

Integrated Impact Assessment – Summary Report final

Each of the numbered sections below must be completed
Please state if the IIA is interim or final

1. Title of proposal

Plant Based Treaty Action Plan

2. What will change as a result of this proposal?

- Increased awareness of plant-based diets and their environmental impact
- Increased availability of plant-based food
- Increased awareness about what the Council already does across our services.

3. Briefly describe public involvement in this proposal to date and planned

The Plant-based treaty action plan reflects many actions that are already ongoing, as well as action to raise awareness of plant-based diets. As a result, engagement to date has focused on external partners and Council services, establishing the engagement has focused on what's already being done within the city and what else is needed.

4. Is the proposal considered strategic under the Fairer Scotland Duty? No

5. Date of IIA 11th December 2023

6. Who was present at the IIA? Identify facilitator, lead officer, report writer and any employee representative present and main stakeholder (e.g. Council, NHS)

Name	Job Title	Date of IIA training
Sarah Feldman	Senior Officer – Climate Change and Sustainability	05/11/2020
Claire Marion	Lead change and delivery officer – carbon management	

Name	Job Title	Date of IIA training
Christine Downie	Strategy Manager – Climate and Sustainability	January 2023
Eleanor Cunningham	Lead Policy and Insight Officer	May 2019
Laura Nisbet	Development Officer - Food and Health	
Christopher Ross	Catering Operations Manager	

7. Evidence available at the time of the IIA

Evidence	Available – detail source	Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal
Data on populations in need		
Data on service uptake/access	<ol style="list-style-type: none"> 1) BBC Good Food Nation Survey 2) YouGov survey 3) Stewart, Cristina et al., 2021. Trends in UK meat consumption: analysis of data from years 1–11 of the National Diet and Nutrition Survey rolling programme. The Lancet Planetary health 	<ol style="list-style-type: none"> 1) The BBC GFN Survey found 8% of children aged 5-16 are following a vegan diet, and of those who don't, 15% would like to. 13% of children are vegetarian and around one in five of children who are not currently vegetarian would like to be. 2) According to YouGov, 14% of Brits are flexitarian, 5% are vegetarian, 2% are vegan (July 2023). 3) Paper listed in 3) provides a lower estimate: 4.5% of the population as of 2018/19.
Data on socio-economic disadvantage e.g. low income, low wealth, material deprivation, area deprivation.	<ol style="list-style-type: none"> 1) Marco Springmann, Michel Clark, Mike Rayner, Peter Scarborough. 2021. "The global and regional costs of healthy and sustainable dietary patterns: a modelling study" 2) The Food Foundation – The Broken Plate 2023, 	<ol style="list-style-type: none"> 1) This research revealed that in countries like the UK, adopting a vegan, vegetarian, or flexitarian diet could slash food bill by up to one-third. 2) This report states that "More sustainable plant-based alternatives to chicken are approximately 27% more expensive than chicken breast." However, "canned chickpeas, a less processed plant-based alternative to meat, not only came out as the cheapest of all options but also scored well across a range of different health indicators with comparable

