

Scrutiny Inquiry Panel - Tackling Childhood Obesity in Southampton

Tuesday, 26th November, 2019
at 5.30 pm

PLEASE NOTE TIME OF MEETING

Conference Room 3 - Civic Centre

This meeting is open to the public

Members

Councillor Coombs
Councillor Harwood
Councillor Houghton
Councillor Professor Margetts
Councillor McEwing
Councillor T Thomas
Councillor Vaughan

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Contact

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PUBLIC INFORMATION

Role of Scrutiny Panel Inquiry – Tackling Childhood Obesity in Southampton

The Overview and Scrutiny Management Committee have instructed the Scrutiny Panel to undertake an inquiry into reducing domestic abuse.

Purpose: To consider what more may be done in Southampton to reduce domestic abuse with a focus on preventing people from abusing their intimate partner.

Use of Social Media:- The Council supports the video or audio recording of meetings open to the public, for either live or subsequent broadcast. However, if, in the Chair's opinion, a person filming or recording a meeting or taking photographs is interrupting proceedings or causing a disturbance, under the Council's Standing Orders the person can be ordered to stop their activity, or to leave the meeting. By entering the meeting room you are consenting to being recorded and to the use of those images and recordings for broadcasting and or/training purposes. The meeting may be recorded by the press or members of the public. Any person or organisation filming, recording or broadcasting any meeting of the Council is responsible for any claims or other liability resulting from them doing so. Details of the Council's Guidance on the recording of meetings is available on the Council's website.

The [Southampton City Council Strategy \(2016-2020\)](#) is a key document and sets out the four key outcomes that make up our vision.

- Southampton has strong and sustainable economic growth
- Children and young people get a good start in life
- People in Southampton live safe, healthy, independent lives
- Southampton is an attractive modern City, where people are proud to live and work

Public Representations

At the discretion of the Chair, members of the public may address the meeting about any report on the agenda for the meeting in which they have a relevant interest.

Smoking policy – the Council operates a no-smoking policy in all civic buildings.

Mobile Telephones – please turn off your mobile telephone whilst in the meeting.

Fire Procedure – in the event of a fire or other emergency a continuous alarm will sound and you will be advised by Council officers what action to take.

Access – access is available for the disabled. Please contact the Democratic Support Officer who will help to make any necessary arrangements.

Dates of Meetings: Municipal Year 2019/2020

29 October 2019
26 November 2019
17 December 2019
28 January 2020
25 February 2020
8 April 2020

CONDUCT OF MEETING

TERMS OF REFERENCE

The general role and terms of reference of the Overview and Scrutiny Management Committee, together with those for all Scrutiny Panels, are set out in Part 2 (Article 6) of the Council's Constitution, and their particular roles are set out in Part 4 (Overview and Scrutiny Procedure Rules – paragraph 5) of the Constitution.

BUSINESS TO BE DISCUSSED

Only those items listed on the attached agenda may be considered at this meeting.

RULES OF PROCEDURE

The meeting is governed by the Council Procedure Rules and the Overview and Scrutiny Procedure Rules as set out in Part 4 of the Constitution.

QUORUM

The minimum number of appointed Members required to be in attendance to hold the meeting is 3.

DISCLOSURE OF INTERESTS

Members are required to disclose, in accordance with the Members' Code of Conduct, **both** the existence **and** nature of any "Disclosable Pecuniary Interest" or "Other Interest" they may have in relation to matters for consideration on this Agenda.

DISCLOSABLE PECUNIARY INTERESTS

A Member must regard himself or herself as having a Disclosable Pecuniary Interest in any matter that they or their spouse, partner, a person they are living with as husband or wife, or a person with whom they are living as if they were a civil partner in relation to:

- (i) Any employment, office, trade, profession or vocation carried on for profit or gain.
- (ii) Sponsorship:

Any payment or provision of any other financial benefit (other than from Southampton City Council) made or provided within the relevant period in respect of any expense incurred by you in carrying out duties as a member, or towards your election expenses. This includes any payment or financial benefit from a trade union within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992.

(iii) Any contract which is made between you / your spouse etc (or a body in which the you / your spouse etc has a beneficial interest) and Southampton City Council under which goods or services are to be provided or works are to be executed, and which has not been fully discharged.

(iv) Any beneficial interest in land which is within the area of Southampton.

