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Common Services Agency
NHS in Scotland
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NHS Management Executive
St. Andrew's House
Edinburgh EH1 3DG
25 July 1996

Dear Colleague

EATING FOR HEALTH: A DIET ACTION PLAN FOR SCOTLAND

Summary

1. This letter notifies Health Boards and NHS Trusts of the publication on 25 July of "Eating For Health: A Diet Action Plan for Scotland".

Action

2. A copy of the Plan is enclosed. Board General Managers and NHS Trust Chief Executives are asked to set in train implementation of the Plan's recommendations bearing on the NHS.

3. Bulk supplies of the Plan are being sent to Boards and Trusts under separate cover for distribution. Board General Managers are asked to distribute copies to General Practitioners and Trust Chief Executives to distribute copies to the hospital and community dental services, midwives, health visitors and district nurses.

Background

4. The national policy statement "Scotland's Health - A Challenge To Us All" identified Scotland's poor diet as a priority area for action. A working group of nutrition experts, under the Chairmanship of Professor Philip James, was established by the Chief Medical Officer and given the task of making dietary recommendations. Following publication of the Group's Report, "The Scottish Diet", and consultation with relevant interests, dietary targets were set for the year 2005 by the Secretary of State. In addition he appointed the Scottish Diet Action Group to prepare a Plan of the action required to achieve the targets. The Group, which was led by the Minister of State, consisted of representatives of the many sectors with an interest in food in Scotland.

5. "Eating for Health" - A Diet Action Plan for Scotland" is the product of the Group's work. The Plan seeks to provide a

Addressees

For action:

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framework within which the various sectors with an interest in diet can contribute to its improvement. Successful delivery of the Plan will depend on the co-operation and joint working of the many interests involved and its emphasis, therefore, is on a voluntary, non-prescriptive approach. The NHS has a major role to play. It is in a position to exercise substantial influence throughout the community, not only directly over patients within its care and its own staff but also through its working relationships with a wide range of other interests and organisations such as local authorities, schools and voluntary organisations. Section 8 of the Plan sets out specific recommendations for action. In addition, recommendations made elsewhere in the Plan, in particular in Section 5 (Community Action), Section 6 (Pregnancy, Pre-School Children and School Students) and Section 9 (Local Authorities), seek contributions from the Service.

Yours sincerely

Robert Kendell

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