	The State of the Nation's Food System	GHGEs to the plant-based chicken alternatives. There is a real opportunity in the UK to champion and better promote pulses as an affordable, healthy and sustainable alternative to meat.”
Data on equality outcomes	Interfaith Leaders Urge UN's COP26 to Adopt the Plant Based Treaty to Avert Climate Catastrophe - Plant Based Treaty	Ethical veganism is a protected belief under the Equalities Act 2010. A plant-rich diet is also generally more inclusive in terms of cultural and religious preferences, and a coalition of interfaith leaders had called for a Plant-Based Treaty ahead of COP26 in 2021.
Research/literature evidence	Health: 1) Food Standards Scotland website 2) The Eatwell guide (NHS) The Vegan Diet (NHS) 3) Watling, C.Z., Schmidt, J.A., Dunneram, Y. et al. Risk of cancer in regular and low meat-eaters, fish-eaters, and vegetarians: a prospective analysis of UK Biobank participants. BMC Med 20, 73 (2022). 4) Here's a great way to teach kids about climate change: Start with the food they eat	1) Eating lots of red meat and processed meats increases the risk of bowel cancer. According to Food Standards Scotland, adults should eat no more than 70g a day, which is the same as around 2 slices of roast meat. 2) “The Eatwell Guide applies to most of us, whether we eat meat or are vegetarian.” “With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs. If you do not plan your diet properly, you could miss out on essential nutrients, such as calcium, iron, vitamin B12, iodine and selenium.” 3) Vegetarians have 14% lower cancer risk than meat-eaters 4) Article highlighting the potential for choices around food to be a way to empower young people, as it is an area in their lives that they can influence in relation to tackling the climate crisis.
Public/patient/client experience information	1) Can carbon labels encourage green food choices? Swen J. Kühne*† Ester Reijnen† Lea Laasner Vogt† Melanie Baumgartner Applied Cognitive Sciences, Psychological Institute, School of Applied Psychology, Zurich, Switzerland	1) The labeling conditions resulted in lower overall CO2e emissions, the purchase of more green food products and fewer red food products than in the control condition. (...) The carbon Traffic Light Label is therefore a promising intervention to help consumers to not only choose more environmentally friendly foods, but also make a significant contribution to the fight against climate change.

Evidence of inclusive engagement of people who use the service and involvement findings	Engagement sessions held with catering and food and health staff to understand service delivery and existing experience for end users	Engagement held to understand food practices within schools, including menu selection options for children, including that a child can always select a vegan option as a special dietary option. Waste prevention practices are in place through enabling parents and children to take uncooked leftovers home at the end of the week.
Evidence of unmet need	1) BBC Good Food Nation Survey	See above – <i>data on uptake</i> and proportion of vegetarians and vegans in the population
Good practice guidelines	The Plant-Based Eatwell guide	This guide is for informational purposes only and does not constitute individualised medical advice. This has been produced by Plant-Based Health Professionals UK and is not an official UK Government or NHS guideline.
Carbon emissions generated/reduced data	<ol style="list-style-type: none"> 1) Our World in Data - Environmental impacts of food 2) Detailed analysis of UK diets, led by Oxford University and published in Nature food in July 2023 3) Dr Joseph Poore research – Director of the Oxford Martin Programme on Food Sustainability Analytics at Oxford University 4) Project Drawdown 	<ol style="list-style-type: none"> 1) Graphs showing where greenhouse gas emissions occur across the supply chain. It shows that CO2 emissions from most plant-based products are as much as 10-50 times lower than most animal-based products. Factors such as transport distance, retail, packaging or specific farm methods are often small compared to importance of food type. 2) This study found that, in average, plant-based diets resulted in 75% less greenhouse gas emissions and land use than diets in which more than 100g of meat a day was eaten. Plant-based diets also cut the destruction of wildlife by an average of 66% and water use by 54%. The article concludes that “dietary shifts away from animal-based foods can make a substantial contribution to reduction of the UK environmental footprint. Uncertainty due to region of origin and methods of food production do not obscure these differences between diet groups and should not be a barrier to policy action aimed at reducing animal-based food consumption.” 3) The same amount of emissions as those generated by 532,000 cars would be avoided if the entire population of Edinburgh went vegan. Furthermore, an area the size of the Lake District National Park could be rewilded. 4) Reducing food waste has been identified by the Project Drawdown research

		project as the 3 rd most effective solution (out of 80) in tackling climate change. Plant-rich diets rank 4 th .
Environmental data	The EAT-Lancet report	Diets rich in plants and pulses not only have a low carbon footprint, but they also have co-benefits for public health, and can help restore nature and biodiversity ¹ . The EAT-Lancet report is the first full scientific review of what constitutes a healthy diet from a sustainable food system, and which actions can support food system transformation. The planetary health diet emphasizes a plant-forward diet where whole grains, fruits, vegetables, nuts and legumes comprise a greater proportion of foods consumed. Meat and dairy constitute important parts of the diet but in significantly smaller proportions than whole grains, fruits, vegetables, nuts and legumes. Reduction in food waste globally is a critical part of achieving a planetary healthy diet.
Risk from cumulative impacts		
Other (please specify)		
Additional evidence required		

