



Plants not Pills
Dr Kath Brown
Chair
GreenerPractice
Cornwall

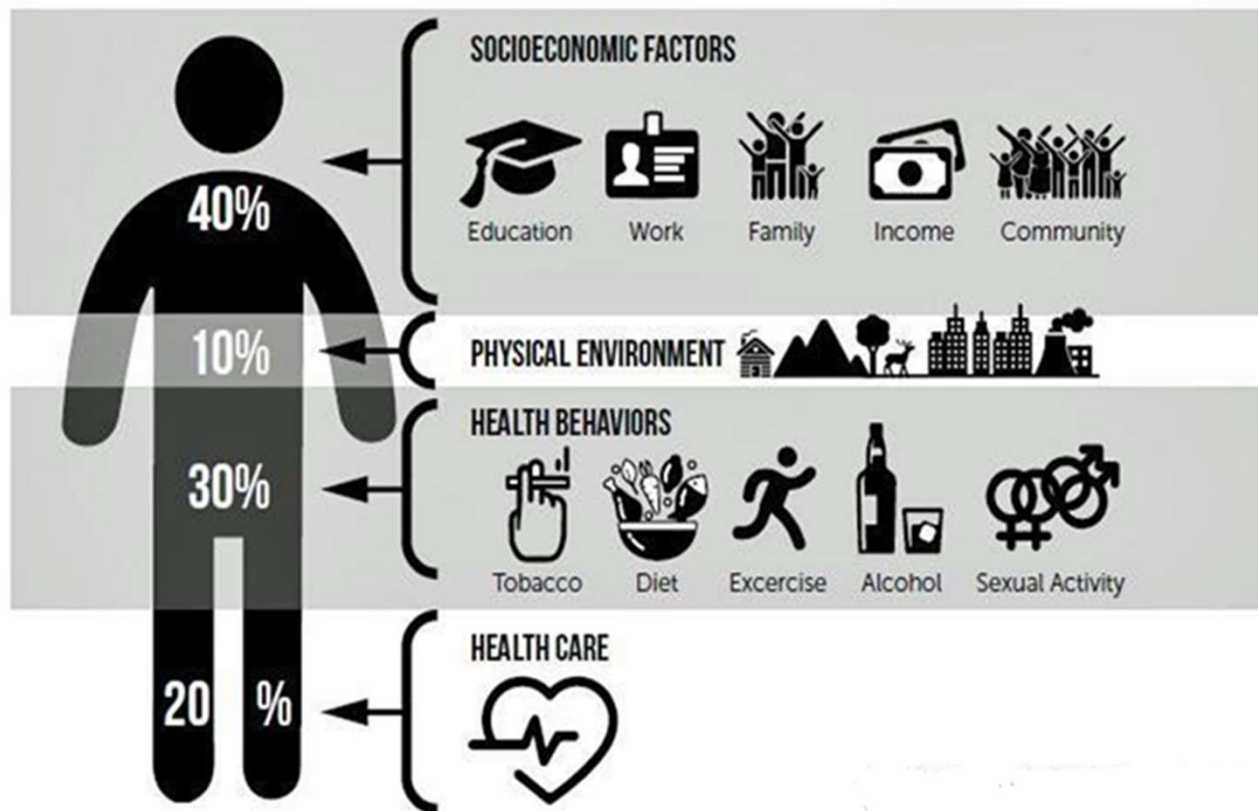


- 30% heart disease and strokes
- 30% depression
- 20% blood pressure
- 10% cancer
- 25% premature death

