

FOOD AND HEALTH:

A PUBLIC HEALTH TRAINING SESSION

food
matters

sustainable, fair food systems



Half-day
workshop



In-person
or online



Prices
starting
from £990

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 **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 explore a **systems-based approach to public health** together.

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

- Explore how to **create change** with **cross-departmental collaborations**
- 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**.
- **Take-home activities** to embed learning, e.g utilising the **Joint Strategic Needs Assessment** (JSNA) and making a summary document of the data and evidence related to food and health

