



Health Inequalities: Wellbeing through food

Chaired by Dave Solly, National lead for the Natural Environment, Accelerating Innovation Programme, National Academy for Social Prescribing

Tuesday 28th June 2022

[@NASPTweets](https://twitter.com/NASPTweets)



Housekeeping

- Please note we are **recording** this webinar
- There will be a **Q&A session** at the end
- Please submit questions via the chat
- Please use the chat for introducing yourself and networking
- Please stay on **mute** and **camera off**
- We will send the recording and slide pack out after the webinar



Accessibility

- **Closed Captions** are available - turn these on at the bottom of your screen
- **BSL interpretation** is available - the interpreters will be spotlit



Today we will be hearing from

Chair: Dave Solly, National lead for the Natural Environment, Accelerating Innovation Programme, National Academy for Social Prescribing

- Stuart Tulloch, First Site, **Head of Programme**
- Miranda Beebe, the Trussell Trust, **Head of Volunteering**
- Helen James, Nutriri, **Founder**



Coming Up Next:
Stuart Tulloch

First Site, Head of Programme



Stuart Tulloch
Head of Programme

Firstsite
Lewis Gardens, High Street
Colchester. ESSEX
CO1 1JH

W: Firstsite.uk
E: stuart@firstsite.uk

Firstsite registered charity no. 1031800

Firstsite





Holiday Fun is:

- **A project with a focus on preventative solutions, reducing the impact of living in poverty and with food poverty, upon physical and mental health**
- A family thing. For all families. With attention to those most in need
- **Fun**
- Agile. We continue to make changes and adapt in order to increase accessibility, relevance, and enjoyment
- **Central to everything we do and how we do it at Firstsite**

Firstsite



Art Fund
Museum of
the Year 2021
Winner



@firstsite



@firstsite



@firstsitecolchester

Scan the QR code to watch our Holiday Fun film:



PLUS TATE NETWORK



Supporting public funding by
**ARTS COUNCIL
ENGLAND**



Family Arts
Standards
with Family and Childcare Trust



Art Fund
Museum of
the Year 2021
Winner



Essex County Council

Coming Up Next:
Miranda Beebe

The Trussell Trust, Head of Volunteering





Trussell trust

**Miranda Beebe, Head of
Volunteering**

www.trusselltrust.org



Our priorities

Our goal is a fairer society where nobody wonders where their next meal is coming from or must rely on the kindness of their community in order to put food on their table. We do this in three ways:



Some facts and figures

2021/2022 End of year stats

- 1,300 food bank centres
- 30,000 volunteers
- 2.1 million food parcels
- 832,000 parcels went to children

2019-2021 State of Hunger report

- 125% increase in demand
- 95% were destitute
- 62% had a disability
- 18% of households were single parent families
- £248 a month to survive on after housing costs



"Recently, I spoke to a mum whose daughter was struggling after a very traumatic event and couldn't sleep without a light... However, £7 a night to keep a light on, placed an enormous drain on an already limited."

"One mum, who was breastfeeding, was so weak from not eating she almost collapsed when she arrived at the food bank. With four small children and the prices of everything spiralling, she simply did not have enough money for food to feed herself as well as her children."

"We are seeing more and more families having to turn to the food bank for help due to the rise in the cost of living. Many people who would normally be able to manage are being tipped over the edge and having to rely on food banks as they simply do not have enough money for food."

"We had a nurse who came to us and explained that after paying rent and bills that there was just no money left to buy food for her and her son. I feel that we are in the midst of a poverty pandemic."



