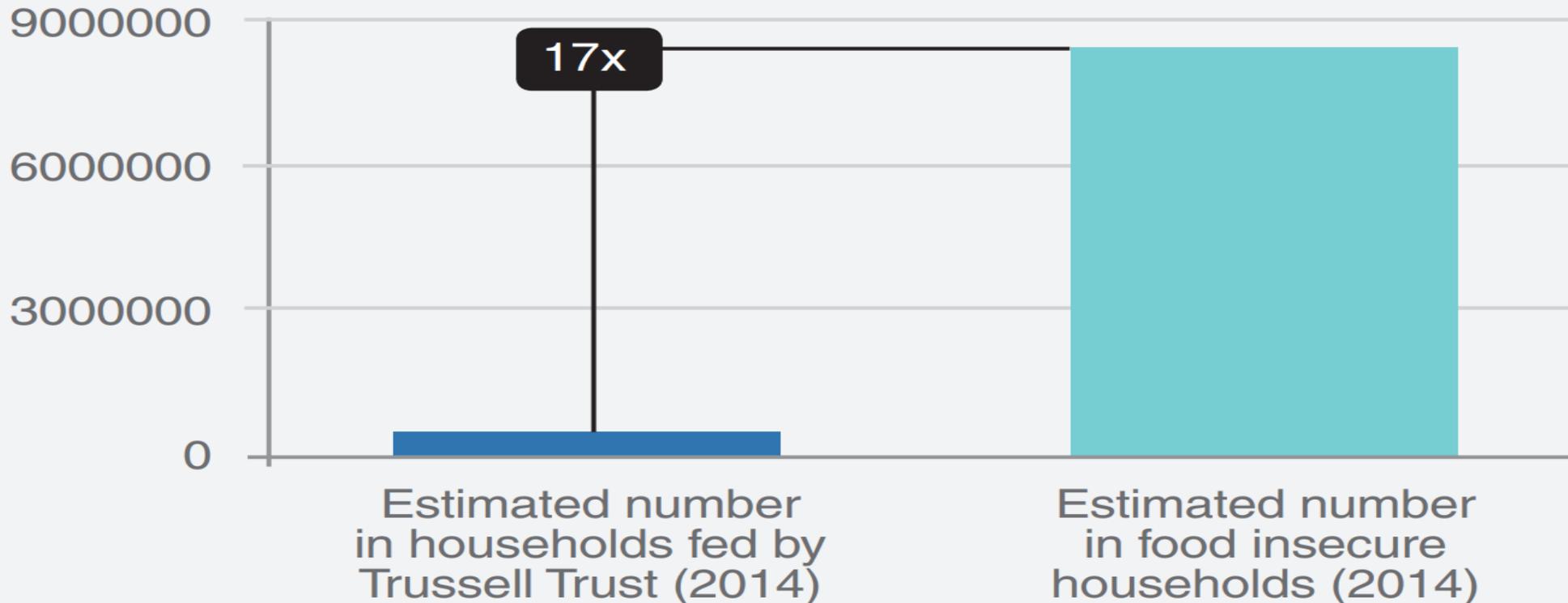


# Closing the Veg Gap

Professor Sir Michael Marmot  
UCL Institute of Health Equity  
**Veg Summit - 24 Nov 2017**

# Measuring Food Insecurity: UK

## Number fed by foodbanks Vs. Number of food insecure



# Food and health inequalities



- “Five per cent of people on low incomes report skipping meals for a whole day.
- Low income and area deprivations are also barriers to purchasing fresh or unfamiliar foods.
- Lower income households are the hardest hit by food price fluctuations.”

