

REPORT TO HEALTH SCRUTINY COMMITTEE

TITLE:	Update from obesity actions agreed at council
DATE OF MEETING:	Health Scrutiny Committee
REPORT FROM:	Lesley Jones – Director of Public Health
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1. PURPOSE AND SUMMARY

The purpose of this paper is to provide an update on the progress on agreed actions to address obesity locally following a motion which was passed by Council in September 2018.

2. INTRODUCTION AND BACKGROUND

It was highlighted in Council in September 2018 that in Bury 64.3% of the adult population are living with excess weight. High levels of excess weight are also prevalent amongst the children of Bury with 24% of Bury reception children are overweight or obese and 36.2% of year 6 children. These worrying trends are increasing and the prevalence of overweight children is correlated to areas of higher deprivation

It was acknowledged that obesity is a complex issue and requires a multifaceted approach. One element of the approach is working together to limit the over proliferation of hot food takeaways but other action must also be considered. Between 2010 and 2018 Bury saw a significant increase in the numbers of fast food outlets, rising from 90 to 215 with a greater concentration in more deprived areas.

Whilst acknowledging the work already done by the Public Health Team and Planners within the authority, it was highlighted that Bury must consider the development of policies and planning guidance to be included within the Bury Local Plan and Greater Manchester Spatial Framework:

As a result of these discussions

The Council resolved:

1. To include within the emerging Bury Local Plan a 400m restriction zone for new hot food takeaways surrounding secondary schools – limiting children's access to unhealthy food and recommend this measure be included in the GMSF.

2. To include within the emerging Bury Local Plan a requirement that applications for new hot food takeaways within wards where more than 15 % of year 6 pupils and 10 % of reception pupils are classed as obese be refused and recommend this measure be included within the GMSF.
3. To include within the emerging Bury Local Plan a duty that Bury planners must prevent the clustering of hot food takeaways in deprived neighbourhoods and recommend such a duty be included in the GMSF.
4. To support the GM Moving Strategy by instructing the Chief Executive to write to all Headteachers and Chair of Governors within the Borough asking all schools that have not signed up already to the Daily Mile to do so by December 31st 2018.
5. To request the appropriate cabinet member and officers work with schools and voluntary organisations to ensure all children within the Borough have access to high class sporting facilities, coaching and equipment to encourage an active lifestyle.
6. To encourage residents no matter their age or background to start walking as part of active lifestyle and as part of this strategy each Councillor will publicise and lead at least one Health Walk in their respective wards before the end of the municipal year.
7. To build upon the success of the Bury East Healthy Eating Project and Healthy Voucher Scheme, instructing the Leader to report back to the next Full Meeting of Council with proposals to extend the scheme to other areas within the Borough.

Below is a summary of what the council have put in place to address these points

(In response to point 1, 2 and 3) The potential of including the proposed detailed policies in the Greater Manchester Spatial Framework (GMSF) was discussed but these were considered too detailed to be included in a strategic plan like the GMSF. The GMSF deals with large strategic issues across the Greater Manchester conurbation and the policy would not be deemed appropriate for inclusion in that level of detail. However, the GMSF will aim to include some high level policies aimed at encouraging access to healthy food and some restrictions.

Instead, it was agreed such policies would be more appropriate for inclusion within the Bury Local Plan when local policies are drafted. The policies will be consulted on in 2020 as part of the draft Local Plan consultation.

(In response to point 4) A letter was circulated January 2018 and again in January 2019 from Bury's Health Improvement Specialist which highlighted the results from the national childhood measurement programme (NCMP) and encouraged schools to sign up for the daily mile. Correspondence was sent out by our lead Member for Health and Wellbeing to all lead school governors and head teachers in March 2018. In addition, a letter was sent out to all Bury schools from Andy Burnham in October 2018, again encouraging schools to sign up.

(In response to point 5) Through the Sport And Physical Activity Service (SAPAS) team there are a number of programmes that have been developed to support children and their families to lead healthy and active lifestyles. In Bury 56 % Primary Schools have adopted

the Daily Mile and there is a target to get 75 % of primary schools signed by as part of the GM Moving Strategy by 2021.

SAPAS have also secured some investment from Sport England and have in partnership with the Supporting Communities Improving Lives (SCIL) team developed the Active Families programme to engage with inactive families in and across areas of deprivation in Bury. The Fuel and Move Programme which is now being delivered in Bury primary schools offers nutrition and physical activity support to young people. The SAPAS team are also developing a young person's referral programme which will signpost children identified in the 99th Centile of National Childhood Obesity Programme.

In Bury through the governments School Sports Premium £1,146,890 was allocated directly to school budgets to make additional and sustainable improvements to the quality of PE, physical activity and sport offered. All young people should have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation, and is central to meeting the government's ambitions for a world-class education system.

(In response to point 6) Each Bury locality has a "Graded", volunteer led, Walking for Health accredited health walk. A selection of localities have targeted Nordic walking (Long Term Condition specific such as Parkinsons) and Buggy friendly (start well) walks. A variety of system wide partners contribute to the Bury offer including Bury Hospice, Macmillan and Greenmount Medical centre. BEATS offers two led walks a week, both from the leisure centre (Bury East) with one contributing to the daily mile.

Bury's Walk with Me programme also offers a set of tiered walks in partnership with countryside guided walking network, these can include seasonal specific walks.

For those wanting something a little different, Live Well's Active Travel officer is in the later stages of producing a self-led walk booklet for a range of community walks that will be distributed on completion.

(In response to point 7) Learning from the Bury East project has informed the development of project brief inviting "Expressions of Interest", to community providers.

The expected outcomes of the project are:

- increased confidence in cooking skills in adults across different age groups and settings.
- Increases in self -consumption of fruit and vegetables
- Wider benefits: for example, people reporting less social isolation, feelings of increased wellbeing.

There is scope for third sector organisations to work together to maximise outcomes, and opportunities for learning built into the scheme review.

We have been actively reviewing budgets (e.g. funding streams from partners) to ensure project scope is correct, pending procurement.

List of Background Papers:-

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