

Food

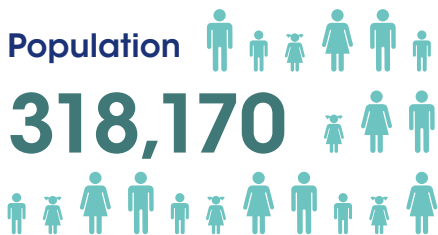
in South Lanarkshire

Towards a Good Food Council:

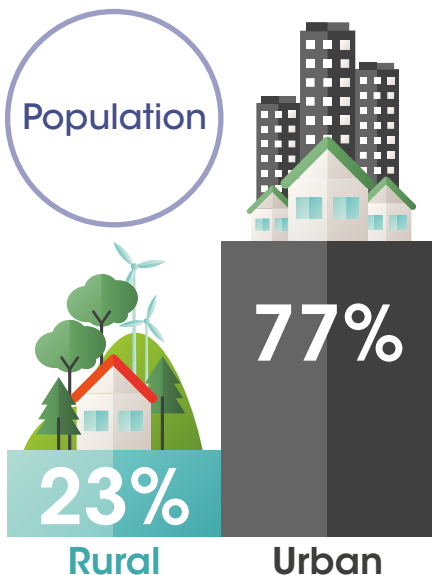
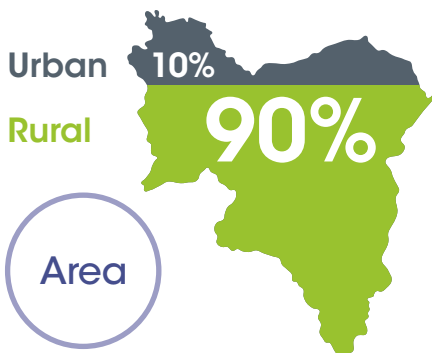
Key facts



Who lives in South Lanarkshire and some key facts about the area

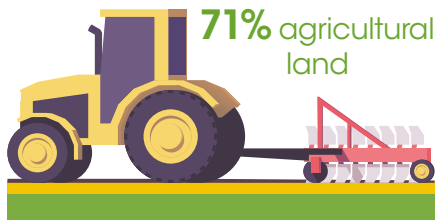


Rural vs. Urban



Area

180,000 hectares



With such a large proportion of agricultural land in South Lanarkshire, agriculture significantly influences the environment and landscape.

Agricultural land

Cultivated grassland and rough grazing



112,120 hectares

Commercial forestry

7,081 hectares



Crops or land left fallow

5,821 hectares



Other **2,205** hectares

88% of the agricultural land is used for livestock.

Is our food consumption suitable for a healthy life?

Fruit and Veg

Portions of fruit and vegetables consumed per person per day

Lanarkshire



2.9

Scotland



3.1

Recommended



5.0


What do children say?

23%  Have sugary drinks every day

32%  Eat sweets or chocolate every day

34%  Eat fruit every day
23% do it once a week or less


34%  Eat vegetables every day
24% do it once a week or less

 Daily fruit and veg consumption is by no means established as the norm.

Breastfeeding



Overweight and obesity

 There are, on average, more people overweight or obese in South Lanarkshire than in the rest of Scotland.

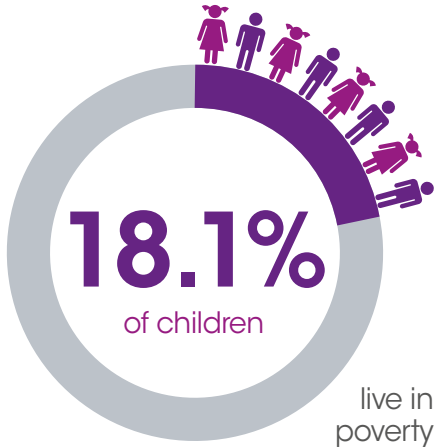
2 out of 3  people are overweight and

1 out of 3  is obese

74%  of males 67%  of females

 UK - Half of our diet is ultra-processed food.

Do we all have the same access to food?



41,670 
people are income deprived.

Children eating fruit
or vegetables every day

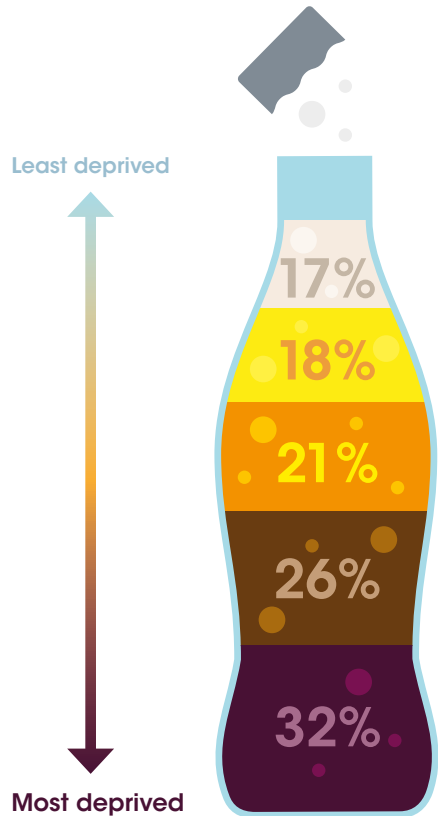
Least deprived area: **5/10**




Most deprived: **3/10**



Proportion of children
consuming sugary drinks
every day



 In the most deprived areas,
diets are poorer with a lower
consumption of fruit and veg,
less fibre and more sugar.



