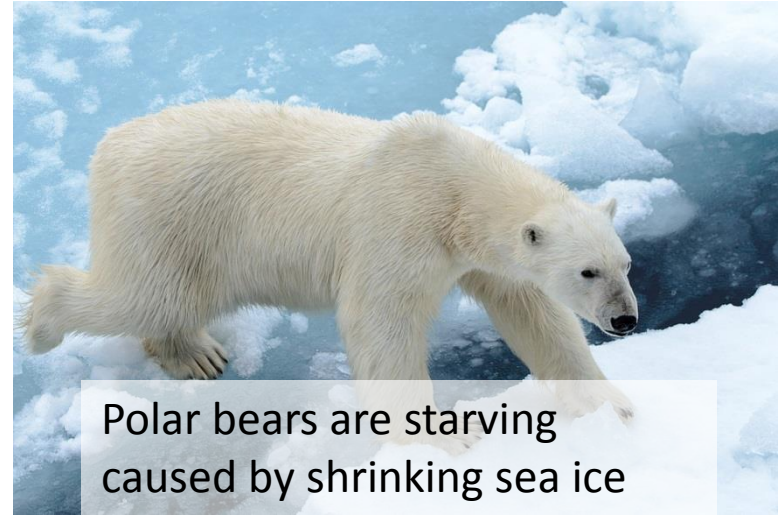
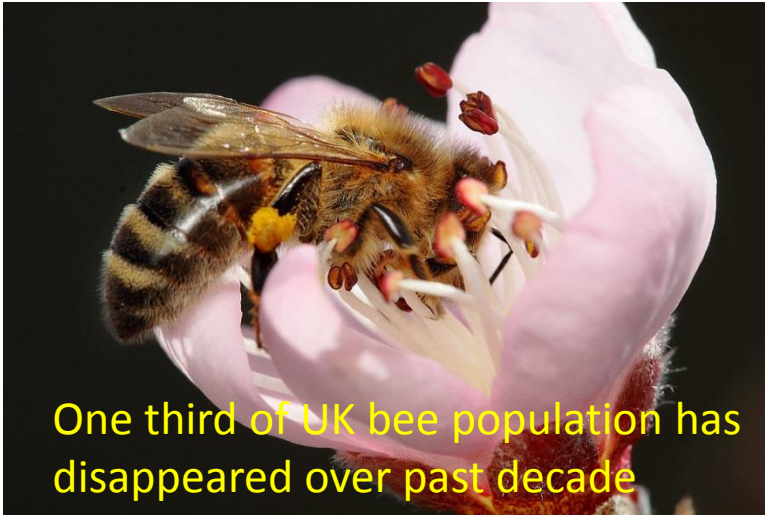


A healthy and sustainable food strategy for Tameside

Liz Harris

Programme Manager, Population Health
Chair, Tameside Food Strategy Group

What is the connection between these things?



Diet related disease the biggest risk factor for ill health in the UK

What is the connection between these things?



The FOOD we eat

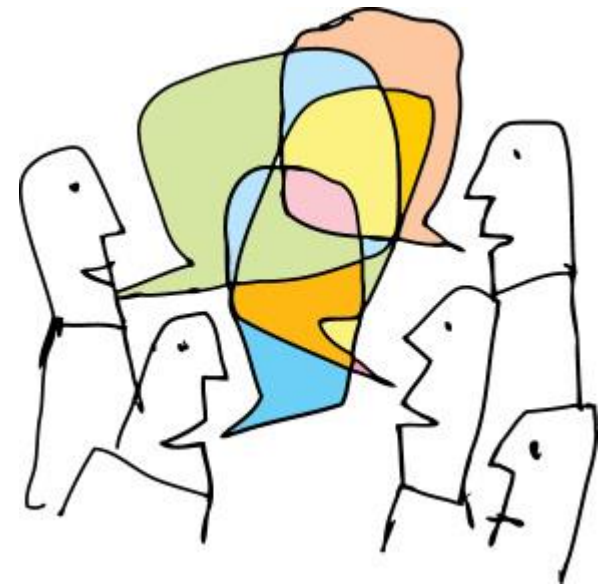


Diet related disease the biggest risk
factor for ill health in the UK



Why food and why now?

