



# The SCPN: What's New?

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 @anniescotta  
 @bobsteele6



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Scottish Cancer  
Prevention Network



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# Newsletter

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Scottish Cancer Prevention Network

VOL 7 . ISSUE 1

## Latest cancer prevention research

- new evidence linking liver cancer to body weight

### Also inside

**Page 3**  
Challenging interventions with an obese society

**Page 8**  
"Children's Charter" to work towards a tobacco free generation

### Supported by



## Tackling Harmful Alcohol Use

- SHAPP comment on OECD report findings

### Also inside

**Page 5**  
Breast cancer recurrence and breast feeding

**Page 7**  
WCRF Continuous Update Report - Gallbladder Cancer

### Supported by



## Combining screening and prevention

- improving smoking cessation services within the colposcopy clinic

### Also inside

**Page 4**  
Getting active ideas from round the world

**Also on page 4**  
Save our surgeries

**Page 7**  
Realising potential for health and preventive measures

### Supported by



## Sugar, Sugar Everywhere

An update from Obesity Action Scotland

### Also inside

**Page 3**  
Dryathlon benefits

**Page 10**  
Confessions of a converted pedestrian

### Supported by

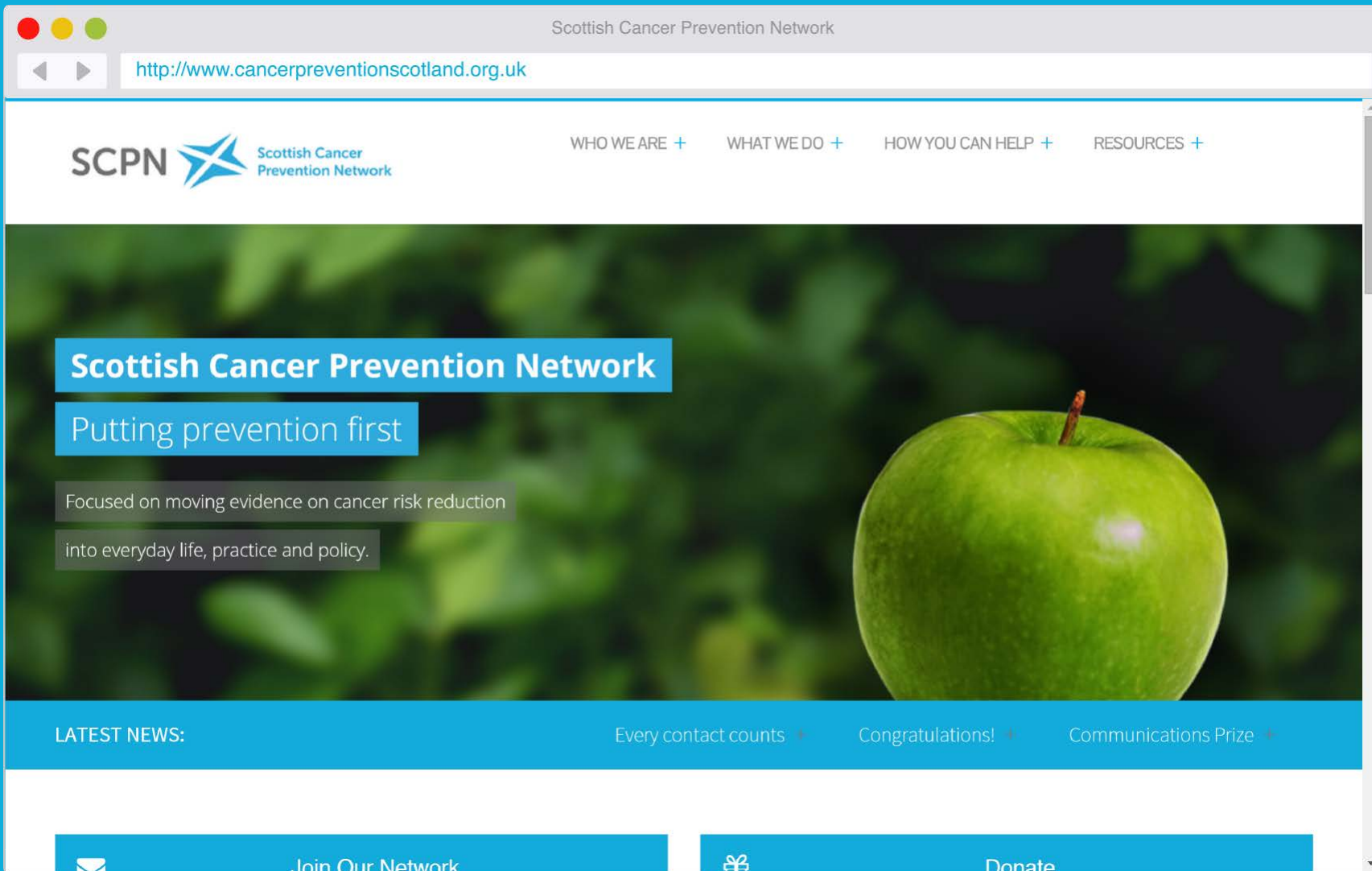


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# Marketing Images

## NO Thank you!



## YES Please!



## Have you seen the **SCPNBlog?**

Faecal Tests For Blood  
– Think Fit, Not Fob!

What If?

#AboutABike: City  
Cycling

<http://scpnblog.wordpress.com>

Confessions Of A  
Converted Pedestrian

The New Traditional &  
The #Healthshelfie



**Professor Callum G. Fraser,**  
University of Dundee  
8<sup>th</sup> April 2015

"The evidence for these recommendations is weak. In addition, five of the six cited studies were done with traditional guaiac-based faecal occult blood tests."

