

SUGAR SMART

GLASGOW

ABOUT SUGAR

1 in 5 children enter primary school obese or overweight

1 in 3 children enter secondary school obese or overweight

64% of the adult population is obese or overweight costing the NHS £8.8 Billion per year

Children today are the first generation predicted to live shorter lives than their parents because of diet and inactivity.



GLASGOW

<https://vimeo.com/140037539>

SUGAR SMART

Aims

The grant will enable:

- More people to understand the dangers of a high sugar diet and its long term health consequences, including obesity, diabetes type II and tooth decay.
- More school children and community groups to benefit from sugar awareness workshops.
- Good practice to be shared with partners and communities across the city
- More people to understand how to reduce the sugar in their everyday cooking.

Activity

How can we raise the
profile of the danger
of increased sugar
consumption?

How we can reduce
the sugar intake in
local communities

Sugar Smart Launch Event in Chirnsyde Primary in Evening Times

Pupils ditching the fizz in drive to get 'sugar-smart'

By HOLLY LENNON

PUPILS from a Glasgow school have vowed to give up fizzy drinks to coincide with the launch of a campaign to cut down on sugar intake.

The North Glasgow Community Food Initiative (NGCFI) have secured funding to roll out the Sugar Smart campaign across the city to help families cut down.

To celebrate the project being awarded a £5,000 grant, primary 4 and 5 pupils at Chirnsyde Primary School spent three weeks on a sugar themed project.

The class decided to give up fizzy drinks for two weeks to give them more energy and increase their concentration.

Backed by chef Jamie Oliver, the campaign aims to tackle excessive sugar consumption and will see the group hold events in the community.

A total of £5,000 has been awarded to the Glasgow Food Policy Partnership to enable the NGCFI to hold



Lizzie Panagiotidou, North Glasgow Community Food Initiative coordinator, with pupils from Chirnsyde Primary School

nutrition workshops and help locals understand the dangers of a high-sugar diet and its long-term consequences.

NGCFI's Project Manager Greig Sandilands, said: "We are delighted to receive this grant

"Everyone knows Scotland has the second worst obesity rate on the planet, but what can we do about it locally?"

"We aim to support local families and groups with practical tips and

skills to take steps towards healthier food choices.

Bob Doris, MSP for Maryhill and Springburn, pledged his support, and the work being carried out by the NGCFI, who won the Health and Wellbeing Award and the Evening Times Glasgow North West Community Champions Award.

He said: "There needs to be a greater awareness of the quantity of sugar that many of us consume each week as part of our diet. That is the

first step in making informed choices for us all to be healthier.

"The Sugar Smart campaign is an excellent initiative encouraging individuals, groups and organisations to do just that. I am delighted to support this campaign and I welcome the approach being taken by the North Glasgow Community Food Initiative who will be running 12 nutrition workshops in with primary schools and community groups.

"I would encourage others to back this campaign, get in contact with the organisers and see how they or their organisation can assist."

Jill Muir, Acting Chair of the Glasgow Food Policy Partnership, added: "We are delighted Glasgow has been selected to receive a grant for the Sugar Smart Campaign.

"This is a great opportunity for us to learn from the work in North of Glasgow about how best to communicate the importance of limiting our consumption of sugar and to help people choose healthier options and we are delighted that NGCFI will be taking this forward."



WHAT'S HAPPENING

Possil Gala Day

WHAT'S HAPPENING

Milton Gala Day



WHAT'S HAPPENING

Family Fun Day





Bob Doris, MSP for Maryhill and Springburn (SNP), said:

“There needs to be a greater awareness of the quantity of sugar that many of us consume. The Sugar Smart campaign is an excellent initiative encouraging individuals, groups and organisations to do just that. I am delighted to support this campaign and I welcome the approach being taken by the North Glasgow Community Food Initiative and I would encourage others to back this campaign.”



Role of Glasgow Food Policy
Partnership to influence its
main partners strategically

GET INVOLVED

Primary schools

Secondary schools

Universities

Hospitals

Workplaces

Sports & leisure

Restaurants

Retail

Tourism & venues

Community groups

<https://www.youtube.com/watch?v=0w6WF0s3mDE>

GET INVOLVED

Step 1 – Register your interest as participants or partner organisations at sugarsmartuk.org

Step 2 – Set your actions

Step 3 – Check Sugar Smart resources

Step 4 – Share the work you do

Step 5- Keep going!

BE SMART AT THE SHOPS

Food Smart App

Scan barcodes using the app to find out how much sugar, saturated fat
and salt is in food and drink. Simple!

[change4life](http://change4life.org.uk)



SUGAR SMART

www.sugarsmartuk.org

Contact

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Good food for all

GLASGOW FOOD POLICY PARTNERSHIP

