



Food and health

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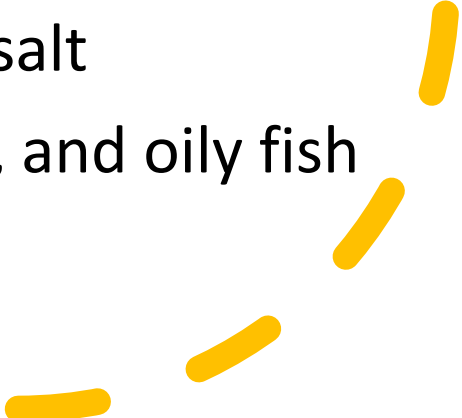


Where are
we now?

Childhood overweight and obesity in Cornwall

- Reception - 23.6%
- Year 6 – 34.9%

UK National Diet and Nutrition Survey

- Adults' diets - 200 to 300 excess calories per day
 - Too much saturated fat, sugar, and salt
 - Too little fibre, fruit and vegetables, and oily fish
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Where should we be?

- NHS Eatwell / Planetary health / Mediterranean diet
- Public find the messaging confusing
- Government recommendations are consistent since 2015 (when max sugar was halved and fibre increased)





**Eat food
not too much
mostly plants**

Michael Pollan




But.....

It is three times more expensive to get the energy we need from healthy foods than unhealthy foods

The most deprived decile households would spend 75% of the disposable income on the Eatwell diet

It is harder to buy healthy foods in deprived parts of the UK – there is also a higher density of fast food outlets in these areas



Cornwall Community Insights profile [Local Insight \(communityinsight.org\)](https://communityinsight.org)

