



healthier people
and places

Alive Bristol

A One City Approach to healthier people and places

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An overview of the work Bristol City Council have undertaken to improve the local food environment and the key strategies/policies/programmes/partnerships that are seeking to reduce childhood obesity and food poverty



- The healthy weight challenge for Bristol
- Alive Bristol, a One City Approach
- The Local Authority Declaration on Healthy Weight
- Key policies and partnerships and examples of collaborative effort across the city

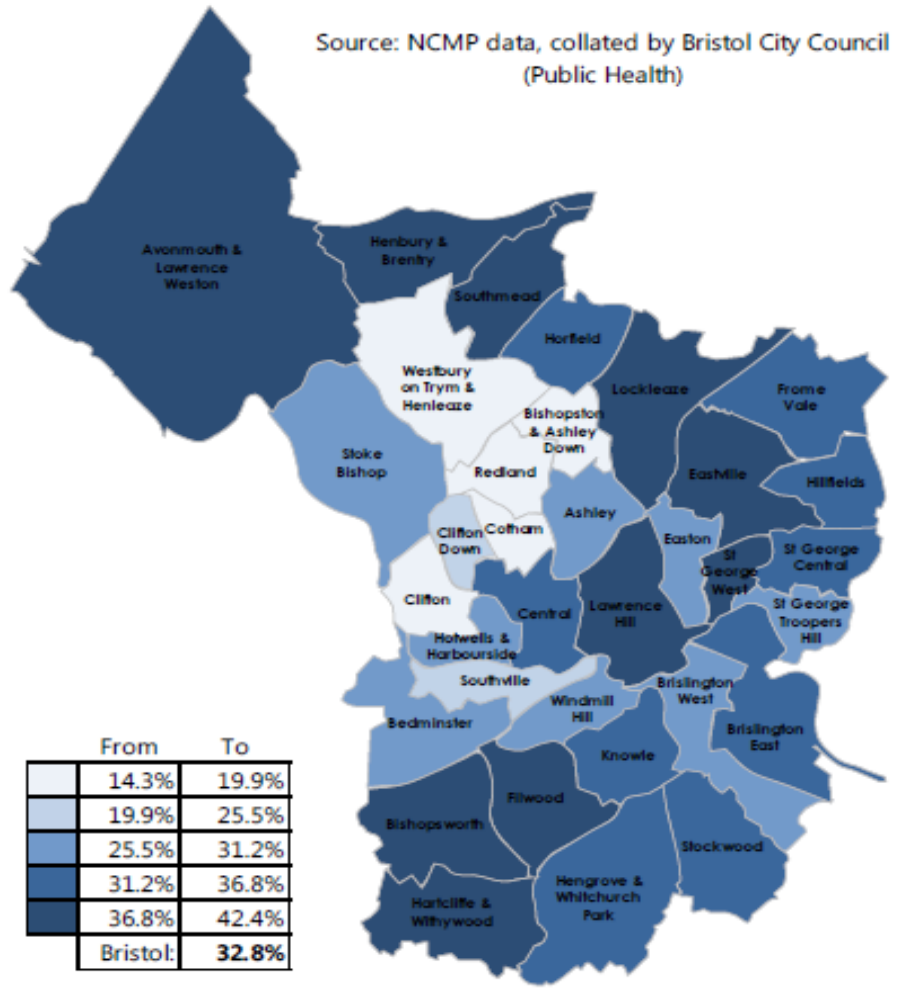
Unhealthy weight in Bristol



Children

% of children measured that were overweight or very overweight (prevalence of excess weight), year 6, 2016/17 to 2018/19, 3-year pooled data - Bristol schools

