



Public Health
England

Protecting and improving the nation's health

Creating healthier food environments

Justine Womack, Public Health England South West

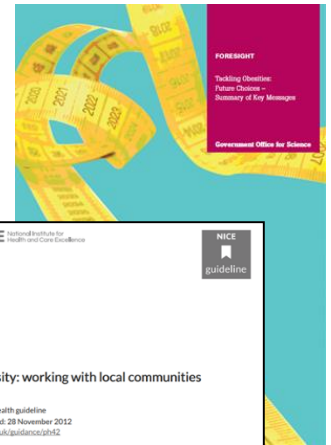
Presentation content

- Whole Systems Approach to tackling obesity
- SUGAR SMART campaign
- Strategies for encouraging healthier Out of Home Food Provision
- Fast Food Takeaway Restrictions and Supplementary Planning Guidance Tool
- Healthier school food
- Healthier food in hospitals
- Healthier vending

Whole Systems Approach

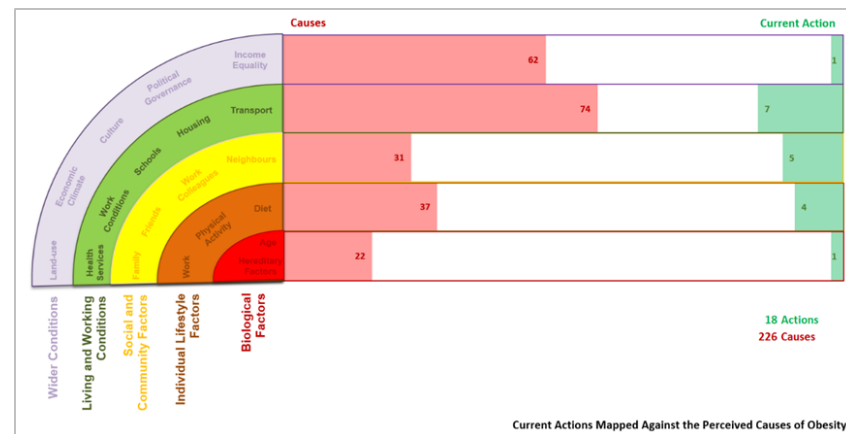
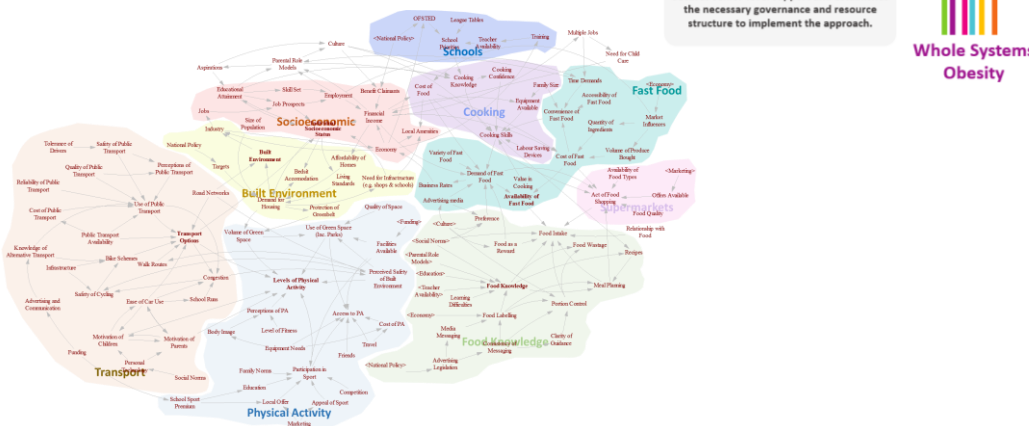
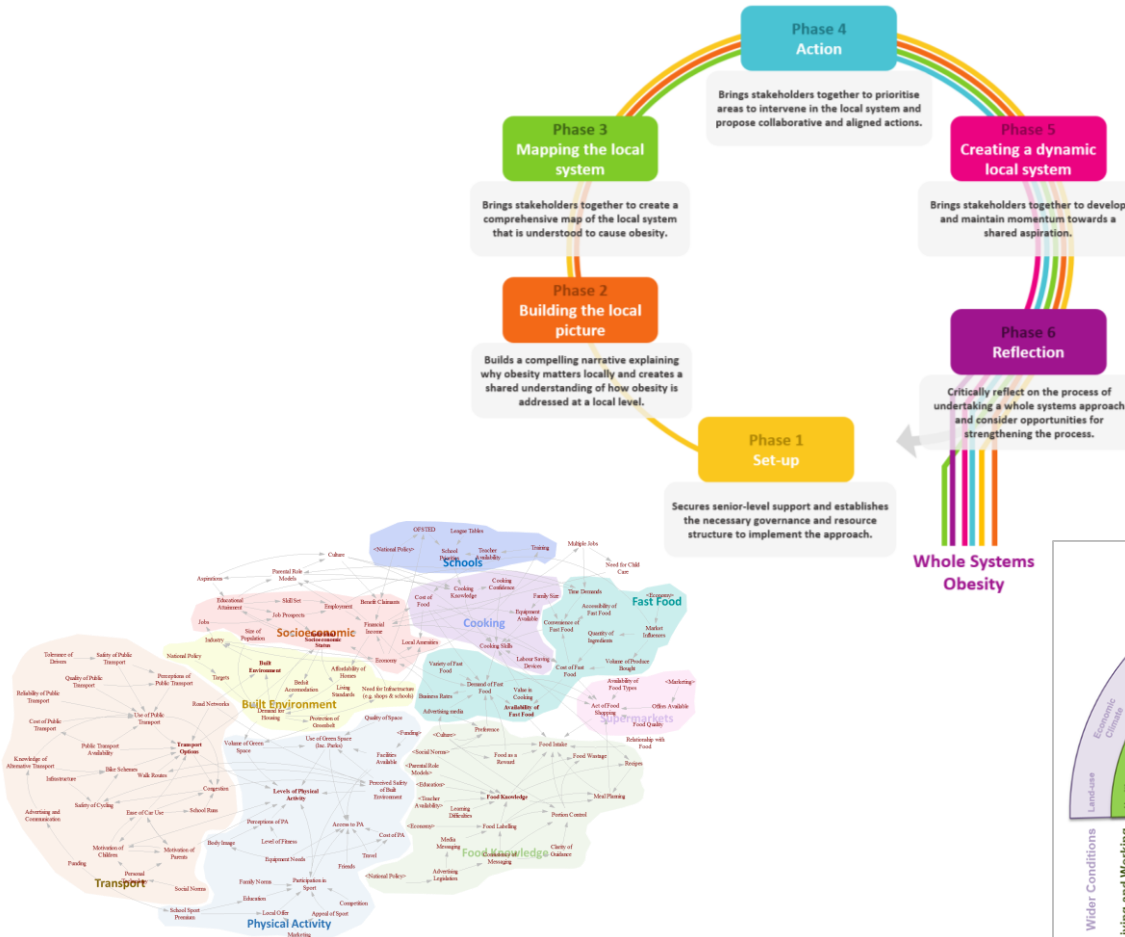