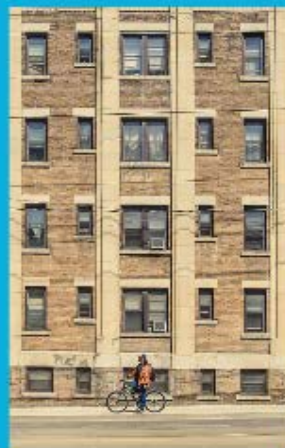
<http://tiny.cc/think-fit>



**Professor Annie S. Anderson,**  
SCPN / University of Dundee  
11<sup>th</sup> May 2015

"This year, several years on, I had my colonoscopy repeated and got on all clear, but it made me stop and think. What if I hadn't returned that first test?"

<http://tiny.cc/what-if>



**Professor Chris Oliver,**  
University of Edinburgh  
15<sup>th</sup> October 2015

"Cycling has significantly changed my life in so many ways; after being morbidly obese I had a gastric band, lost 12 stone and got fit again by cycling."

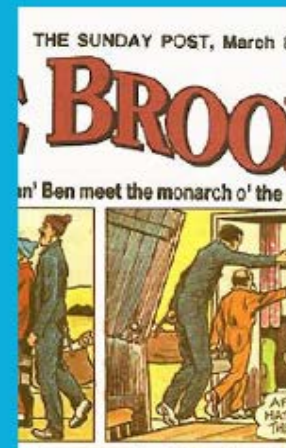
<http://thescpn.org/AboutABike-Blog>



**Kate Cunningham,**  
OCHRE  
15<sup>th</sup> January 2016

"I started small if I'm honest. I wasn't even impressing myself but the thought had found a resonance and I began making some meaningful changes."

<http://thescpn.org/converted-pedestrian>



**Professor Annie S. Anderson,**  
SCPN / University of Dundee  
22<sup>nd</sup> January 2016

"Talking about food choices stimulates memories of happy days, occasions with family and friends and re-enforces much of our cultural identity. It is difficult then to talk..."

<http://thescpn.org/healthshelfie-blog>



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The SCPN

Message Now

http://www.cancerprovo... Promote Website

PHOTOS

UPCOMING EVENTS

**We Can, I Can: SCPN Conference 2...**  
Thursday, 4 February 2016 at 9:30  
4 guests

VISITOR POSTS

**Ann Stewart Muir**  
15 April 2015 at 18:41  
good clear information for anyone with an interest in Marie Curie Cancer Care

**Womb Cancer Support UK**  
9 April 2015 at 15:01  
Please help us raise awareness of womb cancer. It is the 4th most co... See More

**Caroline's Plant Based Diet**  
20 March 2015 at 16:31  
Hi The SCPN, I'm running cancer prevention and survival whole food... See More

LIKED BY THIS PAGE

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**The SCPN**  
Published by Buffer [?] · 22 January at 13:31 · 🌐

Our #HealthyShelfie campaign is designed in part to highlight the European Code Against Cancer - 12 ways to reduce your cancer risk. Find out more on our blog! <http://thescpn.org/29iZK5>

#HEALTHYSHELFIE

ECL

Like Comment Share Buffer

Write a comment...  
Photos Enter to post

---

**The SCPN**  
Published by Buffer [?] · 21 January at 13:06 · 🌐

Global support for #HealthyShelfie - thanks to the Canadian Cancer Society! <http://thescpn.org/20gB34>

#healthysshelfie

61 people reached

Boost Post

Like Comment Share Buffer

Annie Anderson, Dawn Gillies and Macmillan@GlasgowLibraries like this.

---

**The SCPN**  
Published by Buffer [?] · 20 January at 14:37 · 🌐

Even though we don't live in a place where it's as sunny as I'm sure we'd all like, it's important to be prepared with sun protection, especially when the sun is at its strongest. The European Code Against Cancer points out that "on a cloudy or foggy day, you might still get sunburned because up to 80% of the UV radiation passes through clouds or mist." Find out more here! <http://thescpn.org/1QeayN>

Home Moments

Search Twitter Have an account? Log In

January is the month of the #HealthyShelfie

TWEETS 3,319 FOLLOWING 1,661 FOLLOWERS 1,657 LIKES 72

Follow

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The Scottish Cancer Prevention network is focussed on moving evidence on cancer risk reduction into everyday life, practice and policy.

Scotland  
cancerpreventionscotland.org.uk  
Joined August 2011

642 Photos and videos

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Tweets Tweets & replies Photos & videos

The SCPN Retweeted  
**WCRF UK** @WCRF\_UK · 1h  
We've made the shortlist for @thescpn's prize for the internet's best cancer prevention communicators! Winner announced on [#WorldCancerDay](#)

The SCPN Retweeted  
**UICC** @uicc · 23 hrs  
#WeCanICan take action to help fight #cancer. Spread the word by joining the #WorldCancerDay #TalkingHands campaign! [worldcancerday.org/TalkingHandsCa...](http://worldcancerday.org/TalkingHandsCa...)

