

Scrutiny Inquiry Panel - Tackling Childhood Obesity in Southampton

Tuesday, 25th February, 2020
at 5.30 pm

PLEASE NOTE TIME OF MEETING

Conference Room 3 - Civic Centre

This meeting is open to the public

Members

Councillor McEwing (Chair)
Councillor Houghton (Vice-Chair)
Councillor Coombs
Councillor Harwood
Councillor Professor Margetts
Councillor T Thomas
Councillor Vaughan

Democratic Support Officer
Pat Wood
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Contact

Scrutiny Manager
Mark Pirnie
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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 tackling childhood obesity in Southampton.

Purpose: To identify opportunities to reduce childhood obesity in Southampton.

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 - 4)

To approve and sign as a correct record the Minutes of the meeting held on 28 January 2020 and to deal with any matters arising.

7 TURNING THE TIDE ON CHILDHOOD OBESITY (Pages 5 - 10)

Report of the Service Director - Legal and Business Operations requesting that the Panel consider the comments made by the invited guests and use the information provided as evidence in the review.

Monday, 17 February 2020

Service Director – Legal and Business Operations

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SCRUTINY INQUIRY PANEL - TACKLING CHILDHOOD OBESITY IN SOUTHAMPTON
MINUTES OF THE MEETING HELD ON 28 JANUARY 2020

Present: Councillors McEwing (Chair), Houghton (Vice-Chair), Coombs, Harwood, Professor Margetts and T Thomas

Apologies: Councillor Vaughan

10. **APOLOGIES AND CHANGES IN PANEL MEMBERSHIP (IF ANY)**

The apologies of Councillor Vaughan were noted.

11. **MINUTES OF THE PREVIOUS MEETING (INCLUDING MATTERS ARISING)**

RESOLVED that the minutes of the meeting held on 17 December 2019 be approved and signed as a correct record.

12. **UNDERSTANDING THE RANGE OF LOCAL PROGRAMMES CURRENTLY UNDERWAY TO ADDRESS CHILDHOOD OBESITY**

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:

Children and Young People's Healthy Weight Plan 2017-2022 – Ravita Taheem, Senior Public Health Practitioner, SCC

Ravita Taheem introduced the session and informed the Panel that the meeting would focus on how SCC were supporting settings to provide healthy food and opportunities to be physically active, making it easier to make healthy choices, and how SCC were supporting children who already had excess weight.

Southampton Early Healthy Years Award – Darrin Hunter, Assistant Team Manager Early Years and Childcare and Angela Elliott, Early Years Development Worker

- A presentation was provided by Darrin Hunter and Angela Elliott giving an overview on the Southampton Healthy Early Years Award (HEYA).
- Key points raised in the presentation included the following:
 - A revamped Healthy Early Years Awards was rolled out in 2018, funded by Public Health and delivered free of charge to settings.
 - The award was made up of 6 stand-alone awards at 3 levels (Bronze, Silver, Gold). It included meeting standards on good quality nutrition, oral health and physical activity.
 - 62 settings had either engaged or achieved the award impacting on approximately 1,430 children and their families. Approximately 25% of nursery group settings had engaged and 8% of childminders. Half of engaged providers were in areas of deprivation.

- Ofsted commented favourably about HEYA during an inspection of a setting rated as outstanding.
- Parental feedback had demonstrated that the award was able to change family food choices (including content of lunch boxes) and lifestyles.
- Challenges now included keeping settings engaged when there were numerous pressures on Early Years providers (including safeguarding); better embedding the scheme within Ofsted's criteria; and, to increase take up to reach a critical mass in the city.

Healthy Weight Pre Birth > 19 Years – Vicki Pennal, Project Lead Healthy Settings & Clinical Team Coordinator 0-19 and Sophie Ruffles, Health Visitor - Project Lead Healthy Weight 0-5 years, Solent NHS Trust

