

Appendix - Action plan: Tackling Childhood Obesity – update October 2021

The recommendations from the Scrutiny Inquiry have been categorised into three themes which align to key SCC functions: Place, Public Health and Children & Learning. The table outlines how the recommendations will be achieved. All recommendations can link to the City of Culture bid and Green City commitments where applicable. The table below shows how the two phased approach will be prioritised.

Recommendation	Theme lead	Resource implications	Update October 2021
Phase 1 from January 2021			
1. City Vision Local Plan – Incorporate guidance published by Public Health England - ‘Using the planning system to promote healthy weight environments’ in the developing City Vision to ensure that the facilitation of a healthy city is a priority in the city’s development. (Place)	Kate Martin	From April 2021 £60,000 funding to cover two years part-time officer time allocated	To ensure public health priorities are fully considered as part of the new City Vision, funding has been allocated for a new joint Public Health and Planning post. The role has been graded and recruitment is being scheduled, the start date is yet to be finalised.
2. Restrict the growth in hot food takeaways – Include within the developing City Vision a policy that helps to manage the increase in exposure to takeaways in Southampton. Following consultation with the Chair of the Planning and Rights of Way. (Place)			
3. Improve our knowledge and understanding of the food environment in the city – To develop policies that meet the requirements of local communities we first need to understand the food environment within the communities. to map, measure and monitor access to food outlets at a neighbourhood level to help develop, alongside obesity mapping and community engagement, our understanding of the variations in childhood obesity levels. (Place)	Dan King	From Autumn 2021 Within existing funding and when prioritised by Public Health	Further planning required. This analysis and report will be a precursor for ongoing work on the food environment.
6. Leisure model review – Leisure facilities and green spaces are key assets in the drive to increase levels of physical activity in the city. (Place)	Kate Martin/Paul Paskins	From Jan 2021 business case to be developed	The leisure services review is underway and will inform the new City Vision. The first phase of the review was completed by Max Associates and overseen by the Leisure Group. The review includes recommendations to ensure agreements are in place to enable communities to access school sports and leisure facilities. The next steps will include consultations with local clubs and community groups and the development of business cases to refresh local leisure centres.

<p>7. Target deprived communities when promoting health initiatives within settings - Direct resources to increasing participation from settings within deprived communities, proportionate to level of need, to avoid inadvertently increasing health inequalities. (Place)</p>	<p>Mary Darcy-Steve Smith/Jason Murphy</p>		<p>An expanded Community Engagement Team is enabling SCC to increase its reach into communities most at risk, between Stronger Communities, Housing, Adults and Children's Services. This will be further developed by dedicated data analytics to understand the contextual risk factors experienced by some of our most deprived communities, which will help with coordinating interventions to communities most in need. The Child Friendly City ambition has flagged the problem of childhood obesity as a key strand of activity. The dedicated Child Friendly Project Officer within our youth participation team, will involve children and young people in activity that can improve public health outcomes for them and their peers.</p>
<p>8. Commit to the Whole Systems Approach to obesity - Implementing the previous recommendations will result in fewer overweight and obese children in Southampton. (Public Health)</p> <p>9. Sign and commit to the Local Authority Declaration on Healthy Weight – The Healthy Weight Declaration provides the strategic vision and aspiration that can underpin the whole systems approach to obesity. (Public Health)</p>	<p>Debbie Chase</p>	<p>From January 2021 Within existing resources- Public Health officer time. From Jan 2022</p> <p>One off cost of £1,400-£2,000 for adoption of the Local Authority Declaration on Healthy Weight Public Health officer time</p>	<p>Plans are in place to be one of the first councils on the south coast to sign up to the Local Authority Declaration on Healthy Weight by March 2022. A steering group will oversee this programme of work and in 6-12 months this will evolve into work to begin a whole systems approach (WSA) to obesity.</p>
<p>11. Develop/clarify governance arrangements to oversee development in tackling childhood obesity in Southampton – A coherent approach to co-ordinating action and measuring outcomes needs to be in place to ensure that progress is being made, and all relevant city council functions are contributing to the objectives. The approach should explore opportunities for leadership from, and co-production with, children and young people. (Public Health)</p>		<p>From January 2021</p> <p>Within existing resources- Public Health officer time</p>	<p>Strategic oversight has been secured through the Cabinet Member for Children's Social Care. In addition, the Executive Director for Wellbeing (Children and Learning) heading up a task and finish group to oversee delivery of the recommendations.</p>
<p>12. Develop the evidence base – Engage with academia to encourage research to be undertaken into the effectiveness of</p>		<p>From January 2021</p>	<p>The Public Health team have increased collaboration on nutrition research applications.</p>

