

The Food (Promotion and Placement) (Scotland) Regulations (SSI 2025/303) Consultation

November 2025

NHS National Services Scotland (NSS)

Introduction

NSS welcome the opportunity to provide feedback on The Food (Promotion and Placement) (Scotland) Regulations 2025. The proposed Food (Promotion and Placement) (Scotland) Regulations 2025 represents an important step toward improving population health outcomes. These measures are strongly supported as they aim to reduce harms associated with excessive consumption of calories, fat, sugar, and salt - key drivers of obesity, type 2 diabetes, cardiovascular disease, and diet-related health inequalities, particularly among young people. The regulations align with Scotland's broader ambition to create healthier environments and supports long-term public health improvements.

Overview

Catering services across NHSScotland Health Boards already contribute to national health improvement objectives through initiatives such as the Healthy Living Programme and are preparing for implementation of the forthcoming Eating Out Eating Well framework. This evolution reflects a commitment to embedding healthier choices within hospital settings and reducing impulse purchases of high-fat, high-sugar snacks by staff, visitors, and patients prioritising low-fat, low-sugar options across hospital sites. These efforts demonstrate readiness to align with the intent of the proposed regulations and support their successful implementation.



Chair
Chief Executive

Keith Redpath
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NHS National Services Scotland is the common name of the Common Services Agency for the Scottish Health Service.

Consultation Feedback

The scope and key restrictions within the regulations are clearly defined and provide a strong foundation for change. To ensure effective implementation, further clarity would be valuable in two areas:

- Enforcement (Regulation 9): Greater detail on the approach to enforcement would help businesses prepare. For example, will compliance be assessed through self-reporting, Environmental Health Officer visits, or formal audit process?
- Guidance for Implementation: Clear, practical guidance for businesses ahead of implementation will be critical to achieving consistency and compliance. Early engagement on this guidance would support planning and reduce uncertainty.

Further clarity is sought on Enforcement – Regulation (9) and what this would entail, specifically whether there will be further information to businesses on how this will be implemented. For example, will businesses receive guidance on whether enforcement will involve self-assessment/Environmental Health Officer visits or through an audit process.

Moreover, confirmation is requested on whether detailed guidance will be developed for businesses to support the application of these regulations prior to implementation.

