

# **Tackling Childhood Obesity in Southampton Draft Terms of Reference and Inquiry Plan**

## **1. Scrutiny Panel membership:**

- a. Councillor McEwing
- b. Councillor Coombs
- c. Councillor Harwood
- d. Councillor Houghton
- e. Councillor Professor Margetts
- f. Councillor Thomas
- g. Councillor Vaughan

## **2. Purpose:**

To identify opportunities to reduce childhood obesity in Southampton.

## **3. Background:**

- The 2018 Government report, 'Childhood obesity: a plan for action', identified that childhood obesity is one of the biggest health problems this country faces. Nearly a quarter of children in England are obese or overweight by the time they start primary school aged five (22.4%), and this rises to one third by the time they leave aged 11 (34.3%).
- The burden of childhood obesity is being felt the hardest in more deprived areas with children growing up in low income households more than twice as likely to be obese than those in higher income households.
- Overweight or obese children are more likely to experience bullying, stigmatisation and low self-esteem. They are more likely to develop Type 2 diabetes in childhood, a condition that was once very rarely seen outside adulthood. They are also far more likely to go on to become obese adults, with a higher risk of developing life threatening conditions such as some forms of cancer, Type 2 diabetes, heart disease and liver disease.
- Childhood obesity also places significant financial costs on the nation. It is estimated that obesity-related conditions are currently costing the NHS £6.1 billion per year. The total costs to society of these conditions have been estimated at around £27 billion per year, with some estimates placing this figure much higher.
- Reflecting the above issues the Government has set a challenging target of reducing childhood obesity by 50% by 2030.
- In Southampton rates of childhood obesity exceed the national average. The most recent published figures show that 23.3% of 4-5 year olds in Southampton are either obese or overweight and this rises to 37.4% for 10-11 year olds.
- Across England, there are excellent examples of local approaches to tackling childhood obesity, recognising the vital role local authorities can play in utilising their range of powers and opportunities to create healthier environments.

## **4. Objectives:**

- a) To develop understanding of childhood obesity levels in Southampton and the factors that influence childhood obesity.
- b) To review local plans and progress being made in Southampton to reduce levels of childhood obesity.

- c) To consider national guidance and examples of good practice that are being delivered elsewhere to reduce childhood obesity.
- d) To identify what approaches and initiatives could be introduced in Southampton to reduce levels of childhood obesity.

## **5. Methodology:**

- a) Undertake desktop research
- b) Seek stakeholder views
- c) Benchmark progress against national frameworks/guidance
- d) Identify best practice
- e) Seek views of experts

## **6. Proposed Timetable:**

6 meetings between October 2019 and April 2020. All meetings to be held in the Civic Centre and will commence at 5:30pm.

## **7. Draft Inquiry Plan** (subject to the availability of speakers)

### **Meeting 1: 29 October 2019**

- Introduction, context and background
  - What are the local and national trends in childhood obesity?
  - What are the causes and consequences of childhood obesity?
  - The national policy framework on childhood obesity
  - What is Southampton's approach to childhood obesity?

#### To be invited:

- Vicky Toomey – Strategic Intelligence Analyst, Southampton City Council
- Professor Mark Hanson - British Heart Foundation Professor of Cardiovascular Science within the Faculty of Medicine, University of Southampton
- Public Health England
- Debbie Chase - Service Lead for Public Health, Southampton City Council

### **Meeting 2: 26 November 2019**

- Understanding local environmental influences on childhood obesity (the food environment)
  - 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?

#### To be invited:

- Professor Janis Baird – Professor of Public Health and Epidemiology at the MRC Lifecourse Epidemiology Unit, University of Southampton
- Dr Christina Vogel - Public Health Nutrition scientist at the MRC Lifecourse Epidemiology Unit, University of Southampton
- Professor Corinna Hawkes - Director of Food Policy, University of London
- Dr Thomas Burgoine - Centre for Diet and Activity Research, University of Cambridge

### **Meeting 3: 17 December 2019**

- Understanding local environmental influences on childhood obesity (the active environment)
  - What do we understand about physical activity levels of children in Southampton?
  - How can planning policy be used to create a healthy weight environment?
  - How do Southampton's planning and transport policies support a healthy weight environment?
  - Examples of local good practice

#### To be invited:

- Helen Fisher - Strategic Lead for Physical Activity & Health, Energise Me
- Public Health England
- Southampton City Council – Representatives from Infrastructure, Planning and Development (Transport and Planning)

### **Meeting 4: 28 January 2020**

- Understanding the range of local programmes currently underway to address childhood obesity
  - What are the programmes for obesity prevention in the early years in Southampton? (HEYA, ECHO)
  - What are the programmes for obesity prevention in schools in Southampton? (HH5, LifeLab/Youth Health Champions, EACH-B, School Nursing)
  - Insights from local providers about food provision in schools: City catering
  - Example of good practice a novel approach to food and school meals at Park Community School in Havant

#### To be invited:

- Anne Downie - Early Years and Childcare Manager, Southampton City Council
- Sophie Ruffles - Health Visitor
- Carole Bralee - Specialist Public Health Nurse
- Vicki Pennal - 0-19 Project Lead, Health Visiting & School Nursing, Solent NHS Trust

- Dr Kathryn Woods-Townsend - LifeLab Programme Manager within Southampton Education School, University of Southampton
- Sarah Doling - City Catering
- Christopher Anders - Head Teacher, Park Community School, Havant

### **Meeting 5: 25 February 2020**

- Turning the tide on childhood obesity
  - Understanding the Leeds approach to addressing childhood obesity
  - Bristol's approach to improving the local food environment
  - Creating a child friendly city- what does that mean for addressing childhood obesity in Southampton?
  - Taking a whole systems approach to obesity in Southampton and making it a success

#### To be invited:

- Speaker from Leeds Public Health
- Grace Davies - Public Health Principal, Bristol City Council
- Representative from Southampton Youth Parliament
- Jason Murphy - Service Manager, Targeted and Restorative Services, Southampton City Council
- Debbie Chase - Service Lead for Public Health, Southampton City Council

### **Meeting 6: 8 April 2020**

- Recommendations for addressing childhood obesity in Southampton

#### To be invited: N/A