



Transforming UK Food Systems Conference, 23-24 March 2026



#TUKFS26



Regulatory interventions to improve food system outcomes in deprived communities

Introduction



- Challenges of current food system
- DEFRA food strategy
- 10 priority outcomes
- Cross government working
- FSA commission Rapid Review
- Regulatory interventions to improve food system outcomes in deprived areas



Research Questions



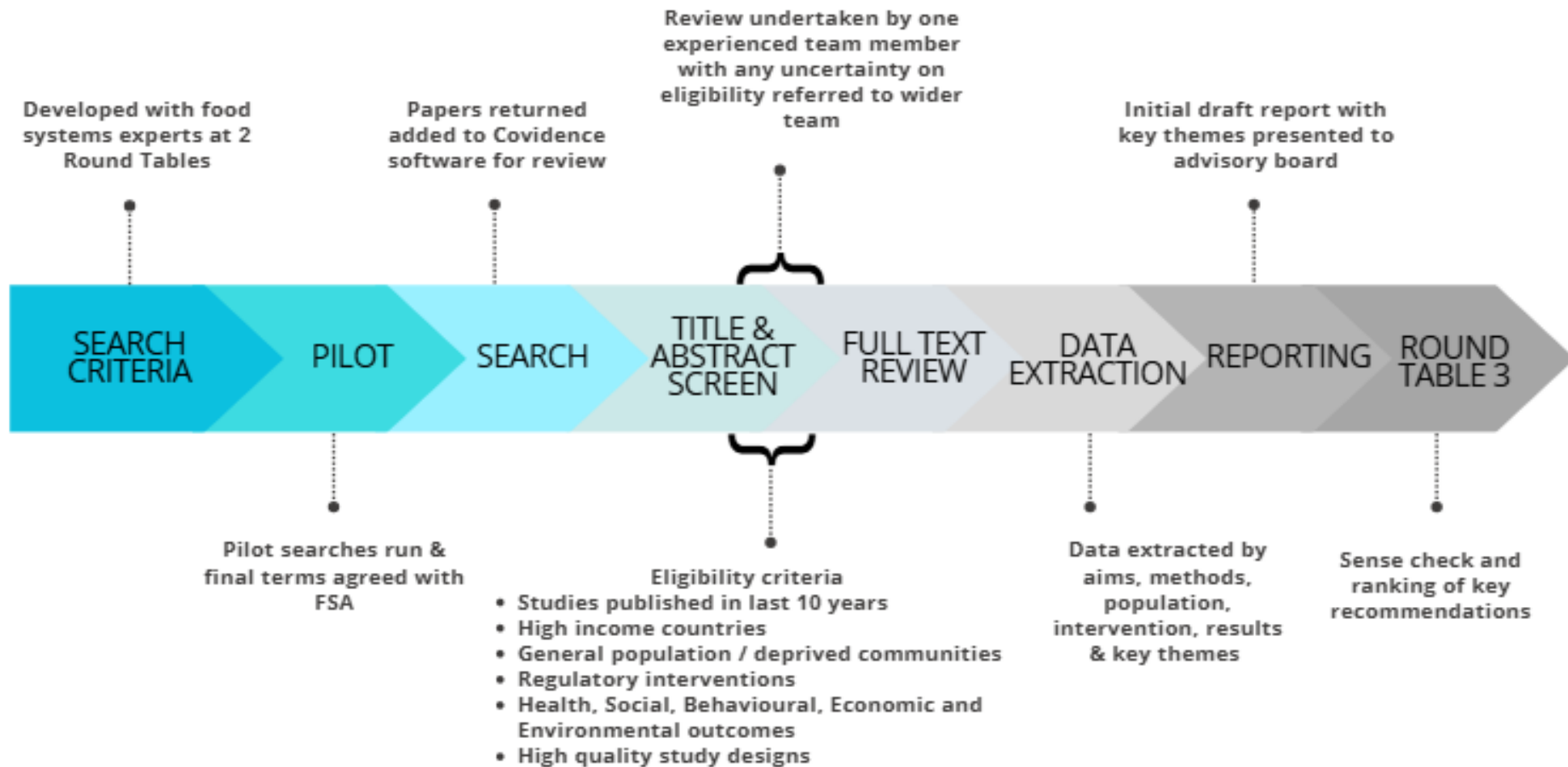
1. Which regulatory interventions could be most effective in addressing outcomes related to healthier and more affordable food, good economic growth, environmentally sustainable and resilient supply, and vibrant food cultures in the UK food system?