# Lifestyles and eating: England



- Only 18% of people have one or more meals a day at their table;
  - Nearly two thirds of people eat at their table less than once a week;
  - 30% of households use their table for meals barely a few times a year;
  - 3% have no table.
-

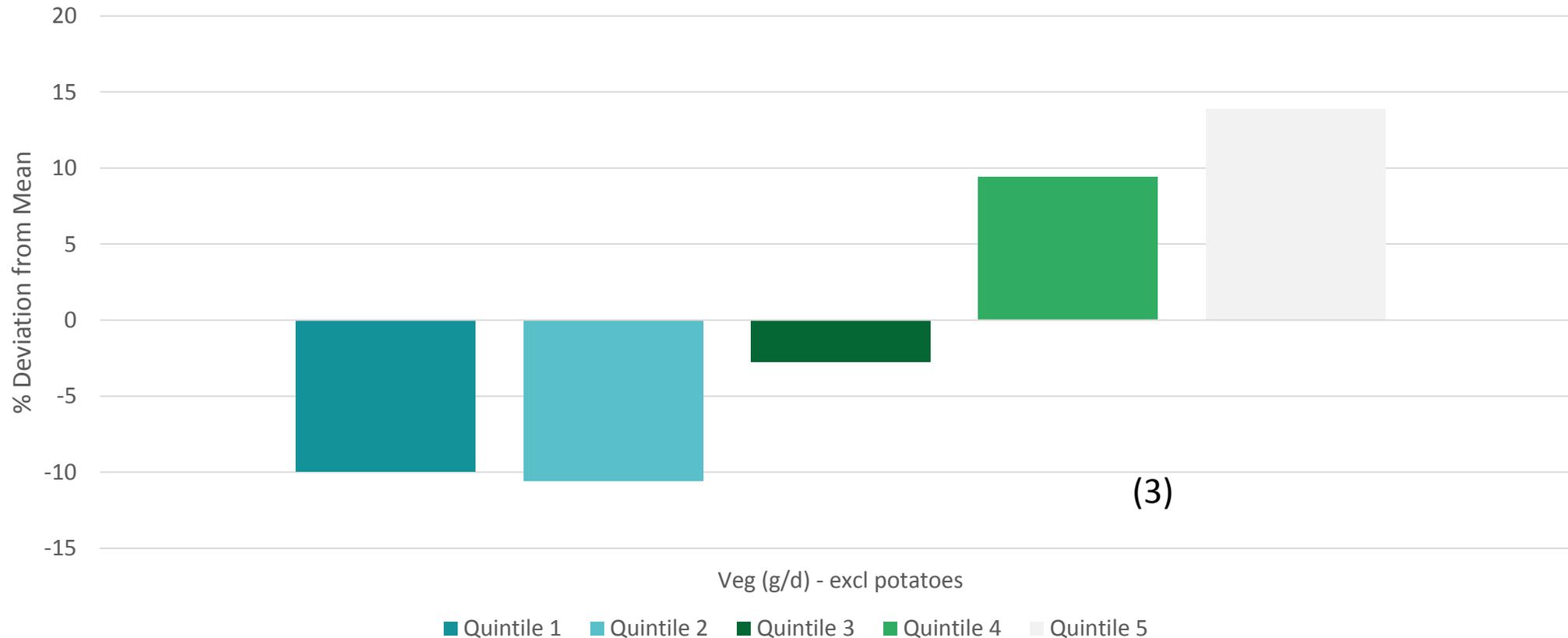
# Income group and % deviation from recommended fruit and veg Intake

