

Workshop Aim

Triangulation of key stakeholders' perspectives to suggest the directions for transforming the food system and enabling people living with obesity and food insecurity to make healthier and more sustainable dietary choices.



FIO Food Stakeholder Impact Group Workshop*

SIGN UP

*Two dates and locations to choose from:

- Tuesday, **January 30th** 2024
Venue: Royal Society of Edinburgh, 22-26 George Street, **Edinburgh** EH2 2PQ
- Friday, **February 16th** 2024
Venue: NESTA London Office, 58 Victoria Embankment, Temple, **London** EC4Y 0DS

Prepared By:

Prof. Alex Johnstone, Dr Daniel Crabtree & Marta Lonnie
on behalf of the FIO Food Team

Background

About FIO Food

'Food Insecurity in People Living with Obesity' (FIO Food) is a 3-year, £1.6m research project funded by the Transforming the UK Food System - Strategic Priority Fund (TUKFS-SPF) that aims to provide actionable evidence for policy on retail strategies to address dietary inequalities in people living with obesity and food insecurity, in order to support more sustainable and healthier food choices in the UK food system.

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Food insecurity exists when the availability of nutritionally adequate and safe foods, or the ability to acquire acceptable foods in socially acceptable ways, is limited or uncertain. Food insecurity is a well-established driver of obesity in high-income countries, labelled a paradox due to assumptions that hunger = weight loss [1].

Despite considerable policy interventions, the prevalence of overweight and obesity in the United Kingdom has continued to rise with obesity now a leading cause of mortality and morbidity. Obesity prevalence is greater among those on lower incomes and the current UK food system, including government policy, does not effectively address this.

Using behavioural insights from those living with obesity and food insecurity, we are exploring potential avenues that can be applied in the food system to promote healthier choices in the food retail environment [2].

Based on our own data we have identified emerging policy and clinical implications (Table 1) which need to be discussed in a wider forum of experts in the field and people facing the challenges associated with food insecurity and obesity.

Professor Alex Johnstone
FIO Food Project Lead



Stephanie Gibson Photography
<http://www.stephaniegibson.co.uk/>



FIO Food Insights

Table 1. Emerging policy and clinical implications of qualitative and quantitative FIO Food data (formulated by Work Package 1)

Policy	Clinical
Higher risk of mental health issues, including felt stigma, and purchasing a poorer quality diet.	Consideration about how we discuss food insecurity with clinical assessments. <ul style="list-style-type: none"> • How is this brought up sensitively? • Do we consider introducing USDA [3] in assessment?
Shopping experiences are informed, effortful and emotionally challenging, amplified in recent years by food inflation.	Acknowledgement of the challenges that people face & impact on mental health.
Environmental modifications within supermarkets that would enable weight management/ loss plans to be realised -> are associated with supermarket 'deals' (price incentivisation).	Understanding that the supermarket environment & access to deals can impact on people making changes to their diet <ul style="list-style-type: none"> • How as health care practitioners do we address these factors?
Deals' unpredictability & variability – i.e., knowing which foods & how long deals will last -> difficult & potentially demoralising for people, to formulate & stick to food purchase weight management & weight loss plans while shopping.	Education is not the solution & not the one people want either <ul style="list-style-type: none"> • Awareness that people are often doing everything they can to make changes & shop healthily
Upstream interventions to compel supermarkets to price healthy, sustainable foods according to available household budgets, and government intervention to support this are favoured and seem to have public support.	Making practical advice to help with challenges through co-production with people living with obesity & food insecurity.

1. Johnstone & Lonnie (2023), The cost-of-living crisis is feeding the paradox..., *Obesity*.
 2. Lonnie et al. (2023). Food insecurity in people living with obesity... *Nutrition Bulletin*.
 3. USDA (2012). U.S. Adult Food Security Survey Module (10 items).

Workshop objectives

By using the FIO Food project's insights we aim to triangulate perspectives from key stakeholder groups and identify potential solution avenues in transforming the food system to enable people living with food insecurity and obesity make healthier and more sustainable food choices.

Format

In-person (1-day) workshop - two different dates and locations to choose from (Edinburgh and London) - the same content and objective.

The meeting will include talks from key stakeholders delegates with Q&A opportunities, facilitated workshop session, a case study example, followed by formulating recommendations.

