

Scrutiny Inquiry Panel - Tackling Childhood Obesity in Southampton

PRESENTATIONS

Tuesday, 17th December, 2019
at 5.30 pm

PRESENTATIONS RELATED TO THE LISTED REPORTS

Contacts

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ADDITIONAL INFORMATION

7 UNDERSTANDING LOCAL ENVIRONMENTAL INFLUENCES ON CHILDHOOD OBESITY - THE ACTIVE ENVIRONMENT (Pages 1 - 68)

Monday, 9 December
2019

SERVICE DIRECTOR, LEGAL AND GOVERNANCE



Healthy Places - how planning can support healthy weight environments

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Agenda Item 7

Healthy Weight Environment

A healthy-weight environment supports people in avoiding becoming overweight or obese through the way in which a place is designed and the facilities it provides. It promotes physical activity, provides opportunities for sustainable transport which prioritise active travel, helping people build physical activity into daily life. Additionally, it helps people access or choose healthier food options and access support services.

The planning system has a range of powers including legislation, policy and tools which can help create and support healthy weight environments.







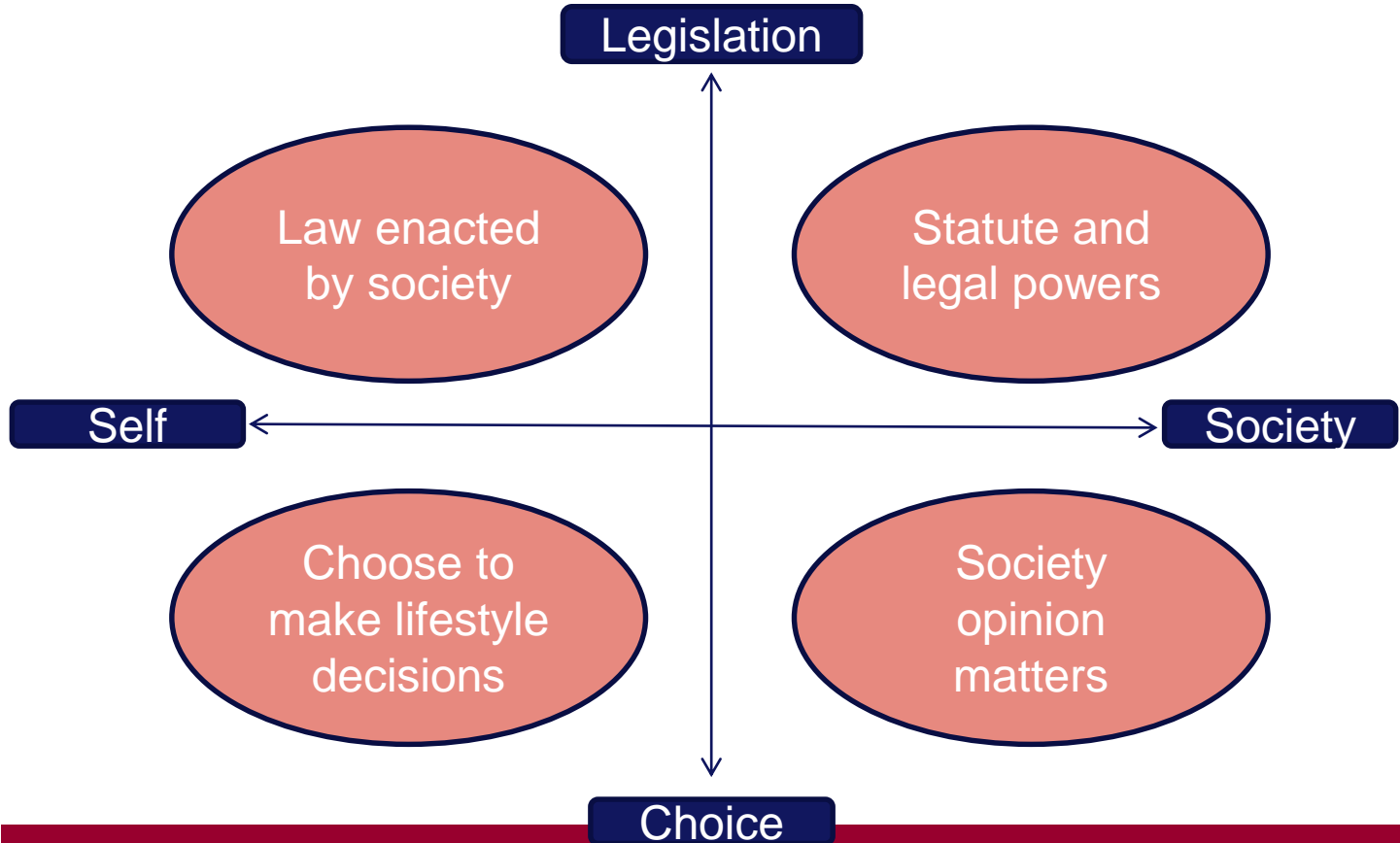
Planning Policy & Guidance

National Policy highlights the role of Local Planning Authorities (LPA's) in creating and promoting healthy, inclusive and safe communities, including;