‘to provide a tried and tested approach and tools, so that within 5 years every local authority can create a local whole systems approach to tackling obesity’



- 3 ½ year “action research” programme – ends spring 2019 – managed by Leeds Beckett University
- 11 LA Pilots involved in co-developing and testing whole systems guide for all LAs in England
- Process and proportional impact evaluation also undertaken
- **Original Pilots:** Lewisham, Gloucestershire, North Kesteven and Durham
- **Additional Local Authorities:** Oldham, Halton, Bradford, Solihull, Dudley, Hertfordshire and Suffolk

Route map and tools being reviewed



SUGAR SMART South West

- Local public health teams have used the campaign to focus their efforts on sugar reduction in Devon, Bristol, Cornwall, Bath and North East Somerset, Somerset, Plymouth, Wiltshire
- The difference has been a campaign at an organisation and community level rather than just individual-level behaviour change
- Helped to have clear, simple messages and with context of Jamie Oliver and Sustain national campaigning
- Campaigns have been different in each area but common features: promoting water, encouraging organisations to pledge their support and take action, strong focus on sporting organisations, strong focus on food environment and tackling amount of sugar in vending machines, training ambassadors to raise awareness, building into healthy school awards.

Fast Food Takeaways

LGA responds to PHE report on fast food hotspots

"We urgently need to take action to tackle child obesity and councils are playing their part, but need more planning powers to help tackle this epidemic which has made the UK the most obese nation in western Europe."

Public health | 29 Jun 2018

Responding to a report by Public Health England showing higher concentrations of fast food outlets in England's most deprived communities, Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, said:

"We urgently need to take action to tackle child obesity and councils are playing their part, but need more planning powers to help tackle this epidemic which has made the UK the most obese nation in western Europe.