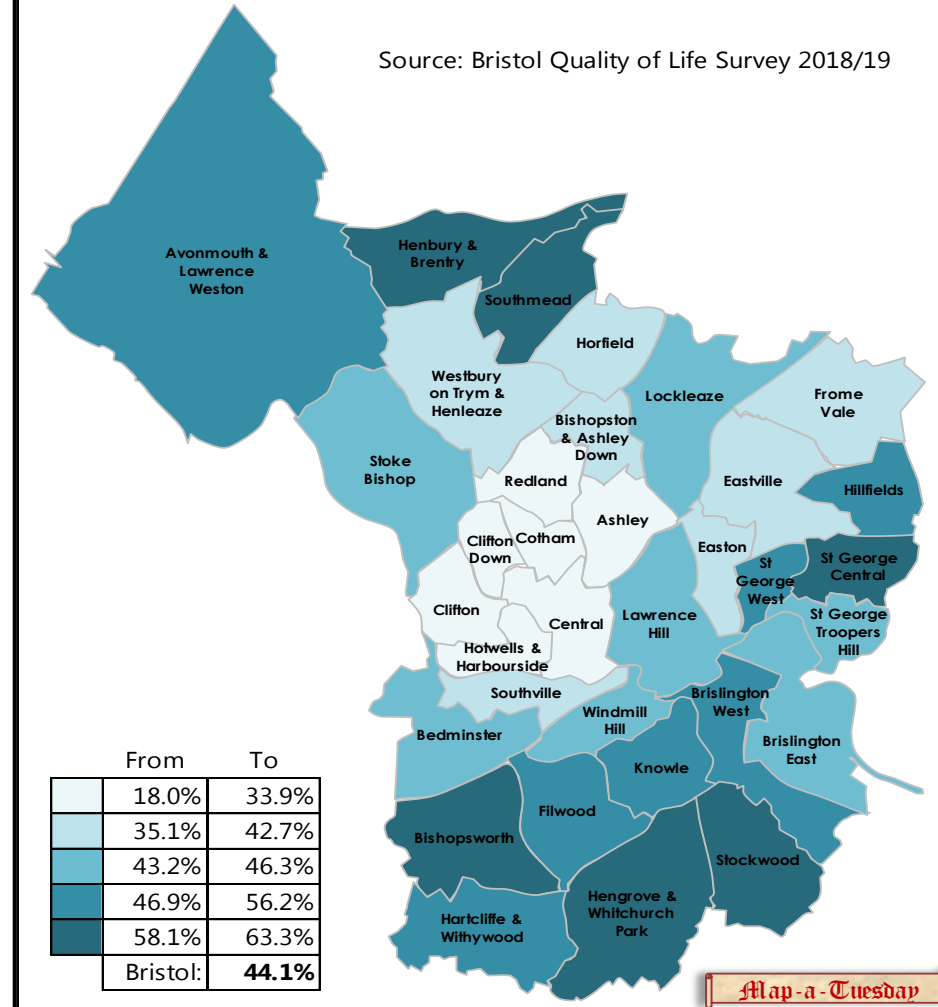
Source: NCMP data, collated by Bristol City Council (Public Health)



Adults

% of adults that are overweight or obese (BMI >= 25)