- We are not succeeding in reducing obesity or diet related disease
- Why have we got the food culture and system we have?
- Does it work for our health, communities, economy and planet?
- Is it doing more harm than good?
- What do we want to do about it?
- We are starting a bigger and broader conversation about food



A balanced diet is essential for health and wellbeing





Out of home food offer

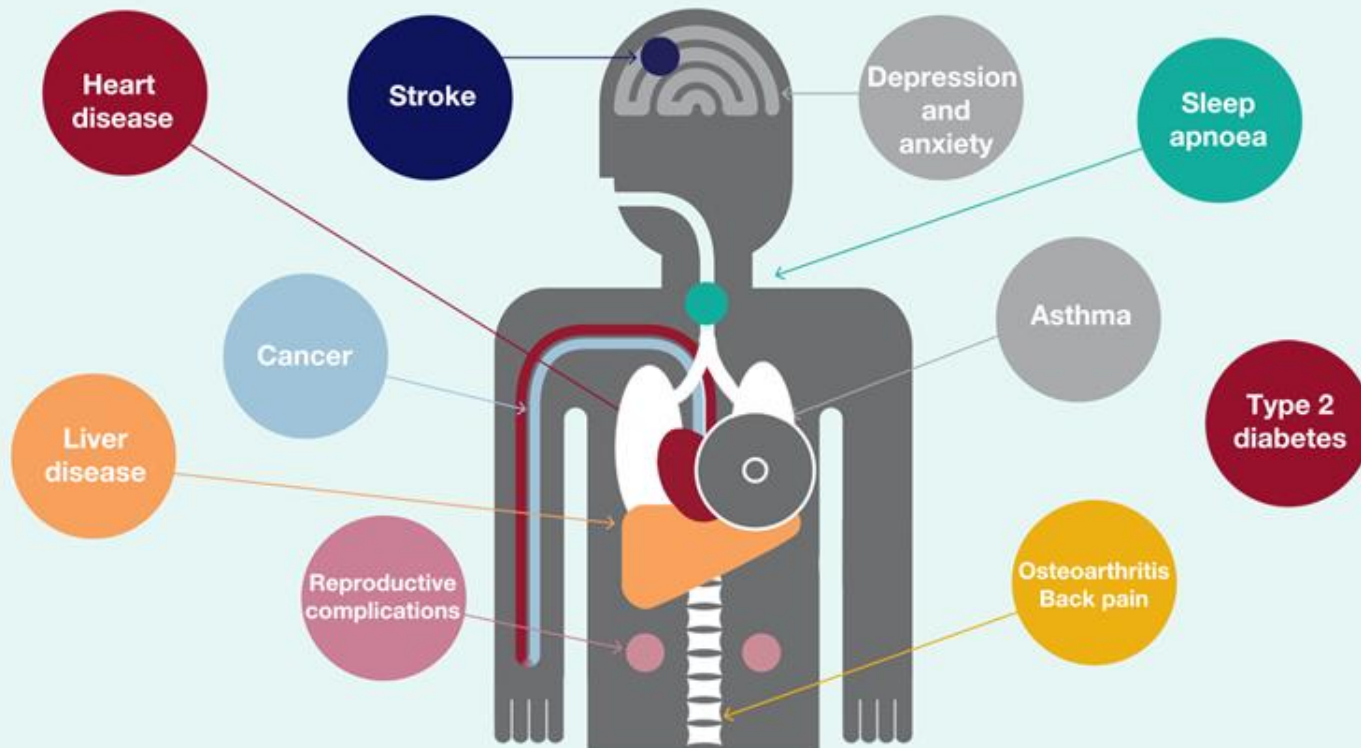


Where is the takeaway capital of the UK? Fast food towns 'dominated' by burgers and kebabs revealed