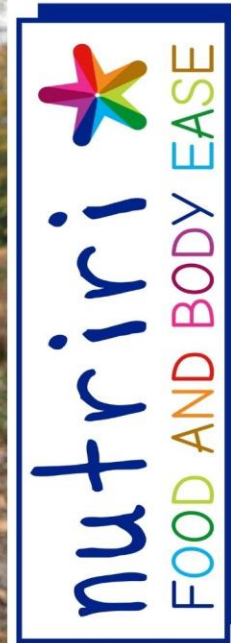
www.trusselltrust.org

   @trusselltrus
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Coming Up Next:

Helen James

Nutriri, Founder

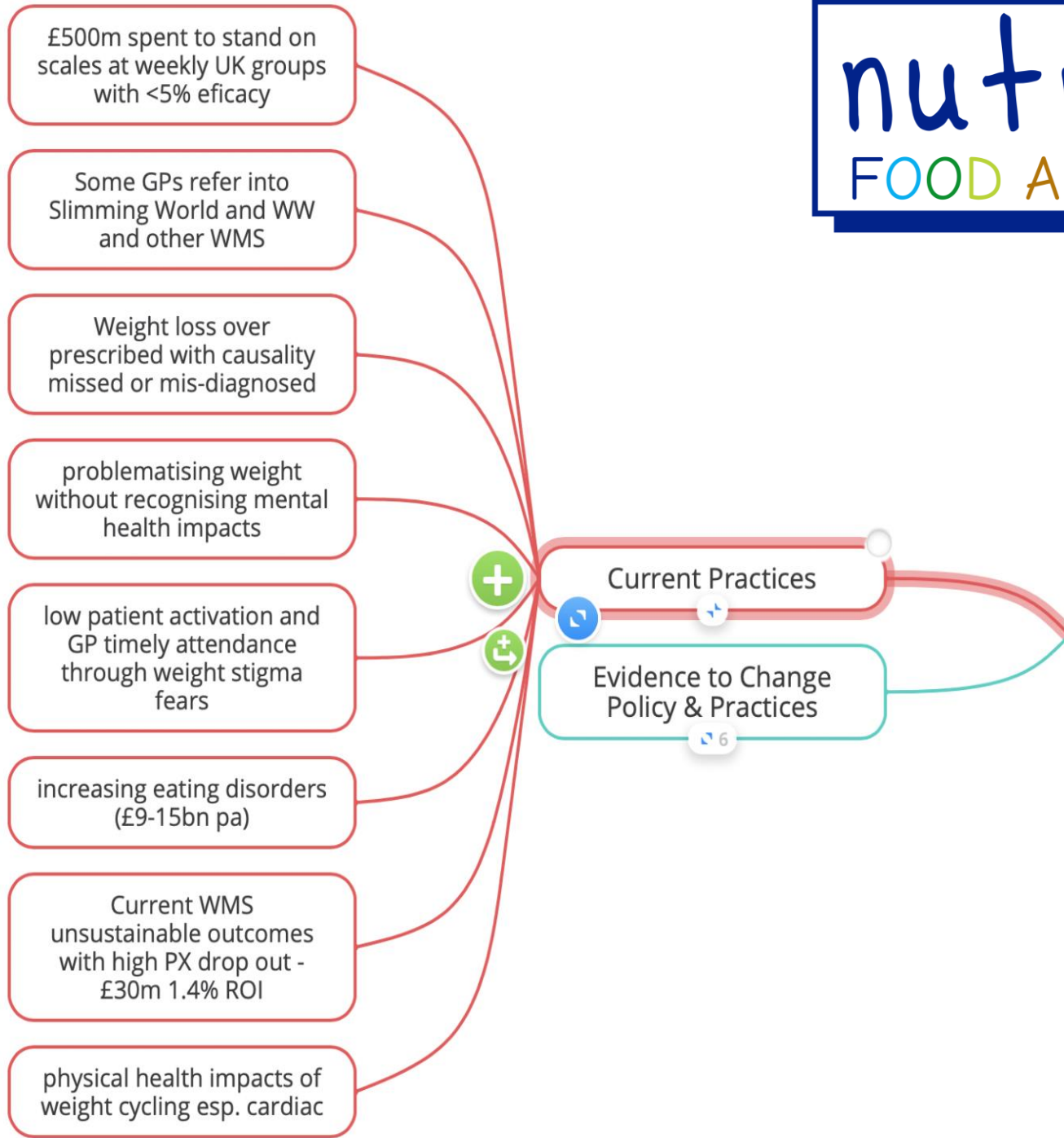


slimming clubs

- a community
- paying to stand on scales
- rigid food rules
- unsustainable changes
- internalised 'failure'
- profits from this



