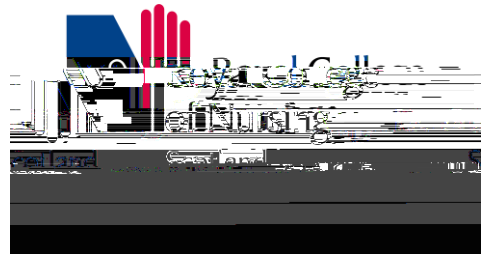RCN Scotland response to the Scottish Government consultation on:

The National Good Food Nation Plan

23 April 2024

	Proportion of children in Scotland living in: relative poverty; absolute poverty; combined low income and material deprivation, and; persistent poverty (after housing costs) Scottish Dietary Goals Proportion of public and private sector food businesses implementing the Eating Out, Eating Well framework and code of practice for Number of local authorities that participate in the Food for Life Scotland Programme	Halve childhood obesity by 2030 and significantly reduce associated diet-related inequalities Reduce adult diet-related health inequalities Reduce the number of households facing moderate to severe food insecurity Reduce the reported number of households accessing emergency food provision
2. food system is sustainable and contributes to a flourishing natural environment. It supports our net zero ambitions, and plays an important role in maintaining and improving animal welfare and in restoring and regenerating biodiversity.	Greenhouse gas emissions produced by the agriculture sector Use of nitrogen fertilisers Percentage of commercial stocks fished at sustainable levels Scottish Dietary Goals	Reduce per capita food waste by 33% by 2025 Aim to double the amount of farmland managed organically in Scotland by end of this parliamentary term (2026) Existing legally binding annual emissions reduction targets including: 75% reduction in greenhouse gas emissions by 2030 (compared with a 1990 baseline), and net zero emissions by 2045 Scottish Ministers have international commitments to address biodiversity loss, articulated in the Global Biodiversity Framework of the UN Convention on Biodiversity, which includes targets relating to reducing the global footprint of consumption, global food waste, overconsumption and waste generation The Scottish Government have made a #123 Food Loss and Waste Pledge for Climate Action
food system encourages a physically and mentally healthy population, leading to a reduction in diet-related conditions.	Percentage of adults and children with a healthy weight Percentage of children at risk of obesity Percentage of adults and children consuming recommended 5 portions of fruit and vegetables each day Number of local authorities that participate in the Food for Life Scotland Programme Fruit and vegetable intake of children aged 2-15 Scottish Dietary Goals Proportion of public and private sector food businesses implementing the Eating Out, Eating Well framework and code of practice for Number of companies investing in refC Spdfloulat	Reduce drop off in breastfeeding rates at the 6 to 8 week point by 10% by 2025 Halve childhood obesity by 2030 and significantly reduce associated diet-related inequalities Increase levels of adult healthy weight Reduce adult diet-related health inequalities

4. Our food and drink sector is prosperous, diverse, innovative, and vital to national and local economic and social wellbeing. It is key to making Scotland food secure and food resilient, and creates and sustains jobs and businesses underpinned by fair work standards.	Number of people employed in the food and drink industry Number of people employed in agriculture Value of Scottish food and drink exports Value added by the Scottish food and drink industry Number of registered food and drink enterprises Number of registered crofts Median weekly full-time earnings across the Scottish food and drink growth sector Number of companies investing in reformulation	The Scottish Government supports the food and drink sector by providing funding for Sustaining Scotland. Supplying the World The Food and Drink Industry Strategy
5. Scotland has a culture with a		

Outcome 1: Everyone in Scotland eats well with reliable access to safe, nutritious, affordable, sustainable, and age and culturally appropriate food   Outcome 3: physically and mentally healthy population, leading to a reduction in diet-related conditions.

RCN Scotland strongly supports both these outcomes as a focus for the National Plan. We are of the view that these outcomes would benefit from specific indicators and or targets to cover two additional points: access to nutritious food for those who use health and social care services and access to nutritious, affordable food for those who work in health and social care.

Evidence shows that investing in prevention and early intervention, of which improving nutrition of the population is an important part, will reduce demand on the NHS and public services, improve health and wellbeing and support economic growth[1]

RCN Scotland therefore supports the ambition of the Good Food Nation Act. We believe that it has the potential to play an important part in a shift towards preventative measures to reduce pressure on and secure the future of health and social care in Scotland. Alongside this legislation and national planning is a need for greater investment in public health as well as other measures to support people to understand the importance of good food to their health and be able to access nutritious, affordable food.

We strongly welcome these outcomes, however, as we indicated during the passage of the Good Food Nation (Scotland) Bill[2], they need to incorporate prioritisation of both a specific target for those accessing health and social care and a specific target for staff working in those services, as well as relevant indicators for these targets.

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[1] https://publichealthscotland.scot/our-organisation/a-scotland-where-everybody-thrives-public-health-scotland-s-strategic-plan-2022-to-2025/
[2] https://www.rcn.org.uk/-/media/Royal-College-Of-Nursing/Documents/Countries-and-regions/Scotland/2022/RCN-briefing-Good-Food-Nation-Bill-Stage-1-debate.pdf

Napier University and London South Bank University[3] found that a high number of nurses in Scotland were overweight compared to elsewhere in the UK and just under 30% were obese. Such high rates of obesity are likely to fuel sickness levels in NHS Scotland, including increased risk of musculoskeletal conditions and mental health conditions.

As health care professionals, nursing staff may sometimes feel motivated to meet the needs of others before themselves. Employers, including but not limited to the NHS, must encourage and support nurses and health care support workers to make healthy choices. Employers should make working environments as conducive as possible to maintaining a healthy lifestyle. The working conditions of many nurses and healthcare support workers may include the need to do nightshifts. This pattern of working can have a cha

adequate healthy eating options or appropriate space for healthy meal preparation. Other difficulties include the lack of facilities for storing fresh, healthy food, or access to canteens that are either too far from wards to allow nurses to get there in their breaks or are closed during night shifts.

In response to the RCN 2022 Last Shift Survey[4], we heard from nursing staffW*ńBT/F1 12 Tf10