initiatives to tackle childhood obesity in Southampton. Findings can then be used to focus resources on effective practice. (Public Health)		Within existing resources- Public Health officer time to support funding bids	In the last 12 months the team have supported four research applications that have been developed by researchers at the University of Southampton and other Universities to develop the evidence base on nutrition and tackling childhood obesity
Phase 2 From January 2023 (or when funding can be secured)			
4. Southampton Eating Better Awards – Develop a free award scheme that supports and rewards businesses in Southampton that act to offer healthier food options and promote sustainability. (Place)	Kate Martin	From Jan 2023 if funding can be secured £25,300 per annum £10,000 set up costs and ongoing award costs	An overarching recommendation in the scrutiny inquiry was improving the local food environment. The recently published National Food Strategy highlighted obesity and the healthy years of life lost to illness, disability and death. Consideration is now required as to how SCC could make progress on these recommendations sooner. In the first instance priority should be given to a review of the local food environment.
5. Seek to become a Sustainable Food Place - Sustainable Food Places is a partnership programme led by the Soil Association, Food Matters and Sustain. Place)		From Jan 2023 Within existing resources- Place officer time	
10. Measure BMI at Year 3 for Southampton school children. (Public Health)	Debbie Chase	From Jan 2023 Within existing resources- Public Health officer time to explore feasibility.	Currently the priorities of the 0-19 School Nurse Service are on COVID recovery. This recommendation will be reviewed and reconsidered based on the capacity of the service.
13. Scale up initiatives so that they reach a critical mass – Initiatives such as the Southampton Healthy Early Years Award; Southampton Healthy High 5 Award; Young Health Champions and the LifeLab programme are excellent schemes making a genuine difference to the lives of children and families in Southampton. (Children and Learning)	Rob Henderson	From 2023 if funding can be secured Finance required- be £5,700 per annum	Additional funding and resources have been allocated to the healthy settings programmes in the city (Healthy Early Years Award and Healthy High-5 (HH5 for schools)). The funding for HEYA has more than doubled and will provide the capacity to recruit 70% of nurseries to the programme.
14 & 15. Support Southampton schools to make healthy choices easier: -Engage in conversation with schools about extending the length of lunch time. -Develop a packed lunch toolkit for schools which helps them to develop their own -Adopt a Good Food and Catering Procurement Policy, akin to Bristol City Council, 15. Analyse the uptake of free school meals – Feedback provided identified that the take up of free school meals in Southampton is declining. (Children and Learning)			The additional support for HH5 from the Education team will aim to engage all schools in the city with the award. Additional support for schools, including toolkits, data analyses and policies requires further consideration.

16. Learn lessons from the HENRY programme – Ensure that learning from Leeds City Council’s utilisation of the HENRY programme is built into the parenting programme delivered in Southampton by Solent NHS Trust. (Children and Learning)			This recommendation was aimed at developing local parenting programmes, which requires further consideration and will be included as part of the work of the task and finish group.
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Summary of recommendations and costs

Phase	Est cost	Detail
Phase 1 from January 2021	£60,000 over two years	£60,000 funding secured from the Public Health budget this year. Additional funding to be secured as businesses cases are developed
Phase 2 from January 2023 or when funding can be secured	<ul style="list-style-type: none"> • £31,000 annual cost for staff time plus £10,000 additional costs • One off cost of £1,400-£2,000 for adoption of the Local Authority Declaration on Healthy Weight • Engage more nurseries with HEYA (increased funding required) 	Funding not secured Additional funding to be secured as businesses cases are developed Funding secured Funding secured for 2021/22, although funding for 2022/23 has not been confirmed