- A presentation was provided by Vicki Pennal and Sophie Ruffles outlining the journey of intervention and prevention with regards to childhood obesity in Southampton from pre-birth – 19.
- Key points raised in the presentation included the following:
 - A number of touch points existed in Southampton where services could identify, engage and support parents and children with regards to healthy weight.
 - This included the National Childhood Measurement Programme (NCMP) in school years R and 6. As obesity levels rose between Years R and 6 the opportunity to measure height and weight in Year 3 was raised.
 - In recognition of the link between breastfeeding and healthy weight a suite of breastfeeding support services were available. Breastfeeding rates were steadily rising in Southampton.
 - A Healthy Weight Pathway had been developed that outlined the referral pathway to services for children identified as being outside the healthy weight range.
 - In addition Solent NHS Trust were providing health education to employees working across the children's workforce in the city.
 - Engaging and supporting some of the most challenging children and families in Southampton could be difficult and resource intensive, often due to their chaotic lifestyles. To improve engagement with priority children a designated Healthy Weight Team was suggested. This would require significant additional resource when finances remain constrained.
 - In 2018 The Healthy High 5 Award was launched in Southampton to make it easier for schools to help students get fit, eat well and live balanced lives. The Infant, Primary and Junior award includes the following elements: Daily Mile/Golden Mile, Nurturing Nature, Access to Water, Mindfulness Minute and Healthy Lunch, Breakfast and After School Clubs.
 - As of January 2020, 31 (about 40%) Southampton schools had engaged in the award scheme – 26 Primary, 3 Secondary and 2 Special schools.
 - As well as promoting physical activity schools have committed to improving the quality of their menus and offering things like small taste pots to encourage children to try different things. Some schools have implemented salad bars, lessons on the importance of cooking skills and portion size.
 - The scheme was designed to be predominantly a digital platform but schools wanted face to face contact. This increased resource

requirement. Time and resources were required to increase take-up of the Healthy High 5 scheme and to embed it within school curriculums.

- Solent NHS Trust were involved in 2 schemes that support nutritious eating in school holidays - The Good Grub Club (West Southampton in association with Radian Housing) and Valentines School (East Southampton in association with Make Lunch).

City Catering Southampton – Sarah Doling, Food Development Manager, City Catering Southampton

- A presentation was provided by Sarah Doling giving an overview of the work City Catering Southampton (CCS) were doing, and associated challenges, to enable schools to comply with school food standards.
- Key points raised in the presentation included the following:
 - CCS covered 46 out of 75 schools across the city (61%). Last year CCS produced approx. 1.7 million school lunches. 75% of menu cooked from scratch reflecting how school meals have evolved over the years.
 - Menus followed set guidelines within the School Food Standards. Encouraged children to take the healthier option – water always available during lunch.
 - Engaging national campaigns to encourage children to eat more vegetables –Vegpower (24th Feb until 3rd April).
 - Supporting holiday hunger schemes in some schools. Opportunity to teach cooking skills to families reflecting decrease in food science teaching within schools. Demand outstripped supply so agencies promoted clubs to target communities.
 - Challenges to the service include children who were not experiencing a variety of foods at home so they were put off school meals by unfamiliar foods.
 - Compressed school lunch breaks do not encourage children to sit down and eat lunch as well as having time for physical activity.
 - There were no restrictions on the content of packed lunches. Nothing equivalent to school meals food standards is in place or guidelines to follow.
 - The take up of free school meals was declining. This was concerning as it provided a nutritious meal for the most disadvantaged children in the city.

Change the Beginning and You Change the Whole Story – Dr Kathryn Woods-Townsend, LifeLab Programme Manager, University of Southampton

- A presentation was provided by Kathryn Woods-Townsend.
- Key points raised in the presentation included the following:
 - LifeLab was a unique, state-of-the-art teaching laboratory dedicated to improving adolescent health by giving school students opportunities to learn first-hand the science behind the health messages.
 - Adolescence was a key time point to intervene. Habits formed as teenagers tended to last, and physical and psychological changes during adolescence made it an important time to help them form healthier habits.
 - Secondary school programme started in 2008. Delivered through school science curriculum (health education gets squeezed).

- 42 schools from across the region have engaged in LifeLab research. Pilot studies have demonstrated important statistical changes in the attitudes of children 12 months after experiencing LifeLab. Importantly they were more critically reflective about their own lifestyles.
- Engaging Adolescents in Changing Behaviour (EACH-B) – LifeLab were developing an intervention that motivates and supports teenagers to eat better and exercise more. It was to be tested with teenagers from secondary schools.
- Young Health Champions scheme launched in 2017. The qualification taught young people (14-18 years old) the skills to understand the benefits of a healthy lifestyle and to make healthier choices. It was proving difficult to get schools to engage as at this age the focus of schools was understandably on curriculum content.
- Trying through the Early LifeLab initiative to engage with primary school children and parents. However, LifeLab does not have sufficient resources to meet the increasing demand from primary schools.
- LifeLab provided a practical route in to schools for public health interventions, and can upskill Science teachers.
- Future priorities included encouraging repeated exposure to the LifeLab programmes for children and young people.
- There was a need to get more Southampton schools involved with LifeLab. It was hoped that the PHSE curriculum could be a route for public health into schools but it was not a priority for schools.