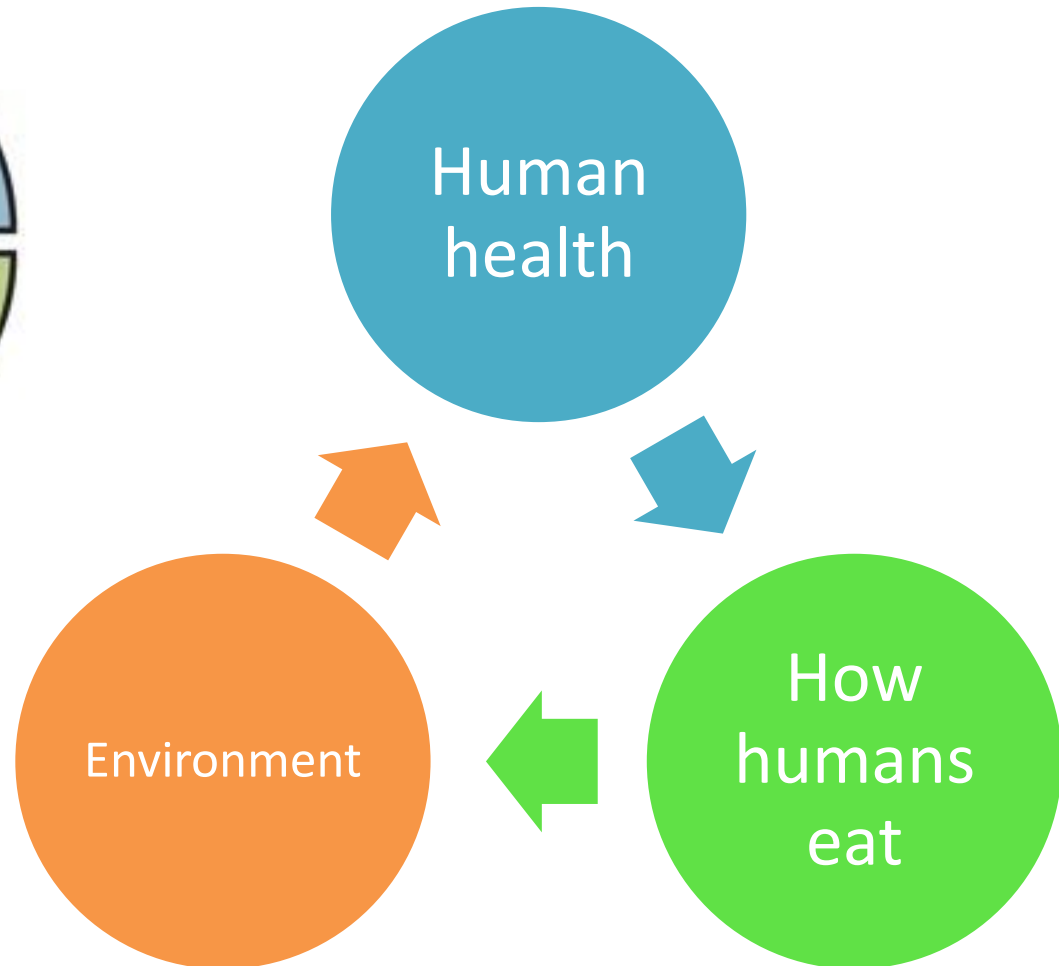


Is it all about obesity?

Obesity harms health



Ecological public health



Carbon reduction

- **Food's carbon** footprint, or foodprint, is the greenhouse gas **emissions** produced by growing, rearing, farming, processing, transporting, storing, cooking and disposing of the **food** you eat. ...
- Changing the **foods** that you eat can have a big impact on your **carbon** footprint.



Food and greenhouse gas

How much impact does food have?

