

# Scrutiny Inquiry Panel - Tackling Childhood Obesity in Southampton

Tuesday, 29th October, 2019  
at 5.30 pm

## **PLEASE NOTE TIME OF MEETING**

Committee Room 1 - 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

Democratic Support Officer  
Pat Wood  
Tel. 023 8083 2302  
Email: [pat.wood@southampton.gov.uk](mailto:pat.wood@southampton.gov.uk)

### **Contact**

Scrutiny Manager  
Mark Pirnie  
Tel: 023 8083 3886  
Email: [mark.pirnie@southampton.gov.uk](mailto:mark.pirnie@southampton.gov.uk)

## **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 ELECTION OF CHAIR AND VICE-CHAIR**

To elect the Chair and Vice Chair for the Municipal Year 2019/20.

### **3 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.

### **4 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.

### **5 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.

### **6 STATEMENT FROM THE CHAIR**

### **7 INQUIRY TERMS OF REFERENCE** (Pages 1 - 6)

Report of the Director, Legal and Governance requesting that the Panel discuss, amend and approve a final version of the outline inquiry project plan allowing for sufficient flexibility and the availability of suitable witnesses.

### **8 TACKLING CHILDHOOD OBESITY IN SOUTHAMPTON - INTRODUCTION, CONTEXT AND BACKGROUND** (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, 21 October 2019

Director of Legal and Governance

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# Agenda Item 7

<b>DECISION-MAKER:</b>	SCRUTINY INQUIRY PANEL		
<b>SUBJECT:</b>	INQUIRY TERMS OF REFERENCE		
<b>DATE OF DECISION:</b>	29 OCTOBER 2019		
<b>REPORT OF:</b>	DIRECTOR – LEGAL AND GOVERNANCE		
<b><u>CONTACT DETAILS</u></b>			
<b>AUTHOR:</b>	<b>Name:</b>	<b>Mark Pirnie</b>	<b>Tel:</b> 023 8083 3886
	<b>E-mail:</b>	<b>Mark.pirnie@southampton.gov.uk</b>	
<b>Director</b>	<b>Name:</b>	<b>Richard Ivory</b>	<b>Tel:</b> 023 8083 2794
	<b>E-mail:</b>	<b>Richard.ivory@southampton.gov.uk</b>	
<b>STATEMENT OF CONFIDENTIALITY</b>			
None			
<b>BRIEF SUMMARY</b>			
<p>On 15 August 2019 the Overview and Scrutiny Management Committee (OSMC) agreed the terms of reference for a scrutiny inquiry looking at tackling childhood obesity in Southampton.</p> <p>The outline project plan for the inquiry identifies themes for each meeting. This report invites the Panel to note the terms of reference and to amend and approve a final version of the outline inquiry project plan.</p>			
<b>RECOMMENDATIONS:</b>			
	(i)	That the terms of reference set out in Appendix 1 be noted.	
	(ii)	That the Panel discuss, amend and approve a final version of the attached outline inquiry project plan allowing for sufficient flexibility and the availability of suitable witnesses.	
<b>REASONS FOR REPORT RECOMMENDATIONS</b>			
1.	To enable the Scrutiny Inquiry Panel to commence the evidence gathering process.		
<b>ALTERNATIVE OPTIONS CONSIDERED AND REJECTED</b>			
2.	There are numerous options that could be included within the attached draft terms of reference. The version attached reflects the feedback from the OSMC.		
<b>DETAIL (Including consultation carried out)</b>			
3.	The OSMC agreed the outline terms of reference for a scrutiny inquiry looking at tackling childhood obesity in Southampton on 15 August 2019.		
4.	Panel members are invited to note the terms of reference and to amend and approve a final version of the attached outline inquiry project plan. The approved plan will then provide the structure to the subsequent meetings of this review, allowing for flexibility and the availability of suitable witnesses.		

5.	The outline inquiry project plan identifies that the review will be conducted over 6 meetings of the Scrutiny Inquiry Panel. It is envisaged that each of the inquiry meetings will last for approximately two hours.	
<b>RESOURCE IMPLICATIONS</b>		
<b><u>Capital/Revenue</u></b>		
6.	Resources to support the scrutiny review will come from existing budgets.	
<b><u>Property/Other</u></b>		
7.	N/A	
<b>LEGAL IMPLICATIONS</b>		
<b><u>Statutory power to undertake proposals in the report:</u></b>		
8.	The duty to undertake overview and scrutiny is set out in Part 1A Section 9 of the Local Government Act 2000.	
<b><u>Other Legal Implications:</u></b>		
9.	None	
<b>RISK MANAGEMENT IMPLICATIONS</b>		
10.	None	
<b>POLICY FRAMEWORK IMPLICATIONS</b>		
11.	None	
<b>KEY DECISION</b>		No
<b>WARDS/COMMUNITIES AFFECTED:</b>		None directly as a result of this report
<b><u>SUPPORTING DOCUMENTATION</u></b>		
<b>Appendices</b>		
1.	Terms of Reference and Draft Inquiry Plan	
<b>Documents In Members' Rooms</b>		
1.	None	
<b>Equality Impact Assessment</b>		
Do the implications/subject of the report require an Equality and Safety Impact Assessments (ESIA) to be carried out?		No
<b>Data Protection Impact Assessment</b>		
Do the implications/subject of the report require a Data Protection Impact Assessment (DPIA) to be carried out?		No
<b>Other Background Documents: Equality Impact Assessment and Other Background documents available for inspection at:</b>		
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.	None	