Source: Bristol Quality of Life Survey 2018/19



ADULTS
Bristol Average
55.6%

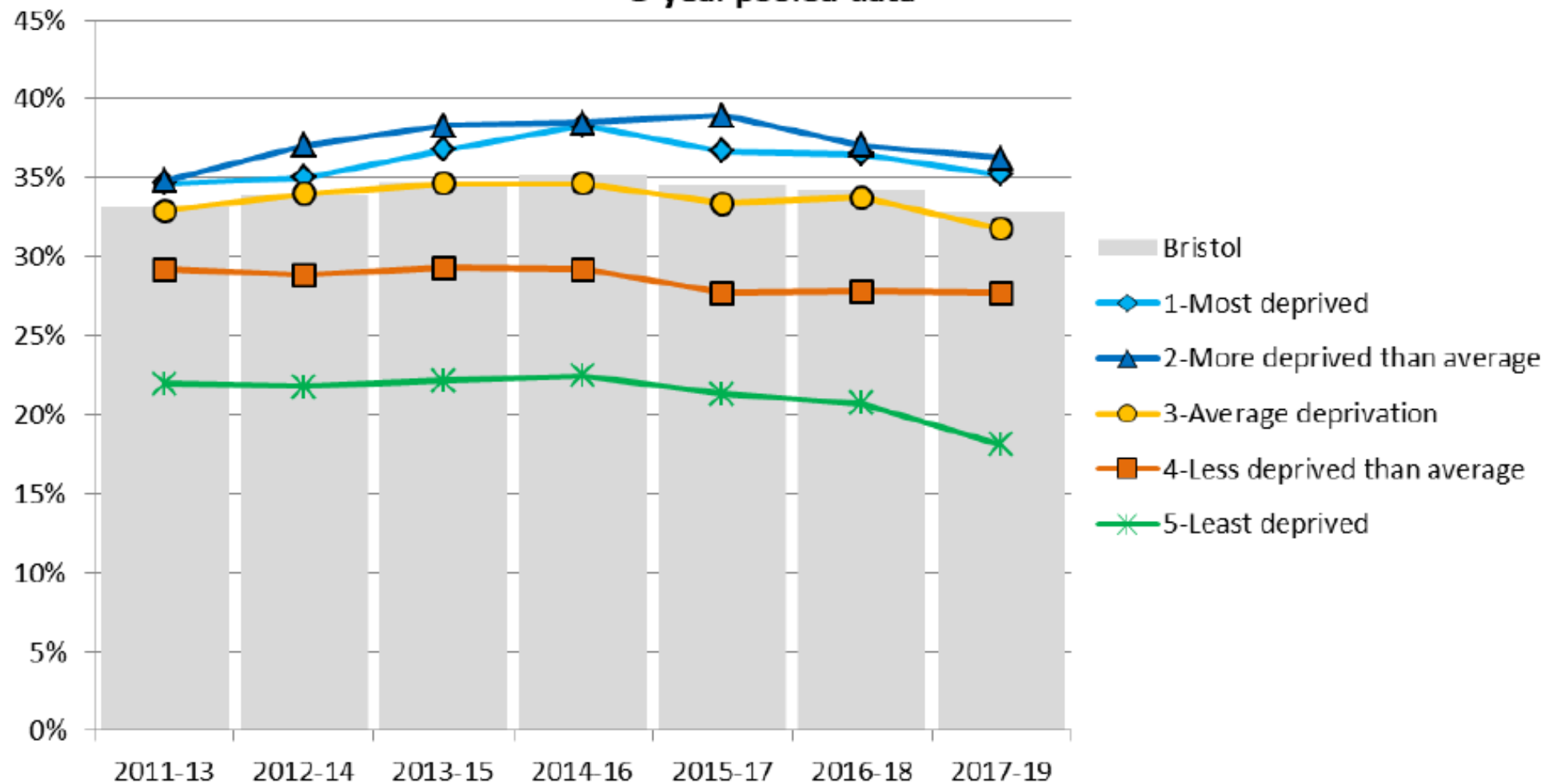
Active Lives Survey,
2017/18

Map-a-Tuesday

Inequalities: unhealthy weight in childhood, NCMP data



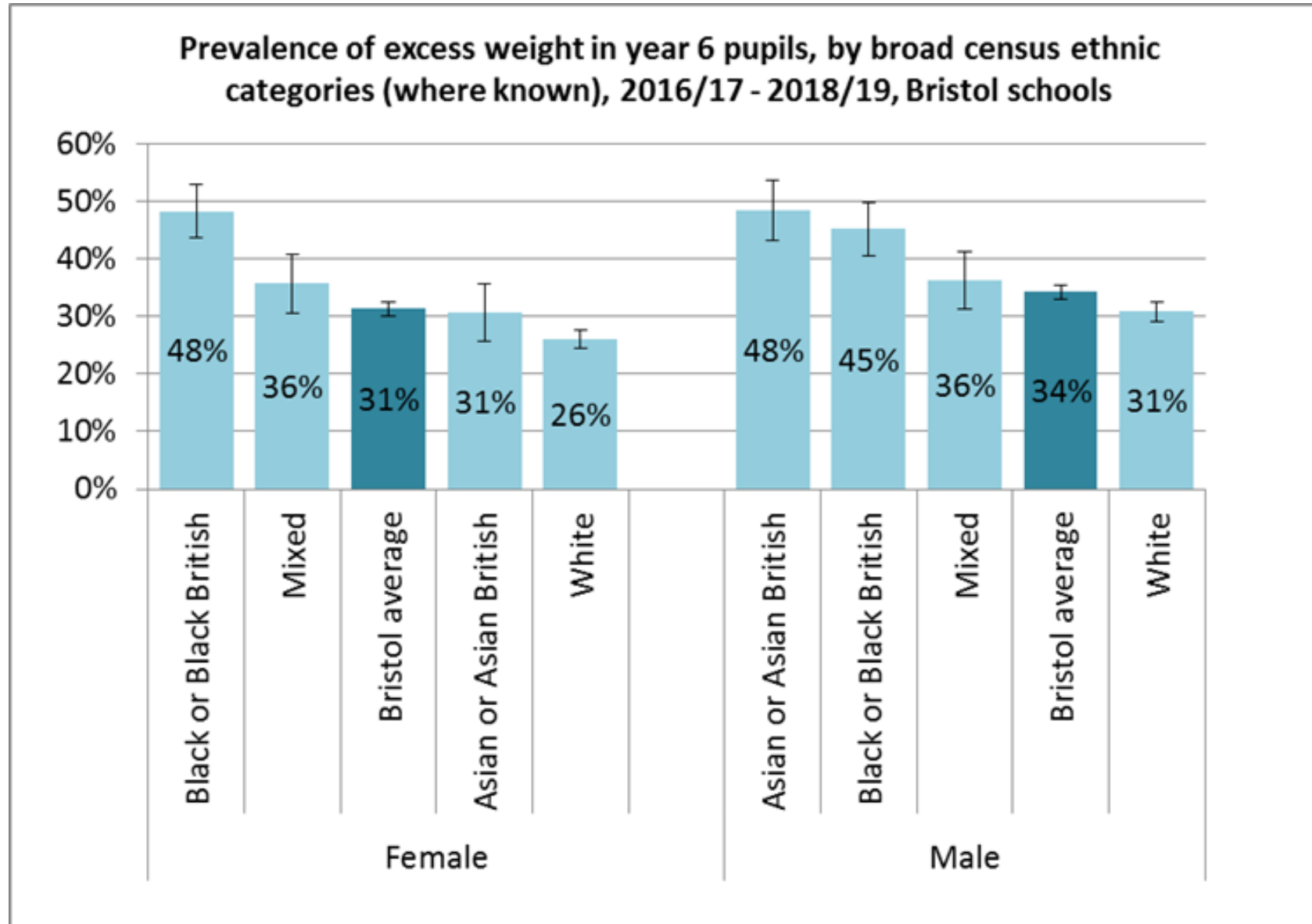
Prevalence of excess weight, year 6 (10/11yrs) pupils in Bristol schools, by IMD
2019 deprivation quintile (1=Most deprived) vs Bristol average,
3-year pooled data



Ethnicity: unhealthy weight in children



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Proportion of children (5-16yrs) estimated
to be 'inactive' (<30 mins activity per day)

35%

Bristol

33%

England

Inactivity – Active Lives Survey 2017/18

**24% of Bristol school children
are claiming free school meals.**

**More than 10% of children (5-16yrs)
reported having no fruit or vegetables
the previous day**

Bristol's "Pupil Voice" Survey (2019)

