Publications

This section gives a list of publications which may be useful for developing knowledge on food and health and for developing a nutrition and food poverty strategy. Many of these have been referenced or described in other sections of this toolkit. They are assembled here along with additional resources. Contact details of the organisations producing these documents are given on page 159. Guidance and tools for developing individual local projects as part of a wider strategy are shown throughout section E but are not duplicated here.

For information on obesity and physical activity see:

**Tackling Obesity: A Toolbox for Local Partnership Action**
By Alan Maryon Davis, Alison Giles and Roberta Rona.
Published by the Faculty of Public Health Medicine.

**Let’s Get Moving: A Physical Activity Handbook for Developing Local Programmes**
By the Faculty of Public Health Medicine and the National Heart Forum.
Published by the Faculty of Public Health Medicine, 2001.

The scientific basis of healthy eating

**Committee on Medical Aspects of Food Policy and Nutrition Policy (COMA) reports**


Available from The Stationery Office. The *Nutritional Aspects of the Development of Cancer* report is also available from www.dh.gov.uk

**Salt and Health**
By the Scientific Advisory Committee on Nutrition.
Published by The Stationery Office, 2003. Available from the Department of Health website www.dh.gov.uk

**Nutrition: A Handbook for Community Nurses**
Available from the British Nutrition Foundation.
Briefing papers on various subjects.
Nutrition and food poverty: a toolkit

Resources

Publications from the former Health Education Authority
The following publications are available for downloading from the Health Development Agency website: www.hda-online.org.uk

Dietary Fats
Sugars in the Diet
Nutritional Aspects of Cardiovascular Disease
Scientific Basis of Nutrition Education

Dietary Reference Values: A Guide
By the Department of Health.
Available from The Stationery Office or the Department of Health website www.dh.gov.uk

By a Working Party of the Royal College of Physicians.
Published by the Royal College of Physicians, London.

Developing a local nutrition and food poverty strategy

Independent and voluntary sector publications – England

By Eric Millstone and Tim Lang.

Eating Well for Older People. Practical and Nutritional Guidelines for Food in Residential and Nursing Homes and for Community Meals
Published by The Caroline Walker Trust, 1995.

The Food Indicator Toolkit. The Toolkit to Develop Local Food Indicators
Published by the SAFE Alliance, 1999. Available from Sustain. Price £2.50 (to Food Poverty Network members), or £10.

Food Poverty: Policy Options for the New Millennium

From SRBs to PCTs. Understanding Local Structures and Area-based Initiatives to Tackle Food Poverty
By Anna Watson.
Published by Sustain, 2002. Price £10 (to Food Poverty Network members), or £25.

Good Food on the Public Plate: A Manual for Sustainability in Public Sector Food and Catering
Published by Sustain, 2003. Price £55 (to Food Poverty Network members), or £115.

Health and the Food Chain
Edited by David I Thurnham and Terry A Roberts.
British Medical Bulletin Series, vol 56, No 1.

Hunger from the Inside. The Experience of Food Poverty in the UK
Published by Sustain, 2002. Price £10 (to Food Poverty Network members), or £20.
Inconvenience Foods. The Struggle to Eat Well on a Low Income
By Caroline Hitchman et al.
Published by Demos, 2002. Price £10.

Let’s Get Moving. A Physical Activity Handbook for Developing Local Programmes
By the Faculty of Public Health Medicine and the National Heart Forum.
Published by the Faculty of Public Health Medicine, 2001.

Looking to the Future. Making Coronary Heart Disease an Epidemic of the Past
By the National Heart Forum.
Published by The Stationery Office, 1999.

Low Income but Acceptable. A Minimum Income Standard for the UK: Families with Young Children
Edited by Hermione Parker.
Published by the Family Budget Unit, 1998.

Making Health Scrutiny Work: The Toolkit

Making Links. A Toolkit for Local Food Projects
Published by Sustain, 2000. Price £10 (to Food Poverty Network members), or £20.

The Making of Modern Malnutrition. An Overview of Food Poverty in the UK
By Suzi Leather.
Published by The Caroline Walker Trust, 1996. Price £10.

Myths about Food and Low Income
Published by the National Food Alliance, 1997. Available from Sustain.

Nutrition and Diets in Lone-parent Families in London
By Elizabeth Dowler and Claire Calvert.
Published by the Family Policy Studies Centre, 1995.

Poverty Bites. Food, Health and Poor Families
By Elizabeth Dowler and Sheila Turner with Barbara Dobson.