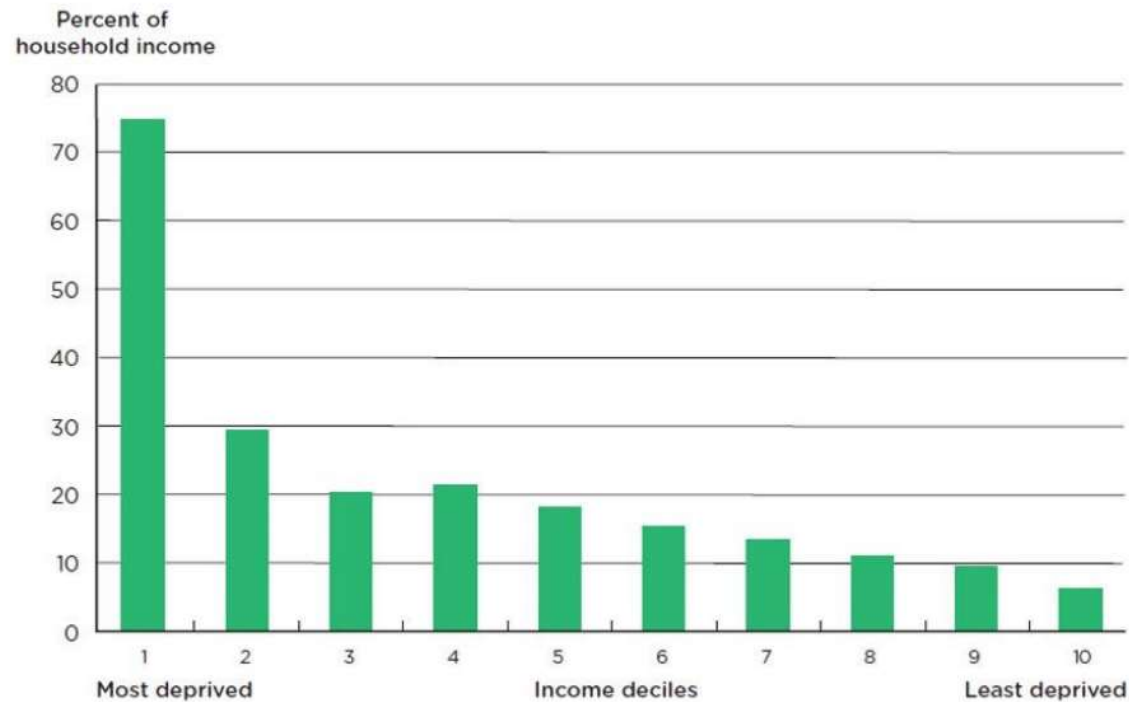
Medications for Type 2 Diabetes



THE SOCIAL DETERMINANTS OF HEALTH: HEALTH MADE BY MANY FACTORS BEYOND HEALTH CARE



The most deprived decile households would spend 75% of their disposable income to meet the NHS Eatwell Guide





43 MILLION CHILDREN UNDER 5 ARE OVERWEIGHT OR OBESE

FOOD REVOLUTION DAY

<http://www.endhungeruk.org/measure>



1 in 4 parents have skipped a meal as they cannot afford it

1 in 4 worry about not having enough food to eat

1 in 8 have gone without eating for a whole day

END HUNGER UK

www.endhungeruk.org/measure

96% OF KIDS IN THE UK DON'T GET THEIR 5 A DAY

FOOD REVOLUTION DAY

National Statistics 2000, National Diet and Nutrition survey: young people aged 4-18 yrs www.dh.gov.uk

Some big numbers

£14,000,000,000

37,462

£9,000,000,000

45,923

£140,000,000

50,345

£34,000,000

58,050

£13,000,000

£3,000,000



“People are fed by the Food Industry,
which pays no attention to health,



and are treated by the Health Industry,
which pays no attention to food.”

Wendell Berry

The Eat Lancet Commission on healthy diets from sustainable food systems estimated that a whole food plant-based diet (WFPBD) could prevent *11 million deaths* annually from *diet-related illnesses*.



