

# Policy Extract

## [Good Food for London: How London boroughs can help secure a healthy and sustainable food future](#)

London Food Link is the voice for good food in London and since 2002 has run projects and campaigns to help create a better food system for all Londoners. This report is a key part of our work, showing how local authorities are addressing some of the major issues or levers for change at the borough level, while ensuring that healthy, ethical and sustainable food remains firmly on the political plate.

### **Principles for tackling childhood obesity**

These principles draw together practical ways to develop a programme in line with the latest behavioural evidence around the drivers of obesity. They pay particular attention to the interaction between the urban environment and our psychology and can be used to guide an overall strategy or specific projects.

#### **1. Design for maximum impact**

- Universal and preventive interventions
- Recognise the value of a harm reduction approach

#### **2. Make healthy choices easier**

- Make uptake and participation easy
- Look for marginal gains
- Don't only focus on education
- Physical activity is secondary to calorie consumption

#### **3. Change the environment**

- Reduce total food exposure
- Prioritise reducing unhealthy choices
- Promote incidental physical activity
- Combine multiple interventions