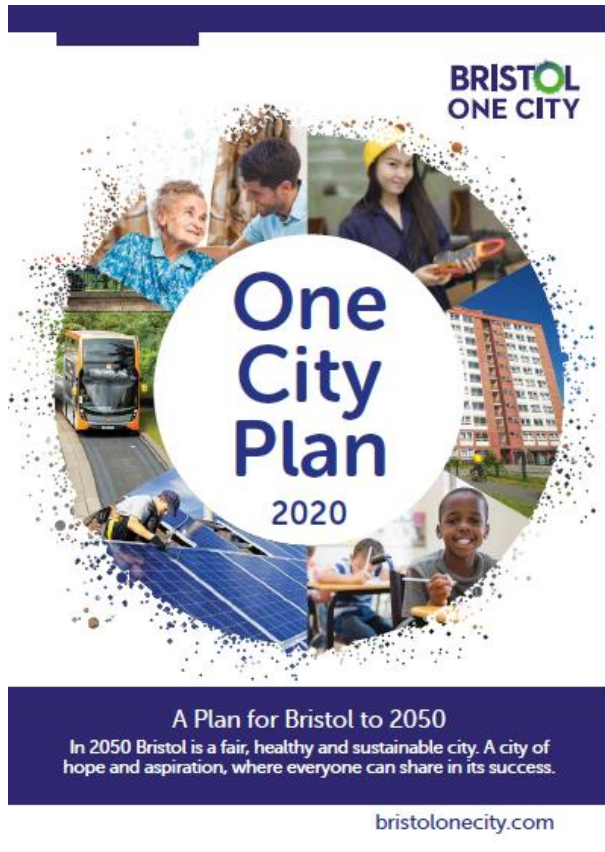
Our vision



Bristol is a city where people are a healthier weight, with an environment that makes it easier for everyone, regardless of age, background, circumstance or where they live, to be active and eat affordable healthy and sustainable food.