The SCPN @thescpn · 4 hrs  
Lots more to be said... including food and drinks issues... join the conversation on Wed

**Graham Mackenzie** @gmacscotland  
My blog on 1st @SciPubHealth #PublicHealthHour [scotpubhealth.com/2016/01/31/1st](http://scotpubhealth.com/2016/01/31/1st)  
Join @CyclingSurgeon 3.2.16, 11AM-noon

The SCPN @thescpn · 5 hrs  
**NYC Colon Ca Control Coalition: Public health effort to increase colon ca screening** [thescpn.org/1nDcu0G](http://thescpn.org/1nDcu0G) @bowelcancer @DeborahAlcina

The SCPN @thescpn · 5 hrs  
Recommended- thoughtful and practical "How to make Dry January stick" [@joinclubsoda](http://joinclubsoda.com/joinclubsoda.co.uk/sites/default/...) [joinclubsoda.co.uk/sites/default/...](http://joinclubsoda.co.uk/sites/default/...)

New to Twitter?  
Sign up now to get your own personalised timeline!

Sign up

You may also like

**Bowel Cancer UK** @Bowel\_Cancer\_UK  
**BHF** @TheBHF  
**NHS Choices** @NHSChoices  
**SCPHP** @SCPNRP  
**AScotAnderson** @amscotland

Trends  
Pep Guardiola  
#MondayMotivation  
#BlackHistoryMonth  
#DeadlineDay  
#ShawnWorldTourPressle  
#ONNoSimon  
Pep to City  
Jeff Hornacek  
Frank Bruno  
Seydou Doumbia

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More to explore: [Soups](#) [Mint](#) [Potatoes](#) [Jazz](#) [Butternut Squash](#) [Chickpeas](#) [Tomatoes](#) [Chillis](#) [Juice](#) [Limes](#) [Onions](#) [Garlic](#) [Sweets](#) [Lemon](#)

# #SoupOnSaturday

The SCPN will be releasing a new healthy soup recipe each Saturday though February and March, so keep your eye out and join in #SoupOnSaturday, to take steps towards a healthy diet and cancer prevention.

 The SCPN 8 Pins 19 followers [Follow board](#)

**Sweet Potato and Red Pepper** #SoupOnSaturday

Adapted from the Cooper Angus Food Collections

**Description**

A tasty, colourful soup. Sweet Potato and Red Pepper is the perfect soup to end the #SoupOnSaturday show. It's simple to make but, tastes like it's second day!

**Ingredients**

- 2 Red Peppers (washed and deseeded)
- 1 Large (or 2 Small) Sweet Potatoes (washed and peeled)
- 1 Onion (washed and sliced)
- 2 Cloves of Garlic (washed and crushed)
- 1.5 Litres Boiling Water
- 2 Bay Leaves
- 1 Tbsp Softener Oil

**Method**

- 1 Heat the oil in a large pan, add the onions and garlic, and cook until translucent.
- 2 Add the sweet potatoes, peppers and bay leaves.
- 3 Add water and bring to the boil, then simmer for 20 minutes.
- 4 Blend, serve, and enjoy!

**Smoky Chickpea, Red Lentil & Vegetable** #SoupOnSaturday

Adapted from the Cooper Angus Food Collections

**Description**

Try some Smoky Chickpea, Red Lentil & Vegetable #SoupOnSaturday - A vibrant, smoky soup with greens, chickpeas, lentils, tomato, paprika, onion, garlic...a soup full of healthy ingredients and warming qualities.

**Ingredients**

- 100g Frozen Peas
- 1 Large Potato (washed & peeled)
- 2-3 Tbsp Fresh Mint (washed)
- 1 Tbsp Lemon Juice
- 1 Tbsp Olive Oil
- 400ml Boiling Water

**Method**

- 1 Increase chopped potato in boiling water for 5 mins and cook until soft.
- 2 Add to the pan and remaining water and allow to simmer for 20 minutes.
- 3 Add in onion, beans and lime juice, and blend to taste.
- 4 Serve with a drizzle of low fat yogurt and a leaf of mint.

**Zesty Pea** #SoupOnSaturday

Adapted from the Cooper Angus Food Collections

**Description**

This week's #SoupOnSaturday is Zesty Pea, a tangy soup made with heaps of peas, potato, mint, lemon juice and lime juice. Add some jazz to your saturday!

**Ingredients**

- 1 Onion (washed & sliced)
- 1 Green Apple (washed & sliced)
- 1 Butternut Squash (washed, peeled and sliced)
- 1 Tbsp Softener Oil
- 1 Litre Hot Water
- 400ml Hot Lentil (washed)
- 1 Tbsp Softener Oil

**Method**

- 1 Heat the oil in a large pan, fry the onion and garlic until translucent.
- 2 Add the apple and chili, and cook for a further 5 minutes.
- 3 Add the butternut squash, apple and stock, and cook for 20 minutes.
- 4 Scatter (quarterly if preferred) and add other peas or frozen peas.
- 5 Serve and enjoy.

**Butternut Squash, Chili & Mint** #SoupOnSaturday

Adapted from the Cooper Angus Food Collections

**Description**

Try some delicious Butternut Squash, Chili & Mint #SoupOnSaturday!

**Ingredients**

- 2 Onion (washed & sliced)
- 2 Cloves of Garlic (washed & crushed)
- 1 Green Apple (washed & sliced)
- 1 Butternut Squash (washed, peeled and sliced)
- 1 Tbsp Softener Oil
- 1 Litre Hot Water
- 400ml Hot Lentil (washed)
- 1 Tbsp Softener Oil

**Method**

- 1 Heat the oil in a large pan, fry the onion and garlic until translucent.
- 2 Add the apple and chili, and cook for a further 5 minutes.
- 3 Add the butternut squash, apple and stock, and cook for 20 minutes.
- 4 Scatter (quarterly if preferred) and add other peas or frozen peas.
- 5 Serve and enjoy.

