

Dear (name) MSP,

Congratulations on your successful election.

Scotland's rates of preventable chronic disease remain among the highest in Europe. **There is a twenty plus year gap in healthy life expectancy between Scotland's richest and poorest communities¹, a gap that reflects failures of policy and environment as much as individual circumstances.**

As one of your constituents, a (role), working in (area), I am writing for your support on a **Manifesto that sets out a credible path to addressing this.**

The British Society of Lifestyle Medicine's **Manifesto for a Healthier Scotland** proposes eight evidence-informed policy commitments spanning prevention in the NHS, nutrition, physical activity, mental health, health inequalities, workforce training, and accountability. **It is designed to complement the Scottish Government's existing Public Health Framework by accelerating the shift from reactive, hospital-centred care toward preventative, community-rooted health creation, making the case that addressing the root cause of chronic disease is both a health and a fiscal priority.**

I am writing as a (role) and constituent to **ask for your support via action.**

I would be grateful if you would:

- **Read the BSLM Manifesto at bslm.org.uk/news or via the QR code provided, and consider raising its recommendations with the Health, Social Care and Sport Committee.**
- **Join the Briefing. If you are interested in joining, please email office@bslm.org.uk to be added to the virtual attendance list.**
- **Submit a written question to the Scottish Government on its plans for preventative health investment in the forthcoming Programme for Government.**
- **Write back to let me know your views on prevention as a health policy priority.**

The BSLM team would welcome the opportunity to discuss the evidence base further and can be contacted via office@bslm.org.uk.

Yours sincerely,

(Name, role and credentials, organisation/NHS board/ email)

¹ [Public Health Scotland \(2026\). Scotland's Public Health Challenges. *Enduring Health Inequalities*. Public Health Scotland.](#)