**PRICE AND AFFORDABILITY**

**Affordability of a healthy diet**

The poorest fifth of UK households would need to spend 47% of their disposable income on food to meet the cost of the Government-recommended healthy diet. This compares to just 11% for the richest fifth.

**What needs to happen:** Ensure everyone has sufficient income to afford to eat a healthy diet.

**Wages in the food system**

22% of workers in the food system earn the National Minimum Wage or below, compared to 8% of workers across the whole economy.

**What needs to happen:** Pay all workers in the food system a wage that allows them to meet their everyday needs.

**Cost of healthy food**

More healthy foods are nearly three times as expensive per calorie as less healthy foods.

**What needs to happen:** Rebalance the cost of food so healthy options are the most affordable.

**Cost of sustainable alternatives**

More sustainable plant-based alternatives are approximately 60% more expensive than dairy milk.

**What needs to happen:** Ensure that price isn’t a barrier to choosing sustainable options, including for people on low incomes.

**APPEAL**

**Advertising spend**

Approximately a third (32%) of food and soft drink advertising spend goes towards less healthy food and drink, compared to just 1% for fruit and vegetables.

**What needs to happen:** Address the imbalance in advertising spend between more healthy and less healthy foods.

**AVAILABILITY**

**Monitoring of food in schools**

25% of state schools in England and 47% of state schools in Scotland are known to be meeting school food nutritional requirements (compliance in the rest is unknown).

**What needs to happen:** Monitor compliance with school food requirements to ensure that all children can access a nutritious school lunch.

**Places to buy food on the high street**

More than 1 in 4 (26%) places to buy food are fast-food outlets.

**What needs to happen:** Use local authority planning powers to reduce the proliferation of unhealthy fast-food outlets.

**Sustainability of convenience food in high street retail settings**

71% of sandwiches from high street retailers contain meat or fish, with no significant improvement in the past three years.

**What needs to happen:** Make more sustainable convenience foods the more readily available option.

**Business reporting on healthy and sustainable food sales**

Just 1 major UK food retailer, caterer or restaurant chain currently reports publicly on sales of healthy foods, vegetables, and animal vs plant-based proteins.

**What needs to happen:** Require food businesses to report publicly on the proportion of food they sell that is healthy and sustainable.

**Sugar in children’s food in retail settings**

Only 7% of breakfast cereals and 4% of yogurts marketed to children are low in sugar.

**What needs to happen:** Reformulate products with too much sugar and stop marketing unhealthy food to children.

**HEALTH AND ENVIRONMENTAL OUTCOMES**

**Children’s weight**

The percentage of children with obesity in their first year of school has risen by nearly 50% in one year, affecting twice as many children in the most deprived fifth compared with the least deprived fifth.

**What needs to happen:** Use local authority planning powers to reduce the proliferation of unhealthy fast-food outlets.

**Children’s growth**

Children in the most deprived tenth of the population are on average 1cm shorter than children in the least deprived tenth by Year 6 (age 10–11).

**Healthy life expectancy**

Healthy life expectancy in the most deprived tenth of the population is 20 years less for women and 18 years less for men than in the least deprived tenth.

**Children’s health trajectory**

If current trends continue then, amongst children born this year, 1 in 4 will suffer overweight or obesity by the time they start school, rising to 3 in 4 by age 65.

**Climate change impact of food**

If things continue as they are, by 2050 emissions from the food system will be four times higher than the level that is needed if the UK is to meet its net zero target.