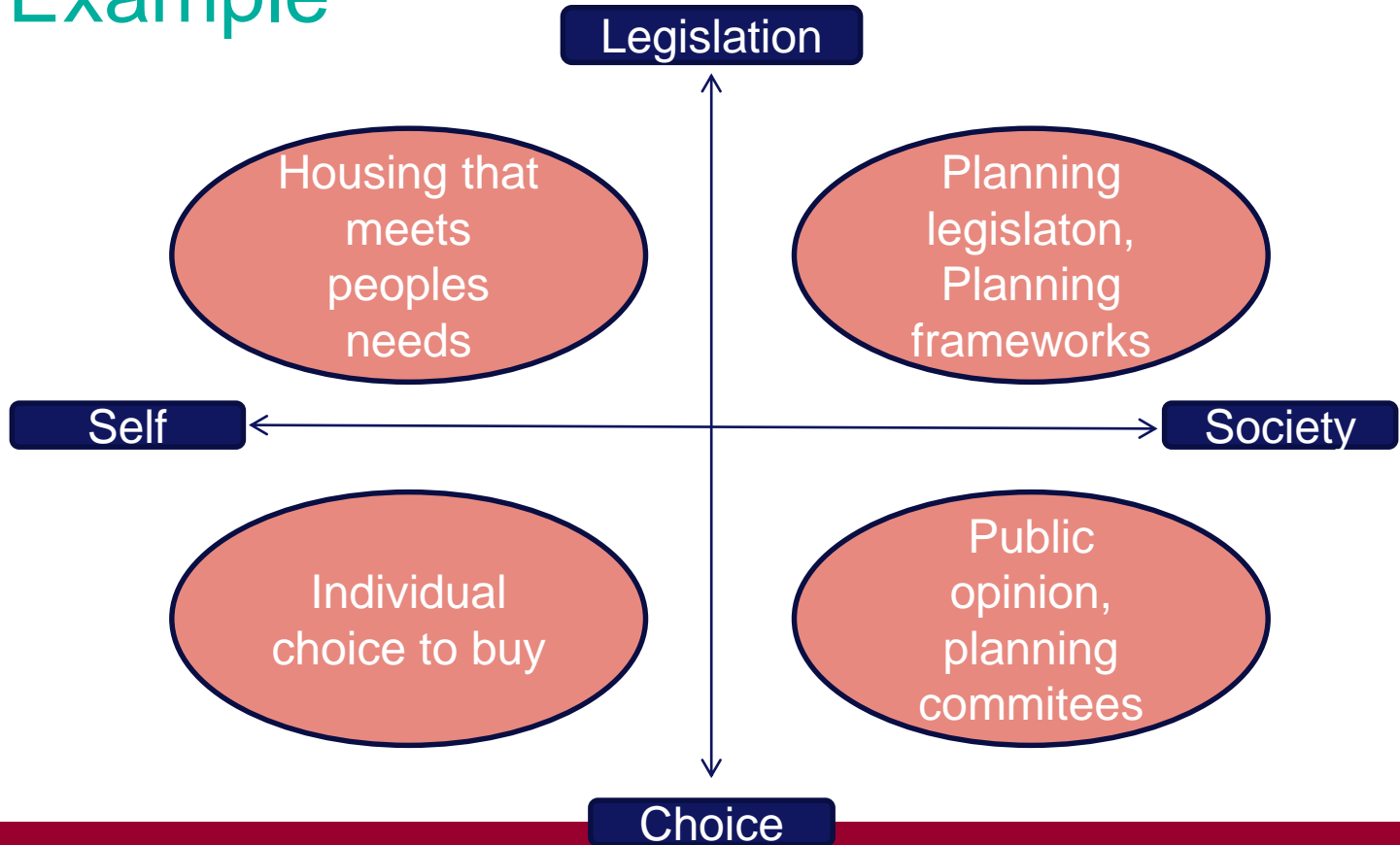
- National Planning Policy Framework (NPPF). Paragraph 91(c) outlines that “*planning policies and decisions should...enable and support healthy lifestyles....for example through the provision of safe and accessible green infrastructure, sports facilities, local shops, access to healthier food, allotments and layouts that encourage walking and cycling.*”
- The Planning Practice Guidance (PPG) This guides planners about ways to apply NPPF policy. For example, the PPG on healthy and safe communities includes guidance on how planning can help to create a healthier food environment.

What does the theory tells us?

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An Example

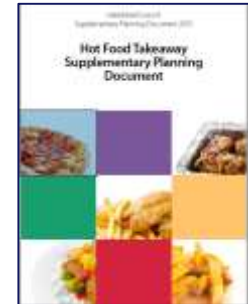


Local Planning Tools

Local Planning Authorities (LPAs) can use tools such as local plan policies, Supplementary Planning Documents (SPDs), design codes, planning conditions, Health Impact Assessments (HIAs) and developer contributions to help create and support healthy weight environments.

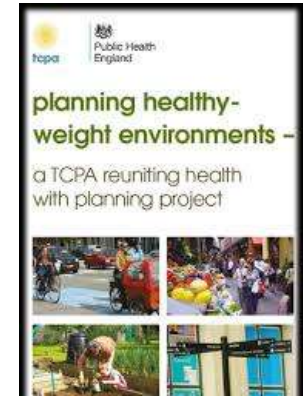
For example, planning authorities can use an SPD to provide further detailed guidance on specified local planning policies to guide applicants. Compliance with guidance set out in the SPDs will promote planning applications that have the best chance of achieving planning permission in line with the local plan.

- Leeds have developed an SPD to limit clustering of Hot Food Takeaways (HFT) and proximity to schools
- Gateshead have successfully used their SPD, supported by an integrated public health policy to control the proliferation of HFTs in areas with high levels of childhood obesity.



Planning for a healthy weight environment

The Town and Country Planning Association (TCPA) and Public Health England (PHE) set out six elements to help achieve healthy weight environments through the planning process in 2014. These are; ***movement and access, open spaces, recreation and play, food environment, neighbourhood spaces, building design and local economy***



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Key features of these elements are creating places that:

- **prioritise walking, cycling and mass transit** through simple changes such as dedicated cycle lanes, well-placed bike racks and wide, well-lit pavements, which encourage individuals to leave their cars at home;
- **provide communal spaces** that support wellbeing and encourage active behaviour in children and adults;
- **create buildings which are able to promote a healthy lifestyle**, such as building homes with kitchens big enough for people to store, prepare and cook meals and eat together, or commercial building design that encourages the use of stairs;

Planning Healthy-Weight Environments

Components of a healthy weight environment: an illustration

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- A Movement and Access**
- Clearly signposted and direct walking and cycling networks
 - Safe and accessible networks and public realm for all
 - Well-designed buildings with passive surveillance
 - Walking prioritised over motor vehicles, and vehicle speed managed
 - Area-wide walking and cycling infrastructure provided
 - Use and monitoring of travel plans

- B Open spaces, play and recreation**
- Planned network of multi-functional green and blue spaces to achieve multiple benefits
 - Easy to get to natural green open spaces of different sizes from dwellings
 - Safe and easy to get to play spaces for all with passive surveillance
 - Sports and leisure facilities designed and maintained for everyone to use

- C Food**
- Development maintains or enhances existing opportunities for food growing
 - Development avoids over concentration of hot-foot takeaways (fast food) and restricts proximity to schools or other facilities aimed at children and young people
 - Shops/food markets sell a diverse offer of food choices and are easy to get to by bike, walking or public transport

- D Neighbourhood spaces**
- Community and healthcare facilities provided early as a part of new development
 - Services and facilities co-located within buildings where feasible
 - Public spaces are attractive, easy to get to and designed for a variety of uses

- E Buildings**
- Dwellings have adequate internal spaces for bike storage, dining and kitchen facilities
 - Development includes adequate private or semi-private outdoor space per dwelling
 - Car parking spaces are minimised across the development
 - Development includes a travel plan that promotes sustainable transport

- F Local economy**
- Development enhances vitality of local centre through providing more diverse retail and food offer
 - Centres and places of employment are easy to get to by public transport, and on walking and cycling networks
 - Facilities provided for people who are walking and cycling to local centres and high streets such as benches, toilets and secure bike storage

For full description of the elements please see Part 1

Summary

- It is important that a whole systems approach is taken to promote healthy weight, including encouraging physical activity and other actions, to help reverse the obesity epidemic.
- Local authorities can provide local leadership and take positive action to promote a healthy weight environment by taking a coherent approach across all their relevant functions, including sport and leisure, planning, transport, public health, social care and economic development.
- Such an integrated and place-based approach is demonstrated through the TCPA Planning Healthy Weight Environments and the NHS England Healthy New Towns guidance
- Additional guidance from PHE for Local Authorities, Public Health and Planning Teams on 'using the planning system to promote healthy weight environments' is currently in development.