Prevention is Better than Cure
A report from a conference on joined up thinking on public health.
Published by the NHS Confederation, the Local Government Association and the Faculty of Public Health Medicine, 2003.

Public Health and Nutrition. The Challenge
By Barbara Maria Kohler, Elfriede Feichtinger, Elizabeth Dowler and Gertrude Winkler.
Published by Sigma, Germany, 1999.
Social Inequalities in Coronary Heart Disease. Opportunities for Action
By the National Heart Forum.
Published by The Stationery Office, 1998.

Tackling Obesity. A Toolbox for Local Partnership Action
By Alan Maryon Davis, Alison Giles and Roberta Rona.
Published by the Faculty of Public Health Medicine, 2000.

Too Much and Too Little. Debates on Surplus Food Redistribution

The Well-being of Children in the UK
Published by Save the Children, 2002.

Resources for consumers
Shape-up. A Lifestyle Programme to Manage Your Weight
Published by Weight Concern, 2001.

Weight Wise
An interactive website on weight management for consumers, produced by the British Dietetic Association. See: www.bdaweightwise.com

The DASH Eating Plan. A Low-salt Plan to Help Lower Blood Pressure

Healthy Eating and Blood Pressure
Published by the Blood Pressure Association (www.bpassoc.org.uk)

Government publications – England
Publications addressing the wider health agenda

Child Poverty
Published by the Department for Work and Pensions, 2002.

Factsheets from the Neighbourhood Renewal Unit, 2002:
No 3 Health and Neighbourhood Renewal
No 5 Neighbourhood Wardens and Street Wardens
No 8 The Role of Local Strategic Partnerships in Neighbourhood Renewal
No 13 Skills and Knowledge for Neighbourhood Renewal

Community Strategies and Health Improvement. A Review of Policy and Practice
Published by the Health Development Agency, 2002.

Evaluation of Local Strategic Partnerships. Report of a Survey of all English LSPs
Published by the Office of the Deputy Prime Minister and the Department of Transport, 2003.
Food: The Local Vision – A Joint Statement by the LGA, LACORS and the FSA
Published in 2002. Available from the Local Government Association, or Local Authorities Coordinators of Regulatory Services, or the Food Standards Agency.

Published by the Social Exclusion Unit, 1999.

Introducing Health Impact Assessment: Informing the Decision-making Process
Published by the Health Development Agency. Available from www.hda.nhs.uk

The Learning Curve. Developing Skills and Knowledge for Neighbourhood Renewal
Published by the Office of the Deputy Prime Minister, 2002.

Local Government Scrutiny of Health. Using the New Power to Tackle Health Inequalities
By L Hamer.
Published by the Health Development Agency, 2003. Available from hda-online.org.uk

Low Income, Food, Nutrition and Health: Strategies for Improvement. A Report by the Low Income Project Team for the Nutrition Task Force
Published by the Department of Health, 1996.

The Management of Obesity and Overweight: An Analysis of Reviews of Diet, Physical Activity and Behavioural Approaches

The National Healthy Schools Standard. Confirming Healthy School Achievement
Published by the Health Development Agency, 2003. Available from hda-online.org.uk

Planning Across the LSP: Case Studies of Integrating Community Strategies and Health Improvement
By Lucy Hamer and Nick Easton. Published in 2002.
Available from the Neighbourhood Renewal Unit www.renewal.net

Tackling Health Inequalities through Local Public Service Agreements
Produced by the Department of Health. Available from www.dh.gov.uk

Tackling Obesity in England
By the National Audit Office.
Published by The Stationery Office, 2001.

Health sector publications

Cancer Prevention. A Resource to Support Local Action in Delivering The NHS Plan

Coronary Heart Disease: Guidance for Implementing the Preventative Aspects of the National Service Framework
Health Visitor Practice Development Resource Pack
Published by the Department of Health, 2001.