One City Plan objectives

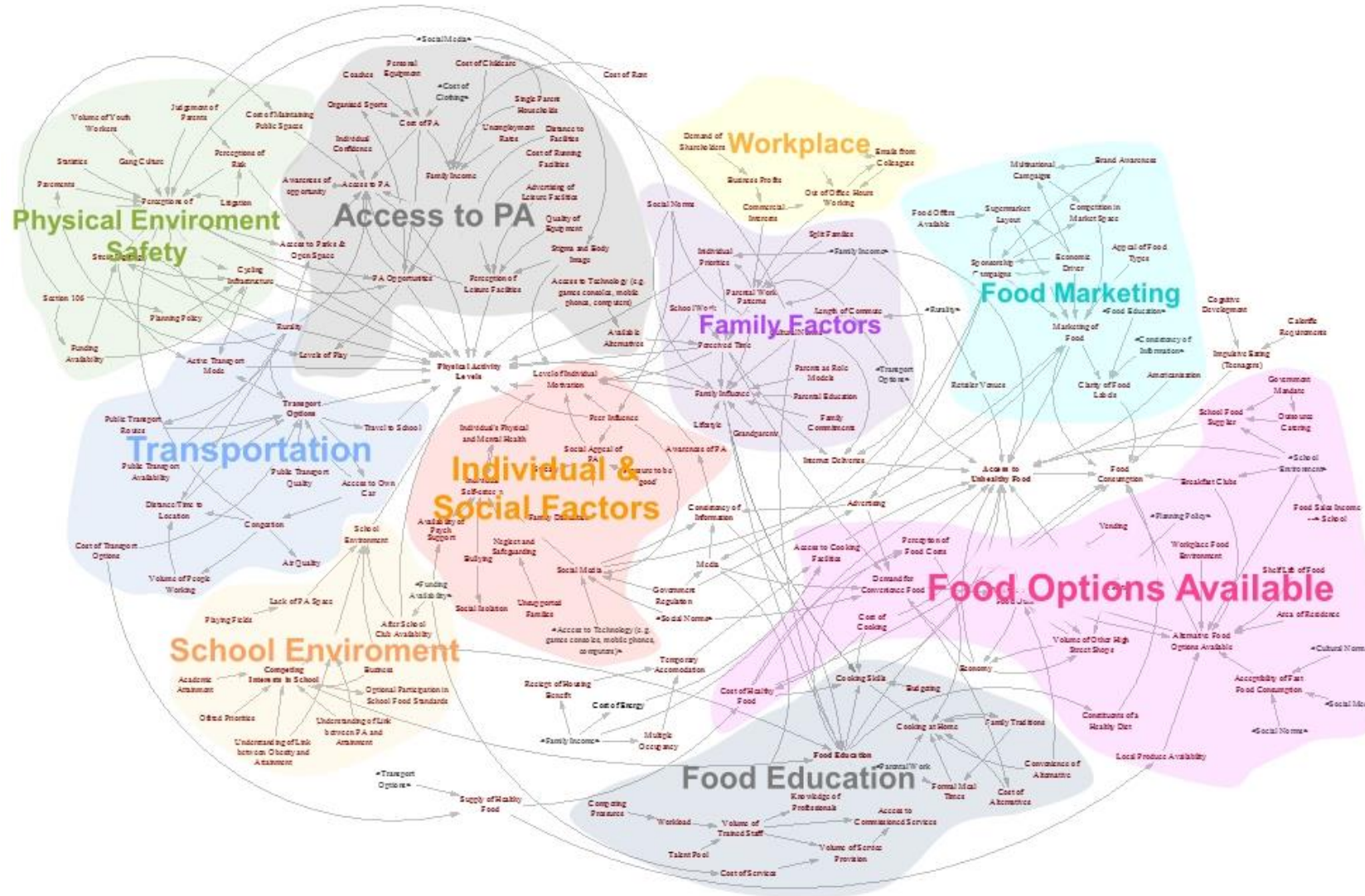


By 2026: *Halt the rise in levels of childhood overweight and obesity*

By 2029: *Close the inequality gap in childhood overweight and obesity*

By 2033: *A whole systems approach to healthy weight embedded across the city, ensuring environments support healthy choices that are accessible and affordable for everyone*

The complexity of unhealthy weight – multiple causes, influencing factors and systems



One City – partners from all sectors



- Bristol City Council services and functions
- Mayor and elected Members
- Health & Wellbeing Board
- Clinical Commissioning Group
- Healthier Together
- NHS England
- NHS Hospital Trusts
- Sirona care & health
- Bristol Health Partners
- West of England Combined Authority
- Pharmacies
- Emergency services
- Health Watch
- Faith organisations
- Early years settings, schools, Universities, Academies & Further Education
- Businesses
- Workplaces
- Sports & Leisure sector
- Food Networks
- Feeding Bristol
- Voluntary Sector
- Local community groups
- Suppliers/retailers of food & catering

Areas of action



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Opportunity: Capability: Motivation

ALIVE BRISTOL: Healthy Food Environments



Good Food and Catering Procurement Policy (Framework) 2018



- Good Food & Catering Procurement Policy
- Bristol Eating Better award
- Council contracts and concessions, school meals, street trading, markets, parks, events,



ALIVE BRISTOL: BCC matrix workstreams

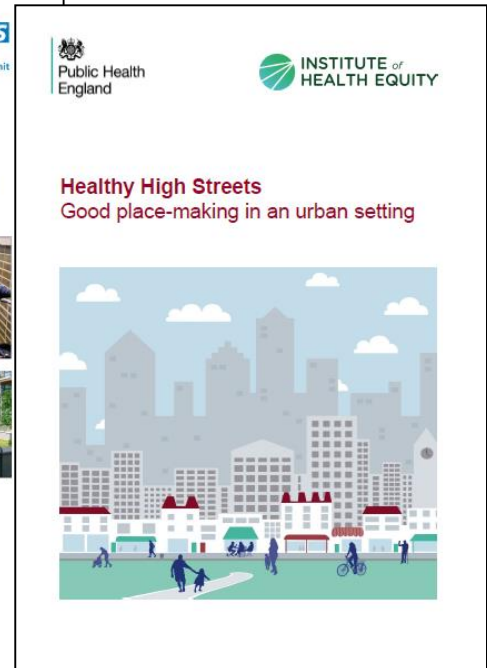


- **CHILDREN FOCUSED** (maternity, early years, schools and other children's settings)
- **BUILT & NATURAL ENVIRONMENT:** (planning policy, developments, city design, active transport, advertising, parks)
- **COMMUNITY FOCUSED**
- **WORKPLACES**

Built & Natural Environment

- 'Health in planning' practice note, healthy weight SPD, takeaways policy
- Advise on 'super-major' developments
- Training for Development Management
- Workshop with City Design, Strategic Transport and Parks
- Regeneration projects
- Advertising

]