Further information and resources

- Local Government Association (LGA), 2017, Tipping the scales: Case studies on the use of planning powers to limit hot food takeaway
- LGA, TCPA, PHE, 2016, Building the Foundations. Tackling obesity through planning and development
- MHCLG, National Planning Policy Framework (February 2019)
- MHCLG, Planning Practice Guidance: Health and Wellbeing
- NHS England 2019, Putting Health into Place. Summary of Learning from Healthy New Towns Programme
- Town and Country Planning Association (TCPA), 2019, The State of the Union. Reuniting health with planning in promoting healthy communities
- TCPA, 2018, Securing constructive collaboration and consensus for planning healthy developments.
- TCPA, PHE, 2014, Planning Healthy Weight Environments



Helen Fisher

Strategic Lead – Physical
Activity

An Overview of Physical Activity Levels in Children and Young People

The national context



Local context

**AIM 4: Inspire our children and young people to form an active habit for life
Improve levels of physical activity among children and young people**

The Strategy was developed at the point that the Active Lives Survey was being expanded to collect data on physical activity and sporting behaviour of 5-16 year olds.

Concern is evident when looking at the younger age group of 2-4 years, with only 9% meeting the recommended level of 3 hours of activity every day. 1

In children aged 0-5 years, lower levels of physical activity are associated with increased levels of obesity.¹



Being active will be the easy choice for our children and young people

CMO Physical Activity Guidelines

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least **180 Minutes per day** for children 1-5 years

- PLAYGROUND
- JUMP
- CLIMB
- MESSY PLAY
- THROW/CATCH
- SKIP
- Under-1s at least 30 minutes across the day
- OBJECT PLAY
- DANCE
- GAMES
- PLAY
- TUMMY TIME
- SWIM
- WALK
- SCOOT
- BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for children and young people (5 – 18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- MAINTAINS HEALTHY WEIGHT
- DEVELOPS CO-ORDINATION
- STRENGTHENS MUSCLES & BONES
- IMPROVES SLEEP
- IMPROVES CONCENTRATION & LEARNING
- IMPROVES HEALTH & FITNESS
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60 minutes per day across week**

All activities should make you breathe faster & feel warmer

- PLAY
- RUN/WALK
- BIKE
- ACTIVE TRAVEL
- SWIM
- SKATE
- Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**
- SPORT
- PE
- SKIP
- CLIMB
- WORKOUT
- DANCE
- INACTIVITY

Get strong **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Sport England Active Lives Children and Young People Survey

Active Lives Children and Young People provides a world-leading approach to gathering data on how children engage with physical activity and sport.

It provides anyone working with children aged 5-16, key insight to help understand attitudes and behaviours around physical activity and sport.

The survey includes measures of children's activity levels, physical literacy, swimming proficiency, wellbeing, self-efficacy and levels of social trust.



% of Children and Young People doing 60 mins a day

2017-18

Nationally 17.5%
Hampshire 18.5%
Southampton 14.2%

2018-19

Nationally 19.6%
Hampshire 18.3%
Southampton 18.3%

**Southampton have seen a 4.1% increase across
the 2 data sets and now mirror the Hampshire
data but are below the National figure.**

% of Children and Young People doing an AVERAGE of 60 mins a day

2017-18

Nationally 43.2%
Hampshire 44.7%
Southampton 39.9%

2018-19

Nationally 46.8%
Hampshire 43.4%
Southampton 40%

Southampton have seen a 0.1% increase across the 2 data sets but are lower than both the National and Hampshire figures in both years.

30 minutes of Sport and Physical Activity AT SCHOOL all years 1-11

2017-18

Nationally 39.5%
Hampshire 38.7%
Southampton 36.6%

2018-19

Nationally 40.4%
Hampshire 35.2%
Southampton 36.7%

Southampton have seen a 0.1% increase across the 2 data sets and are lower than the National figures in both years.

30 minutes of Sport and Physical Activity OUTSIDE SCHOOL all years 1-11

2017-18

Nationally 52.6%
Hampshire 54.5%
Southampton 47.5%

2018-19

Nationally 57.2%
Hampshire 56.5%
Southampton 47.8%

**Southampton have seen a 0.1% increase across
the 2 data are lower than the National figures in
both years.**

The story behind the

statistics

When the data was released in December last year, the message was essentially that this was not good enough. Although there have been some improvements in year 2, there are still insufficient numbers reaching the 60 minutes a day target

This year the rise nationally was driven by more children getting active outside school but Southampton figures only show a marginal improvement in this area comparatively

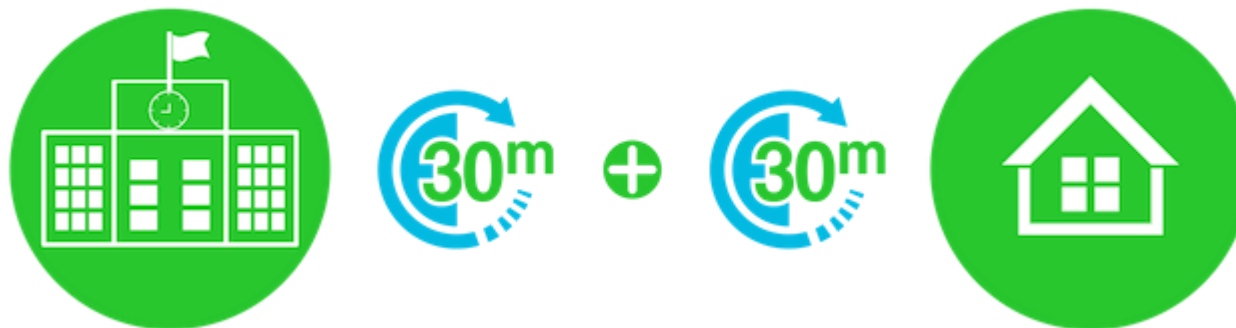
It is also worth noting that significant and stubborn inequalities remain in areas of family affluence, gender and race. The survey also highlights that active children are happier, more resilient and more trusting of others and have greater mental wellbeing

Active play and informal activities remain the most common way for children in years 1-6 to be active

Activity levels peak when children are ages 5-7 and again at the end of Primary School

Active children are more likely to report higher levels of mental wellbeing and the number of 'positive attitudes' is a key driver for levels of activity.