BIODIVERSITY LOSS + CHANGE IN LAND USE

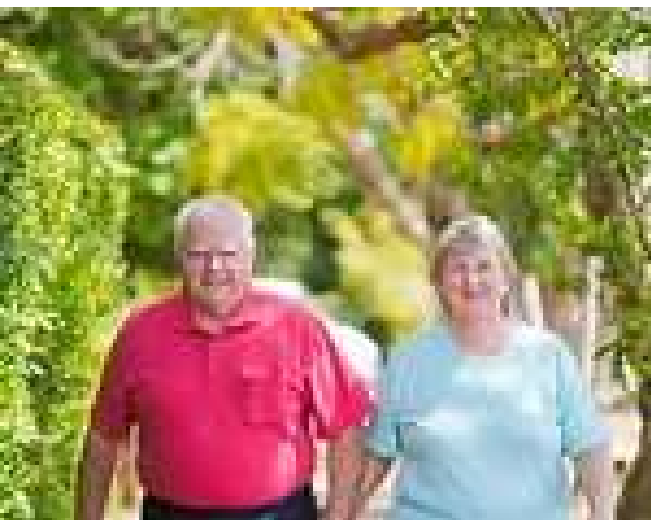


Losing the plot: courgette crisis spreads to other vegetables

Snow across Spanish farming areas means tomato, lettuce, pepper and celery shortage - and higher prices - may last into spring









Grown Veg Box Pilot 2023-24

- Veg box for patients with Pre Diabetes or Type 2 Diabetes
- 12 patients – 3 months each
- Encourages healthier eating, engagement with the community, sustainable food sourcing and supports one of our local gardens



Changes for 2024-25

- Recipe Changes
 - Simplified
 - Fewer 'extra' ingredients
- Cookery Sessions

Cooking Sessions

Demonstration

Practice together

Eat!

Take same ingredients home to try



Equipment

- Roasting Pan
- Spatula
- Knife
- Chopping Board

Roasted Vegetable

Serves 2 people
Preparation time = 5 minutes

Shopping List:

- 1 teaspoon of Oil
- Optional – Dried mixed herbs

Cooking time = 30 minutes

Fresh

- This works with any vegetables
- Carrot
 - Sweet Potato / Potato
 - Butternut Squash
 - Courgette
 - Pepper
 - Green Beans

Method



Step 1 – Preheat oven to 190°C

Step 2 – Peel the carrot. Then cut carrot, potatoes, courgette and squash into similar sized chunks – about 2cm. (No need to peel the potato or squash).

Step 3 – Place into baking tray and toss in the oil and sprinkle with dried herbs (if using). Cook for 20 minutes



Step 4 – Whilst this cooks, cut the pepper into chunks, remove the top and tail of the green beans and cut in half.



Step 5 – Add to the baking tray, mix and return to the oven for 10 minutes.



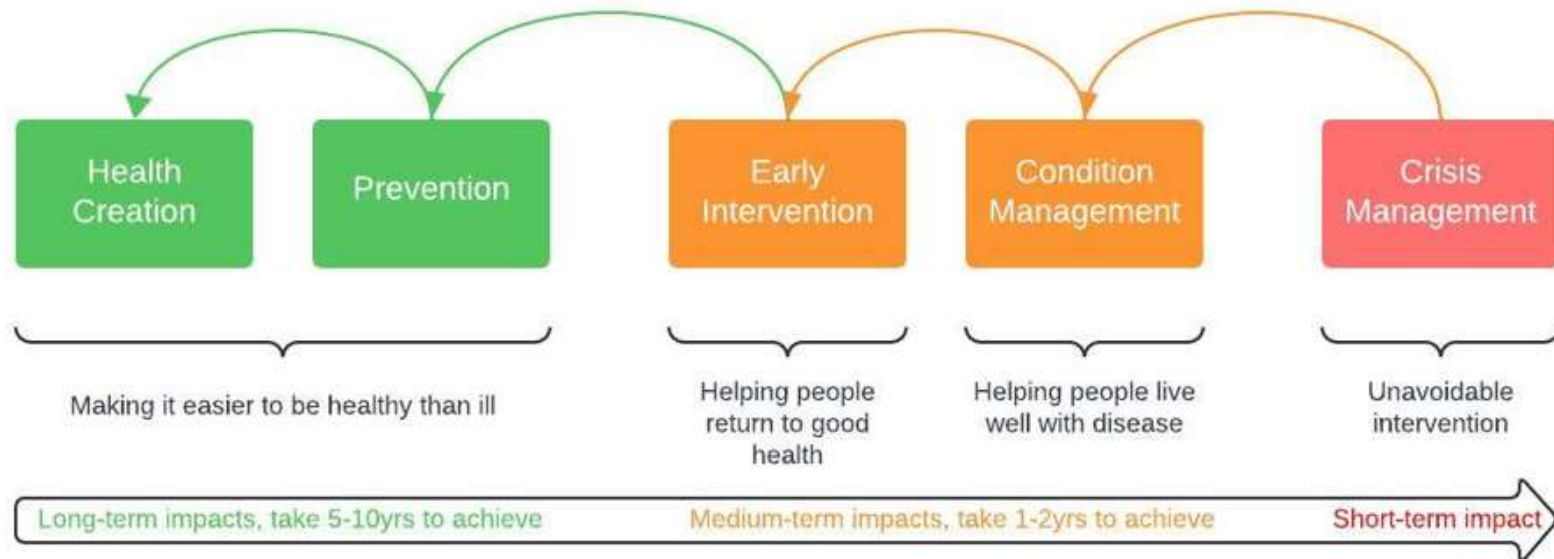
Step 6 – Serve!