(v) Any license (held alone or jointly with others) to occupy land in the area of Southampton for a month or longer.

(vi) Any tenancy where (to your knowledge) the landlord is Southampton City Council and the tenant is a body in which you / your spouse etc has a beneficial interests.

(vii) Any beneficial interest in securities of a body where that body (to your knowledge) has a place of business or land in the area of Southampton, and either:

- a) the total nominal value for the securities exceeds £25,000 or one hundredth of the total issued share capital of that body, or
- b) if the share capital of that body is of more than one class, the total nominal value of the shares of any one class in which you / your spouse etc has a beneficial interest that exceeds one hundredth of the total issued share capital of that class.

Other Interests

A Member must regard himself or herself as having an 'Other Interest' in any membership of, or occupation of a position of general control or management in:

Any body to which they have been appointed or nominated by Southampton City Council

Any public authority or body exercising functions of a public nature

Any body directed to charitable purposes

Any body whose principal purpose includes the influence of public opinion or policy

Principles of Decision Making

All decisions of the Council will be made in accordance with the following principles:-

- proportionality (i.e. the action must be proportionate to the desired outcome);
- due consultation and the taking of professional advice from officers;
- respect for human rights;
- a presumption in favour of openness, accountability and transparency;
- setting out what options have been considered;
- setting out reasons for the decision; and
- clarity of aims and desired outcomes.

In exercising discretion, the decision maker must:

- understand the law that regulates the decision making power and gives effect to it. The decision-maker must direct itself properly in law;
- take into account all relevant matters (those matters which the law requires the authority as a matter of legal obligation to take into account);
- leave out of account irrelevant considerations;
- act for a proper purpose, exercising its powers for the public good;
- not reach a decision which no authority acting reasonably could reach, (also known as the "rationality" or "taking leave of your senses" principle);
- comply with the rule that local government finance is to be conducted on an annual basis. Save to the extent authorised by Parliament, 'live now, pay later' and forward funding are unlawful; and
- act with procedural propriety in accordance with the rules of fairness.

AGENDA

1 APOLOGIES AND CHANGES IN PANEL MEMBERSHIP (IF ANY)

To note any changes in membership of the Panel made in accordance with Council Procedure Rule 4.3.

2 DISCLOSURE OF PERSONAL AND PECUNIARY INTERESTS

In accordance with the Localism Act 2011, and the Council's Code of Conduct, Members to disclose any personal or pecuniary interests in any matter included on the agenda for this meeting.

3 DECLARATIONS OF SCRUTINY INTEREST

Members are invited to declare any prior participation in any decision taken by a Committee, Sub-Committee, or Panel of the Council on the agenda and being scrutinised at this meeting.

4 DECLARATION OF PARTY POLITICAL WHIP

Members are invited to declare the application of any party political whip on any matter on the agenda and being scrutinised at this meeting.

5 STATEMENT FROM THE CHAIR

6 MINUTES OF THE PREVIOUS MEETING (INCLUDING MATTERS ARISING) (Pages 1 - 6)

To approve and sign as a correct record the Minutes of the meeting held on 29 October 2019 and to deal with any matters arising.

7 UNDERSTANDING LOCAL ENVIRONMENTAL INFLUENCES ON CHILDHOOD OBESITY - THE FOOD ENVIRONMENT (Pages 7 - 10)

Report of the Director, Legal and Governance requesting that the Panel consider the comments made by the invited guests and use the information provided as evidence in the review.

Monday, 18 November 2019

Director of Legal and Governance

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SCRUTINY INQUIRY PANEL - TACKLING CHILDHOOD OBESITY IN SOUTHAMPTON
MINUTES OF THE MEETING HELD ON 29 OCTOBER 2019

Present: Councillors Coombs, Harwood, Houghton, Professor Margetts, McEwing, T Thomas and Vaughan

1. **ELECTION OF CHAIR AND VICE-CHAIR**

RESOLVED that:

- (i) Councillor McEwing be elected as Chair for the Municipal Year 2019/20; and
- (ii) Councillor Houghton be elected as Vice-Chair for the Municipal Year 2019/20.

2. **INQUIRY TERMS OF REFERENCE**

The Panel received and noted the report of the Director, Legal and Governance recommending that the Panel note the terms of reference and discuss, amend and approve a final version of the outline inquiry project plan.