Working together to support schools to build physical Activity into their school day



- Active Bursts
- Active Learning
- Active Travel
- Active Playtime
- Active Home

Active Travel



Helping pupils to arrive at school energised and ready to learn with active travel. Encouraging pupils to walk, scoot or cycle to school can have a positive impact on their health and wellbeing. Plus, it's a great way to cut pollution and reduce traffic at the school gate!

Active Bursts



Active Bursts are physical activities that give pupils a brief break from learning in order to increase their focus in class. They can enhance memory, behaviour and physical and mental well-being. Delivered in the classroom or outside – the more spontaneous and engaging the better.

Active Learning



Active Learning can help bring a subject to life. Imagine teaching maths with dance moves or history through walking. There are plenty of ways to energise a classroom while delivering the core curriculum

Active Playtime



Active Playtime can help ensure children come to the classroom with happy faces ready to learn. It helps improve playground behavior and reduce incidents, develop social skills, enrich imagination, activity and emotions and improve mental well being.

Active Home



Happy



Healthy



Ready to learn

Active Home lives can make a big difference to a child's ability to learn and engage in school. From active homework to workshops that promote family play, there are simple ways for schools to encourage physical activity outside of school.

- Local sport or physical activity opportunity
- Focused on inactive & vulnerable 14-19 year olds
- Designed and shaped with young people to meet their needs
- Build confidence & provide a positive, enjoyable experience
- Potential to be developed into a habit of regular activity

THANK YOU

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www.energiseme.org



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Tackling childhood obesity

What role can parks and green spaces play?

Background evidence

- Green space has been linked with reduced levels of obesity in children and young people (Liu et al 2007).
- A positive correlation between distance to green space and childhood obesity levels has been identified. Nielsen and Hansen (2007)
- Living in areas with green spaces is associated with significantly less income-related health inequality, weakening the effect of deprivation on health (Mitchell and Popham 2008).
- However, people from more deprived areas have less access; children in deprived areas are nine times less likely to have access to green space and places to play

Southampton's parks and green spaces

Formal facilities:

- 50 Parks
- 100 Play areas
- 4 Skate parks
- 24 Multi-use Games Areas (MUGA)

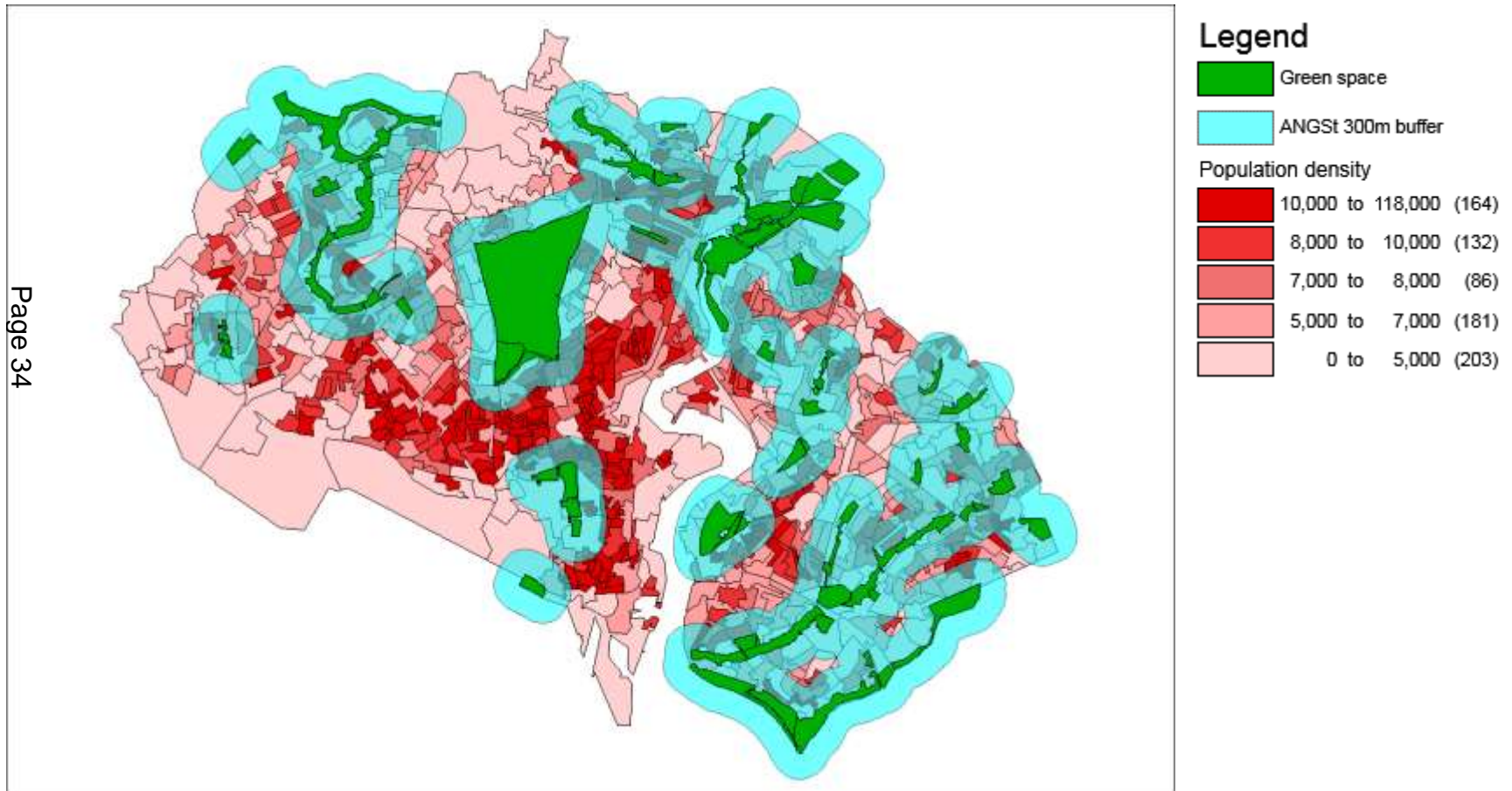
Informal facilities

- 8 Greenways
- Informal football pitches
- Cycle tracks
- Children can cycle in any park



Good distribution across the city and free to access

Population density and distance to parks



Delivery of formal activities

Sports and play

SCC generally plays an enabling role:

- Securing funding
- Providing new or upgraded facilities
- Maintaining equipment.

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Examples

- Coca Cola 'Park Lives' Scheme – SCC secured the funding but activities are delivered by Active Nation using SCC parks and leisure facilities.
- Saints Foundation delivers skate events on SCC skate parks.
- In the last five years new larger play areas have been provided in Hoglands Park, the Common, Mayfield Park and Mansel Park.
- Refurbished medium sized play areas at Veracity Park, Eddie's Play Trail and Puffin Close.

