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**How does your community food
work support Prevention?**



About this session

Introduction

Why a focus on prevention is important

What it means to the Community and voluntary sector

How the community food sector contributes to prevention

How can you see where your work fits with prevention and evaluate it?

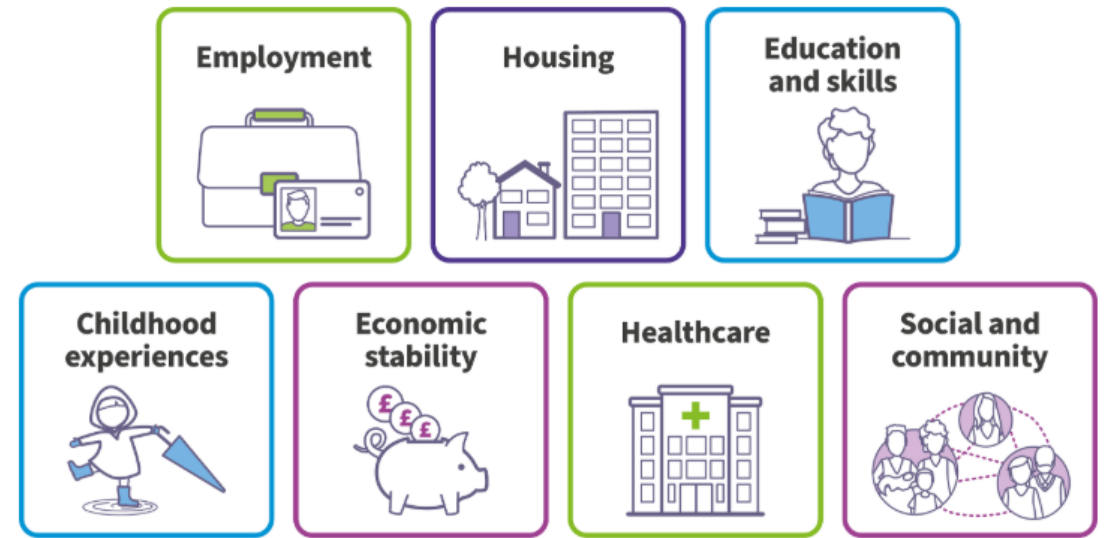
Activity

Feedback

What is prevention?

Prevention is about keeping people healthy, reducing people from becoming sick and preventing early death.

However, when people talk about prevention they often use the same language to talk about different things, this can make investing in prevention difficult.



Community led work contributes across the building blocks of good health



The three levels of prevention

Primary prevention

Invest in the building blocks of health to stop problems happening in the first place.

Secondary prevention

Focusing on early detection of a problem to support early intervention and treatment or reducing the level of harm.

Tertiary prevention

Minimising the negative consequences (harm) of a health issue through careful management.

High

Impact on population health

Low

e.g. community center
community food hub,

e.g. Cooking and weaning courses
for low-income families

Nutrition and budgeting course
for groups with a health condition

Scotland's policies on prevention

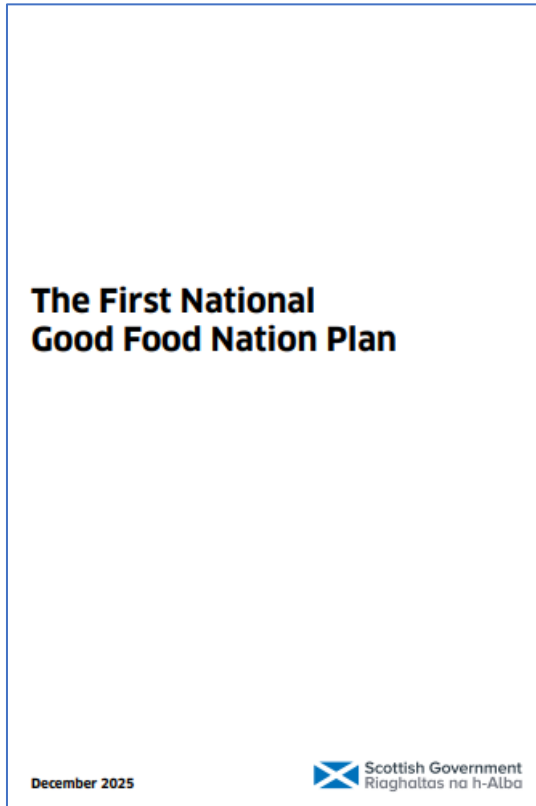


Community & Voluntary Sector summary:

“in addition to commissioned services, the sector delivers a range of support and activities to local communities, including health living, social networks, peer support and community development, as well as independent advocacy, advice and signposting. Many of these activities help the strengthen the building blocks of health, which in turn improve the population’s physical and mental health and wellbeing. By fostering a sense of empowerment, belonging and connection, the sector helps to counteract social isolation, loneliness and disempowerment”

[Scotland's Population Health Framework: supporting sector summaries - community and voluntary sector - gov.scot](https://www.gov.scot/publications/population-health-framework-2025-2035/pages/summary-community-and-voluntary-sector.aspx)

Scotland's policies on prevention

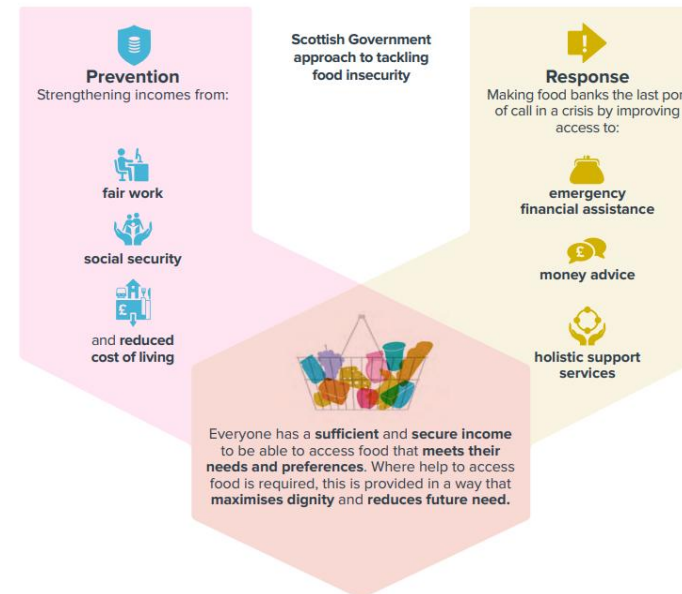


- **Outcome 1:** The food environment in Scotland enables people to eat well. Everyone benefits from reliable and dignified access to safe, nutritious, affordable, enjoyable, sustainable and age-appropriate food.
- **Outcome 2:** Scotland's food system is sustainable and contributes to a flourishing natural environment on our land and in our waters. It supports our net zero and climate adaptation ambitions and plays an important role in protecting and improving animal health and welfare and in restoring and regenerating biodiversity.
- **Outcome 3:** Scotland's food environment and wider food system enables and promotes a physically and mentally healthy population. This leads to the prevention of, and a reduction in, diet-related conditions.
- **Outcome 4:** Our food and drink sector is prosperous, diverse, innovative, and vital to national and local economic and social wellbeing. It is key to making Scotland food secure and food resilient, and creates and sustains jobs and businesses underpinned by fair work standards throughout food supply chains.
- **Outcome 5:** People and communities are empowered to participate in, and shape, their food system. Scotland has a thriving food culture with a population who are educated about good and sustainable food.
- **Outcome 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.