- a 'weight neutral' community
- no scales - no judgement
- food and body ease
- enjoyable and sustainable
- internalised nurture
- registered social enterprise



£500m spent to stand on scales at weekly UK groups with <5% efficacy

Some GPs refer into Slimming World and WW and other WMS

Weight loss over prescribed with causality missed or mis-diagnosed

problematising weight without recognising mental health impacts

low patient activation and GP timely attendance through weight stigma fears

increasing eating disorders (£9-15bn pa)

Current WMS unsustainable outcomes with high PX drop out - £30m 1.4% ROI

physical health impacts of weight cycling esp. cardiac

Current Practices

Evidence to Change Policy & Practices

NASP Health Inequalities; Wellbeing Through Food




"it is unethical to continue to prescribe weight loss to patients and communities as a pathway to health, knowing the associated outcomes—weight regain (if weight is even lost) and weight cycling—are connected to further stigmatization, poor health, and well-being" Tylka et al. 2014


"Public health messaging perpetuates and promotes weight stigma. A weight-neutral approach is needed both in public health policy and in individual healthcare. Accordingly, changes are needed in healthcare training and delivery" Meadows 2021

"Healthy lifestyle habits are associated with a significant decrease in mortality regardless of baseline body mass index." 2012 Matheson et al.

May 2022 Nutriri at the House of Commons

Current Practices 

Evidence to Change Policy & Practices   

NASP Health Inequalities; Wellbeing Through Food 

NASP Health Inequalities; Wellbeing Through Food

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Impact Data

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FOOD AND BODY EASE
Products Services
Pilots Events

33

I want to be more comfortable with me, be critical, stop beating myself up!
I want to be stronger and look after myself!
I want to feel positive about my body, increase my confidence and judgement

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FOOD AND BODY EASE

and this is how we are doing...



Ready to explore the Pilates, fitness opportunities and more?
I have come a long way in the past few weeks. It has been amazing the course to realize that I don't need to change my body rather than to accept and love it healthier now.

The discussions, supportive community and enjoying regular classes have seen a transformation in me becoming more accepting and happy.

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FOOD AND BODY EASE

96% Overall satisfaction
77% improvement to wellbeing mindset
100% would recommend to others
(data from our courses and memberships)



(data from our courses and memberships)

Digital Platform



Courses, Memberships & Training

body ease	food ease
AS YOU ARE 75+ billion loads of neural your BODY thoughts Neural being happy (no stress and worry) Neural being sad (no stress and worry) Neural being happy (no stress and worry) Neural being sad (no stress and worry)	FEEDING HUNGER what is 'your normal eating'? your FOOD thoughts DESIRED FOODS vs. complex food relationships nutri: definition of 'wanting' nutri: definition of 'wanting'
BODY TRUST body appreciation let go of attachments	IN THE MOMENT participation with food vs. past/future food thinking
MOVE FOR JOY acknowledging all movement unattaching from outcomes	FINDING FULL to be full with others tuning into full
ACTIVE ACCEPTANCE empathetic acceptance the 'mechanics' of judgement	CRAVINGS NEXT TIME breaking the cycle where are you now?
THOUGHT WELLBEING you've always been your best self-compassion	

- 1:1 Health Coaching
- Community Building
- Group Coaching
- Facilitator Training
- Co-Creation

Handbook - to increase access and sustain new insights

Weight Neutral Patient Activation Card

cause or symptom...
...is my weight creating illness or is it a side effect?
weight neutral healthcare please
I am moving away from weight stigma and weight cycling, giving what I need to sustain balanced nutrition and activity within my ability. I hope we can have a supportive and weight-neutral consultation today.

please ask for my consent...
...before talking about BMI and weight, please ensure that weighing me is critical to help what I present with today/
prescribing weight change...
...I may have a history of disordered eating, please consider how weight stigma has affected my mental and physical health in the past.