Scotland - 4% of adults
have run out of food
due to lack of money
or resources in the
previous 12 months.

8% said that, at some point, in
the previous 12 months, they
were worried they would run
out of food due to a lack of
money or resources.

Do our eating habits encourage social connections?

57% of pupils in secondary schools sit down to eat a main meal with one or both of their parents or carers every day.



9% hardly ever or never do so.



Do we regularly buy produce from independent food shops?



-  **20%** Independent butcher
-  **9%** Independent baker
-  **8%** Independent fishmonger
-  **6%** Independent grocer
-  **5%** Market
-  **4%** Farmshop



UK - 50% of the food consumed is imported.

The UK produces 15% of the fruit it consumes and 55% of its vegetables.

Are we growing our own food and spending time outdoors?

34%



of adults visit the outdoors at least once a week compared to **52% in Scotland**.

59%

of inhabitants live within a **5 minute walking distance** from useable green space.



There are at least



community growing sites and allotment sites are increasing to **4 in South Lanarkshire**.

Is our local food economy thriving?

Livestock

Sheep and Lamb
314,530



Cattle
84,419



Poultry
176,601



Goats
145



☞ There are almost as many sheep as people in South Lanarkshire.

Management of orchard sites

29 **52** **31** **59**



Actively managed

Some management

Unmanaged

Abandoned

☞ Only 10% of the fruit produced in orchards is sold.

Food and drink companies (including agriculture):

635 with 6,042 workers

Sole operator

350

1 - 49 employees (Small)

265

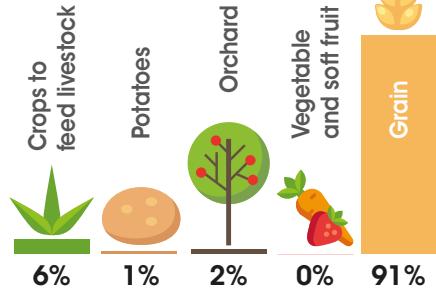
50 - 249 employees (Medium)

10

250+ employees (Large)

10

Crop production (ha)



☞ Most of the land dedicated to crop production is used for grain and in particular barley.

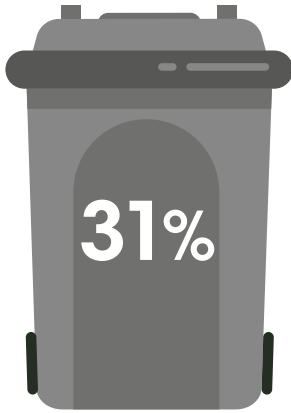


Scotland - Only 8% of farmers are less than 41 years old and 34% are more than 64 years old.

In 2016-2017, 45% of farms did not make enough to pay the farmers the minimum agricultural wage.

What impact does our food production and consumption have on the environment?

Methods used to dispose of food waste



General waste

Food caddy



Home composting



Scotland - Agriculture and related land use is the **2nd highest** source of greenhouse gas emissions (**26%**) after transport.



Scotland - 2% of the total amount of farmland is certified as organic compared to 7% in the EU.



Scotland



Cost of buying food which has not been eaten:
£460 per year per household.

Resources

Reports

- SPT (2015), Transport Outcomes Report: South Lanarkshire 2015/16
- SLC (2018), Statistical Information Notes - Agriculture
- The Scottish Government (2018), Scottish Health Survey – Results for local areas
- Realigning Children's Services (2017), Wellbeing Survey Report May 2017 - South Lanarkshire
- Monteiro C.A. et al. (2017), Household availability of ultra-processed foods and obesity in 19 European countries
- SLC (2016), Information Notes – Deprivation in South Lanarkshire 2016
- SLC (2017), Information Notes – Children in Low Income Households
- Millard A. et al. (2016), South Lanarkshire Health and Wellbeing Profiles- key indicators and overview
- The Scottish Government (2017), The Scottish Health Survey
- Food Standards Scotland (2015), The Scottish Diet: it needs to change
- Citizens Advice Scotland (2018), Bringing food to the table
- Lang T. et al. (2017), A Food Brexit: time to get real
- Crispin Hayes Associates (2017), A national orchard inventory for Scotland – Area report for South Lanarkshire
- The Scottish Government (2016), Results from the June 2016 Scottish Agricultural Census
- SLC (2016), Statistical Information Notes – Growth Sector Enterprises
- Zero Waste Scotland Policy and Research (2016), How much food and drink waste is there in Scotland?
- The Scottish Government (2017), Scottish Household Survey – Scotland's People Local Authority Tables – South Lanarkshire
- The Scottish Government (2016), Greenhouse Gas Emission, Key findings
- The Scottish Government (2017), Organic Farming in Scotland 2017

Online resources

- DEFRA (2017), Food statistics pocketbook (consulted 21/12/18)
- The Scottish Government (NA), Estimates of average Farm Business Income 2016 – 17 (consulted 21/12/18)
- The Scottish Government (2018), Local Authority Area Growth Sector Database (consulted 21/12/18)

For further information on food in South Lanarkshire, please contact the Policy Officer for Food Development - CERPerformanceandImprovement@southlanarkshire.gov.uk

If you or someone you know needs this information in another language or format, please contact us to discuss how we can best meet your needs.

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Sustainable
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