Delivery of informal activities

SCC delivers a range of wildlife focused activities on informal green spaces through the Community Engagement Officers:

- **Forest School**
- **Creepy Crawlies**

Activity sessions at the Hawthorns

Work with other departments, e.g. Housing, and external organisations, SO18 Big Local, to deliver specific projects.

These sessions do not involve high levels of activity but are designed to familiarise children with their environment.

Some sessions are free but for others there is a charge.




The Hawthorns' pre-school wildlife group for 3-5 year olds

Explore the Common and its wildlife, with your child, over the changing seasons with outdoor activities, crafts, stories and games.



Enrol for a term, one Wednesday each month
10:00-11:30am

Spring term
8 January, 12 February, 11 March



The Hawthorns Urban Wildlife Centre
The Common,
Southampton SO9 7NN
southampton.gov.uk/creepy-crawlies
Tel: 023 8027552



Where are all the children?

- Community Engagement Officers noticed that there were very few unaccompanied children playing on semi-natural greenspaces;
- Set up a joint project with the University of Southampton's School of Education
- Investigated whether children could be encouraged to use green spaces if they were introduced to them in a structured way.

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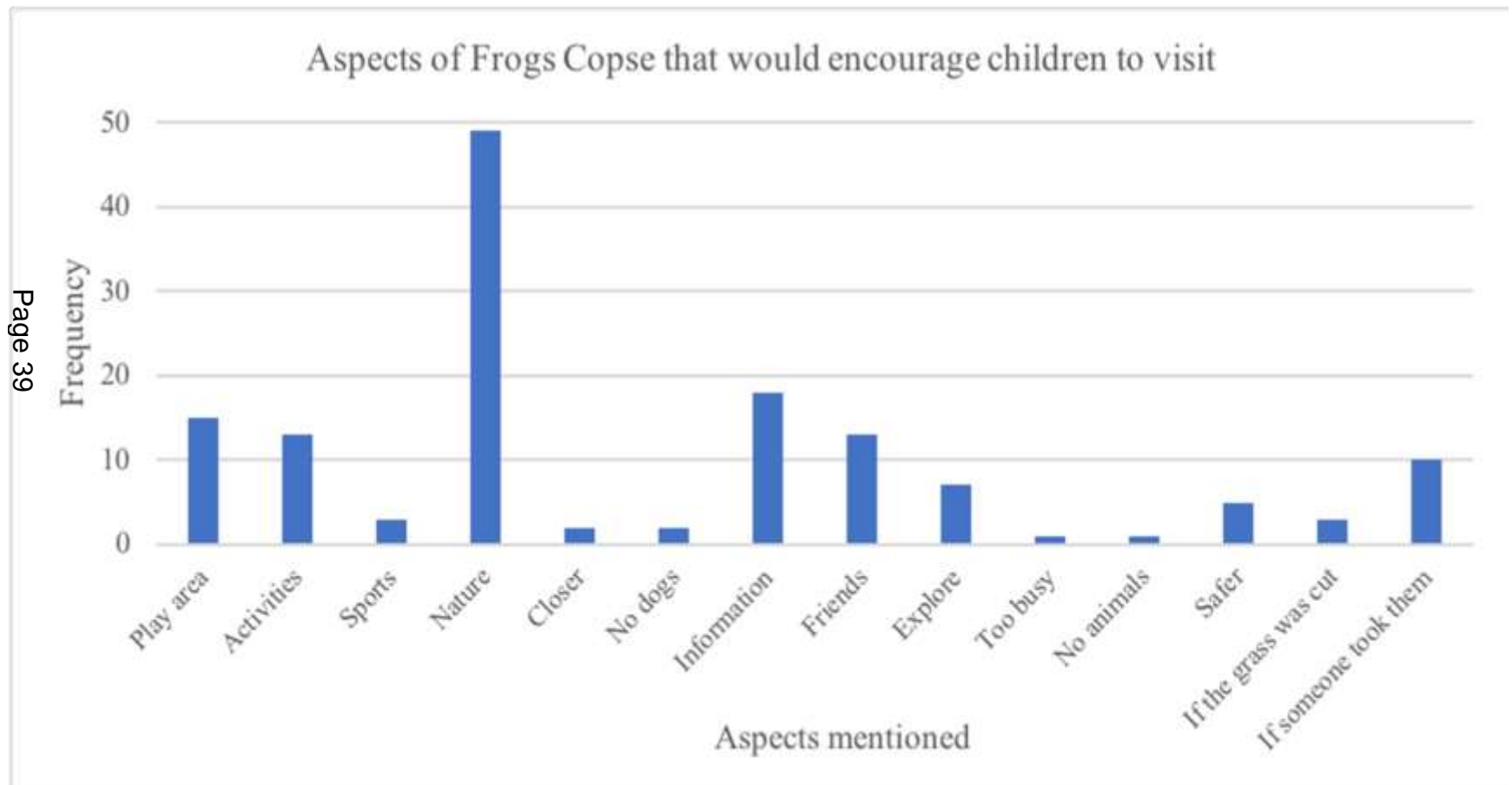




Townhill Park Project

- 160 Year 4 and 5 pupils from Townhill Junior School taken out for a 2 hour lesson about Frogs Copse.
- Before visiting Frogs Copse the children did a questionnaire and a quiz.
- Follow up activity sessions on a Monday morning with nature themed activities.

What would make you go there?



Summer holiday activities

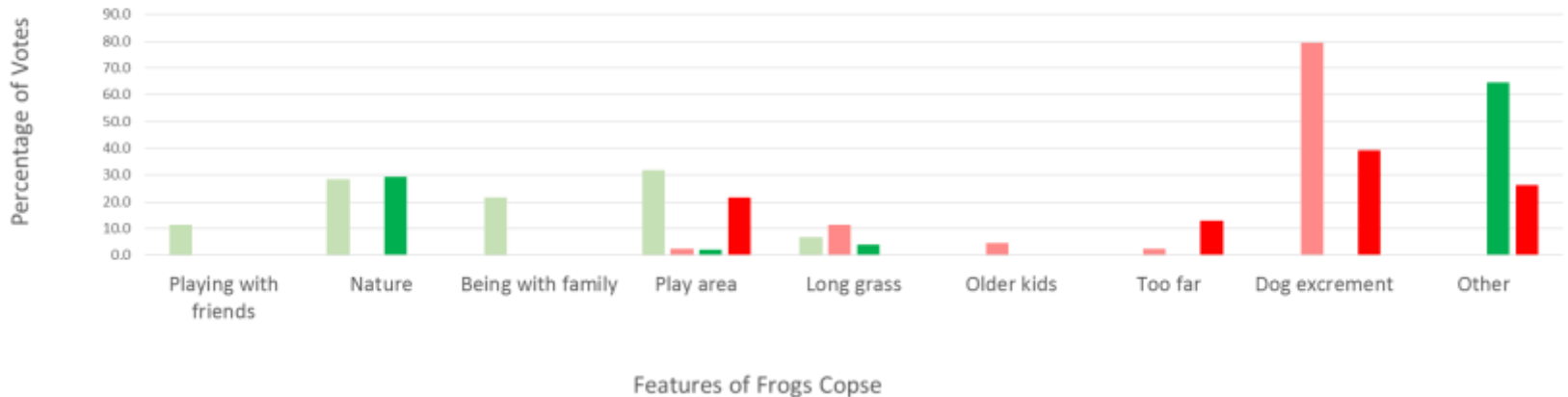


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Children's picture board results and final question of parent questionnaire

