

SCOTTISH FOOD COMMISSION

Dennis Overton, Chair

Making food work for all





The Scottish Food System: a view from space

Value created

- A £19bn industry in a £190bn economy
- Employing 123k people in 17,000 companies
- Underpinning the fabric of rural Scotland

Costs added

- Biodiversity loss
- Carbon emissions
- Diet related chronic disease

**Since 1950 two sectors have been
morphing into one system**

**Food and
Farming**

**The Health
Sector**



**The Scottish Food
System of 2026**

How best to describe what's happened since 1950?

Pre-1950

Group 1
Unprocessed
Or
Minimally
processed
e.g. grains,
pulses, fruits,
nuts, milk,
meat, fish

Group 2
Processed
culinary
ingredients
e.g. honey,
oils, butter,
sugar, salt

Group 3
Processed
foods
e.g.
tinned/smoked
fish, fruit in
syrup, breads
and cheeses

Post 1950 Group 4 foods stated to emerge

Group 4

Ultra processed foods

UPFs are branded, commercial formulations made from cheap ingredients extracted or derived from whole foods and combined with additives.

Processes include hydrolysis, hydrogenation, interesterification, extrusion, moulding, pre-frying

What has happened to the health of the Scottish population in recent years?

Average adult BMI up from 25.9 in 1995 to 27.6 in 2018

An epidemic in Type 2 Diabetes

Working age people not working due to diet related chronic disease estimated ~200k

Scotland's population health status is low compared to the rest of Europe

Scotland's response to the first non-communicable disease pandemic



The Six Outcomes of a Good Food Nation

The food environment in Scotland enables people to eat well

1

6

Decisions we make in Scotland contribute positively to local and global food systems transformation. Scotland actively engages in learning and exchanging knowledge and best practice internationally

2

Scotland's food system is sustainable and contributes to a flourishing natural environment on our land and in our waters

3

Scotland's food environment and wider food system enables and promotes a physically and mentally healthy population

5

Our food and drink sector is prosperous, diverse, innovative, and vital to national and local economic and social wellbeing

4

Home market development and Good Food Nation



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