“Hi, I’m the bloke who made a flippant response when you asked how often I ate vegetables. I said every four weeks.

I took home the box of veg you kindly gave me and reflected on it over the afternoon, and decided I needed to change my attitude to healthy eating. I prepared a salad meal for my wife and myself. On Saturday I stocked up with a variety of vegetables and will be eating more healthily in the future, all thanks to you.”

Sickness to Prevention

Always looking for prevention opportunities to improve health



THE ISLINGTON FOOD STRATEGY

2023-2028

Healthy affordable food for all

Everyone should be able to eat the food they need to thrive.

Sustainable local food economy

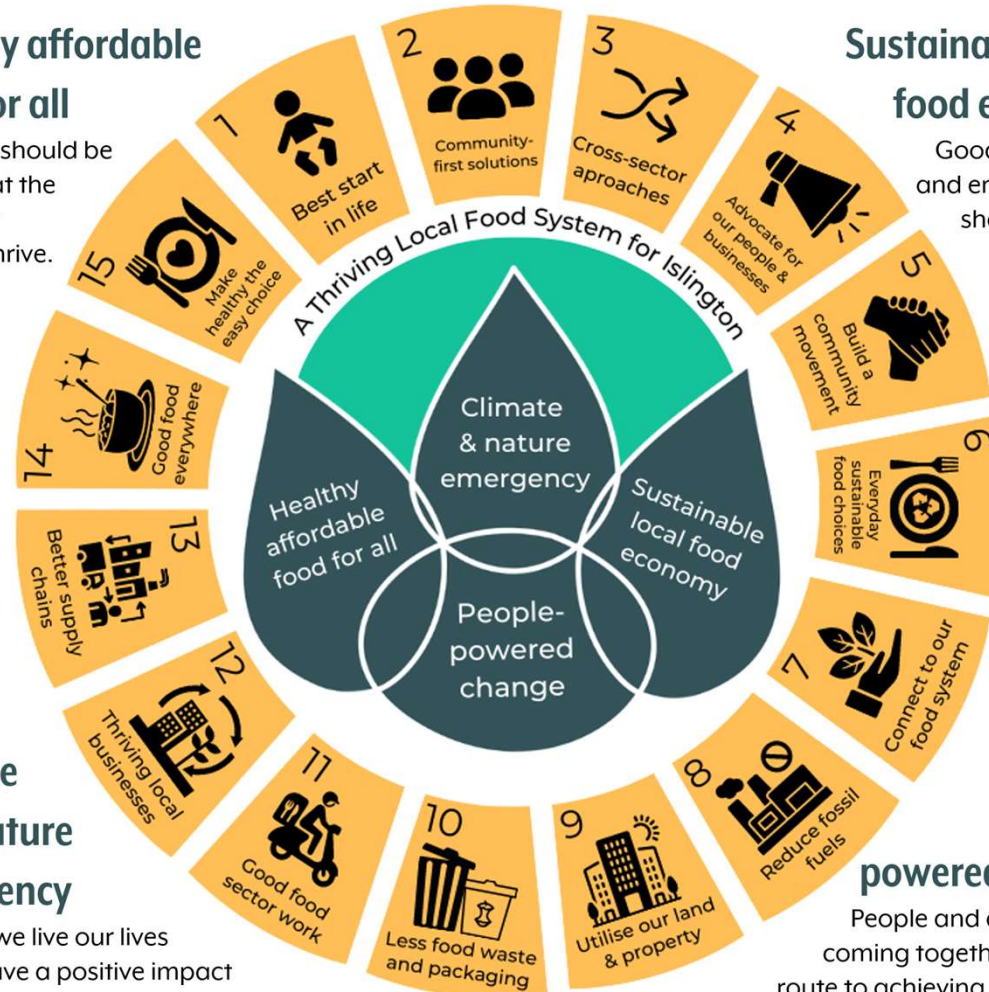
Good businesses and entrepreneurs should be able to thrive in Islington.