3. **TACKLING CHILDHOOD OBESITY IN SOUTHAMPTON - INTRODUCTION, CONTEXT AND BACKGROUND**

The Panel considered the report of the Director, Legal and Governance requesting that the Panel consider the comments made by the invited guests and use the information provided as evidence in the review.

Following discussion with invited representatives the following information was received:

Southampton Strategic Assessment, National Child Measurement Programme – Dan King, Service Lead, Intelligence and Strategic Analysis & Vicky Toomey, Strategic Intelligence Analyst - SCC

- A presentation was delivered by Dan King and Vicky Toomey providing an introduction to the National Child Measurement Programme and an overview of levels of childhood obesity in Southampton.
- Key points raised in the presentation included the following points:
 - The World Health Organization defines childhood obesity as “Abnormal or excessive fat accumulation that presents a risk to health” and identifies it as “One of the most serious public health challenges of the 21st century.”
 - Obesity is a risk factor for poor health and wellbeing.
 - If we consider the number of years lived with disability (YLD) i.e. years of life lived with any short-term or long-term health loss, high body mass index is the top risk factor in Southampton. This illustrates the importance of tackling obesity in the city, both in terms of poor health and the costs to society.
 - Estimate in Southampton - there are between 13,000 and 13,700 overweight/obese children aged 2 to 17 years old, with over half – between 6,700 and 7,900 – estimated to be obese.

- Children are measured when they start and leave primary school - Year R (4-5 year olds) and Year 6 (10-11 year olds).
- Prevalence of overweight (including obese) 2018/19: Year R – National average (22.6%); Southampton (22.3%); Year 6 – National average (34.3%); Southampton (36.1%).
- Prevalence of obesity 2018/19: Year R – National average (9.7%); Southampton (10.1%); Year 6 – National average (20.2%); Southampton (22.9%) – significantly higher than England.
- Overweight (including obese) - Year R: stable over time but Year 6 statistically significant increase since 2006/07 - Increase from 30.0% (2006/07) to 36.1% (2018/19).
- Obesity trends mirror this – Year R stable but Year 6 increase from 16.9% (2006/07) to 22.9% (2018/19); significantly higher. To have the same percentage as 2006/07, Southampton would need to have 153 (152.8) less obese Year 6 pupils.
- There is a significant difference between prevalence by gender for Year 6 - males higher prevalence.
- Significant variance across the city. Obesity prevalence increases as deprivation increases.
- Do not just focus initiatives on children that are obese / overweight in Year R. The majority of overweight children in Year 6 had been healthy weight in Year R; over two-thirds (67%) of obese children had not been obese in Year R.

The causes and consequences of childhood obesity – Professor Mark Hanson, British Heart Foundation Professor of Cardiovascular Science within the Faculty of Medicine at the University of Southampton

- A presentation was delivered by Professor Mark Hanson providing an overview of the causes and consequences of childhood obesity.
- Key points raised in the presentation included the following points:
 - Consequences of childhood obesity include reduced educational attainment; job prospects; Low self-esteem; Bullying; Mental health; Cardiovascular disease; Diabetes; Asthma; Cancer; Joint problems; Infertility; Pregnancy complications; Birth defects; Gestational diabetes.
 - Diet, physical activity, sleep/stress and environmental toxicants amplifies the risk of obesity.
 - The priming of risk of obesity is from conception onwards - Effect of an unhealthy diet in childhood on child's fatness depends on prenatal growth trajectory.
 - Maternal obesity increases risk of obesity for the offspring. If you can increase health of adolescents this will help to pass good health on to the next generation.
 - Causes of obesity include - Inherited genes (account for <10% of risk at population level); Eating too much/ sedentary lifestyle are not the whole story; other factors such as smoking during pregnancy, excessive gestational weight gain, breastfeeding for less than 12 months, under 12 hours sleep per day during infancy are risk factors for childhood obesity.
 - A mother's diet in pregnancy is very important; maternal BMI is passed on to children.

- There is a correlation between levels of education and eating a healthy diet.
- Need to take a life-course and whole systems approach to tackling childhood obesity.