Local Government Declaration on Healthy Weight



The poster features a large green scale icon on the left with the title 'LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT' written diagonally across it. At the top left is the 'FOOD ACTIVE' logo. The top right states 'This Declaration was passed by: BRISTOL CITY COUNCIL | On: 5th February 2020'. Below this, it lists 'With Partner Pledges supported by:' followed by logos for NHS Bristol, North Somerset and South Gloucestershire, University Hospitals Bristol, NHS North Bristol, and Sirona care & health. The central text reads: 'THIS LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT IS A STATEMENT, INDIVIDUALLY OWNED BY BRISTOL CITY COUNCIL. It encapsulates a vision to promote healthy weight and improve the health and well-being of the local population. We recognise that we need to exercise our responsibility in developing and implementing policies which promote healthy weight.' At the bottom, there are three signatures and names: Marvin Rees (Mayor of Bristol), Councillor Asher Craig (Deputy Mayor), and Christina Gray (Director of Public Health). Logos for BDA and UK Health Forum are in the bottom left corner.

- 14 Commitments to promoting healthy weight and implementing policies which influence the whole city
- ‘Partner pledges’ from local NHS organisations
- UH Bristol Trust piloting NHS Healthy Weight Declaration

Local Government Declaration on Healthy Weight



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ALIVE BRISTOL: partnership programmes



BRISTOL GOING FOR GOLD

**BUYING
BETTER**



**FOOD
WASTE**



**URBAN
GROWING**



**COMMUNITY
ACTION**



**EATING
BETTER**



**FOOD
EQUALITY**

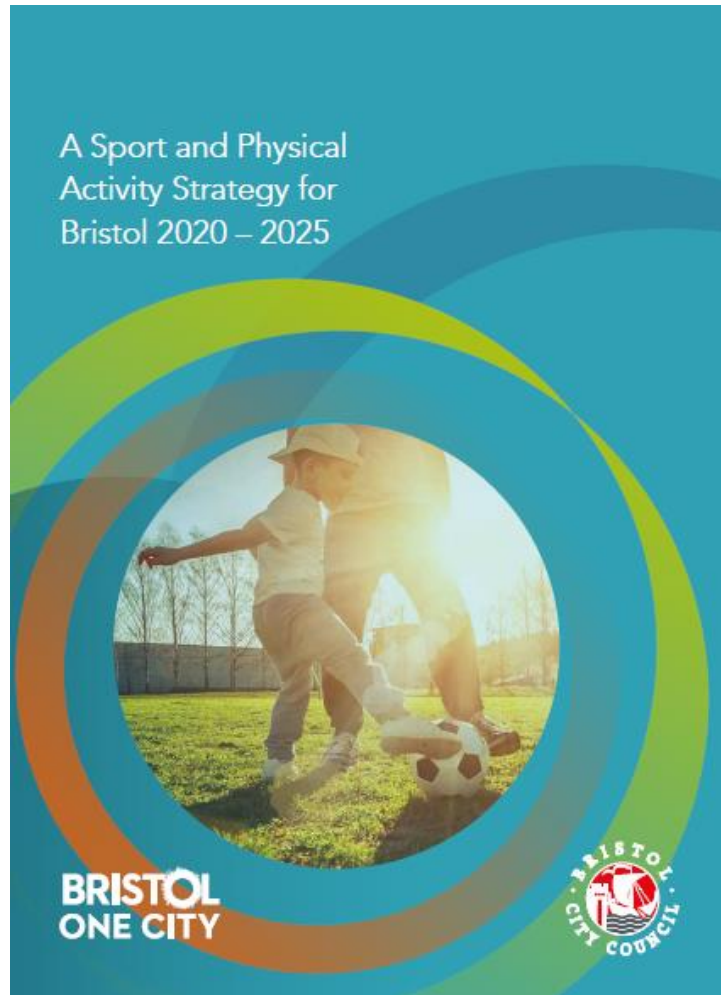


ALIVE BRISTOL: partnership programmes



Improving mental health for all

Physical activity environments & programmes



TARGETS

- Reduce health inequalities and the Healthy Life Expectancy gap by 10% between the most affluent wards and deprived wards (by 2025)
- 50% more people from wards with the greatest levels of socioeconomic deprivation, achieve 30 minutes physical activity per week (by 2025).
- Halt the rise in levels of childhood and adult obesity.