Health promotion effectiveness reviews
The following reviews are produced by the former Health Education Authority. They are available for downloading from the Health Development Agency website: www.hda-online.org.uk
Effectiveness of interventions to promote healthy feeding in infants under one year of age: a review (1998)
Effectiveness of interventions to promote healthy eating in pre-school children aged 1-5: a review (1998)
Effectiveness of interventions to promote healthy eating in pregnant women and women of childbearing age: a review (1998)
The effectiveness of interventions to promote healthy eating in the general population: a review (1997)
The effectiveness of health promotion interventions in the workplace: a review (1997)
Effectiveness of interventions to promote healthy eating in people from minority ethnic groups: a review
Effectiveness of interventions to promote healthy eating in elderly people living in the community: a review
The effectiveness of public health interventions to promote the initiation of breast feeding (2003)
Opportunities for and barriers to good nutritional health in minority ethnic groups (1997)
Opportunities for and barriers to change in dietary behaviour in elderly people (1998)
Opportunities for and barriers to good nutritional health in women of child-bearing age, pregnant women, infants under 1 and children aged 1-5 (1998)

National Service Frameworks: A Practical Aid to Implementation in Primary Care
Published by the Department of Health, 2002.

5 A DAY Guidance and Evaluation
All the following publications are available from www.dh.gov.uk

Reports on the 5 A DAY pilot initiatives:
5 A DAY Community Pilots Initiatives: Key Findings
Evaluation Summary
5 A DAY in Airedale and Craven
5 A DAY Community Project, County Durham and Darlington

Guidance booklets:
Booklet 1: A Local 5 A DAY Initiative: Increasing Fruit and Vegetable Consumption – Improving Health
Target setting and evaluation support

Closing the Gap: Setting Local Targets to Reduce Health Inequalities
By Julie Bull and Lucy Hamer.
Published by the Health Development Agency, 2002.

Consumer Attitudes to Food Standards
Published by the Food Standards Agency, 2003.
See Section 5 Healthy eating and nutrition, and Section 9 Food labelling.

Health Equity Audit Made Simple: A Briefing for Primary Care Trusts and Local Strategic Partnerships. Working Document
Produced by the Association of Public Health Observatories and the Health Development Agency.

Health Inequalities Indicators
Produced by the Association of Public Health Observatories and the Health Development Agency.
Available from www.hda-online.org.uk.

Index of Multiple Deprivation 2000
Available from www.urban.odpm.gov.uk/research/summaries/03100/pdf
Gives ward-level data.

Available from www.statistics.gov.uk/StatBase

Quality of Life: Using Quality of Life Indicators
Published by the Audit Commission, 2002.

Publications from Scotland and Wales

Eating for Health: A Diet Action Plan for Scotland
Published by the Scottish Office, 1996.

Healthy Food Policy: On Scotland’s Menu?
Edited by James McCormick.
Published by the Scottish Council Foundation, 2000.

Scottish Community Diet Project. Guide to Funding for Community Food Projects
Published by the Scottish Consumer Council, 2002

Food and Well-being. Reducing Inequalities through a Nutrition Strategy for Wales
Published by FSA Wales and Welsh Assembly, 2003.
WHO and European publications

The First Action Plan for Food and Nutrition Policy. WHO European Region 2000-2005
Published by the WHO Regional Office for Europe.

Food and Health in Europe: A New Basis for Action
Published by the WHO Regional Office for Europe. Draft, 2002.

Food, Nutrition and Cardiovascular Disease Prevention in the European Region:
Challenges for the New Millennium
Published by the European Heart Network, 2002.

Health at the Heart of the CAP
By the Gastein Opinion Group.
Published by the Faculty of Public Health Medicine, 2002.

Joint WHO/FAO Consultation on Diet, Nutrition and the Prevention of Chronic Diseases
Published by the World Health Organization, 2002.

Status report on the European Commission’s work in the field of nutrition in Europe
Published by the European Commission, 2002.

