

FOOD AND HEALTH:

A PUBLIC HEALTH TRAINING SESSION

food
matters

sustainable, fair food systems



Half-day
workshop



In-person
or online

Are you looking to support better public health
by taking a systems approach to food?



Diet-related ill health is the
leading preventable cause of
morbidity and mortality in the UK.



Obesity costs the NHS £11.4
billion each year.

The root causes of diet-related ill health are often poorly understood both by health professionals and communities. We know that the **significant drivers of diet-related ill health are systemic**: they are our **built and physical environments**; **national and local policy**; **socio-economic circumstances**; and more

In this half-day workshop, we explain and explore what **systems-based approach to public health can look like**. Looking at policy, planning, services, and partnership working, we consider how local authorities can influence healthier outcomes, using examples from **effective best-practice interventions** as a guide.



IN THE WORKSHOP

- Engage in practical and self-reflective activities such as language audits and local health walks through your neighbourhood, to help further your understanding of public health and how it is experienced in your locality
- Deepen your understanding of systems-based approaches to diet-related ill health.
- Learn from best practice interventions and consider how to adapt them locally



LEAVE WITH

- A deeper understanding of the systemic drivers of diet-related ill health, and how a systemic approach to food systems can support better health outcomes.
- Leave with a set of take-home activities to embed their learning. This includes exploring the local Joint Strategic Needs Assessment (JSNA) and making a summary document of the data and evidence related to food and health