

REHIS Update

New President

Lorraine McGillivray, Service Manager with Stirling Council was recently installed as President of the Institute and has accompanied us to the World Congress in Auckland.

Scotland Becomes First Country with Minimum Unit Pricing for Alcohol

After a five-year period of legal challenges and delay Scotland can now lead the way for public health by becoming the first country to have minimum unit pricing for alcohol.

The Alcohol (Minimum Pricing) (Scotland) Act 2012 was first passed by Scottish Government to address a health crisis responsible for 1,265 deaths in 2016, an increase of 10 per cent on the year before.

The Scottish Government says this is linked to alcohol being 60 per cent more affordable than in the 1980s, with wide ranging costs to public health.

Recently the UK Supreme Court justices unanimously dismissed the appeal brought by the Scotch Whisky Association (SWA) and other drinks manufacturers, who argued that the policy was “disproportionate” and illegal under European law. The Supreme Court ruled that the proposed minimum unit pricing policy is appropriately targeted, lawful and proportionate.

The Scottish Government’s current MUP proposal of a 50p per unit charge means four 440ml cans of five per cent strength lager would cost at least £4.40, a 12 per cent bottle of wine would be at least £4.50 and a 70cl bottle of whisky must cost at least £14.

The Scottish Government hailed the unanimous ruling, which it said had “global significance”.

Modelling from Sheffield University shows a minimum unit price of 50 pence is estimated to result in, 121 fewer deaths per annum by year 20 of the policy and a fall in hospital admissions of just over 2,000 per annum by year 20 of the policy.

Scottish Health Secretary Shona Robison will set out the timetable for implementation to MSPs “shortly”, but said of the judgment: “This is a historic and far-reaching judgment and a landmark moment in our ambition to turn around Scotland’s troubled relationship with alcohol”.

REHIS Eating Well for Older Peoples Course

The REHIS Eating Well for Older People Course is a new course that aims to provide participants with the knowledge and appreciation of the importance of good nutrition for older people and how to support them to eat well.

The course is non-clinical and would be suitable for anyone working with older people in the community or for older people themselves. The Eating Well for Health and Wellbeing course handbook, full of excellent information and useful recipes, supports the course.

The Food Hygiene Game

The Royal Environmental Health Institute of Scotland (REHIS) has approved the Food Hygiene Board game as ideally suited for structured food hygiene training courses, or as an informal learning activity in all aspects of the industry. It is also a fantastic resource for food education in food related classes at school or college.

The informative board game is for up to 12 players, which tests and reinforces knowledge delivered on the course in a fun and interactive way.

Research has shown that educational games can improve learners’ retention of knowledge, and enhance their interest in learning about a topic. Using a board game makes training accessible and enjoyable – questions are designed to encourage discussion, are easy to understand and use simple everyday language.

The Food Hygiene Game explores:

- Introduction to Food Hygiene
- Food Hazards
- Working environment
- Food pests
- Introduction to HACCP
- Cleaning Practices
- Temperature controls
- Personal Hygiene