World Health Report 2002: Reducing Risks, Promoting Healthy Life
Published by the World Health Organization, Geneva.
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Telephone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Concern England</td>
<td>Astral House 1268 London Road</td>
<td>020 8765 7200</td>
<td><a href="http://www.ageconcern.org.uk">www.ageconcern.org.uk</a></td>
</tr>
<tr>
<td>Blood Pressure Association</td>
<td>60 Cranmer Terrace London SW17 0QS</td>
<td>020 8772 4994</td>
<td><a href="http://www.bpassoc.org.uk">www.bpassoc.org.uk</a></td>
</tr>
<tr>
<td>British Dietetic Association</td>
<td>5th floor Charles House 148-9 Great Charles Street Queensway Birmingham B3 3HT</td>
<td>0121 200 8080</td>
<td><a href="http://www.bda.uk.com">www.bda.uk.com</a></td>
</tr>
<tr>
<td>British Heart Foundation</td>
<td>14 Fitzhardinge Street London W1H 6DH</td>
<td>020 7935 0185</td>
<td><a href="http://www.bhf.org.uk">www.bhf.org.uk</a></td>
</tr>
<tr>
<td>British Nutrition Foundation</td>
<td>High Holborn House 52-54 High Holborn London WC1V 6RQ</td>
<td>020 7404 6504</td>
<td><a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a></td>
</tr>
<tr>
<td>Cancer Research UK</td>
<td>PO Box 123 Lincoln's Inn Fields London WC2A 3PX</td>
<td>020 7242 0200</td>
<td><a href="http://www.cancerresearchuk.org">www.cancerresearchuk.org</a></td>
</tr>
<tr>
<td>The Caroline Walker Trust</td>
<td>PO Box 61 St Austell PL26 6YL</td>
<td>01726 844107</td>
<td><a href="http://www.cwt.org.uk">www.cwt.org.uk</a></td>
</tr>
<tr>
<td>Child Poverty Action Group</td>
<td>94 White Lion Street London N1 9PF</td>
<td>020 7837 7979</td>
<td><a href="http://www.cpag.org.uk">www.cpag.org.uk</a></td>
</tr>
<tr>
<td>Department of Health</td>
<td></td>
<td></td>
<td><a href="http://www.dh.gov.uk">www.dh.gov.uk</a></td>
</tr>
<tr>
<td>Diabetes UK</td>
<td>10 Parkway London NW1 7AA</td>
<td>020 7424 1000</td>
<td><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a></td>
</tr>
<tr>
<td>Faculty of Public Health</td>
<td>4 St Andrews Place London NW1 4LB</td>
<td>020 7935 0243</td>
<td><a href="http://www.fph.org.uk">www.fph.org.uk</a></td>
</tr>
<tr>
<td>Food Standards Agency</td>
<td>Aviation House 125 Kingsway</td>
<td>020 7276 8000</td>
<td><a href="http://www.food.gov.uk">www.food.gov.uk</a></td>
</tr>
<tr>
<td>Health Development Agency</td>
<td>Holborn Gate 330 High Holborn London WC1V 7BA</td>
<td>020 7430 0850</td>
<td><a href="http://www.hda.nhs.uk">www.hda.nhs.uk</a></td>
</tr>
</tbody>
</table>
Health Education Trust
18 High Street
Broom
Warwickshire B50 4HJ
W: www.healthedtrust.com/
E: enquiries@HealthEdTrust.com

Help the Aged
207-221 Pentonville Road
London N1 9UZ
T: 020 7278 1114
W: www.helptheaged.org.uk
E: info@helptheaged.org.uk

International Obesity Task Force
231 North Gower Street
London NW1 2NS
T: 020 7691 1900
W: www.iotf.org
E: obesity@iotf.org

LACORS
(Local Authorities Coordinators of Regulatory Services)
10 Albert Embankment
London SE1 7SP
T: 020 7840 7200
W: www.lacors.com

Local Government Association
Local Government House
Smith Square
London SW1P 3HZ
T: 020 7664 3131
W: www.lga.gov.uk

National Osteoporosis Society
Camerton
Bath BA2 0PJ
T: 01761 471771
Helpline: 0845 450 0230
W: www.nos.org.uk
E: info@nos.org.uk

Royal College of Physicians
11 St Andrews Place
Regent’s Park
London NW1 4LE
T: 020 7935 1174
W: www.rcplondon.ac.uk

Save the Children
17 Grove Lane
London SE5 8RD
T: 020 7703 5400
W: www.savethechildren.org.uk

Scottish Community Diet Project
c/o Scottish Consumer Council
Royal Exchange House
100 Queen Street
Glasgow G1 3DN
T: 0141 226 5261
Minicom: 0141 226 8459
E: info@scotconsumer.org.uk

Sustain
94 White Lion Street
London N1 9PF
T: 020 7837 1228
W: www.sustainweb.org

WRVS
Milton Hill House
Milton Hill
Steventon
Abingdon
Oxfordshire OX13 6AD
T: 01235 442900
W: www.wrvs.org.uk
Glossary

BMI  Body Mass Index
CAP  Common Agricultural Policy
COMA Committee on Medical Aspects of Food and Nutrition Policy
GMS contract General Medical Services contract
LA  Local authority
LETS Local Economy Trading Standards
LPSA Local Public Service Agreement
NSF National Service Framework
ODPM Office of the Deputy Prime Minister
PCT Primary care trust
PPF Priorities and Planning Framework
PPG Planning and Policy Guidance
PSA Public Service Agreement
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