Child and Parent views on Frogs Copse



■ Percent of positive votes from Children
 ■ Percent of negative votes from Children
■ Percent of positive votes from Parents
 ■ Percent of negative votes from Parents



Research recommendations

- Encourage residents to visit their local wildlife in their free time.
- Tailored interventions which increase the interest in green spaces for disadvantaged areas.
- Improving the perceived quality of local green spaces.



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CONNECTING SOUTHAMPTON

BETTER TRANSPORT
FOR A SUSTAINABLE CITY



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Better Transport for a Healthy & Active City

Childhood Obesity Inquiry

Agenda Item 7
Appendix 4



1.96M

passengers used Southampton Airport in 2016 to 40 destinations

370
miles of highway

45
miles of dedicated cycle routes



683
miles of footways

32
miles of public rights of way

17.7%
journeys to work are on foot



10.1%
of residents travel by bus to work



69.2%
of all trips to work are by car



25%
Journeys to work by bike rose by a quarter 2001-2011

41,302

people who live in the city commute out to work

41,977
people commute into the city to work from outside

53,597
people both live and work in Southampton

SOUTHAMPTON TODAY



112
people were killed or seriously injured on our roads in 2017

6.3M
JOURNEYS began or ended at Southampton Central station

21.2M
journeys were made on buses, up 11% since 2011



70.4%
of households in the city own at least one car/almost a **third** of households in the city **do not own a car**

7.2M
JOURNEYS went through the city's 8 railway stations, **9%** more than in 2011



1.7M
cruise visitors passed through the Port of Southampton in 2016

3RD
LARGEST PORT in the UK with **36M** tonnes of trade going through the port worth **£71BN**

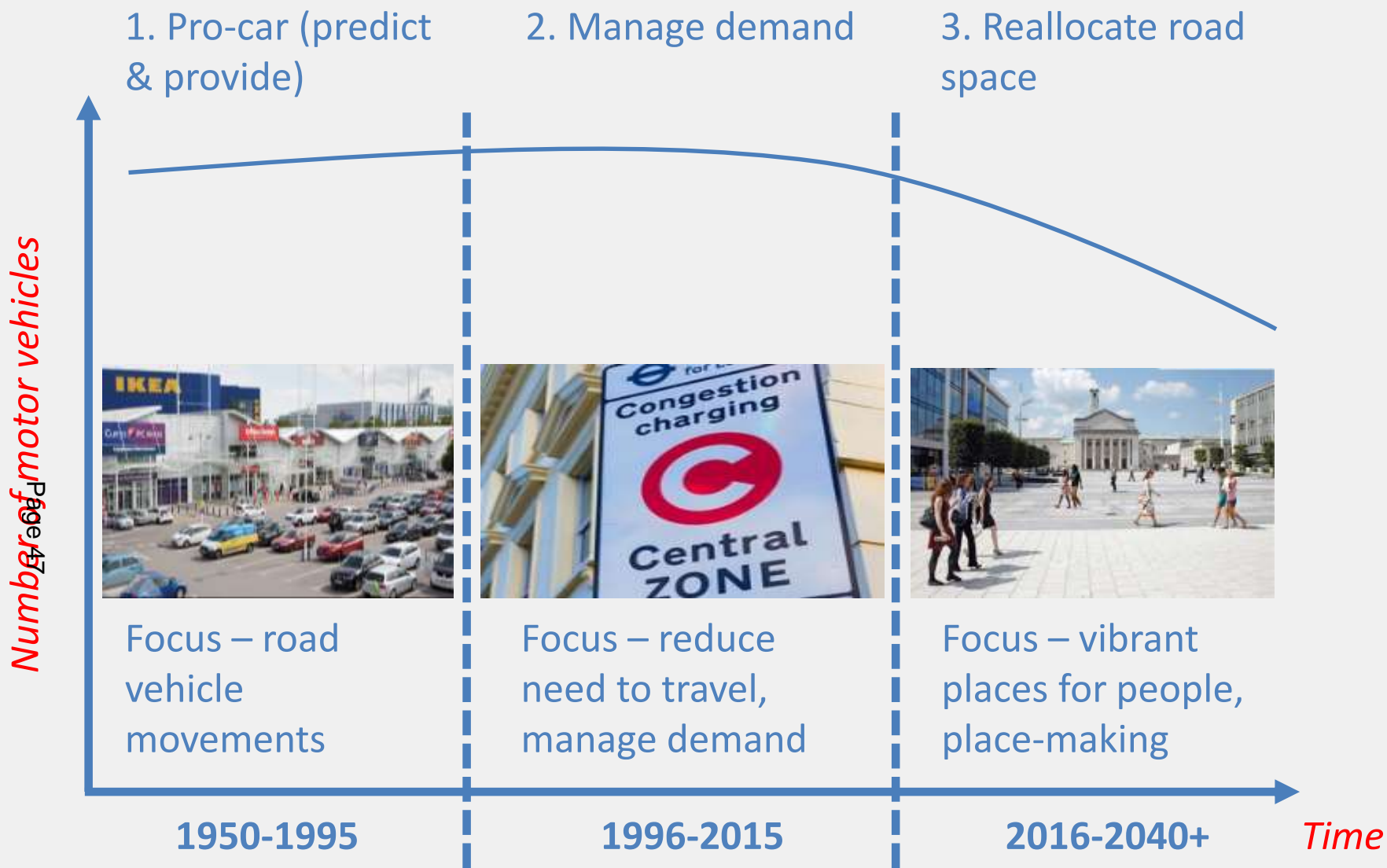


254,275
Population of Southampton

3.5M
travelled through Southampton on Red Funnel to Isle of Wight and across to Hythe



51.8km²
Size of city







To New Forest National Park and Totton

To Hedge End

To Hedge End

To Bursledon and Swanwick

To Hamble



Ride the

Southampton Cycle Network **Route 1**

Totton Redbridge Millbrook City Centre

myjourneysouthampton.com

The graphic features a white bicycle icon on a red background. Below the icon, the text 'Ride the' is in white, and 'Southampton Cycle Network Route 1' is in white and yellow. A yellow line with four circular nodes represents the route, with the nodes labeled 'Totton', 'Redbridge', 'Millbrook', and 'City Centre' in white text. The website 'myjourneysouthampton.com' is at the bottom right.