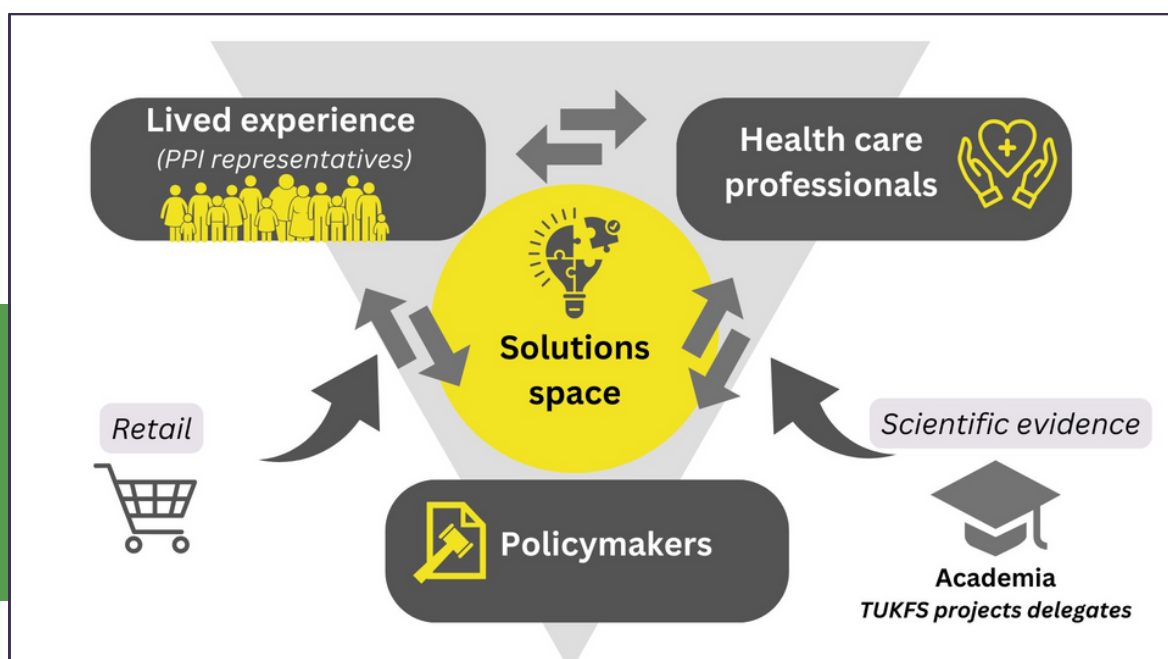
Key output

Policy brief with recommendations shared across the TUKFS network, health professionals (NHS, BDA, AfN), policymakers (Scottish Government, DEFRA, DHSC, FSS, FSA) and retail (IGD, NESTA).

Audience

This workshop will bring together key FIO Food stakeholders to confront perspectives of key actors in the UK food system. These will include:

- Health care professionals
- Charities and NGOs
- Policymakers
- Consumers with lived experience
- Retailers
- Researchers



Workshop Agenda

09:00–09:30 Registration & coffee

09:30–09:45 Welcoming: workshop aims and agenda –Prof. Alex Johnstone

Part 1

09:45–10:00 Lived experience perspective – challenges and facilitators in the supermarket environment to promote healthier and more sustainable purchases – PPI representative

10:00–10:15 Health Professional perspective – Physical and psychological constraints experienced by patients living with food insecurity and obesity, with focus on stigma, anxiety and depression.
Dr Adrian Brown, University College London, BDA

10:15–10:30 Policymakers perspective – Past and future strategies to promote a healthier and more sustainable food environment – Heather Kelman, FSS

10:30–11:00 Coffee break

Part 2

11:00–11:45 Facilitated workshop (part A): policy recommendations (three groups of mixed stakeholder delegates)

11:45–12:15 Feedback from each group: policy recommendations (10min each)

12:15–13:15 Lunch

13:15–13:45 Case study – Nourish Scotland / Feast with us

13:45–14:30 Facilitated workshop (part B): as previously, but with aim to formulate clinical recommendations.

14:30–15:00 Feedback from each group: clinical recommendations (10min each)

15:00–15:15 Summary and closing remarks

Members of the FIO Food Stakeholder Group*

**Delegates invited to the workshop*

Participation for public members will be facilitated upon prior registration; while places are (still) available.

Polymakers, Charities and NGOs

- NESTA
- Scottish Government
- Department for Environment Food & Rural Affairs (DEFRA)
- Department of Health and Social Care (DHSC)
- The Food Foundation
- Aberdeenshire Council
- Community Food Initiatives North East (CFINE)
- Feast with us
- HEAL
- NNEdPro
- Nourish Scotland
- Osprey Housing
- Sustainable Food Places/Aberdeenshire
- World Wide Fund for Nature (WWF)

Healthcare professionals

- British Nutrition Foundation (BNF)
- British Dietetic Association (BDA)
- Association for Nutrition (AfN)
- NHS Greater Manchester
- The Associations for the Study of Obesity (ASO)
- OVIVA

Retailers representatives

- Institute of Grocery Distribution (IGD)
- Scottish Grocers' Federation (SGF)
- British Retail Consortium (BRC)
- Food and Drink Federation (FDF) Scotland
- Sainsbury's
- LIDL
- M&S
- Tate & Lyle
- Albert Bartlett



Patient and Public Involvement (PPI) Advocates

- Veg Advocates (Food Foundation)
- Aberdeenshire Group
- More Life clients

Academia

- TUKFS & Strategic Priority Fund (SPF) Projects Teams
- Other researchers interested in the topic





Contact



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Website

<https://www.abdn.ac.uk/rowett/research/fio-food/index.php>