Climate and nature emergency

The way we live our lives should have a positive impact on nature and the planet.

People-powered change

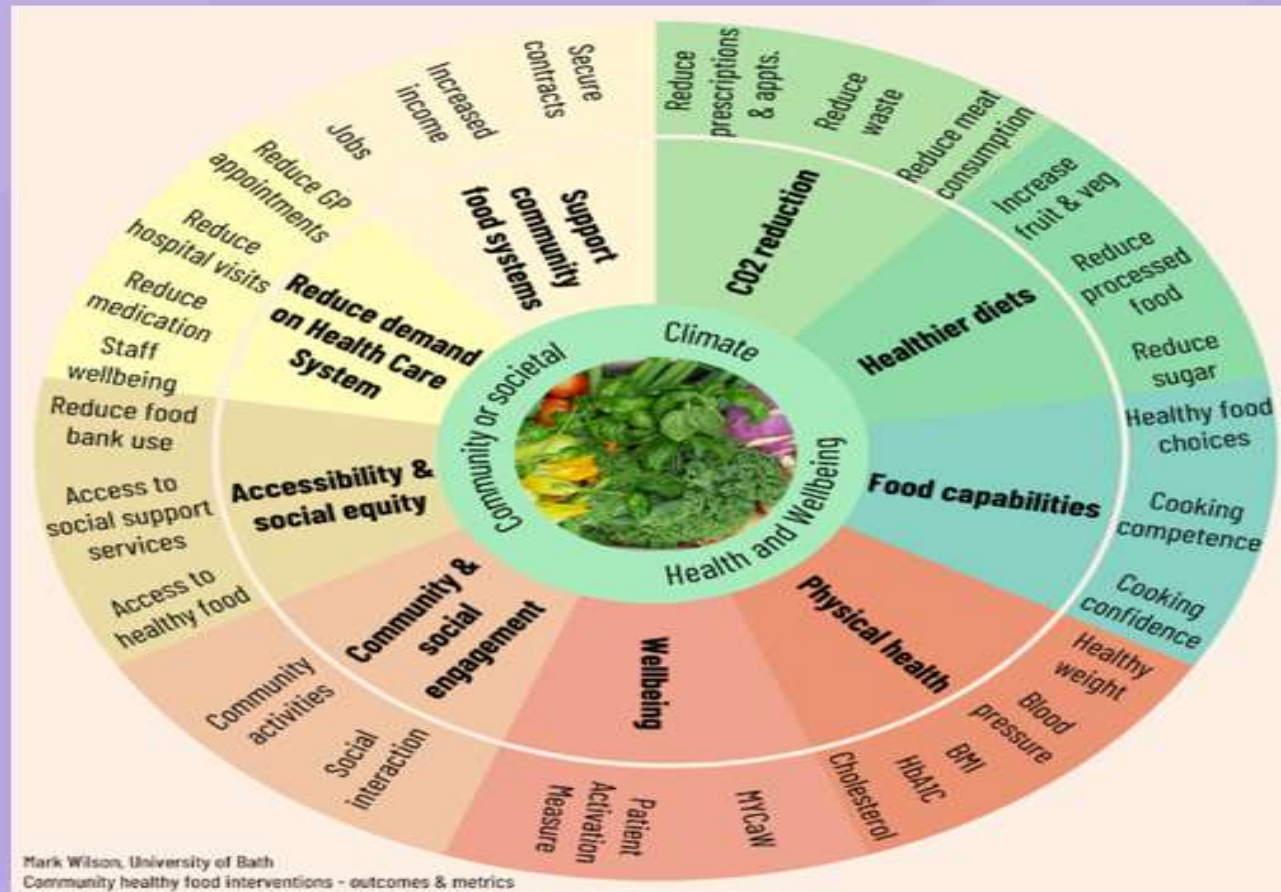
People and communities coming together is the only route to achieving real change.





