

## Better Nutrition – Better Health

### A manifesto call from the Association for Nutrition

The Association for Nutrition calls on all political parties to make nutrition-related health a key priority for the forthcoming parliament.

The cost to the NHS of diet and nutrition-related ill health and physical inactivity has been estimated at £6.7 billion a year<sup>i</sup>, with 70,000 premature deaths being avoidable each year if nutritional guidelines for fruit, vegetable, salt, fat and sugar intake were met<sup>ii</sup>.

To help individuals and families make better food and lifestyle choices we call on the next Government to commit to;

1. Ensuring consistent, accurate and evidence based nutrition practice across the healthcare team, from professional to frontline worker, to improve nutrition-related health outcomes for public, patients and service users.
2. Ring-fence public health funding at local authority level for the duration of the next parliament, with a clear focus on improving nutrition-related health outcomes and reducing diet-related ill health.
3. Ensuring appropriate professional regulation for nutrition, alongside the current requirement for dietetics, to protect the public from unsafe practice by introducing protection of title for nutritionists.

#### References

- i. Scarborough, P. *et al.* (2011) The economic burden of ill health due to diet, physical inactivity, smoking, alcohol and obesity in the UK: an update to 2006–07 NHS costs. *J Public Health*, 33 (4): 527-535
- ii. Cabinet Office (2008) Food Matters: Towards a Strategy for the 21<sup>st</sup> Century Report by The Strategy Unit.

#### About the Association for Nutrition

The Association for Nutrition (AfN) is a registered charity. We hold the UK Voluntary Register of Nutritionists (UKVRN). Our purpose is to protect and benefit the public by defining and advancing standards of evidence-based practice across the field of nutrition and at all levels within the workforce.

Registration with the UK Voluntary Register of Nutritionists (UKVRN) is an accepted mark of professional status and competence in nutrition; nutrition professionals with shared ethical standards, scientific integrity and commitment to public protection.

In addition, we set standards of competence for the wider nutrition workforce and recognise high quality, relevant nutrition training through our University Degree Accreditation, CPD Endorsement and Course Certification schemes.

For details of all our work please visit the AfN website: [www.associationfornutrition.org](http://www.associationfornutrition.org)