**Winter Thai Soup** #SoupOnSaturday

Adapted from the Cooper Angus Food Collections

**Description**

This week's #SoupOnSaturday is Winter Thai... More

**Ingredients**

- 2 Red Onions (washed & sliced)
- 2 Onions (washed & sliced)
- 2 Tbsp Softener Oil
- 1 Sweet Potato (washed & sliced)
- 1 Potato (washed & sliced)
- 1 Butternut Squash (washed & sliced)
- 4 Cloves of Garlic (washed)
- 1 Tbsp Softener Oil
- 2 Tbsp Softener Oil
- 2 Tbsp Boiling Water

**Method**

- 1 Fry all the onions together on a low heat until softened.
- 2 Add to the soup pan and cook until the vegetables are soft.
- 3 Add to the pan, blended onion and butternut with water and cook until the vegetables are soft.
- 4 Blend to taste.
- 5 Serve with a garnish of coriander and lime juice.

A tasty, colourful soup. Sweet Potato and Red Pepper is the perfect soup to end the #SoupOnSaturday show. It's simple to make but, tastes like it's second day!

Try some Smoky Chickpea, Red Lentil & Vegetable #SoupOnSaturday - A vibrant, smoky soup with greens, chickpeas, lentils, tomato, paprika, onion, garlic...a soup full of healthy ingredients and warming qualities.

This week's #SoupOnSaturday is Zesty Pea, a tangy soup made with heaps of peas, potato, mint, lemon juice and lime juice. Add some jazz to your saturday!

Try some delicious Butternut Squash, Chili & Mint #SoupOnSaturday!

This week's #SoupOnSaturday is Winter Thai... More

**Sweet Potato & Red Pepper #SoupOnS...**  
Uploaded by user

**Pinned from**  
Uploaded by user

**Pinned from**  
Uploaded by user

**Sweet Pepper and Tomato** #SoupOnSaturday

Adapted from the Cooper Angus Food Collections

**Description**

A tasty, warming soup. Sweet Pepper and Tomato is the perfect Red Pepper for #SoupOnSaturday! It's easy to make, very nutritious, and tastes delicious.

**Curried Parsnip Soup** #SoupOnSaturday

Adapted from the Cooper Angus Food Collections

**Description**

It's a warming, fun-based soup with a thick, rich, Curried Parsnip & well up to the post of warming your heart, too! #SoupOnSaturday!

**Eastern Promise Soup** #SoupOnSaturday

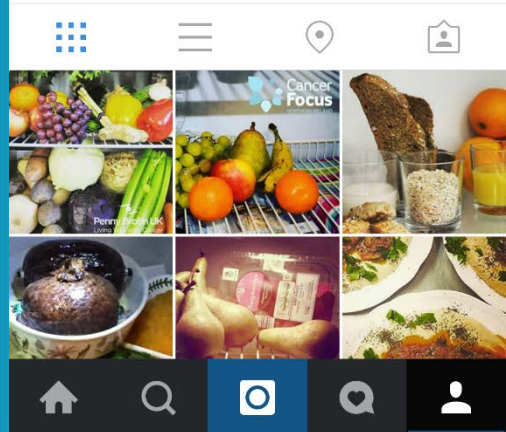
Adapted from the Cooper Angus Food Collections

**Description**

By combining peas with this recipe for Eastern Promise, an aromatic soup full of warming flavour and nutritious ingredients.

 **101** posts **81** followers **111** following  
[EDIT YOUR PROFILE](#)

The SCPN  
The Scottish Cancer Prevention Network is focussed on moving evidence on cancer risk reduction into everyday life and practice. Jan is #HealthyShelfie  
[thescpn.org/100Kr7e](http://thescpn.org/100Kr7e)



# About A Bike



**Friday 2nd October**  
**A Cycle Route for the Beginner**  
[Download PDF](#) [View Online Map](#)

**Saturday 3rd October**  
**Cycling Motivation**  
[Download PDF](#)

**Friday 9th October**  
**Irvine to Ayr**  
[Download PDF](#) [View Online Map](#)

**Saturday 17th October**  
**Riding Position**  
[Download PDF](#)

**Sunday 18th October**  
**Isle of Cumbrae**  
[Download PDF](#) [View Online Map](#)

**Friday 16th October**  
**Dundee to Arbroath**  
[Download PDF](#) [View Online Map](#)

**Sunday 11th October**  
**Loch Lomond**  
[Download PDF](#) [View Online Map](#)

**Saturday 24th October**  
**Puncture Repair**  
[Download PDF](#)

**Friday 23rd October**  
**Newport-On-Tay to Newburgh**  
[Download PDF](#) [View Online Map](#)

**Sunday 25th October**  
**Edinburgh to Musselburgh**  
[Download PDF](#) [View Online Map](#)

**Saturday 31st October**  
**Bike Buying Guide**  
[Download PDF](#)

**Friday 30th October**  
**A Cyclist's Kit List**  
[Download PDF](#)

### A Cycle Route for the Beginner

Just a couple of miles from Coupar Angus, Perthshire, is the quiet village of Ardler which boasts a really quaint tavern. A great objective for novice cyclists.

**Information Provided By**

**Find Out More About A Bike**  
at [thescpn.org/AboutA3ike](http://thescpn.org/AboutA3ike)

The European Cycle Against Cancer sign "The physically active in saving the lives they've saved others." Photo credit: © 2015 Google

### Correct Riding Position

Setting up your bike to you are in the correct position whilst riding is key to ensuring you have a safe, comfortable and efficient ride. This guide will show you how.