Health Creation: WellFed Cornwall!

We now have a rapidly growing family of us working on a programme to connect food, climate, health, soil, biodiversity and community. We met on 11 April in Newquay, decided to call ourselves WellFed Cornwall as a working title and have a whole bunch of things we want to achieve in the next 12 months. :)



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THE EVOLVEMENT OF WELLFED CORNWALL



1. ORIGINAL WATERGATE PCN PILOT (2022-23)

12 months of Veg Box prescriptions from Newquay Orchard for T2DM and pre-diabetic patients. With the support of health coaches and recipes, patients saw a reduction of HbA1c, BMI and an increase in wellbeing, nutritional knowledge, and social connection.

2. WELLFED CORNWALL STARTED WITH 11 MORE PILOTS (2023-24)

Taking inspiration from Watergate, 11 more pilots are taking place with practices linking up with their local community growers and community food organisations. Bath Uni is helping us gather the data.



3. A MISSION TO MAKE WELLFED PART OF OUR HEALTH AND CARE SYSTEM (2024-25)

Creating engagement and investment at a system wide level - aiming for a reduction in T2DM and other chronic illness across Cornwall, at the same time as building the community assets that enable even more community members to stay well - and invest in natural systems.

GET INVOLVED.

MANDAB@VOLUNTEERCORNWALL.ORG.UK

[HTTPS://WWW.HEALTHANDCLIMATERESILIENCE.NET/ABOUT-1-2](https://www.healthandclimateresilience.net/about-1-2)

Programme	No. participants	Outcomes and Impacts
Watergate PCN	12	<ul style="list-style-type: none"> 92% of participants HbA1c decreased (1-37mmol/mol) BMI decreased on average by 8kg Increased social interaction
Alexandra Rose – running since 2014 year with regular independent evaluations	10,500	<ul style="list-style-type: none"> GP visits decreased by 48% 71% improvement in BMI for those with hypertension 57% increase in children and 40% in parents eating 5 a day 43% reduction in children eating unhealthy snacks 86% reduction in stress and anxiety about money ROI – every £1 food voucher creates £7 of social value due to better health and wellbeing as a result of better nutrition In addition every £1 voucher create £2.11 benefit to local economy as spent with local traders and growers
Bags of Taste	14,000	<ul style="list-style-type: none"> 86% of participants cooked more frequently after the course 68% said that they feel more confident to cook 70% of people identified ways of reducing food costs 77% of all students completed the programme Average saving on takeaways and ready meals of £800 a year Decline in takeaway consumption highest in those that ate the most takeaways.
NHS Diabetic Prevention Programme 2016 – 2021	390,000	<ul style="list-style-type: none"> 4% of people had their diabetes prevented or delayed
Wildlife Trust volunteering programme		<ul style="list-style-type: none"> Demonstrated an ROI of £6.88 for every £1 spent 95% of those with low MH scores improved in 12 weeks