"Councils appreciate that a flourishing hospitality sector in our towns and cities is good for local economies and where they have introduced restrictions on takeaways are working with businesses to help create healthier menus for their customers.

"Numerous councils have set curbs on new fast food outlets but current legislation means they lack planning powers to tackle the clustering of existing takeaways already open.

"New legislation is needed to empower councils to help drive forward an effective redesign of damaging food environments to help address health inequalities and tackle the obesity crisis, which requires a joined-up approach."

Blog

Public health matters

Organisations: [Public Health England](#)

Putting healthier food environments at the heart of planning

[Alison Tedstone](#), 29 June 2018 - [Health Im](#)



PLANNING FOR HEALTHY WEIGHT ENVIRONMENTS

DRAFT MODEL HEALTHY WEIGHT SUPPLEMENTARY PLANNING GUIDANCE



Provision of healthy, affordable food for the general population



2013 review for Medway Council

- 21 local planning authorities (LPAs) have policies or draft policies designed to restrict hot food takeaways to help curb obesity in their local area **(now 29 with 10 more with policies/studies in place)**
- Most of these were clustered in London (6), West Midlands (5) and the North West. They were urban authorities characterised by high levels of deprivation, with the possible exception of Worcester in the West Midlands.
- Most **(15) had developed supplementary planning documents (SPDs)** (10 focus on hot food takeaways only (ie Hot Food Takeaway SPDs) , 4 include hot food takeaway policies within a wider SPD on retail, shopping or town centre activities, 1 is called an Access to Healthy Food SPD.)
- The **most common policies include exclusion zones around schools and restrictions on how many hot food takeaways can operate along a high street/shopping strip**
- **Exclusion zones are generally a 400 metre restriction** (outside designated centres) around schools (primary and secondary), and in a few examples youth/community centres, parks/playgrounds and leisure centres
- At least 9 LPAs have cited their policies to restrict hot food takeaways when refusing planning application
- **5 LPAs have had their policies tested successfully on appeal**



Increasing adoption across the country

The mayor of [London](#), Sadiq Khan, this week highlighted the problem when he published draft planning rules designed to prevent new takeaways opening within 400 metres of schools in the capital, part of a package of measures he said would “tackle the ticking timebomb of childhood obesity and help us all lead healthier lives”.

But the Cedar figures show that the areas around schools in many parts of London are already saturated with fast food outlets. Of the 20 English local authorities with the highest average number of takeaways near schools, 17 are in the capital.

Liverpool City Council proposes limiting takeaway numbers

16 August 2016 | [Liverpool](#)



Council wins national award for stand on takeaways

Posted on Friday 10 March 2017

Gateshead Council has won a major national award for its trailblazing approach to helping to curb obesity through planning restrictions.

The council's [Hot Food Takeaway Supplementary Planning Document \(SPD\)](#) was introduced in 2015 to avoid an over proliferation of hot food takeaways in areas which had a higher number per head of population than elsewhere. Gateshead. This followed sampling which showed that hot takeaway food was unhealthy either due to portion size or fat, sugar or salt content.



Calls to ban takeaways within 800 metres of Bristol schools

Public Health England is asking Bristol City Council to bring in the measures



NEWS

Manchester's crackdown on fast food Takeaways

By [Nigel Barlow](#) - February 28, 2017



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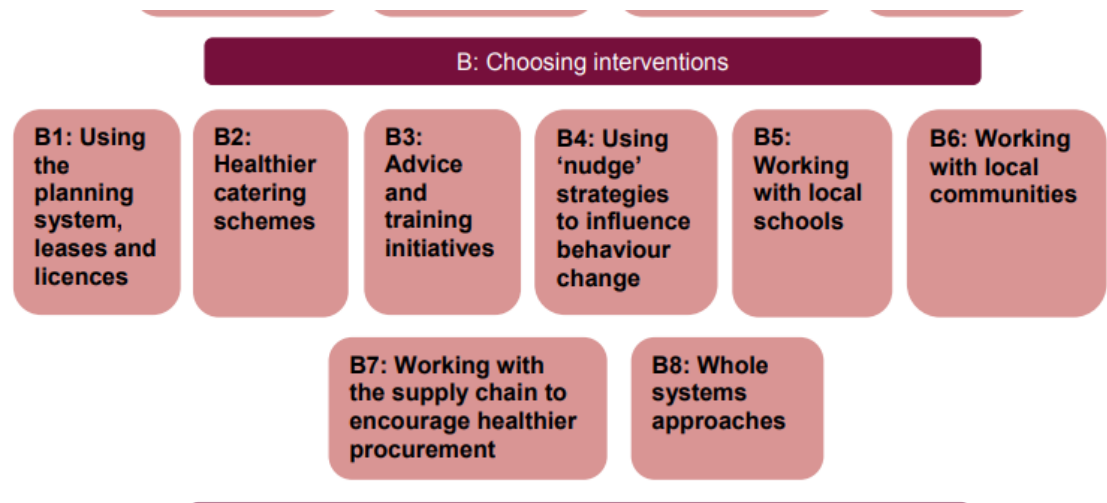


