

Update – Diet and Healthy Weight

March 2026

Population Health Framework



Co Published with COSLA in June 2025 the Framework identifies improving healthy weight as an initial evidence-based priority.

[Scotland's Population Health Framework - gov.scot](https://www.gov.scot)

Overview - Population Health Framework

Vision and Aim

We live longer, healthier and more fulfilling lives

By 2035 we will improve Scottish life expectancy whilst reducing the life expectancy gap between the most deprived 20% of local areas and the national average.

Initial Priorities

1 Embedding Prevention in our Systems

2 Improving Healthy Weight

Drivers of Health

Prevention Focused System

Social and Economic Factors

Places and Communities

Enabling Healthy Living

Equitable Health and Care

Guiding Principles

Prioritise creating and maintaining good health, and preventing ill health

Focus support on people and communities who need it the most

Change systems and environments to support individuals to stay healthy

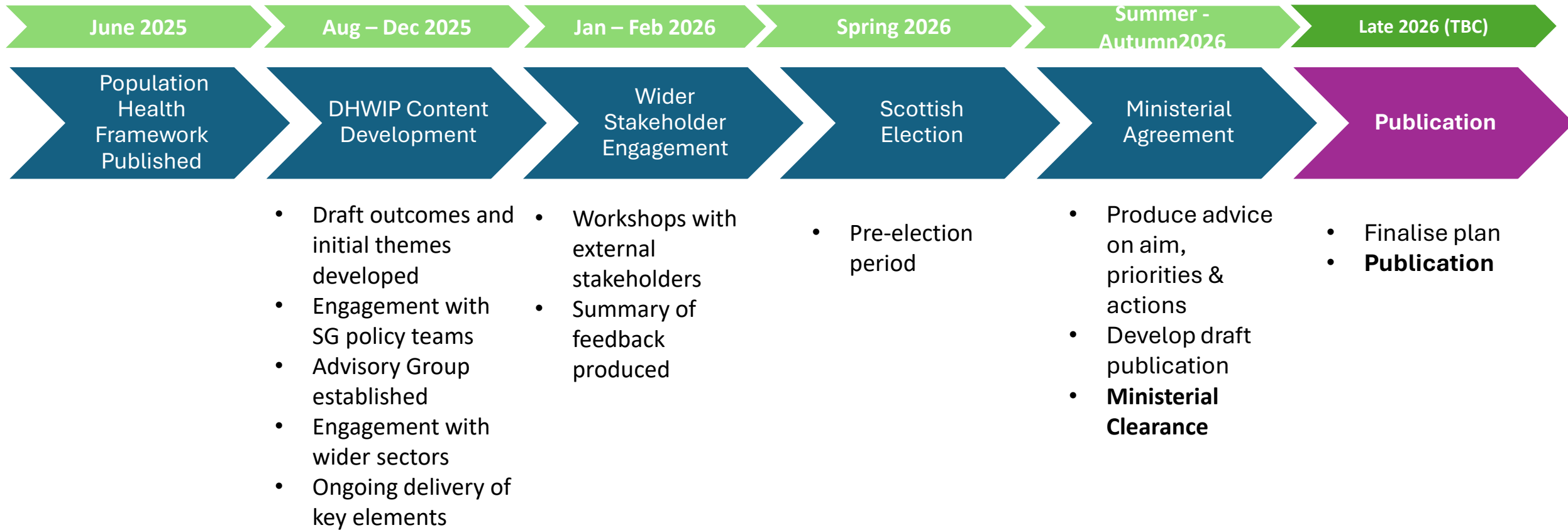
Deliver through a whole system approach –nationally and locally

The Food (Promotion and Placement) (Scotland) Regulations 2025

- Regulations to restrict the promotion of food and drink high in fat, sugar, or salt were made in October 2025 and will come into force from 1 October 2026.
- Regulations align with equivalent policy in England and Wales
- Local authorities will be responsible for enforcing the policy on the basis that they have experience of similar enforcement, have local knowledge and can incorporate enforcement of the policy into other inspection visits where appropriate.
- We have been working with business to develop clear implementation guidance for Scotland that builds on material published in England and Wales.

Diet and Health Weight Implementation Plan

DHWIP Draft Timeline



If you have any questions, please get in touch via

DietPolicy@gov.scot

Relevant links

- [Scotland's Population Health Framework - gov.scot](#)
- <http://www.legislation.gov.uk/id/ssi/2025/303>