open Day**, 11:00-15:00

21st - **TechFest**, 10:00-14:00



Watch a 2min video with RHS highlights prepared by **Mia Fuery** during her student placement with the FIO Food project.

FIO Food Research Team Takes Stage: Shaping Policy through Evidence (April–July 2024)

The FIO Food Research Team has continued making strides in shaping policy by actively engaging with key stakeholders. To maximize the impact, it is crucial to have a strong presence in relevant forums, where we can share our research findings and inform policies that address pressing challenges of food insecurity and health.



8th April 2024

FIO Food Team contributed to the TUKFS reply submitted to the **UK Parliament** on the links between food, diet and obesity.

The written evidence is available [here](#).



18th April 2024

Prof. Alex Johnstone presented at the **Shaping the Science for Scotland's Food Future** conference co-organised by the Rowett Institute and Food Standards Scotland at Dynamic Earth in Edinburgh.

1st May 2024

Dr Emma Hunter (WPI) presented at the **Scotland Public Health** conference 'Inspiring Change' in Glasgow sharing the lived experience findings.

3–9th May 2024

DIO Food WP6 secondary data protocol was presented by **Dr Vicki Jenneson** at the **Digital Footprints Conference** and published in the proceedings of the International Journal of Population Data Science.

Available [here](#).



Data snapshot alert!

Check this poster from WP2 on **Large-scale mapping of retail food and beverage products to environmental sustainability metrics** presented by FIO Food ECR – **Dr Mariana Dineva**.



26th June 2024

Maddie Thomas spoke about FIO Food when presenting 'Driving more customers towards healthy & sustainable baskets' at the **University of Leeds Industry Day**.



12th April 2024

Prof. Alex Johnstone submitted a response to a call for written evidence from the Nutrition Society on the topic of 'The Dual Health Burden of Malnutrition and Obesity in the UK': Focusing on the costs and burdens of poor diet, hidden hunger and malnutrition – awaiting publication.

22nd April 2024

FIO Food Team participated in public consultations and submitted their views and suggestions on the National **Good Food Nation Plan** via Scottish Government's consultation hub.

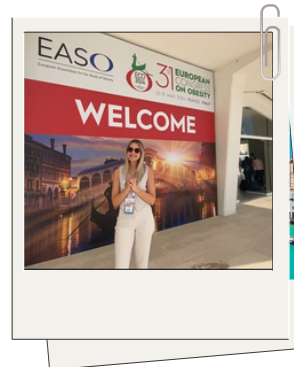
3rd of May 2024

Prof. Alex Johnstone shared a letter to Baroness Walmsley – member of the House of Lords – highlighting FIO Food research finding.

Copy can be found [here](#).

12th May 2024

Dr Rebecca A. Stone was presenting FIO Food work about the cost of living crisis, food insecurity, and use of food preparation and purchasing behaviours in people living with obesity at EASO **European Congress on Obesity** in Venice!



2–5th July 2024

Prof. Alex Johnstone, Prof. Michelle Morris, Nilani Sritharan and **Dr Mariana Dineva** presented at the **Nutrition Society Conference** in Belfast. The theme of these symposia was 'new data – focused approaches and challenges'.





Food insecurity in people living with obesity in the UK
Supporting sustainable and healthy food choices in the retail food environment



Diet and Health Inequalities

Next Stakeholders Meeting

Professor Charlotte Hardman and her Team will host our next board meeting in Liverpool in September 2024. We are looking forward to sharing our progress and planning future actions for the last year of the project!

Project's Stakeholders, Partners and Friends should have received online invitations to the Stakeholder online session on the 12th of September at 11:15-12:00. If not, and you would like to participate, please contact Dr Marta Lonnie (marta.lonnie3@abdn.ac.uk) who will share the invitation with you.



Latest Project's outputs

Following our Stakeholders workshops in Edinburgh and London earlier this year, we have publicly shared our White Paper entitled "Tackling dietary inequalities in the UK food system: An exploration of stakeholders' experiences to deliver national recommendations for policy and health care practitioners (a framework for action)".



We have co-produced knowledge across academics, stakeholders and consumers' lived experiences to formulate actions for policymakers and healthcare professionals. All of these insights were equally needed to explore potential avenues that can be applied in the food system to promote healthier and more sustainable choices in the food retail environment, particularly among those with greater health risks.



Data Snapshot

As part of the Work Package 1 deliverables, Prof. Charlotte Hardman and Dr Rebecca Stone conducted a qualitative interview study with seven UK supermarket senior nutritionists, who represented 85% of the grocery market share in the UK. The animation below provides a brief overview of their perspectives, views, and experiences on the acceptability and feasibility of using price/incentivisation as interventions for health and sustainability.

The graphic features the FIO Food logo and text: "Food Insecurity in people living with Obesity. Improving sustainable and healthier food choices in the retail FOOD environment". It also includes logos for "TRANSFORMING UK FOOD SYSTEMS Strategic Priorities Fund" and "UKRI Biotechnology and Biological Sciences Research Council". The main title is "Retailer Interviews Work Package 1: Qualitative Analysis". Below this, it lists "Professor Charlotte Hardman" and "Dr Rebecca A. Stone" and the "UNIVERSITY OF LIVERPOOL" logo. A "WATCH VIDEO" button is shown with a hand cursor. An illustration of two people in an interview and a shopping basket are also present.

For more information on this part of the FIO Food work, please contact Dr Rebecca Stone at r.a.stone@leeds.ac.uk