Overview of national policy relating to childhood obesity – Angela Baker, Deputy Director, Public Health England South East

- A presentation was delivered by Angela Baker providing an overview of national policy relating to childhood obesity.
- Key points raised in the presentation included the following points:
 - Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. Factors such as where people live, the state of the environment, genetics, income, educational level, and relationships with friends and family have considerable impacts on health. This is particularly the case for overweight and obesity.
 - Obesity disproportionality impacts certain groups. Obesity is more than twice as common among low income women as in women in the highest household income quintile (37.6% compared with 18.3%). In men there is a smaller decrease in obesity prevalence from the lowest income quintile to the highest.
 - Child obesity prevalence is closely associated with socioeconomic status. More deprived populations tend to have higher obesity prevalence. Among Year 6 children, severe obesity prevalence in the most deprived 10% of areas in England is more than 4 times the prevalence in the least deprived 10%, and among Reception children nearly 4 times the prevalence in the least deprived 10%.
 - Addressing the high prevalence of obesity in England is a government priority.
 - Since 2016 have seen the publication of Childhood Obesity: a plan for action, chapter 1 and 2; the NHS Long Term Plan and the Prevention Green Paper – all of which have set out clear commitments around obesity.
 - National ambition to halve childhood obesity and significantly reduce the gap in obesity between children from the most and least deprived areas by 2030.
 - This year PHE have also published a strategy for the next 5 years. Healthier Diet and Healthier Weight is one of PHE's 10 priority areas. The strategy places an emphasis on universal, up-stream approaches AND support on personalised and population targeted approaches. The aim is to seek to support those people with the most to benefit; and address inequalities and inequity associated with obesity and its causes.
 - Obesity is a complex problem with a number of interconnected drivers. There is no one silver bullet, no single action that will address obesity. It requires numerous actions across the system – a 'whole systems approach'.
 - Local authorities have a clear role to play and have powers that can help to influence childhood obesity levels locally.

- Physical activity has an important role in helping individuals to maintain their weight. Increasing physical activity and decreasing sedentary lifestyle are important components of any weight management intervention, however the most important factor for weight loss is dietary changes.

Children and Young People's Healthy Weight Pathway – Debbie Chase, Service Lead – Public Health, SCC

- A presentation was delivered by Debbie Chase providing an overview of national policy relating to childhood obesity.
- Key points raised in the presentation included the following points:
 - Attitudes are changing regarding where the blame lies for the rising levels of obesity: Previously we blamed individuals/parents; Assumed lack of knowledge of how to eat healthily; Lack of skills to cook healthy meals; Not doing enough exercise-lazy.
 - Now increasing understanding of the impact of the availability of cheap unhealthy food; Loss of green space; Harder to walk/cycle; Industry for promoting unhealthy food.
 - There is a need for a joined up life course and place based approach.
 - Southampton produced a healthy weight plan 2017-2022 that identified actions required at a national and local level to tackle childhood obesity. Our plan sought to shift focus from blaming individuals to looking at the environment. Move away from an individual behaviour change approach to a more upstream approach. Not quite a whole system approach.
 - There have been some promising improvements in action plan measures. Increase in breastfeeding at 6-8 weeks; 27 schools taking part in Healthy High 5 initiative & 63 settings now Health Early Years settings.
 - Progress being made in delivering actions in Healthy Weight Plan but need to be more challenging. We have the tools and skills in the city to make a difference but not doing enough to address the magnitude of the issues and the range of factors influencing obesity levels. There is no magic bullet so many actions, each with a small impact, will be necessary.
 - We see in our city the amazing progress being made to encourage people to be more active. There is less attention paid to the food environment and how collectively we as a city could make a difference.
 - Any approach to tackling obesity should include a strand focused on physical activity, but increasing physical activity alone will be insufficient to prevent childhood obesity. As a rule of thumb referenced by Dame Sally Davies when Chief Medical Officer, in terms of preventing obesity, a greater effort (e.g. 80%) should be placed on diet with less (e.g. 20%) on physical activity.
 - To be effective you need to get people to want to change and for communities to lead this. Each ward could require a different approach.

RESOLVED that the comments and presentations made by Dan King/Vicky Toomey, Intelligence and Strategic Analysis Team, SCC; Professor Mark Hanson, Institute of Developmental Sciences, University of Southampton; Angela Baker, Deputy Director, Public Health England South East and Debbie Chase, Public Health Consultant, SCC be noted and used as evidence in the review.