Proportion of total greenhouse gas emissions from food

A quarter of global emissions come from **food**

Food
26%

Other greenhouse
gas emissions 74%

More than half of food emissions come from **animal products**

Animal products
58%

Other food
42%

Half of all farmed animal emissions come from **beef and lamb**

Beef & lamb
50%



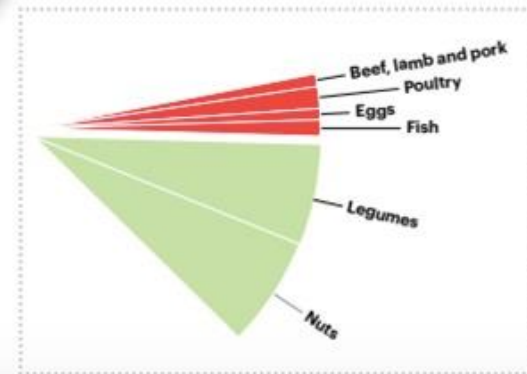
Other animal
products 50%

Source: Poore & Nemecek (2018), Science

BBC

<https://www.bbc.co.uk/news/science-environment-46459714>

The Planetary Health Plate



Food can fix it

- Youtube 50.54 to 53.06
- <https://www.youtube.com/watch?v=6ZU9kQpXLjA>



**SO,
WHAT'S
THE
PLAN?**

Tameside Food Partnership

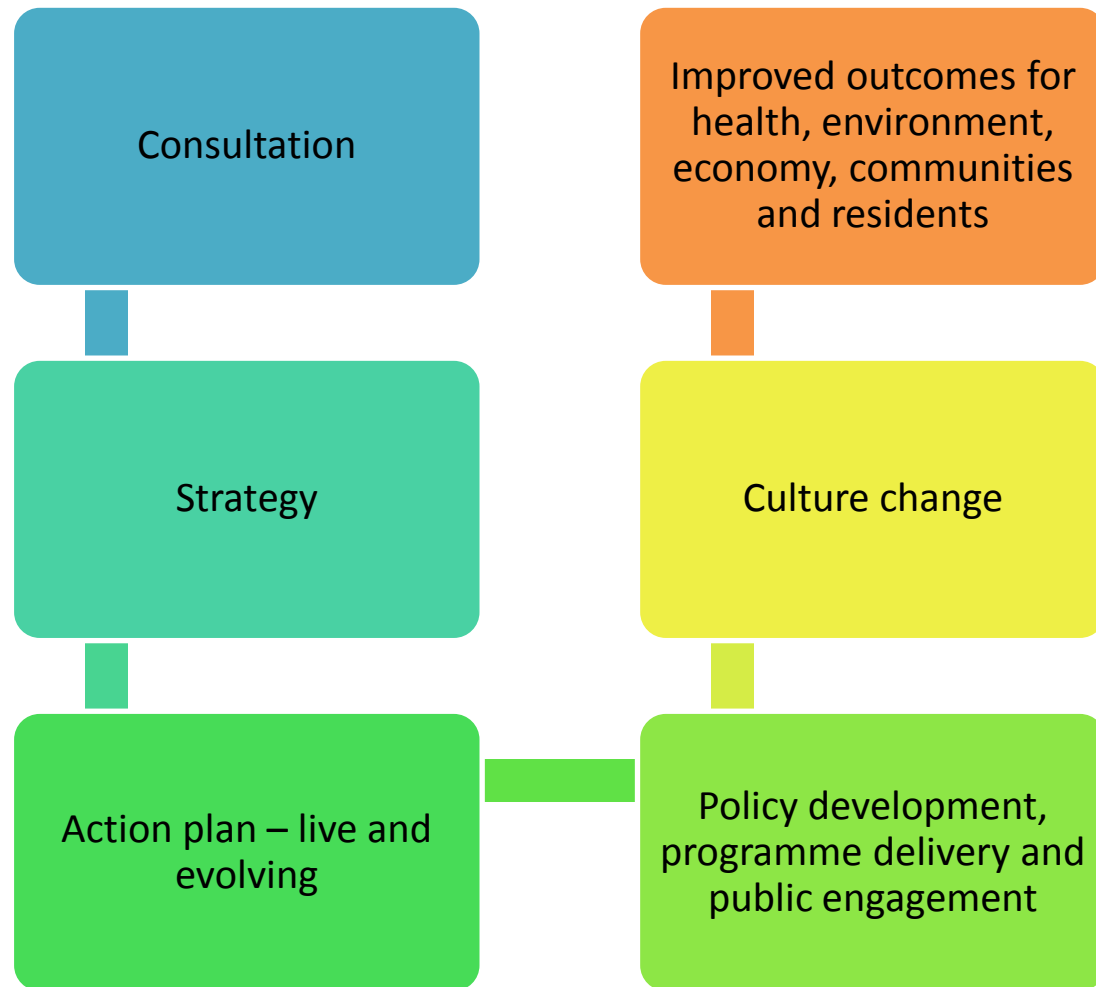


1. Promoting healthy and sustainable food to the public
2. Tackling food poverty and access to affordable healthy food
3. Building community food knowledge, skills and projects
4. Promoting a vibrant and diverse sustainable food economy
5. Transforming catering and food procurement
6. Reducing waste and ecological footprint of the food system

Opportunities in Tameside



Next steps



On-line survey

<https://www.tameside.gov.uk/foodsurvey>

- For all Tameside residents 16 years and over
- Smart phone compatible
- About 10 minutes
- Please mention to friends and family
- We want to know what Tameside thinks and begin a conversation about better food



Thank you

Please complete our survey

<https://www.tameside.gov.uk/foodsurvey>