My Journey access fund success 2018/19



309
events engaging
17,886 people



88%
active travel rate
in 13 schools



778
engagements
at Air Quality
Exhibit events



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166
led rides



53 schools
engaged with
reach of 23,509



43,000
employees reached



955
bikes repaired



318
Bike It events
and 19,165
engagements

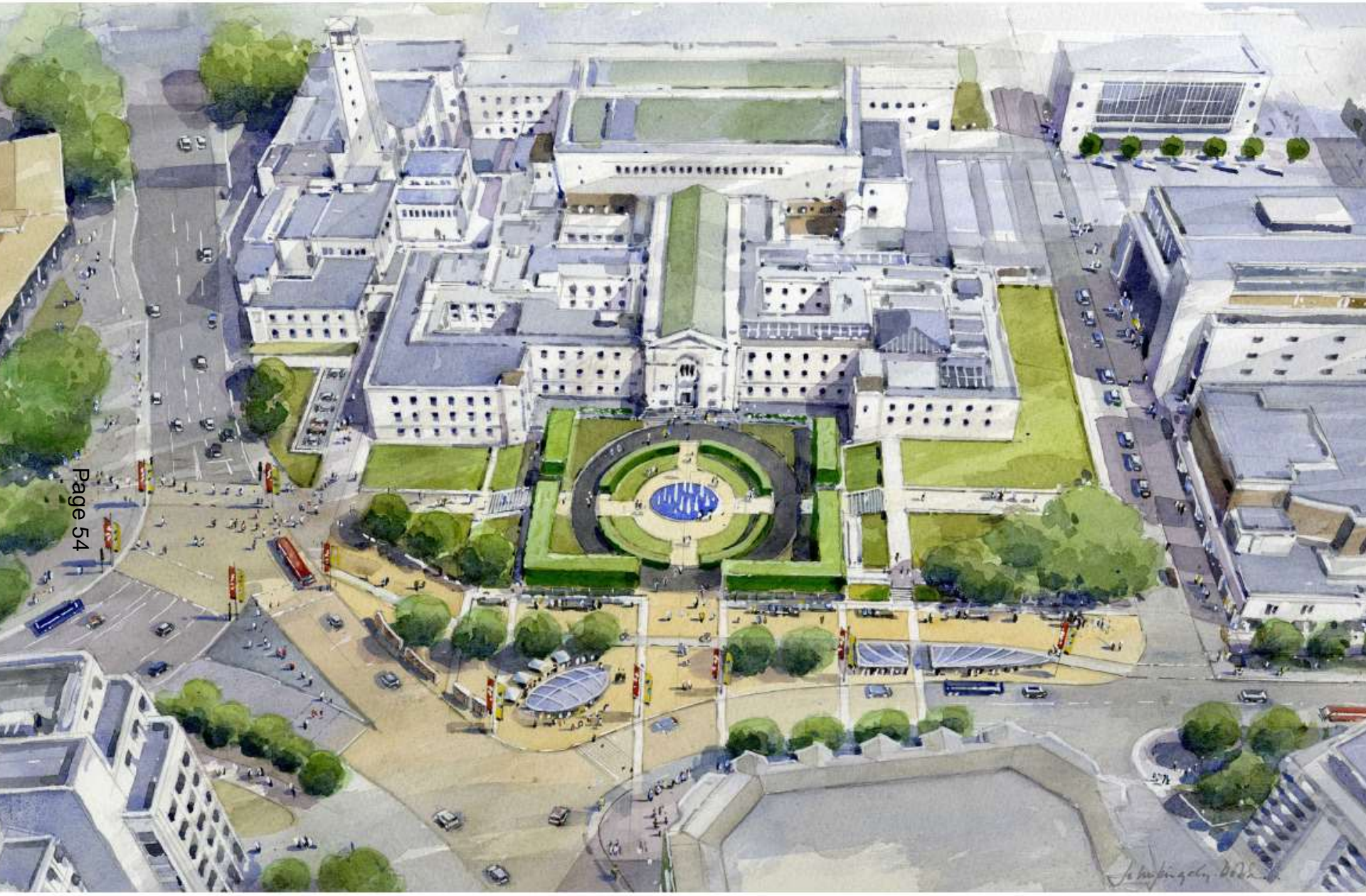


Travel advice to
6,000
job seekers

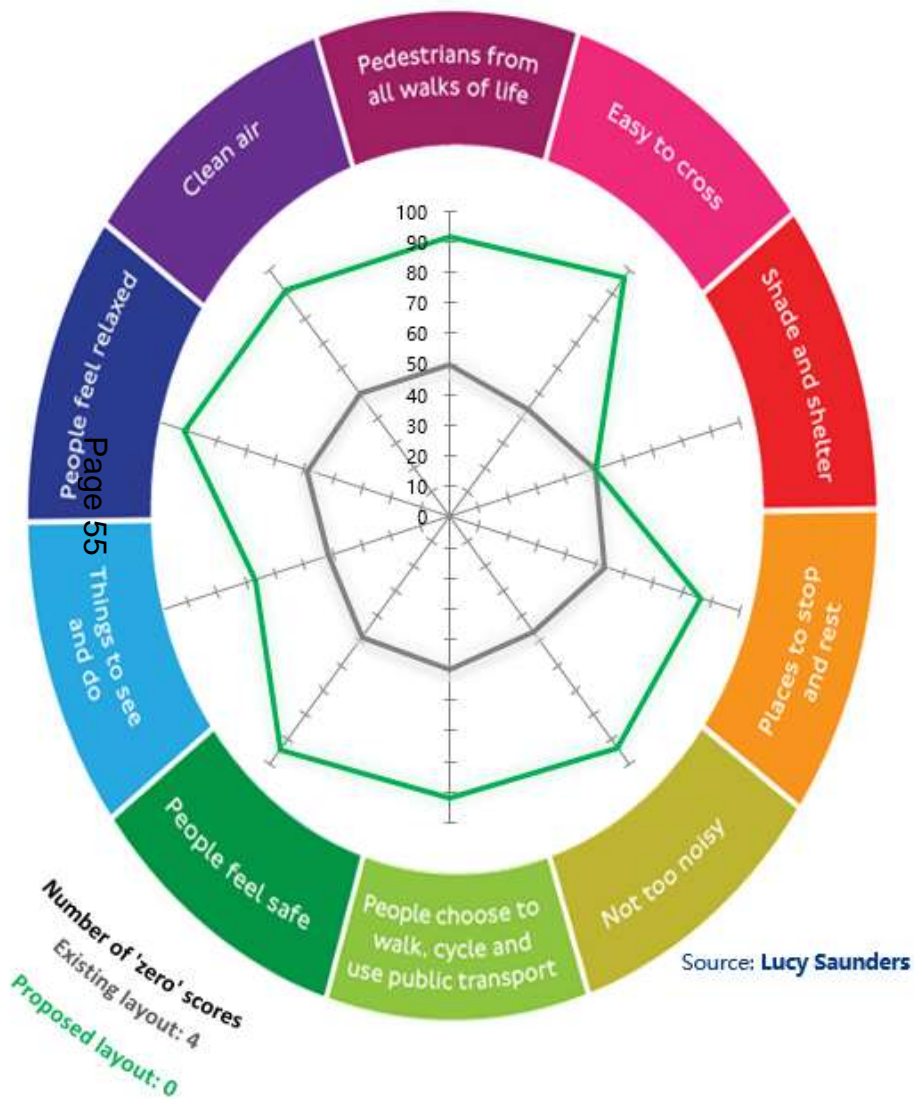


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Healthy Streets Indicators' scores (%)

(Results will only display once all metrics have been scored)

	Existing layout	Proposed layout
Pedestrians from all walks of life	50	92
Easy to cross	43	97
Shade and shelter	50	50
Places to stop and rest	53	87
Not too noisy	47	93
People choose to walk, cycle and use public transport	50	92
People feel safe	48	94
Things to see and do	42	67
People feel relaxed	49	91
Clean Air	50	92
Overall Healthy Streets Check score	49	91
Number of 'zero' scores	4	0







METAMORPHOSIS



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 723375

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Thank You

transport.southampton.gov.uk

myjourneysouthampton.com

Southampton City Vision Local Plan: contributing to health

Paul Barton
Interim Head of Planning & Economic Development
17 December 2019

Planning & Health

- **National Planning Policy Framework**
- **Current planning policy in Southampton**
- **Future planning policy in Southampton**
 - City Vision Local Plan

National Planning Policy Framework

- **Focus on delivering sustainable development within a mutually supportive framework of:**