Out of Home Food Environment



Strategies for Encouraging Healthier 'Out of Home' Food Provision

A toolkit for local councils working with small food businesses



Government Buying Standards playing important role in promoting healthy choices

Mandatory standards

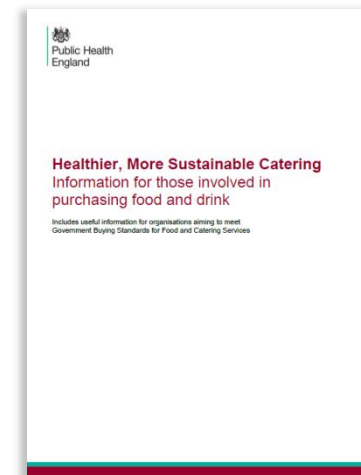
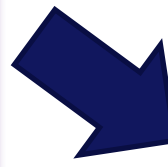
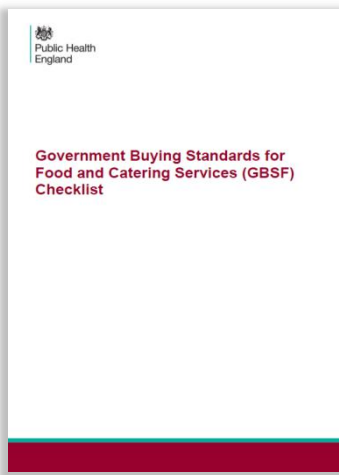
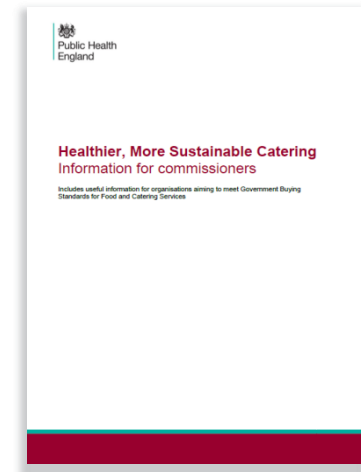
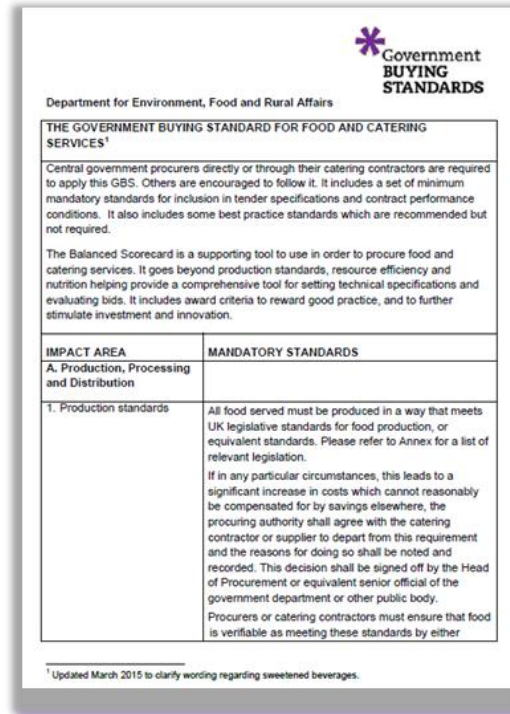
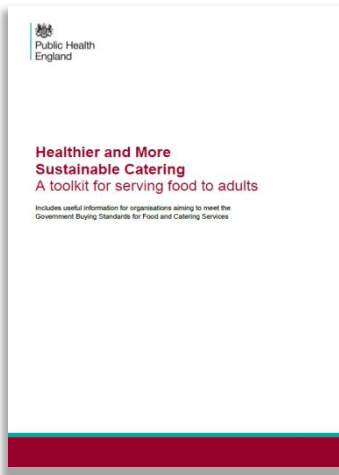
Healthier cooking methods
Pricing policies
Wider catering provision
Procurement of healthier ingredients/products