## DIETARY INTAKE V. RECOMMENDED BY EQUIVALISED INCOME GROUP

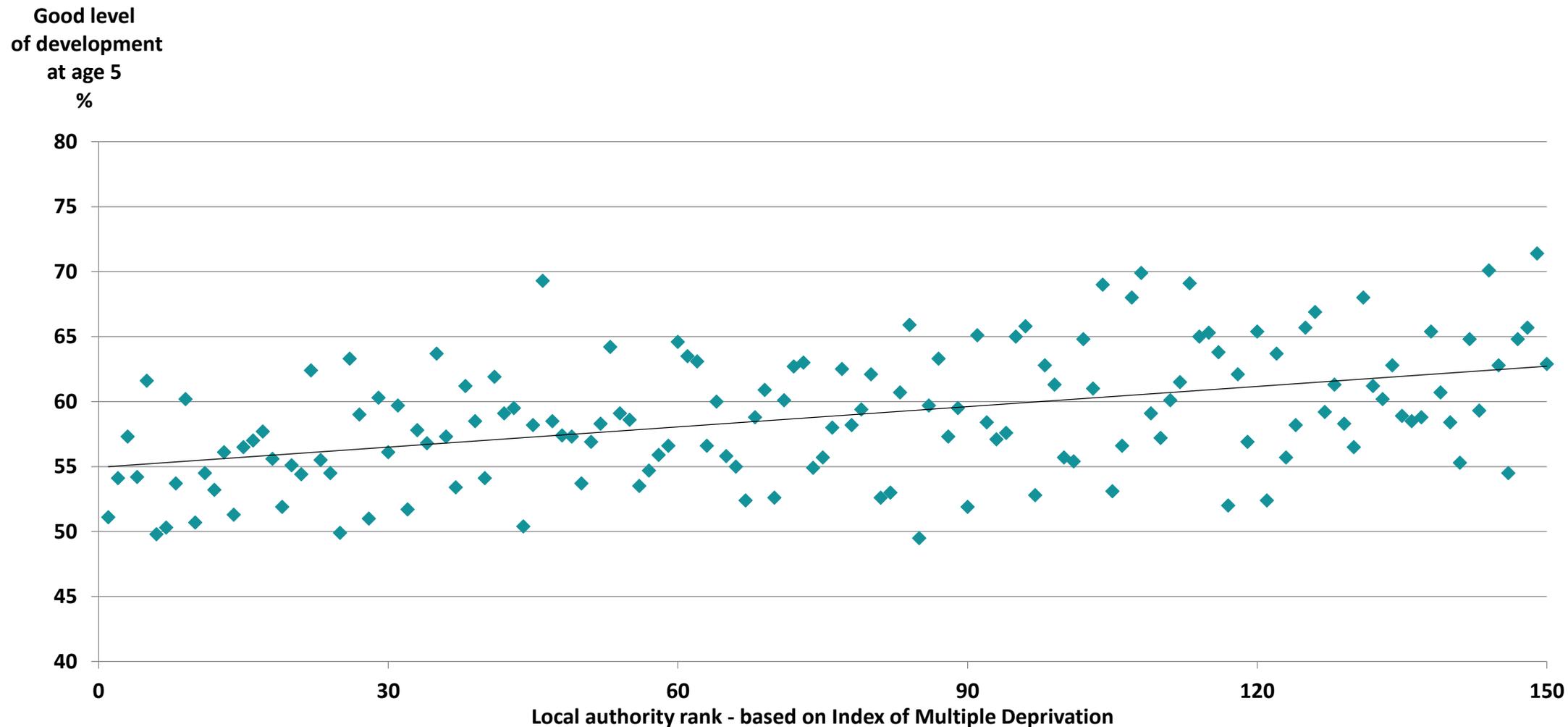


# Income group and % deviation from average veg Intake in adults

Adult Veg Intake by Income Quintile  
(NDNS Waves 1-4)