## 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

# Agenda Item 8

<b>DECISION-MAKER:</b>		SCRUTINY INQUIRY PANEL	
<b>SUBJECT:</b>		TACKLING CHILDHOOD OBESITY IN SOUTHAMPTON – INTRODUCTION, CONTEXT AND BACKGROUND	
<b>DATE OF DECISION:</b>		29 OCTOBER 2019	
<b>REPORT OF:</b>		DIRECTOR – LEGAL AND GOVERNANCE	
<b><u>CONTACT DETAILS</u></b>			
<b>AUTHORS:</b>	<b>Name:</b>	Mark Pirnie Ravita Taheem	<b>Tel:</b> 023 8083 3886 023 8083 3020
	<b>E-mail:</b>	<a href="mailto:Mark.pirnie@southampton.gov.uk">Mark.pirnie@southampton.gov.uk</a> <a href="mailto:Ravita.taheem@southampton.gov.uk">Ravita.taheem@southampton.gov.uk</a>	
<b>Director</b>	<b>Name:</b>	Richard Ivory	<b>Tel:</b> 023 8083 2794
	<b>E-mail:</b>	Richard.ivory@southampton.gov.uk	
<b>STATEMENT OF CONFIDENTIALITY</b>			
None			
<b>BRIEF SUMMARY</b>			
<p>In accordance with the inquiry plan, for the opening meeting of the ‘Tackling childhood obesity in Southampton Inquiry’ the Panel will be considering the following issues:</p> <ul style="list-style-type: none"> <li>• The local and national trends in childhood obesity</li> <li>• The causes and consequences of childhood obesity</li> <li>• The national policy framework on childhood obesity</li> <li>• Southampton’s approach to childhood obesity</li> </ul>			
<b>RECOMMENDATIONS:</b>			
	(i)	The Panel is recommended to consider the comments made by the invited guests and use the information provided as evidence in the review.	
<b>REASONS FOR REPORT RECOMMENDATIONS</b>			
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.		
<b>ALTERNATIVE OPTIONS CONSIDERED AND REJECTED</b>			
2.	None		
<b>DETAIL (Including consultation carried out)</b>			
3.	For the opening meeting of the inquiry the Council’s Intelligence and Strategic Analysis Team will provide the Panel with an overview of levels of childhood obesity in Southampton, including trends and comparisons with national data.		
4.	This will be followed by a presentation on the causes and consequences of childhood obesity from Professor Mark Hanson, British Heart Foundation Professor of Cardiovascular Science within the Faculty of Medicine at the University of Southampton. Professor Hanson is the National Institute for		

	Health Research (NIHR) Southampton Biomedical Research Centre's lead for research into childhood obesity.	
5.	To provide an overview of national policy relating to childhood obesity, representatives from Public Health England have been invited to attend the meeting.	
6.	Finally, Debbie Chase – Service Lead for Public Health at Southampton City Council, will outline the key policy framework that underpins the city's approach to tackling childhood obesity.	
7.	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.	
<b>RESOURCE IMPLICATIONS</b>		
<b><u>Capital/Revenue</u></b>		
8.	N/A	
<b><u>Property/Other</u></b>		
9.	N/A	
<b>LEGAL IMPLICATIONS</b>		
<b><u>Statutory power to undertake proposals in the report:</u></b>		
10.	The duty to undertake overview and scrutiny is set out in Part 1A Section 9 of the Local Government Act 2000.	
<b><u>Other Legal Implications:</u></b>		
11.	None	
<b>RISK MANAGEMENT IMPLICATIONS</b>		
12.	None	
<b>POLICY FRAMEWORK IMPLICATIONS</b>		
13.	None	
<b>KEY DECISION</b>		No
<b>WARDS/COMMUNITIES AFFECTED:</b>		None directly as a result of this report
<b><u>SUPPORTING DOCUMENTATION</u></b>		
<b>Appendices</b>		
1.	None	
<b>Documents In Members' Rooms</b>		
1.	None	
<b>Equality Impact Assessment</b>		
Do the implications/subject of the report require an Equality and Safety Impact Assessments (ESIA) to be carried out?		No
<b>Data Protection Impact Assessment</b>		

Do the implications/subject of the report require a Data Protection Impact Assessment (DPIA) to be carried out?		No
<b>Other Background Documents: Equality Impact Assessment and Other Background documents available for inspection at:</b>		
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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