 - An economic objective
 - A social objective
 - An environmental objective
- **Health embedded in “social objective”**
- **Plan making and planning decisions taken within this framework**
 - A balancing act

Current position at Southampton

- **Local Plan Review 2015 policies promoting**
 - Quality of development (including ensuring health of city is not affected to an unacceptable level)
 - Sustainable transport
 - Open Space (including play areas,)
 - Homes and Jobs to meet identified need

City Vision Local Plan

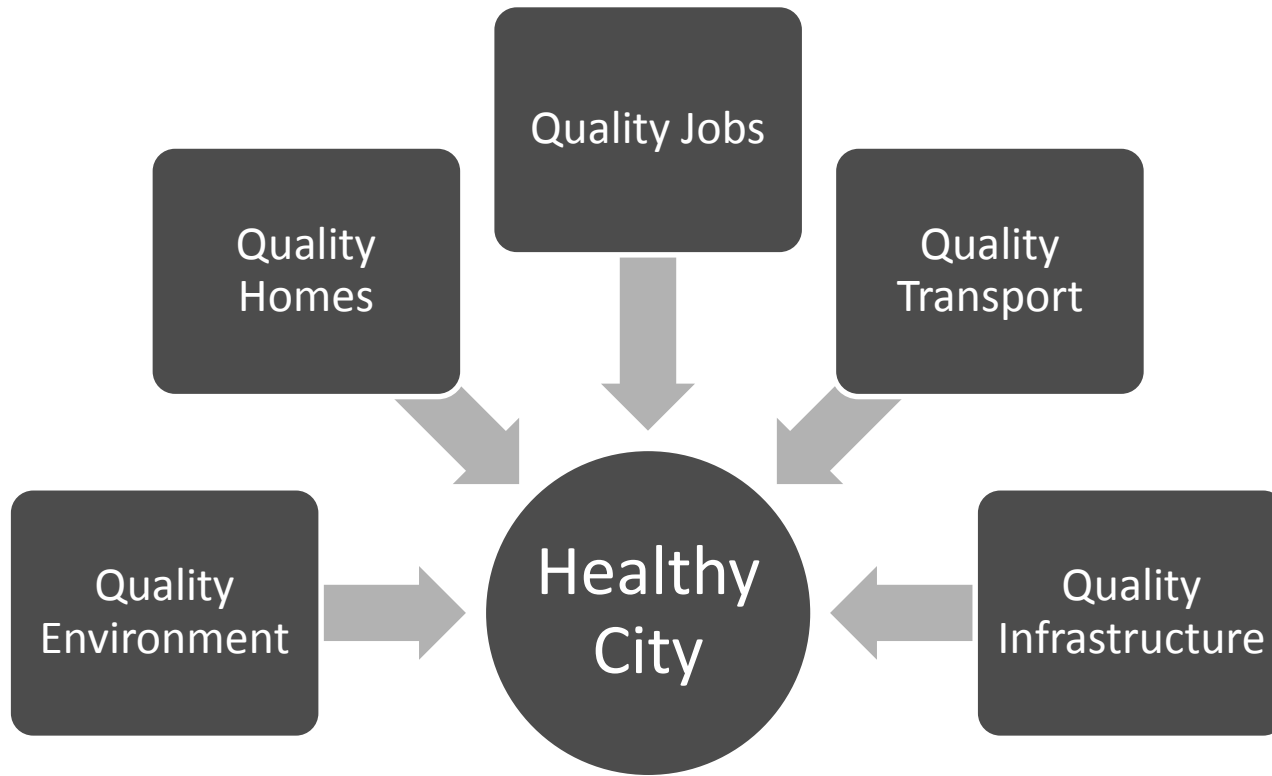
- **Local Development Scheme Timeline**
 - “Issues & Options” consultation – January 2020
 - Includes City Vision 2050
 - Preferred Options Consultation – Oct/Nov 2020
 - Consultation Pre-Submission Plan – Sept 2021
 - Submit Plan for Examination – Dec 2021
 - Examination – June 2022
 - Adoption – Dec 2022

City Vision Local Plan

- **Recruitment of “healthy planning” specialist into Planning Policy Team**
 - Funded by Public Health
 - Joint managed by planning & public health
 - To support plan making processes and ensure “health” is at the forefront of planning making processes
 - Support health impact of plan
 - Input to master planning work including Mayflower Quarter

City Vision Local Plan

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City Vision Local Plan

- **Can facilitate “Healthy City”**
 - Wider determinants of health
- **Cannot be achieved solely by planning policy**
 - Economic development strategy
 - Future of Work programme
 - Housing – 1000 homes
 - Education
 - Transforming Cities Fund
 - Green City programme

Any questions?

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