



Key IHPE Statements on Healthy eating, Food banks, Obesity, Food poverty and related issues.

British Medical Journal Letters

1. Watson M C and Towers A. Childhood obesity: positive change is possible BMJ 2025; 388 :r80 doi:10.1136/bmj.r80
<https://www.bmj.com/content/388/bmj.r80?sso=>
2. Watson M C, Lloyd J. Obesogenic environments: the UK government needs to act now BMJ 2023; 381 :p940 doi:10.1136/bmj.p940
<https://www.bmj.com/content/381/bmj.p940>
3. Watson M C, Lloyd J. Food banks should be phased out: fiscal measures are needed BMJ 2023; 380 :p179 doi:10.1136/bmj.p179
<https://www.bmj.com/content/380/bmj.p179>
4. Watson M C, Lloyd J. England's food strategy: local directors of public health need to be given power and resources BMJ 2022; 378 :o1837 doi:10.1136/bmj.o1837
<https://www.bmj.com/content/378/bmj.o1837>
5. Watson M C, Lloyd J. Food poverty should not be allowed to continue—government action is needed BMJ 2021; 372 :n343 doi:10.1136/bmj.n343
<https://www.bmj.com/content/372/bmj.n343>
6. Watson M C, Lloyd J. National Food Strategy: urgent and robust government support is needed BMJ 2021; 374 :n2185 doi:10.1136/bmj.n2185
<https://www.bmj.com/content/374/bmj.n2185>
7. Watson M C, Lloyd J. Obesity epidemic: bold and decisive action needed BMJ 2019; 367 :l6396 doi:10.1136/bmj.l6396
<https://www.bmj.com/content/367/bmj.l6396.full>
8. Watson M C, Lloyd J. Taxing sugar should be just one element of a multifaceted campaign BMJ 2015; 351 :h4388 doi:10.1136/bmj.h4388
<https://www.bmj.com/content/351/bmj.h4388>

British Medical Journal Rapid Responses

1. Watson M C and Neil K E. (2024) Childhood obesity: a multi-faceted positive approach is needed. British Medical Journal Rapid Response 14th December 2024.
<https://www.bmj.com/content/387/bmj.q2783/rr>
2. Watson M C and Towers A. (2024) Childhood obesity: positive change is possible. British Medical Journal Rapid Response 8th November 2024.
<https://www.bmj.com/content/387/bmj.q2457/rr>
3. Watson M C and Neil K E. (2024) The magnitude of the obesity epidemic should not be underestimated but tangible improvements in positive health are possible. British Medical Journal Rapid Response 30th January 2024.
<https://www.bmj.com/content/384/bmj.q134/rr>
4. Watson M C and Lloyd J. (2023) Obesogenic environments: the UK Government needs to act now. British Medical Journal Rapid Response 5th April 2023.
<https://www.bmj.com/content/380/bmj.p702/rr-1>
5. Watson M C and Lloyd J. (2022) Food banks should be phased out: fiscal measures are needed. British Medical Journal Rapid Response 11th December 2022.
<https://www.bmj.com/content/379/bmj.o2919/rr>
6. Watson M C and Lloyd J. (2022) New food strategy: local directors of public health need to be given the power and resources. British Medical Journal Rapid Response 17th June 2022.
<https://www.bmj.com/content/377/bmj.o1460/rr>
7. Watson M C and Lloyd J. (2021) National Food Strategy: urgent and robust government support is needed. British Medical Journal Rapid Response 18th July 2021.
<https://www.bmj.com/content/374/bmj.n1807/rr>
8. Watson M C and Lloyd J. (2021) Food poverty should not be allowed to continue: government action is needed. British Medical Journal Rapid Response 20th January 2021.
<https://www.bmj.com/content/372/bmj.n53/rr-0>
9. Watson M C and Lloyd J. (2020) Healthy eating strategy: needs to be bigger, positive and adequately funded. British Medical Journal Rapid Response 29th July 2020.
<https://www.bmj.com/content/370/bmj.m2994/rr>
10. Watson M C and Towers A. (2020) Childhood obesity crisis: a comprehensive strategy with high-level political support is needed. British Medical Journal Rapid Response 21st July 2020.
<https://www.bmj.com/content/370/bmj.m2881/rr>

11. Watson M C and Lloyd J. (2019) The obesity epidemic: bold and decisive action needed. British Medical Journal Rapid Response 12th October 2019.
<https://www.bmj.com/content/367/bmj.i5945/rr-0>
12. Watson M C and Lloyd J. (2018) Childhood obesity: government's plan targets energy drinks and junk food advertising. British Medical Journal Rapid Response 02nd July 2018.
<https://www.bmj.com/content/361/bmj.k2775/rr>
13. Watson M C and Theaker T. (2018) Fight childhood obesity with multiple methods, not just more taxes, MPs hear. British Medical Journal Rapid Response 07th May 2018.
<https://www.bmj.com/content/361/bmj.k1963/rr>
14. Watson M C and Lloyd J. (2017) Government's childhood obesity plan does not go far enough, say MPs. British Medical Journal Rapid Response 28th March 2017.
<https://www.bmj.com/content/356/bmj.j1556/rr>
15. Watson M C and Thompson S. (2017) Time for the UK to commit to tackling child obesity. British Medical Journal Rapid Response 28th February 2017.
<https://www.bmj.com/content/356/bmj.j762/rr-3>
16. Watson M C and Thompson S. (2016) Over a third of children aged 10-11 in England are overweight or obese. British Medical Journal Rapid Response 10th November 2016.
<https://www.bmj.com/content/355/bmj.i5948/rr>
17. Watson M C and Lloyd J. (2016) Clinicians underwhelmed by "watered down" childhood obesity strategy. British Medical Journal Rapid Response 23rd August 2016.
<https://www.bmj.com/content/354/bmj.i4576/rr>
18. Watson M C and Lloyd J. (2016) Taxing sugar. British Medical Journal Rapid Response 21st March 2016.
<https://www.bmj.com/content/352/bmj.h6904/rr-0>
19. Watson M C and Lloyd J. (2015) BMA calls for 20% sugar tax to subsidise cost of fruit and vegetables. British Medical Journal Rapid Response 14th July 2015.
<https://www.bmj.com/content/351/bmj.h3803/rr-1>
20. Watson M C and Lloyd J. (2013) A substantial tax on sugar sweetened drinks could help reduce obesity. British Medical Journal Rapid Response 11th November 2013.
<https://www.bmj.com/content/347/bmj.f5947/rr/671517>
21. Watson M C and Lloyd J. (2013) It's time to ban junk food on hospital premises. British Medical Journal Rapid Response 01st July 2013.
<https://www.bmj.com/content/346/bmj.f3932/rr/652126>

22. Watson M C. (2013) Consistent food labelling system is rolled out across UK. British Medical Journal Rapid Response 23rd June 2013
<https://www.bmj.com/content/346/bmj.f4010/rr/651049>

19/02/2025
Dr M C Watson