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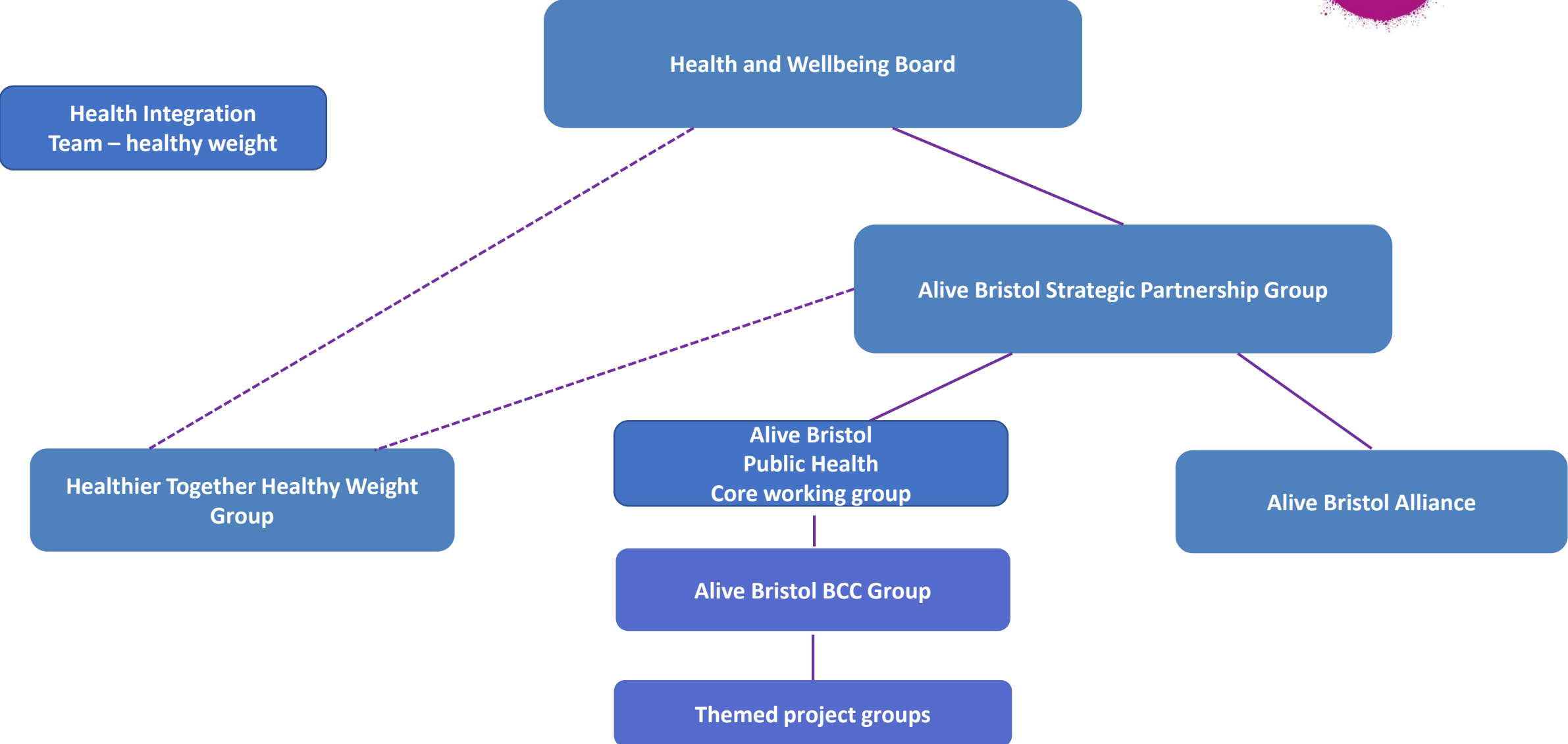


ALIVE BRISTOL ALLIANCE



- Identify champions in your organisation, group, or community setting
- Empower people with knowledge and tools to support healthy eating and physical activity
- Develop environments and activities to help people be more physically active
- Make changes that support the availability of healthier, sustainable and affordable food and drink
- Provide and promote access to free drinking water

ALIVE BRISTOL: Governance





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Thank you

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