2. What are the likely impacts and trade-offs at (a) population level, and specifically for (b) deprived communities?

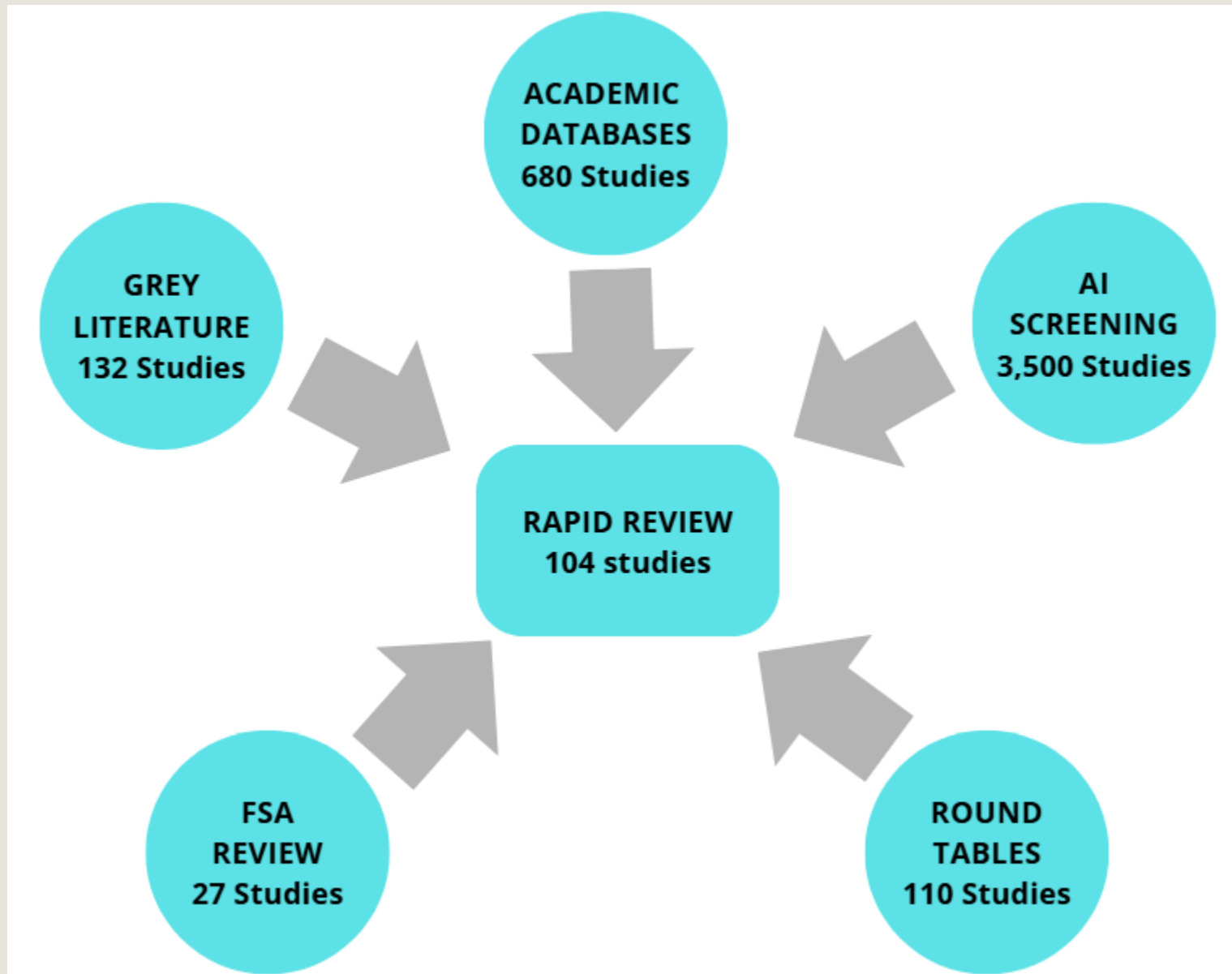
3. What are the highest priority interventions to focus on, and where are the evidence gaps?