**Find Out More About A Bike**  
at [thescpn.org/AboutA3ike](http://thescpn.org/AboutA3ike)

The European Cycle Against Cancer sign "The physically active in saving the lives they've saved others." Photo credit: © 2015 Google

### Cycling Motivation

Cycling - as well as being a cheap and sustainable way of getting from A to B - has numerous health benefits.

**Disease Prevention**

Regular exercise in adults can decrease the risk of cardiovascular disease, type 2 diabetes, depression, dementia, and some cancers. (Creswell et al. 2013)

**Strengthening Muscles**

Cycling is a low-impact, cardiovascular, strengthening and calorie-burning activity. It's a great way to improve your muscle tone, strength and endurance.

**Burning Calories**

Cycling of moderate pace for 30 minutes burns around 300 calories, around 1000 calories per week. (Creswell et al. 2013)

**Improving Mental Health**

According to the Department of Health, "Regular physical activity reduces the risk of depression and has positive benefits for mental health, including reducing anxiety and the risk of mental health problems."

**Increasing Fitness**

Regular exercise is good for your heart and lungs. Improved cardiovascular fitness can help you enjoy more of your favourite activities.

**Find Out More About A Bike**  
at [thescpn.org/AboutA3ike](http://thescpn.org/AboutA3ike)

### Isle of Cumbrae

This scenic ride takes you around the 10.25 mile perimeter of the Isle of Cumbrae. Enjoy quiet coastal roads with stunning views of the Firth of Clyde, and some interesting historical landmarks.

**Find Out More About A Bike**  
at [thescpn.org/AboutA3ike](http://thescpn.org/AboutA3ike)

The European Cycle Against Cancer sign "The physically active in saving the lives they've saved others." Photo credit: © 2015 Google

### Puncture Repair

Learn how to fix a puncture on your bicycle. Includes a list of tools and a step-by-step guide.

**Find Out More About A Bike**  
at [thescpn.org/AboutA3ike](http://thescpn.org/AboutA3ike)

The European Cycle Against Cancer sign "The physically active in saving the lives they've saved others." Photo credit: © 2015 Google



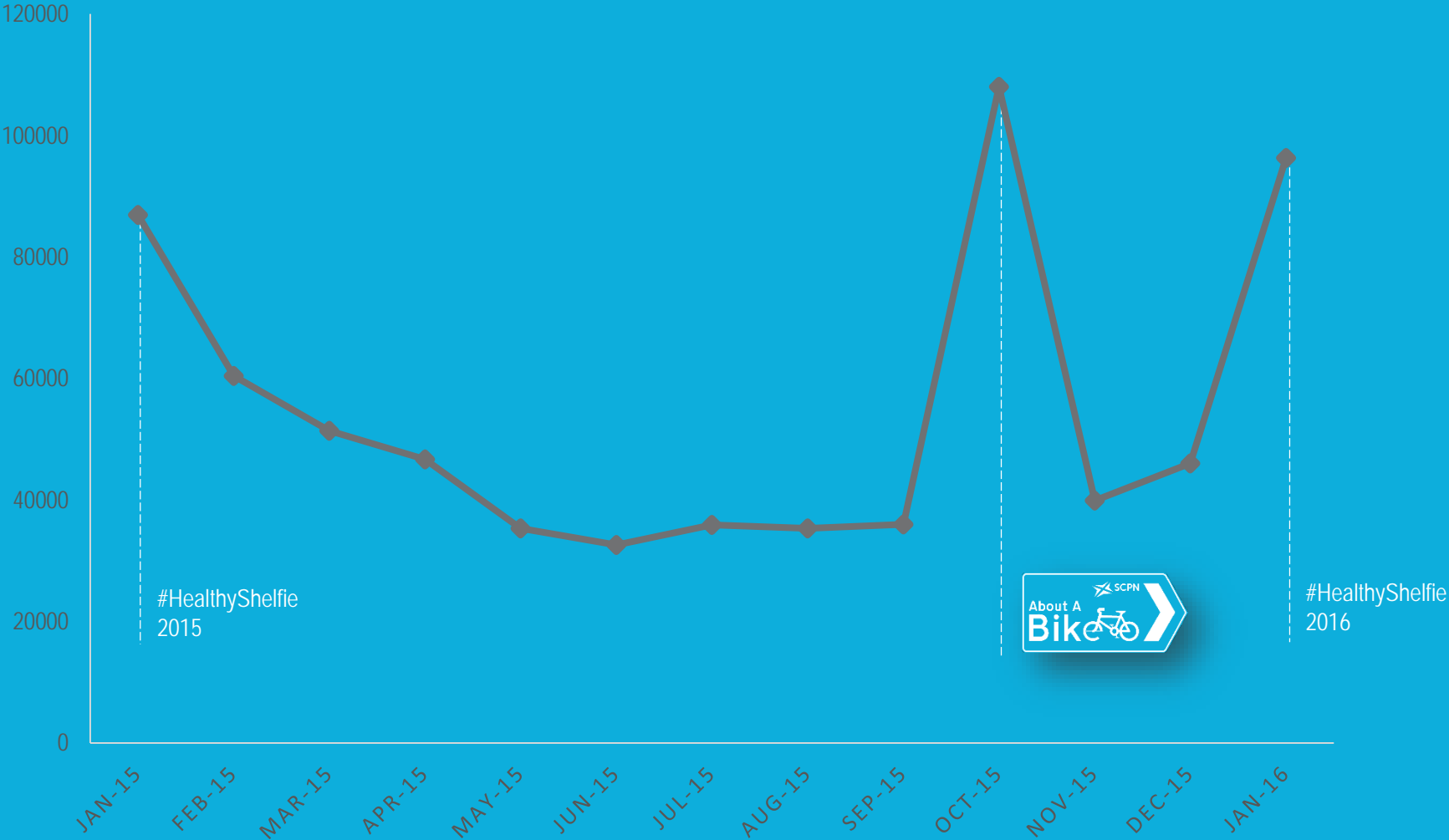
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# Twitter Impressions