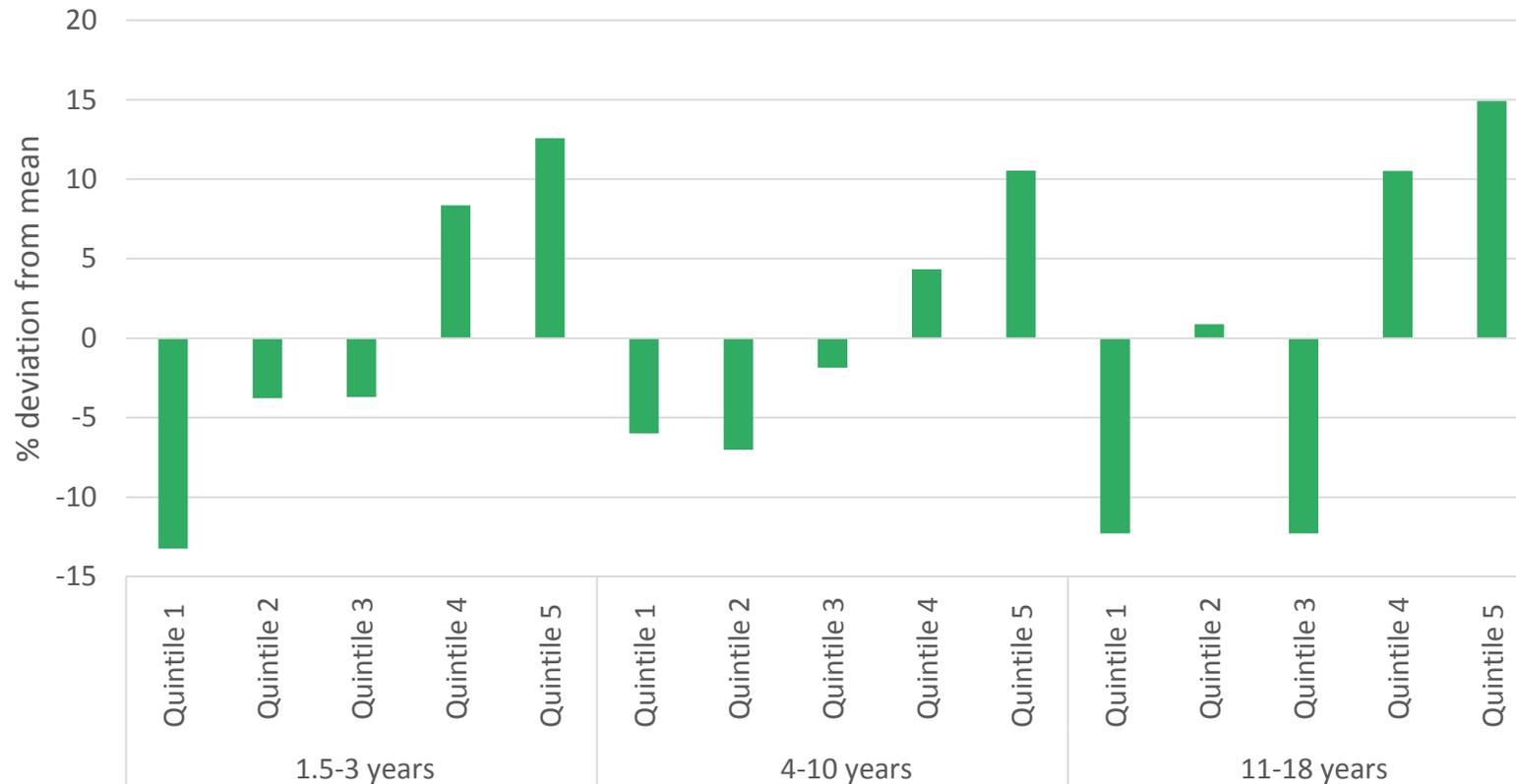


# Children achieving a good level of development at age five, local authorities 2011: England

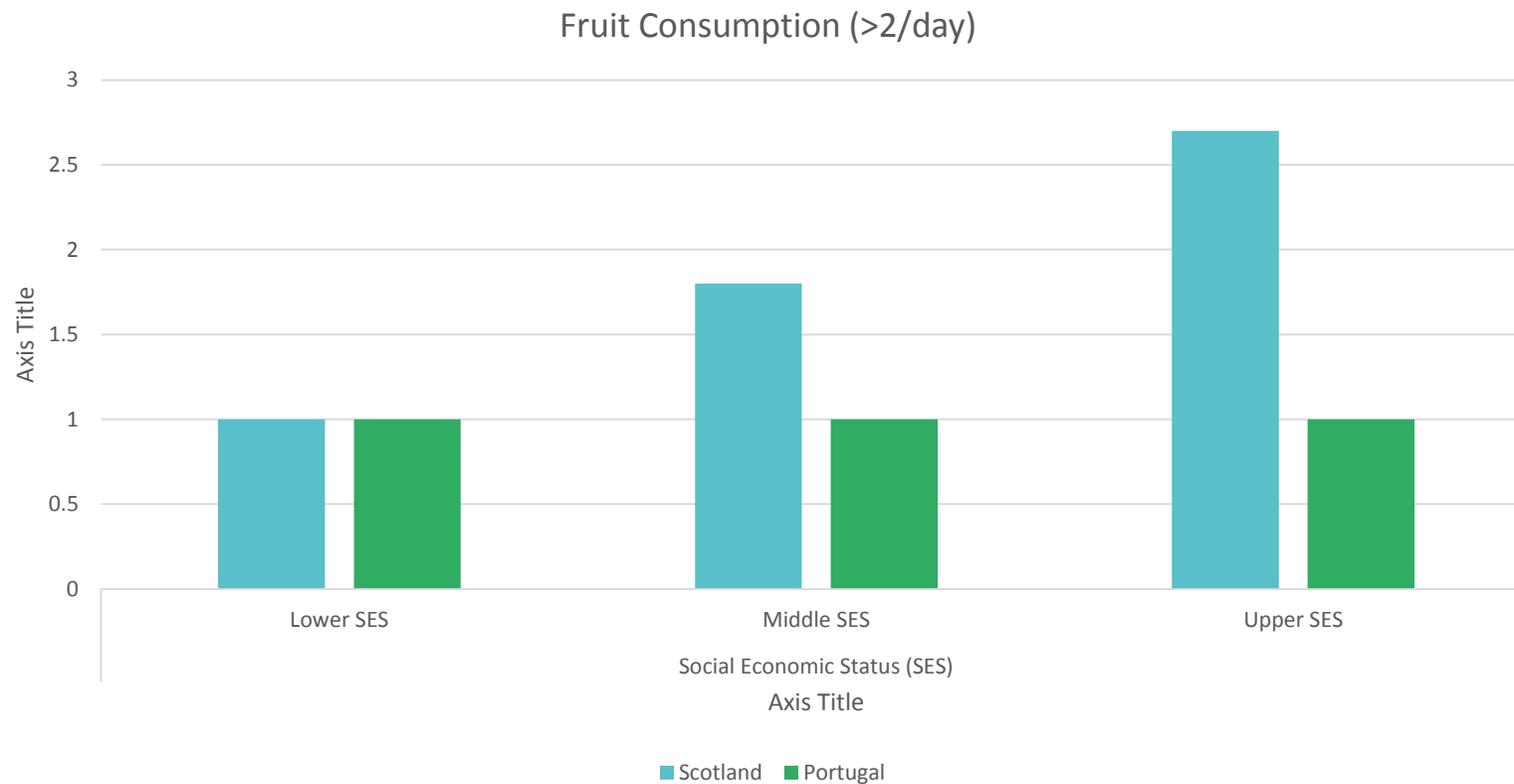


# Income group and % deviation from average veg Intake in children

### Child Veg Intake by Income Quintile



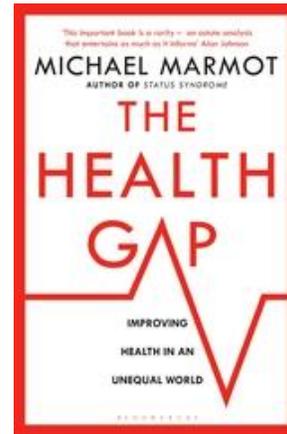
# Income group and fruit intake: a country comparison - Scotland Vs Portugal



# Drivers of Inequitable Health Outcomes

- A. Give every child the best start in life
- B. Enable all children, young people and adults to maximise their capabilities and have control over their lives.
- C. Create fair employment and good work for all
- D. Ensure a healthy standard of living for all
- E. Create and develop healthy and sustainable places and communities
- F. Strengthen the role and impact of ill-health prevention

# Thank you



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