8. In summary, what impacts were identified and which groups will they affect?

Equality, Health and Wellbeing and Human Rights	Affected populations
<p>Positive A diet high in plant-based foods, which contain pulses, legumes and fresh fruit and vegetable can contribute positively to human health, through increased consumption of fibre and lowering of disease risk associated with red and processed meat consumption. Actions that increase the availability and awareness of healthy plant-based dietary options will support improvements in population health.</p>	All

¹ Agriculture is the leading cause of river pollution in England and the waste from intensive livestock operations has a profound impact on river health. As such, shrinking intensive livestock operations is an important part of wildlife recovery in the UK. Source:

Equality, Health and Wellbeing and Human Rights	Affected populations
<p>Increasing a range of plant-based options at public events would increase the range of food options available to those from a variety of faith backgrounds who do consume certain types of meat. This has the potential benefit of increasing accessibility by having appropriate foods at events.</p> <p>Raising awareness of the environmental impact of different dietary options can be empowering for young people, as it is an area of their life where they have more ability to make their own choices to tackle the climate crisis and hence reduce eco-anxiety.</p> <p>Some of the actions within the plan which have positive impact are already taking place and therefore don't represent a material change in process, activity or service as a result of the Plant-based Action Plan. Examples of these actions include the cooking school for caterers, which is providing a training and upskilling opportunity for Council catering staff.</p> <p>Veganism is a protected characteristic. Vegans can be the target of discrimination and harassment. A large organisation like the City of Edinburgh Council expressing public support for plant-based diets can help normalise these diets and reduce sources of discrimination.</p>	<p>Faith-based communities</p> <p>All, especially young people</p> <p>Staff</p> <p>People following a vegan lifestyle</p>
<p>Negative Overall, as most actions in the plan are around raising awareness of dietary options or increasing the range of choices amongst available food options, minimal negative impacts on population groups were identified.</p> <p>Awareness raising materials on plant-based diets and food options need to be inclusive, recognising the higher costs of certain plant-based alternatives. Whilst plant-based alternatives such as chickpeas can be more affordable, producing fresh dishes from scratch may not be possible for those housed in temporary accommodation with limited facilities. Similarly, individuals may not have the necessary skills to produce meals from scratch.</p> <p>Awareness raising materials promoting a solely plant-based diet could result in people adopting diets that lack appropriate micro-nutrients if due regard isn't given to this</p>	<p>Individuals on low-income, those in temporary sheltered accommodation</p> <p>All populations, particular risk to elderly who are a population already at greater risk of malnutrition due to often lower intake of food with aging.</p>

Equality, Health and Wellbeing and Human Rights	Affected populations
Certain plant-based products, such as meat alternatives, can be more expensive than the meat equivalent. Promotion of a plant-based diets could therefore add to stigma around food poverty.	Those on low incomes or receiving benefits

Environment and Sustainability including climate change emissions and impacts	Affected populations
<p>Positive The environmental benefits of consuming more plant-based products are set out clearly in the evidence table above, covering reduced levels of greenhouse gas emissions from food production and consumption, reduced water consumption, as well as reducing land use and therefore potentially associated negative biodiversity impacts.</p> <p>Reducing food waste is a key theme within the plan, which also has associated carbon and land-use savings. The key actions on sharing leftover, uncooked food from schools are building on what is already taking place.</p>	<p>All</p> <p>All</p>
<p>Negative</p> <p>No negative environmental impacts of increasing availability of or awareness of plant-based dietary options were identified.</p>	N/A