Best practice standards

Procurement/availability
Limits on portion size
Limits on energy per portion
Menu analysis and labelling

	Aims to <u>reduce</u> :	Aims to <u>increase/promote</u> :
Mandatory*	<ul style="list-style-type: none"> • Salt • Saturated fat • Sugar 	<ul style="list-style-type: none"> • Fruit & vegetables • Fibre • Fish
Best practice	<ul style="list-style-type: none"> • Sugary snacks • Confectionery • Packet sweet snacks • Sugar sweetened beverages 	<ul style="list-style-type: none"> • Menu analysis • Calorie and allergen labelling

Healthier catering national documents and tools



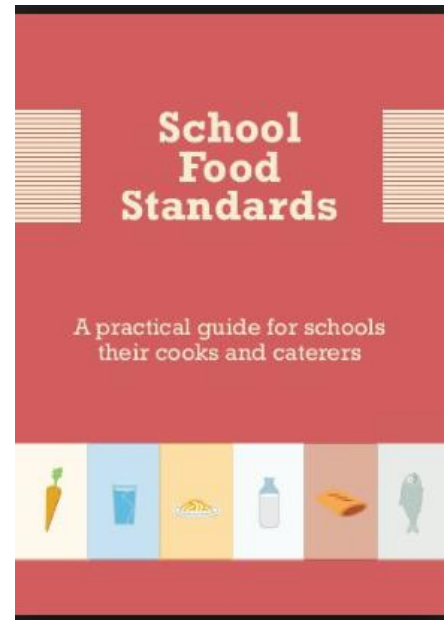
PHE guidance available at:
<https://www.gov.uk/government/publications/healthier-and-more-sustainable-catering-a-toolkit-for-serving-food-to-adults>

Making school food healthier

Updated Children's Food Standards were launched in 2014 building on previous standards introduced 2006 and 2009

Childhood Obesity Plan set out intention to:

- Update School Food Standards to reflect new dietary advice on sugar and fibre (5% of total dietary energy from free sugars and 30g of fibre per day)
- Secretary of State for Education to lead campaign to encourage free schools and academies to adopt the School Food Standards
- Healthy rating scheme for primary schools will be launched and included in Ofsted inspection
- Children's Food Trust developed menus for early years settings guidelines



West Sussex have done it!

- Over **3 year period**, Public Health worked with Council's County Catering Services Team to develop **partnership approach** with the school meals service provider (Chartwells).
- Sugar reduction **achieved gradually** through each menu cycle, rather than a 'Big Bang' approach
- Menu adapted **without detriment to food choices**
- Achieved through:
 - Intelligent menu engineering
 - Recipe development
 - Portion size control
 - Removal of some desserts
 - Fruit/yoghurt options increased to daily
 - New modern dessert bowls (to improve presentation of food & encourage pupils to choose healthier options)
- Primary school meals now have **over 2 kilos less sugar**, per child, per average school year.
- Daily sugar consumption reduced** from 18.5g to 6.6g per child, **65% sugar reduction** in just 3 years
- 30,000 children** per day are benefiting

NHS Food Environment

Every hospital in England pledges to cut sales of sugary drinks to just 10% in major clampdown on obesity

- Only one in 10 drinks sold in English NHS hospitals will be sugar-sweetened
- More than half of NHS staff – 700,000 people – are overweight or obese
- The health service wants to cut sugar intake for patients, visitors and workers

By [SAM BLANCHARD HEALTH REPORTER FOR MAILONLINE](#)

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The number of sugar-sweetened drinks for sale in hospitals will be cut to just one in 10 as the NHS tries to clamp down on obesity.

The new rules will try to slash the amount of sugar eaten by patients, visitors and staff – more than half of the NHS's 1.3 million staff are overweight or obese.

All 227 NHS trusts across England have agreed to cut the sales of sugar-sweetened drinks to 10 per cent or less of their total drinks sales.

And 23 trusts have agreed to stop selling them altogether.



NHS staff health & wellbeing: CQUIN 2017-19 Indicator 1 Implementation Support

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Hospital vending machines: helping people make healthier choices

Tim Chadborn, 20 July 2018 - Health and Wellbeing



Leeds City Council healthier vending trial

Leeds City Council implementing a local healthy vending trial following methodology used by Public Health England (PHE). With support from the PHE team

Building on findings from trial of healthier vending in Leeds Teaching Hospitals NHS Foundation Trust and Department of Health and Social Care

Findings will inform the new tender for vending machines on council premises with recommendations to encourage healthy choices in line with feedback from residents.