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Agenda Item 7

DECISION-MAKER:	SCRUTINY INQUIRY PANEL		
SUBJECT:	UNDERSTANDING LOCAL ENVIRONMENTAL INFLUENCES ON CHILDHOOD OBESITY - THE FOOD ENVIRONMENT		
DATE OF DECISION:	26 NOVEMBER 2019		
REPORT OF:	DIRECTOR – LEGAL AND GOVERNANCE		
<u>CONTACT DETAILS</u>			
AUTHORS:	Name:	Mark Pirnie Ravita Taheem	Tel: 023 8083 3886 023 8083 3020
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STATEMENT OF CONFIDENTIALITY			
None			
BRIEF SUMMARY			
<p>In accordance with the inquiry plan, for the second meeting of the ‘Tackling childhood obesity in Southampton Inquiry’ the Panel will be considering local environmental influences on childhood obesity, focusing on the food environment. Key issues to be discussed include:</p> <ul style="list-style-type: none"> • What do we know about the local food environment and the diets of the local population? • What are the national policy drivers for food and the food environment? • What policy frameworks can be applied in Southampton to begin to address the local food environment? 			
RECOMMENDATIONS:			
	(i)	The Panel is recommended to consider the comments made by the invited guests and use the information provided as evidence in the review.	
REASONS FOR REPORT RECOMMENDATIONS			
1.	To enable the Panel to compile a file of evidence in order to formulate findings and recommendations at the end of the review process.		
ALTERNATIVE OPTIONS CONSIDERED AND REJECTED			
2.	None		
DETAIL (Including consultation carried out)			
3.	For the second meeting of the inquiry the Panel will be developing their understanding of how the local environment influences childhood obesity, with a specific focus on the food environment.		

4.	<p>A number of guests have been invited to provide the Panel with an insight into the issues:</p> <ul style="list-style-type: none"> • Professor Corinna Hawkes – Director of the Centre for Food Policy at City, University of London. Her work aims to support the design and delivery of policies and actions that effectively and equitably improve the quality of diets. In 2018 Corinna was appointed by the Mayor of London to serve as Vice Chair of the London Child Obesity Taskforce, which has the ambitious goal of reducing obesity among London's children. She also sits on the London Food Board. • Professor Janis Baird - Professor of Public Health and Epidemiology at the MRC Lifecourse Epidemiology Unit at the University of Southampton. Her research focuses on the translation of evidence of the developmental origins of health and disease into public health policy and practice. • Dr Christina Vogel - Principal Research Fellow in Public Health Nutrition at the MRC Lifecourse Epidemiology Unit at the University of Southampton. Her research aims to advance understanding of the pathways between the psychological, social and environmental determinants of poor diet. • Dr Thomas Burgoine – Career Development Fellow at the Centre for Diet and Activity Research (CEDAR), MRC Epidemiology Unit, University of Cambridge. His research focuses on neighbourhood food environments and their effects on dietary behaviours, diet, diet-related disease, and inequalities. He submitted expert written and oral evidence to the Health and Social Care Committee (2018), to guide their report on childhood obesity.
5.	The guests invited to present information at the meeting will take questions from the Panel relating to the evidence provided. Copies of any presentations will be made available to the Panel.
RESOURCE IMPLICATIONS	
<u>Capital/Revenue</u>	
6.	N/A
<u>Property/Other</u>	
7.	N/A
LEGAL IMPLICATIONS	
<u>Statutory power to undertake proposals in the report:</u>	
8.	The duty to undertake overview and scrutiny is set out in Part 1A Section 9 of the Local Government Act 2000.
<u>Other Legal Implications:</u>	
9.	None
RISK MANAGEMENT IMPLICATIONS	
10.	None

POLICY FRAMEWORK IMPLICATIONS		
11.	None	
KEY DECISION		No
WARDS/COMMUNITIES AFFECTED:		None directly as a result of this report
<u>SUPPORTING DOCUMENTATION</u>		
Appendices		
1.	None	
Documents In Members' Rooms		
1.	None	
Equality Impact Assessment		
Do the implications/subject of the report require an Equality and Safety Impact Assessments (ESIA) to be carried out?		No
Data Protection Impact Assessment		
Do the implications/subject of the report require a Data Protection Impact Assessment (DPIA) to be carried out?		No
Other Background Documents: Equality Impact Assessment and Other Background documents available for inspection at:		
Title of Background Paper(s)	Relevant Paragraph of the Access to Information Procedure Rules / Schedule 12A allowing document to be Exempt/Confidential (if applicable)	
1.		

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