School Workshop

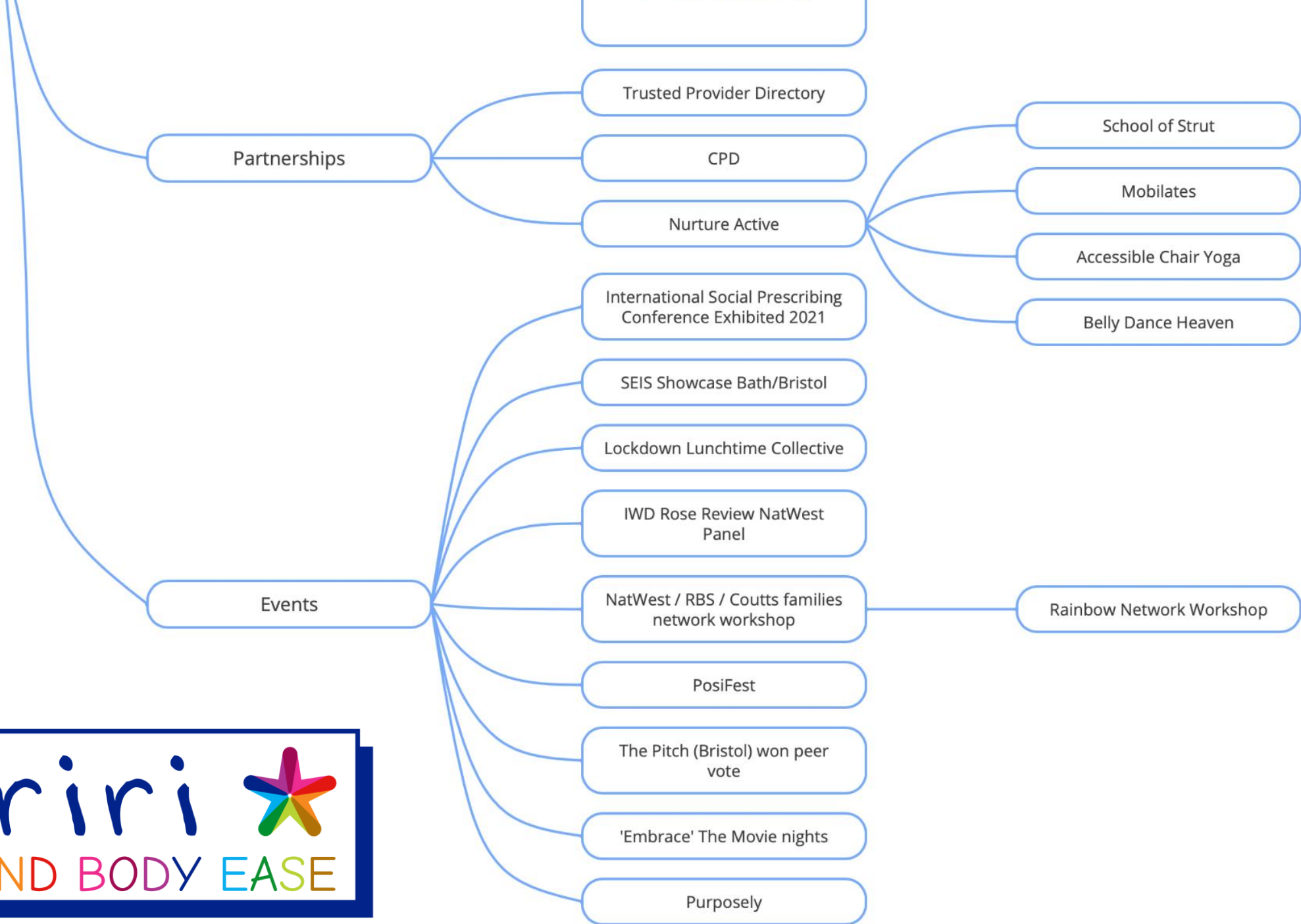
72% reduction in detachment
70% reduction in body anxiety
69% reduction in low mood
64% increase feeling worthy
43% increase feeling accepted
37% increased optimism

'As You Are' Online Summit



Products Services Pilots Events







National
Academy
for Social
Prescribing

Q&As





National Academy for Social Prescribing

Get in touch

innovation@nasp.info

socialprescribingacademy.org.uk

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