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IPM conference 2025

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## TACKLING THE ISSUE OF FOOD POVERTY AND CHILDHOOD NUTRITION AT GRASSROOTS LEVEL

- Definitions?
- Time to raise the game?

UK  
Children  
in food  
poverty

The infographic consists of two circles connected by a right-pointing arrow. The left circle is orange and contains the text 'UK Children in food poverty'. The right circle is green and contains the text '17% - 2,448,602'. The arrow is also orange and points from the left circle to the right circle.

17% -  
2,448,602

# Effects of food insecurity on children

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Neurodevelopmental

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Growth

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43% of pupils eligible for free school meals achieved a standard pass in English and Maths GCSE compared to 72% not eligible

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*(NB - 24.6% of UK state funded pupils are eligible for free school meals – the highest rate ever recorded)*

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- The Poverty trap

UK  
Children  
who are  
obese

The infographic consists of two circles connected by a right-pointing arrow. The left circle is orange and contains the text 'UK Children who are obese'. The right circle is dark green and contains the text '10.7% -Age 5', '22.6% -Age 11', and '3,168,779'. The arrow is orange and points from the left circle to the right circle.

10.7% -Age 5  
22.6% -Age 11  
3,168,779

# Obesity harms children and young people



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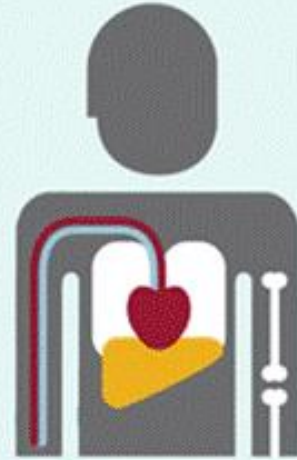
Emotional and behavioural

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- Stigmatisation
  - bullying
  - low self-esteem



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School absence



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- High cholesterol
  - high blood pressure
  - pre-diabetes
  - bone & joint problems
  - breathing difficulties



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Increased risk of becoming overweight adults

Risk of ill-health and premature mortality in adult life

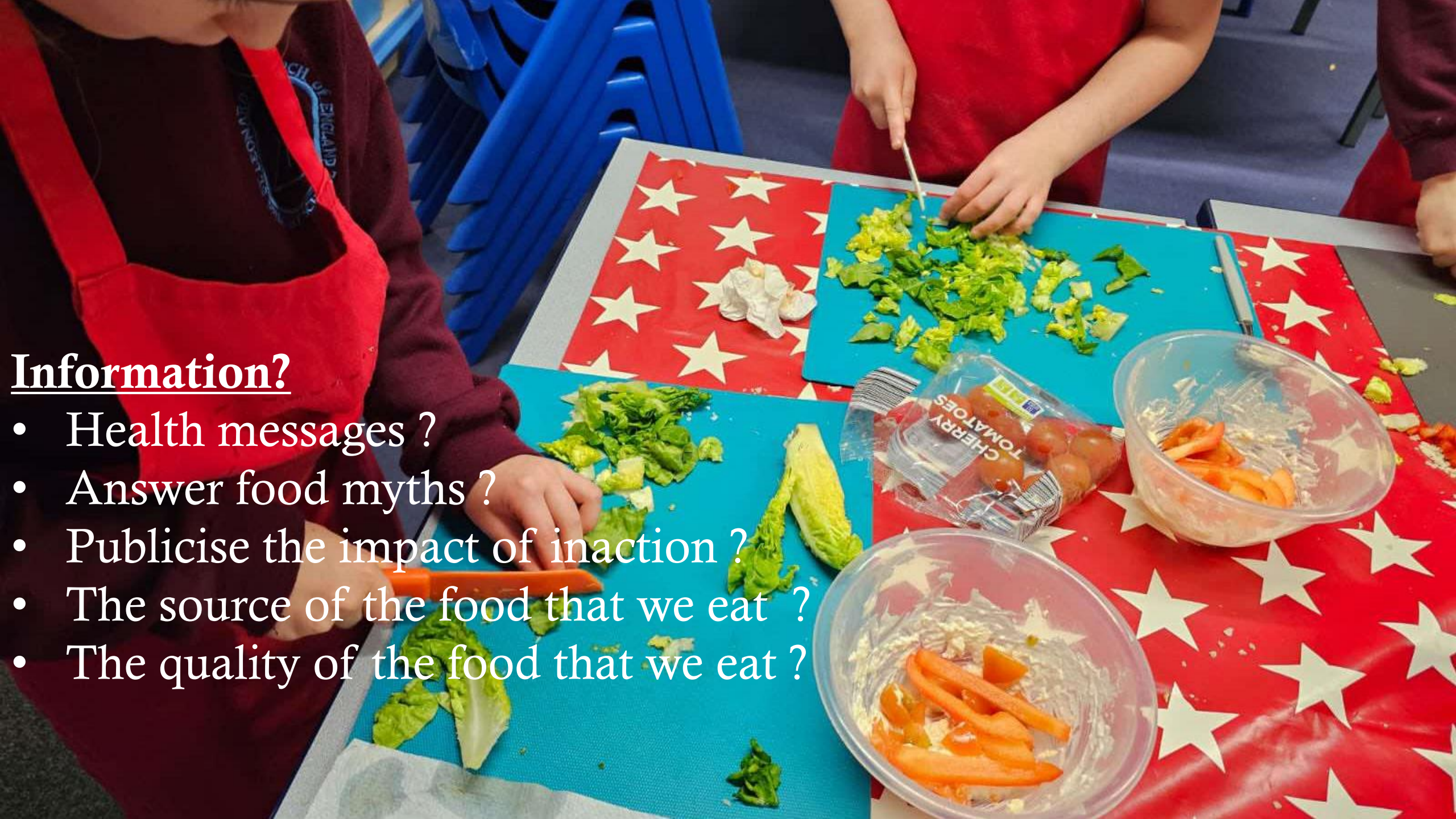
*IT'S COMPLICATED –  
THE BURNLEY MODEL*