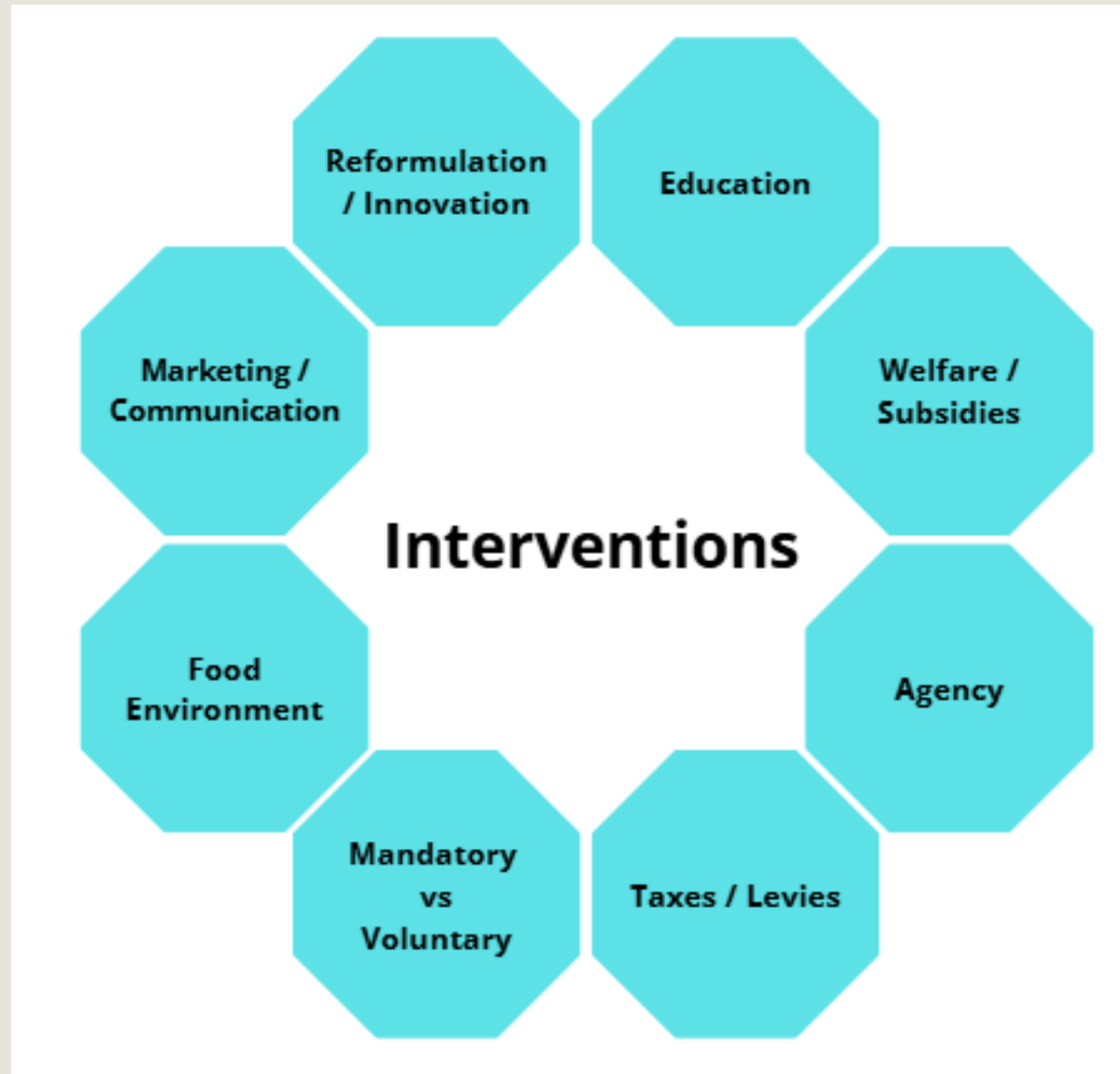
Methods - process



Methods - sources of data



Key findings



Potential Recommendations



1. Mandatory calorie content HFSS foods
2. Mandatory sodium content
3. Mandatory HFSS reformulation
4. Taxation / levies of confectionery & snacks
5. Subsidise F&V / whole foods
6. Watershed extension for HFSS advertising
7. Ban HFSS advertising in public sector settings



Potential Recommendations



8. Remove licensed / brand equity characters from HFSS
9. Auto enrol food based welfare systems centrally
10. All public sector catering contracts to meet Government Buying Standards
11. Overarching retail regulation for product promotions & placement, prioritise healthy sales
12. Planning regulations to improve access to affordable healthy food / limit HFSS exposure
13. Impact assessments through projected outcomes by deprivation for new regulations



APEASE Framework



Acceptability

How far is it acceptable to key stakeholders? This includes the target group, potential funders, practitioners delivering the interventions and relevant community and commercial groups.

Practicability

Can it be implemented at scale within the intended context, material and human resources? What would need to be done to ensure that the resources and personnel were in place, and is the intervention sustainable?

Effectiveness

How effective is the intervention in achieving the policy objective(s)? How far will it reach the intended target group and how large an effect will it have on those who are reached?

Affordability

How far can it be afforded when delivered at the scale intended? Can the necessary budget be found for it? Will it provide a good return on investment?

Side-effects

What are the chances that it will lead to unintended adverse or beneficial outcomes?

Equity

How far will it increase or decrease differences between advantaged and disadvantaged sectors of society?

Group work



1. Add any additional key recommendations to the list
2. Discuss ranking recommendations using APEASE framework
3. Low / Medium / High priority
4. Use mentimeter individually to rank

Thank you!



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