# Healthy Meetings Showcase



Many thanks to everyone who has returned scorecards and tweeted about our healthy meetings campaign (#healthymeetings). We were delighted that the British Medical Journal have joined in our dissemination and published a short piece entitled:

**"Time to stand up and make a difference"** (<http://www.bmj.com/content/351/bmj.h3141>).

We have had lots of feedback from meetings and thought it useful to showcase the recent annual conference for the International Society of Behavioral Nutrition and Physical Activity ([www.isbnpa.org](http://www.isbnpa.org)), which took place in June at the Edinburgh International Conference Centre ([www.eicc.co.uk](http://www.eicc.co.uk)) and was organised by Meeting Makers ([www.meetingmakers.co.uk](http://www.meetingmakers.co.uk)) for over 1200 delegates from 44 countries.

Very proud to show that Scotland can showcase #HealthyMeetings!

## Great to see: Healthy Food Options



Wholegrain rolls

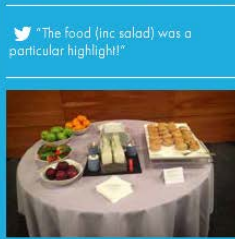
"Today's healthy morning snacks make a good change from chocolate biscuits!"



Two salads for everyone each day



Fruit snacks (Loved the chopped watermelon, wee bowls of chopped strawberries, plum selection)



Wee wholemeal scones  
And no pastries, deep fried items or creamy dips.

"More healthy snacks and smaller portions: enough to satisfy but not excessive empty calories #healthy"

"The food (inc salad) was a particular highlight!"



# Healthy Meetings Showcase



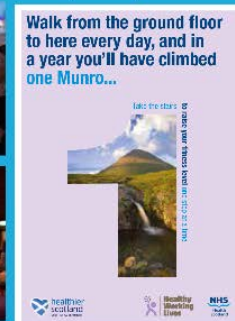
## Great to see: Being Active & Less Inactive

### Active applause



"Great to see so much space devoted to standing in sessions, let's make it a social norm!"

### Stair prompts



"Stand up! Take the stairs!"

### Ceilidh dancing practice at lunch



"Ceilidh dancing taster at lunchtime"



### Room for standing in all meeting rooms



The ISBNPA conference scores 10 out of 10. Remember to complete a scorecard after your meetings so we can collate more examples of good practice.

[Get more scorecards](#)





FILLER

## Time to stand up and make a difference

Annie S Anderson *professor of public health nutrition and co-director, Scottish Cancer Prevention Network*, Robert J C Steele *professor of surgery, head of cancer research, and co-director, Scottish Cancer Prevention Network*

Centre for Research into Cancer Prevention and Screening, Division of Cancer Research, Medical Research Institute, Ninewells Hospital and Medical School, Dundee DD1 9SY, UK

Current estimates for cancer prevention ([www.wcrf-uk.org/uk/preventing-cancer/cancer-preventability-statistics](http://www.wcrf-uk.org/uk/preventing-cancer/cancer-preventability-statistics)) suggest that around 30% of 13 of the most common cancers in the United Kingdom could be prevented through improvements in diet, physical activity, and body weight. The importance of sedentary behaviour is also becoming clearer.<sup>1</sup>

As organisers of the annual Scottish Cancer Prevention Network conference we think carefully about what we ask our colleagues to do at meetings. We explore meeting venues with care. Regular catering options include deep fried items, sausage rolls, and quiches, and creamy and pastry desserts; vegetables are sparse and wholegrains are absent. Drinks options are often sugary, and bowls of sweets and crisps are provided to facilitate snacking. We have also noticed that travel directions often omit active travel information.

Year on year, we turn a blind eye to these issues and focus on the programme, delegate lists, and attendance. After all, who has the time to deal with these matters? Who has the skills to politely mention to organisers of meetings that things could be different or to give alternative examples of catering? Meetings are serious business where we discuss health practice and policy and share our grief about the nation's getting fatter and being inactive.

However, we think there is a need to sow the seeds of change, to create demand and support for healthy meetings.

The "Healthy meetings in ten lines" score card is a checklist of key food, drink, activity, and inactivity observations for meetings that last over four hours and provide lunch. The card

was developed with input from experts in nutrition and physical activity and regular attendees at meetings. Its aim is to help people share good practice, create demand for healthier catering and more active meetings, and praise those venues that facilitate healthier working days. It is simple to complete and easily feed back to meeting organisers with no need for awkward conversations.

The initiative has been enthusiastically welcomed by Shona Robison (Scottish cabinet secretary for health, wellbeing, and sport), presidents of the medical royal colleges in Scotland, and Scottish directors of public health, as well as by staff from organisations throughout the UK and beyond.

We invite readers to become supporters of the initiative by using the score card at symposiums, team management meetings, annual conferences, and other work events and by sharing their findings with us. To get involved, contact us at [scpn@cancerpreventionscotland.org.uk](mailto:scpn@cancerpreventionscotland.org.uk).

Competing interests: None declared.

For more information go to [www.cancerpreventionscotland.org.uk/what-we-do/healthy-meetings](http://www.cancerpreventionscotland.org.uk/what-we-do/healthy-meetings).