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Solutions

## Information?

- Health messages ?
- Answer food myths ?
- Publicise the impact of inaction ?
- The source of the food that we eat ?
- The quality of the food that we eat ?

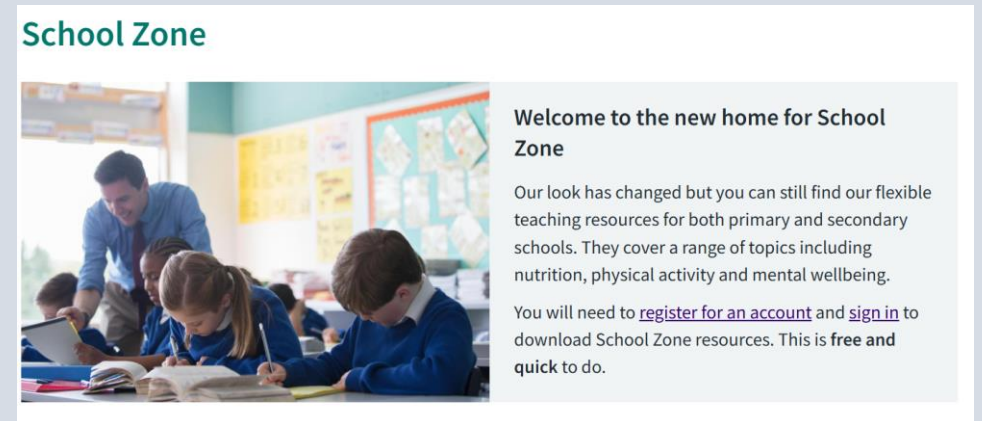
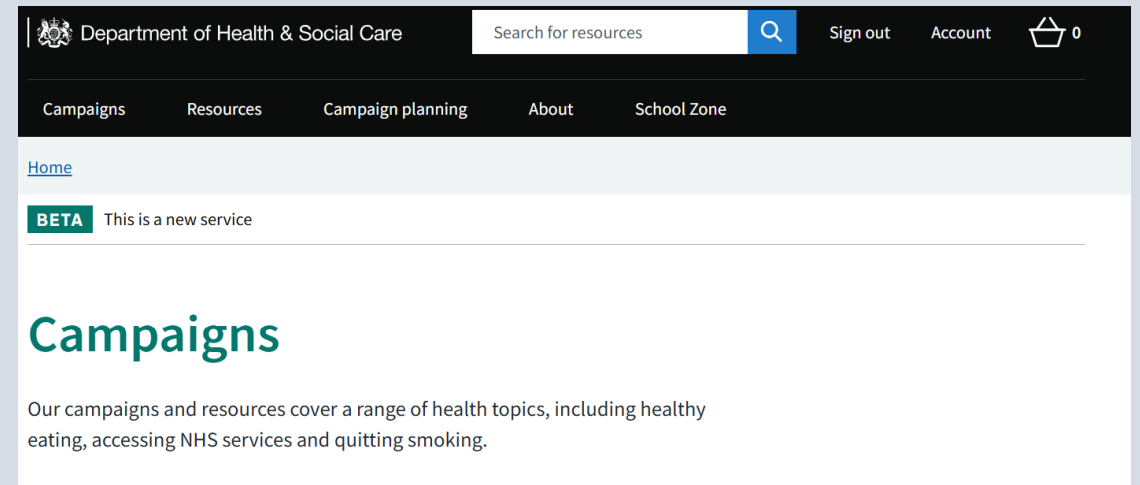


# Sources of information

## Sources for the Public



## Sources for health professionals and schools



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Our look has changed but you can still find our flexible teaching resources for both primary and secondary schools. They cover a range of topics including nutrition, physical activity and mental wellbeing.

You will need to [register for an account](#) and [sign in](#) to download School Zone resources. This is **free and quick to do**.

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# LOCAL SOLUTIONS

- Grow food
  - Farming and 'farm to the plate'
  - Food availability in each community
  - Household cooking facilities
  - Trailblazing communities – funding
  - Leading by example - organisations
  - School curriculum coverage
  - Working with the third sector?
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# THE STATE

- Benefits
- The Healthy Start scheme
- Sugar and Salt Taxation
- The role of advertising
- VAT and incentives for change





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## LEARNING FROM OTHERS

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- Benchmarking with examples from other countries
- Cultural sensitivity and co-design

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# CONCLUSION

- We can do some things
- It's not just about the food