Agenda Item 7

DECISION-MAKER:	SCRUTINY INQUIRY PANEL		
SUBJECT:	TURNING THE TIDE ON CHILDHOOD OBESITY		
DATE OF DECISION:	25 FEBRUARY 2020		
REPORT OF:	SERVICE DIRECTOR – LEGAL AND BUSINESS OPERATIONS		
<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			
In accordance with the inquiry plan, for the fifth meeting of the ‘Tackling childhood obesity in Southampton Inquiry’ the Panel will be considering examples of best practice being employed in the UK to reduce childhood obesity levels, as well as the recently published Whole Systems Approach to obesity.			
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 fifth meeting of the inquiry the Panel will be considering approaches introduced nationally, and by other local authorities, to tackle childhood obesity.		
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"> • Grace Davies – Public Health Principal, Bristol City Council, will provide the Panel with an overview of the work streams being employed in Bristol that seek to impact on the food environment as part of a whole systems approach to healthy weight. 		

	<ul style="list-style-type: none"> • Ravita Taheem - Senior Public Health Practitioner, Southampton City Council, will inform the Panel about the work Leeds City Council are doing to reduce levels of childhood obesity. Leeds is a city that appears to be bucking the trend with regards to childhood obesity with obesity levels decreasing. Following conversations with key officers at Leeds City Council, Ravita will identify some of the factors that appear to be driving this trend in Leeds. • Cllr Hammond – Leader, Southampton City Council has been asked to provide the Panel with an overview of the Year of the Child initiative, a 12 month programme of events, schemes and policy initiatives, all of which share the goal of giving young people the best possible start in life whatever their circumstances. • Debbie Chase – Interim Director for Public Health, Southampton City Council will introduce the Whole Systems Approach to obesity published by Public Health England in 2019. This locally led approach recognises that we can only tackle obesity if it becomes everybody’s business and is prioritised and embedded in everything we do. This is a new way of working for local areas that requires commitment, energy, drive and importantly local political and senior level buy-in. <p>A diagram outlining key steps in the approach is attached as Appendix 1 and a link to ‘Whole systems approach to obesity - A guide to support local approaches to promoting a healthy weight’ is available via the link below. https://www.gov.uk/government/publications/whole-systems-approach-to-obesity</p>
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.	Aim and steps of whole systems approach to obesity – Extract from PHE’s ‘Whole systems approach to obesity - A guide to support local approaches to promoting a healthy weight’
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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Aims and steps of Whole Systems Approach to obesity

<u>Phase</u>	<u>Aim</u>	<u>Key steps</u>
Phase 1 Set-up	Secures senior-level support and establishes the necessary governance and resource structure to implement the approach.	<ol style="list-style-type: none"> 1. Engage with senior leaders to obtain their support 2. Set-up a core working team to undertake the day-to-day operations and coordinate the approach 3. Establish resources to support the process 4. Secure the accountability, advice and support of a group of senior stakeholders offering a broad range of expertise to ensure the approach has sufficient challenge, governance and resource
Phase 2 Building the local picture	Builds a compelling narrative explaining why obesity matters locally and creates a shared understanding of how obesity is addressed at a local level.	<ol style="list-style-type: none"> 1. Collate key information about obesity locally 2. Start to understand the local assets including community capacity and interest 3. Establish a comprehensive overview of current actions 4. Identify the departments, local organisations and individuals currently engaged in supporting work around obesity
Phase 3 Mapping the local system	Brings stakeholders together to create a comprehensive map of the local system that is understood to cause obesity. Agreeing a shared vision.	<ol style="list-style-type: none"> 1. Prepare for workshop 1: <ul style="list-style-type: none"> • Identify and engage wider stakeholders • Prepare presentation slides and add local information • Prepare facilitators to undertake system mapping 2. Deliver workshop 1: system mapping 3. Begin to develop a shared vision
Phase 4 Action	Stakeholders come together to prioritise areas to intervene in the local system and propose collaborative and aligned actions.	<ol style="list-style-type: none"> 1. Prepare for workshop 2: <ul style="list-style-type: none"> • Create a comprehensive local system map • Prepare presentation slides and add local information • Prepare facilitators to support action mapping • Refine a draft shared vision 2. Deliver workshop 2: action planning 3. Develop a draft whole systems action plan 4. Refine the shared vision
Phase 5 Managing the system network	Maintains momentum by developing the stakeholder network and an agreed action plan.	<ol style="list-style-type: none"> 1. Develop the structure of the system network 2. Undertake the first system network meeting 3. Present the finalised shared vision 4. Agree the action plan
Phase 6 Reflect and refresh	Stakeholders critically reflect on the process of undertaking a whole systems approach and consider opportunities for strengthening the process.	<ol style="list-style-type: none"> 1. Monitor and evaluate actions 2. Maintain momentum through regular meetings 3. Reflect and identify areas for strengthening 4. Monitor progress of the whole systems approach and adapt to reflect how the system changes over time

Source: Whole systems approach to obesity - A guide to support local approaches to promoting a healthy weight, Public Health England, July 2019, Figure 6 p28

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