<sup>1</sup> Bhasin A, Oh PI, Faulkner GE, et al. Sedentary time and its association with risk for disease incidence, mortality and hospitalization in adults: a systematic review and meta-analysis. *Ann Intern Med* 2015;162:123-32.

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# Staff who sit in meetings should stand up and do stretches, cancer experts say

CLAIRE MCKIM



Professor Annie Anderson: 'Diet and exercise are key'

STAFF who sit in long meetings should be encouraged to stand up, move about and do stretches, according to new guidance by Scottish cancer experts.

The initiative, by the Scottish Cancer Prevention Network (SCPN), advises bosses to "lead by example" and encourage staff to be more active, offer fresh water and fruit, not serve pastries or crisps and advise staff to walk or cycle to meetings.

The 'healthy meetings in ten lines campaign' has been adopted by ambassadors including MSPs, NHS staff and academics.

Each year about 30,000 people in Scotland are diagnosed with cancer and health profes-

sionals say lifestyle changes can reduce cancer risk by up to 30 per cent in some forms of the disease.

sionals say lifestyle changes can reduce cancer risk by up to 30 per cent in some forms of the disease.

The SCPN has offered advice and score cards to businesses and organisations that hold

meetings lasting four hours or more. The guidance says stretching and moving about during meetings should be feasible as "most rooms allow people to stand at the side without causing a disruption or blocking views".

Professor Annie Anderson, SCPN co-director, said: "Diet and exercise are key aspects of cancer prevention and we have to carry that throughout everything we do. Hours are spent in sedentary behaviour, keeping still and listening hard.

"There is often not much chance to take a walk, stand up and stretch, or simply use a muscle or two, even though we recommend more movement as an important part of public health."

of her husband's 'consulting' work

Memorial Trophy for overcoming adversity.

## Healthy meetings challenge

SCOTLAND'S leading cancer experts will be challenged to make meetings healthier and help practise what they preach.

The annual Scottish Cancer Prevention Network (SCPN) conference, which takes place tomorrow, will see the launch of the "Healthy meetings in ten lines" initiative, which aims to "encourage meetings organisers in all walks of life to make meetings healthier".

This includes providing healthy snacks and plenty of fresh drinking water, as well as encouraging people to walk or cycle to the meeting.

Professor Annie Anderson, co-director of SCPN, said: "We want people to promote healthier meetings and demonstrate that there is no need to sit for hours on end and then be presented with sausage rolls and crisps for lunch."



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## Descriptors selected

	All n(%)	Most deprived n(%)	Less deprived n(%)
Useful	182(48.5)	29(42.7)	122(51.1)
Informative	268(71.4)	65(95.6)	176(73.6)
Interesting	239(63.7)	41(60.3)	162(67.8)
Appropriate	174(46.4)	22(32.4)	125(52.3)
Unappealing	1(0.3)	0(0)	1(0.4)
Boring	1(0.3)	0(0)	0(0)
Irrelevant	1(0.3)	0(0)	0(0)
Alarming	2(0.5)	0(0)	1(0.4)



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Great idea to issue it at appointment time

An interesting read. I was aware of most of the guidance except the weight issue

It was a great 10 mins read full of information and not at all boring - keep up the good work

Having a popular TV/media personality involved in the magazine is important.

I found it informative but not excessive

I will tell all my friends about the magazine

Realised I didn't know as much about low fat labelling as about other things.

Lorraine Kelly's interview was funny, revealing and inspiring

Delighted it was free. It gave me something to read on the way home

I was nervous about the screening - the magazine was a distraction while I waited and interesting afterwards

I showed it to workmates and it started a discussion about health etc.

It opened my eyes as I have become quite lazy as I have got older

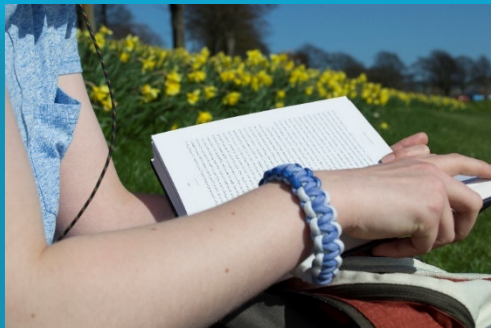
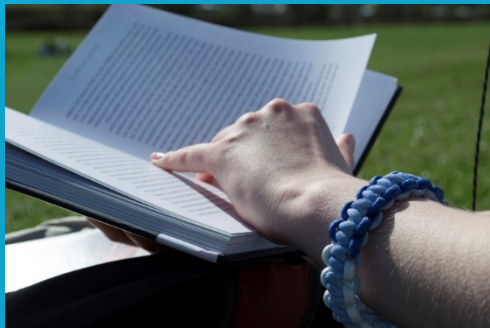


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STV Home News Sport Shows Competitions Sign In Join

Log in Home News Glasgow Edinburgh Aberdeen & North Dundee & Tayside Central Highlands & Islands

Scotland Decides Scotland Tonight STV News at Six Dailies Weather

Dundee & Tayside

### Scouts leader wins award after inventing skin cancer beating bracelet

By Pamela Tulloch  
25 June 2015 12:15 BST

Record number of serious accidents contributed as 7 in the park

Family of pedestrian hit by car pays tribute to 'loving father'

Tesco to create 300 new jobs as retail centre expansion to Dundee

Family of 6-year 'topper' and killer in heart criticism investigation

Raymond hit 14-month in intensive care before careering into tree

**A Scouts leader who was driven to invent a product which protects young outdoor-lovers from the sun has won plaudits for his invention.**

University of Dundee graduate Stuart Clark became increasingly aware of the danger the sun posed for young Scouts exploring the outdoors on summer trips away.