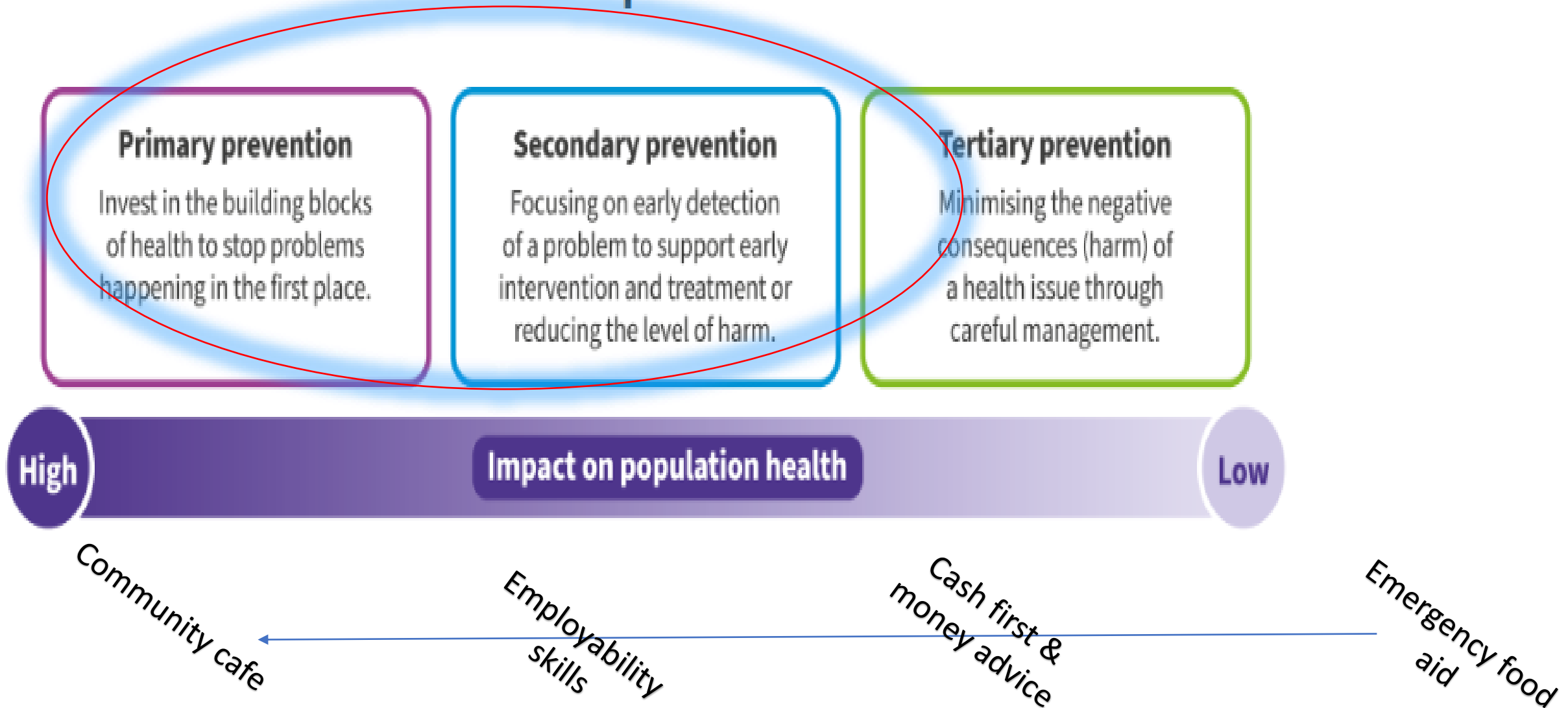
Scotland's policies on prevention



- Supporting a collective response to prevent financial hardship and crises & preventing the need for food bank



The three levels of prevention



How to show how CFIs contribute to prevention

Before you start – a few challenges to consider:

- Immediate needs v's preventing longer term health problems
- Preventing long term problems is **complex** - many players will be involved
- Focus on what your work **contributes** to rather than attribution so that you don't overclaim

[Evaluation Support Scotland website](#)

How community food initiatives contribute to prevention: 4 Steps

4 steps to evaluating/ understanding your role:

1. Clarify what you're preventing and for whom – **what problems are you trying prevent from happening and who for?**
2. Identify protective factors to generate positive outcomes – **what will help the people you support?**
3. Create a theory of change – **understand what needs to happen to achieve positive outcomes**
4. **Evaluate** your outcomes

Step 1 What problems are you trying to prevent and who for?

- **Who and problem:** Parents in your community are unable to access affordable food easily in their area and have nowhere to socialise.
- **What are you trying to prevent?** The impact of that problem might be that themselves and their families don't eat well and feel isolated.

Step 2 – How can community food initiatives help? Example

What helps? - protective factors might include good affordable transport, good shops/cafés nearby, good income through benefits or good jobs.

What can a community food initiative do?

Sell affordable food and meals

Provide social activities

Support skills and confidence – training and volunteering

Reach people who need this most

Step 3 – Create a theory of change

Your community food activities



How these help people



Outcomes - addressing the problem you want to prevent

Step 3 – Create a theory of change – example

Community café selling affordable, nutritious food



Contributes to better access to affordable, nutritious food and more social connections with others



May contribute to a more varied diet/reduce social isolation.

