

Reducing Childhood Obesity in Southampton Draft Terms of Reference and Inquiry Plan

1. Scrutiny Panel membership:

- a. Councillor
- b. Councillor
- c. Councillor
- d. Councillor
- e. Councillor
- f. Councillor
- g. Councillor

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:

To be added.

7. Draft Inquiry Plan

This needs to be developed. Initial thoughts are that the inquiry will be conducted over 6 or 7 meetings starting in September 2019. The exact number of meetings required, the themes for each meeting and the potential consultees is in development. An update will be provide to the OSMC at the 15 August meeting.