Economic	Affected populations
<p>Positive</p> <p>Plant-based foods can be more affordable and raising awareness of plant-based meal planning or recipes could help people reduce food costs.</p> <p>The plan also contains actions to encourage purchasing a wide range of locally produced foods. Whilst locally produced meat does not have a notably lower carbon benefit than purchasing plant-based foods (see evidence tables and graphs), messaging and council procurement that supports use of all local ingredients provides local economic benefits to Scottish rural communities.</p>	<p>Those on low income/in receipt of benefits</p> <p>Rural communities</p>
<p>Negative</p>	

9. Is any part of this policy/ service to be carried out wholly or partly by contractors and if so how will equality, human rights including children's rights, environmental and sustainability issues be addressed? No

10. Consider how you will communicate information about this policy/ service change to children and young people and those affected by sensory impairment, speech impairment, low level literacy or numeracy, learning difficulties or English as a second language? Please provide a summary of the communications plan.

Developing awareness raising communications is one of the key actions within this plan. When developing Council social media posts attention will be given to:

- making the language accessible to readers with low levels of literacy skills
- considering the accessibility of the material to visually impaired users by avoiding the use of complex graphics and providing alternative text for all images and graphics that are included

The ensure information is accessible to all, a leaflet will also be produced, so information is communicated in non-digital formats, as well as online.

11. Is the plan, programme, strategy or policy likely to result in significant environmental effects, either positive or negative? If yes, it is likely that a Strategic Environmental Assessment (SEA) will be required and the impacts identified in the IIA should be included in this. See section 2.10 in the Guidance for further information. No SEA required.

12. Additional Information and Evidence Required

If further evidence is required, please note how it will be gathered. If appropriate, mark this report as interim and submit updated final report once further evidence has been gathered.

13. Specific to this IIA only, what recommended actions have been, or will be, undertaken and by when? (these should be drawn from 7 – 11 above) Please complete:

Specific actions (as a result of the IIA which may include financial implications, mitigating actions and risks of cumulative impacts)	Who will take them forward (name and job title)	Deadline for progressing	Review date
Ensure messaging shared with schools that is passed on to the wider school community about sharing leftover school food is framed around avoiding food waste. This will help to avoid creating any stigma for families around accessing free food.	Laura Nisbet, Development Officer - Food and Health and Chris Ross, Catering Operations Manager	Ongoing	Q4 2024
Maintain proposed approach of exploring use of carbon-labelling on food in a university setting. Reaffirmed agreed approach of not expanding this measure into settings such as care homes	Claire Marion, Lead change and delivery officer – carbon management	N/A	N/A
Promotion of plant-based meals or recipes to focus on ingredients and options that are affordable and accessible to all	Christine Downie, Strategy Manager – Climate and Sustainability and Sarah Feldman, Senior Officer- Climate Change and Sustainability, in liaison with Edible Edinburgh partners	Q4 2024	Q4 2024
Ensure messaging and materials promoting a plant-based diet include sufficient information about how to make meals that include appropriate micro and macro nutrients from plant-based sources	Sarah Feldman, Claire Marion and Laura Nisbet	Q1 2024	Annually

14. Are there any negative impacts in section 8 for which there are no identified mitigating actions? No

15. How will you monitor how this proposal affects different groups, including people with protected characteristics?

Given the nature of the awareness raising activities in the action plan, monitoring is not deemed proportionate or feasible.

16. Sign off by Head of Service

Name : Gillie Severin, Head of Strategic Change and Delivery

Date : 19/12/2023

17. Publication

Completed and signed IIAs should be sent to:

integratedimpactassessments@edinburgh.gov.uk to be published on the

Council website www.edinburgh.gov.uk/impactassessments

Edinburgh Integration Joint Board/Health and Social Care

sarah.bryson@edinburgh.gov.uk to be published at

www.edinburghhsc.scot/the-ijb/integrated-impact-assessments/