During his final year of his Product Design course, the 21-year-old tasked himself with creating a wearable device which could help alert people to the dangers, and prevent rising numbers of skin cancer.

**Named Exposed**, the bracelet has a UV indicator which changes colour depending on the UV levels.

Created within the design of a paracord bracelet, the bracelet unravels to give 10 metres of cord which can be used in an emergency.

"This idea became quite apparent to me when I went away for the summer", Stuart said.

"I took a group to the International Scouts Jamboree and working there as a first aider meant I was dealing with loads of kids with serious sunburn.

"That got me thinking about creating something that could help prevent these kids getting burnt.

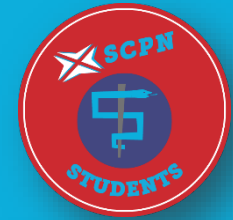


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## Take the Stepcount Challenge

Walk 10,000+ steps each day for a week, screenshot your pedometer app at 0 and at the end of the week, answer our short patient case question and WIN A £50 AMAZON VOUCHER.



Twitter and Facebook icons followed by the text 'scpnstudents'.



## Tonight We'll Be @GlasgowUni

Monday 16th November 2015, 7pm  
Boyd Orr Lecture Theatre D

You'll hear from SCPN co-directors Prof Annie Anderson and Prof Bob Steele, and colorectal surgeon Susan Moag, with free food, and lots of written resources available to take away.



Twitter and Facebook icons followed by the text 'scpnstudents'.



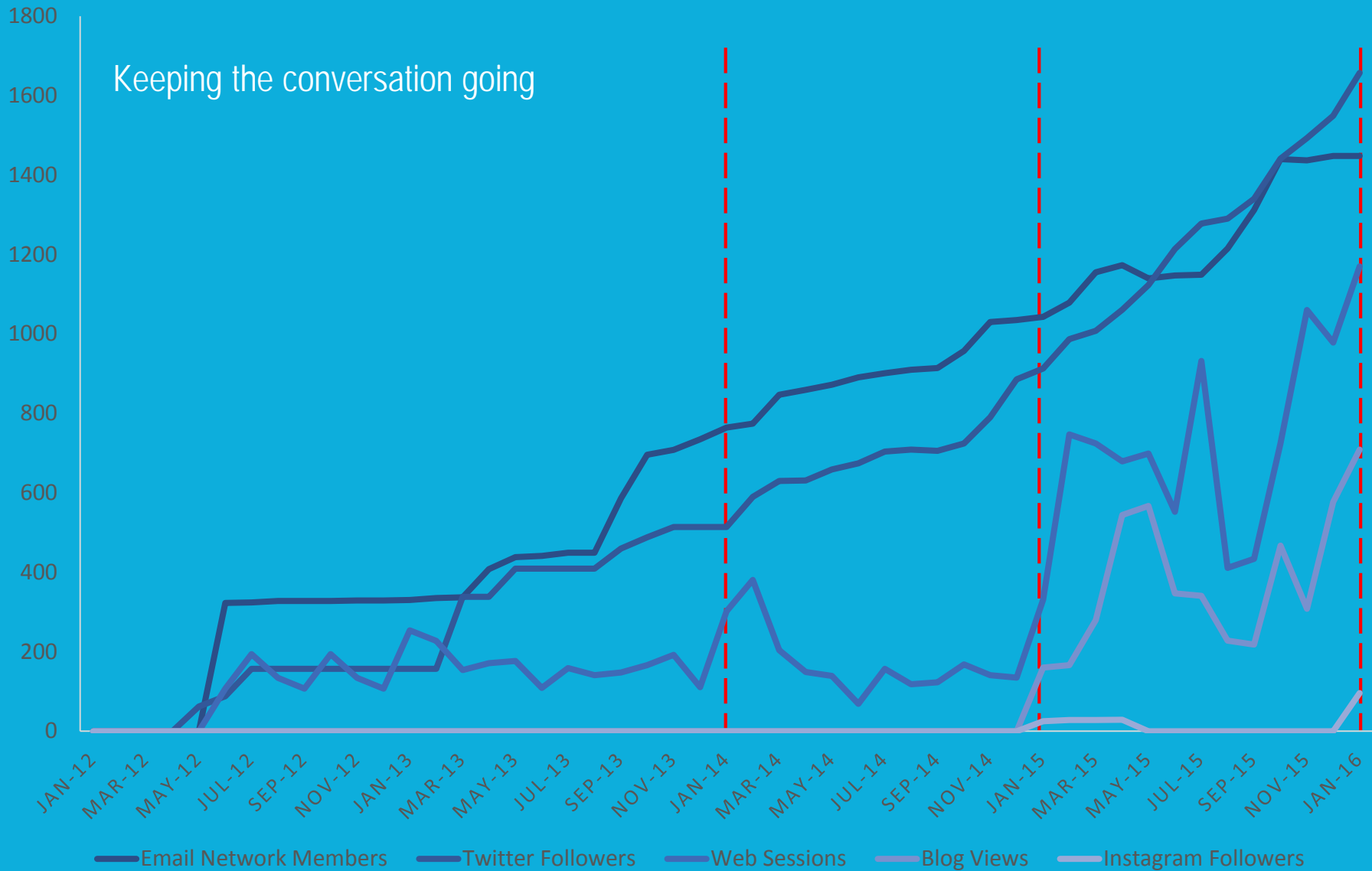
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# Keeping the conversation going



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