Step 3 – Create a theory of change – example

Community café provides training and volunteering opportunities
contributes to



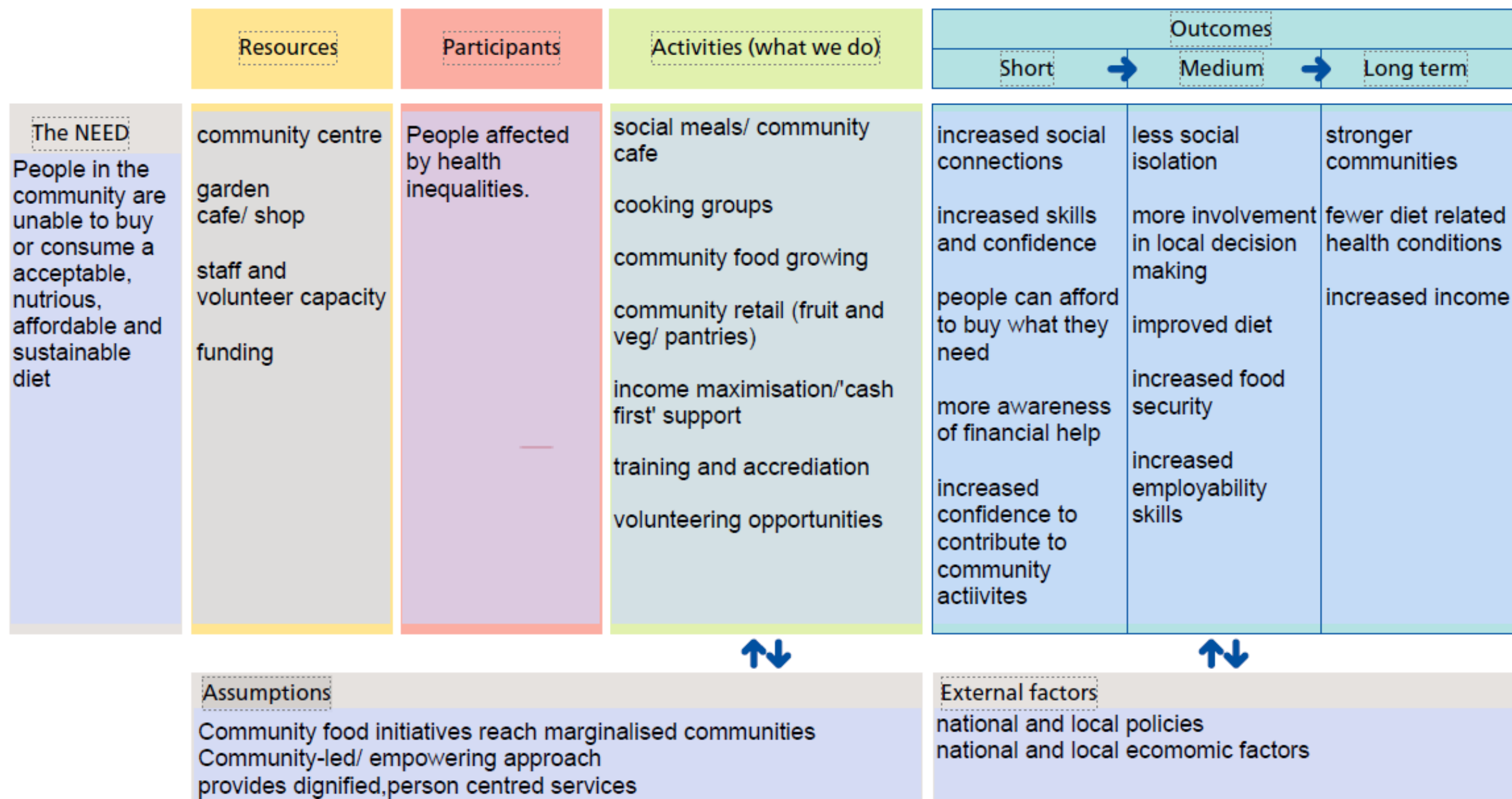
employment skills/confidence to get a job or training



Contributes to increased employment chances/employment/better
income

Interactive logic model template

This **logic model** has been designed as an **editable** electronic document with **spaces** for you to fill in to **create your own** logic model.



Step 4 – evaluate

1. Evaluate your outcomes, you need to be clear about:

What your **activities** are

What realistic **outcomes** you hope to achieve (and who for)

What **indicators** you will use to show you have achieved outcomes

Collect data (information from participants, referral agencies, observation notes, etc)

[Evaluation Support Scotland website](#)

Breakout activity

The problem: People are struggling to eat well in your community

a) How can community food activities help address this problem?

If time, move onto -

b) Are there barriers that community food initiatives struggle to address for participants?

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