

	
Childhood Obesity Task Group	19th April 2010
Report of the Interim Head of Civic, Legal & Democratic Services	

Childhood Obesity Review

Summary

1. This report asks Members to receive and consider further information to inform their review into childhood obesity. It also asks them to formulate some recommendations for inclusion in the draft final report.
2. The Task Group will need to meet once more to consider the draft final report, prior to its presentation to the Health Overview & Scrutiny Committee at their May meeting.

Background

3. Councillor Susan Galloway originally registered this topic in July 2009. A feasibility study was prepared and after due consideration the following remit was set:

Aim

4. To address whether current service provision is effectively reducing childhood obesity in the city.

Key Objectives

- i. To look at statistical evidence collected by the School Health Team in relation to NPI55 and NPI56 to discover the extent of childhood obesity in the City
- ii. To explore the impact of current initiatives such as healthy eating, 5 a day and 30 minutes of exercise 5 times a week etc on tackling obesity
- iii. To explore external factors that may contribute to childhood obesity
- iv. To learn more about the All Together Better Programme and the Healthy Weight, Active Lives Strategic Implementation Group and the methods they are using to reduce childhood obesity
- v. To look at the continuity of services into adulthood

- vi. To explore how monies are spent on tackling obesity.
5. Subsequently, a scope for the review was considered and approved at a meeting of the Health Overview & Scrutiny Committee on 2nd December 2009. It was also decided that a small Task Group comprising Councillors Susan Galloway, Councillor Simpson-Laing and Councillor Wiseman would undertake the work on this review.

Work Undertaken to Date

6. Members of the Health Overview & Scrutiny Committee received a presentation on the first key objective of the agreed remit on 2nd December 2009. The Task Group subsequently met on 27th January 2010 and 1st March 2010 to consider further information in relation to this review. An interim report detailing all work undertaken to date was presented to the Health Overview & Scrutiny Committee on 29th March 2010.

Information to be received at the meeting today

7. Members are today presented with the following information for their consideration:

Key Objective (ii)

To explore the impact of current initiatives such as healthy eating, 5 a day and 30 minutes of exercise 5 times a week etc on tackling obesity

8. A briefing note on the Healthy Schools Initiative (Annex A refers) - the Healthy Schools and Risky Behaviour Consultant will be present to present this paper and answer questions.
9. At their last meeting the Task Group requested further information on physical activity within schools and the following information has been provided by the PE and School Sports Consultant:

‘There is a government target that all schools provide pupils with at least 2 hours of high quality PE each week. This is physical education not physical activity. There is no stated time amount of physical activity required by schools. Currently there is an initiative through the school sports partnership network and Youth Sport Trust for children and young people to do 5 hours of organised PE, and organised sport each week as detailed below:

- PE curriculum time = Hours 1+2
- Sport on school site run by schools = Hour 3
- Sport on school site but run by community and broader community provision = Hours 4+ 5’

10. The PE and School Sports Consultant provided Members with examples of both the secondary school sports curriculum and extra-curricular activity via e-mail. Also provided were the model for the 5 hour offer detailed in paragraph 9 of this report and guidance about which areas of PE activity must be covered in each key stage.
11. The Task Group had also asked for further information in relation to school meals and this information is at Annex B and Appendices 1- 4 of this report.

Key Objective (iii)

To explore external factors that may contribute to childhood obesity

12. The Health Improvement Manager (obesity) at NHS North Yorkshire & York will be in attendance at the meeting and will give a short presentation in relation to this key objective. He has given the following short summary about his presentation:

‘The presentation will use the scientific evidence base from across a wide range of disciplines in order to identify the most important factors that influence obesity.

People in the UK today do not have less willpower and are not more gluttonous than previous generations. Nor is their biology significantly different to that of their forefathers. Society, however, has radically altered over the past five decades, with major changes in work patterns, transport, food production and food sales. These changes have exposed an underlying biological tendency, possessed by many people, to both put on weight and retain it.’

13. Members had also asked for information on supermarket labelling. A representative of the Food Standards Agency (FSA) had been invited to attend this meeting but had declined the offer; they were doubtful as to what meaningful input they could have. They did however inform the Scrutiny Officer that;

‘Front of Pack nutrition labelling is a voluntary initiative that is used on composite processed products to highlight the amount of fat, saturated fat, sugar and salt in them and is applied to ‘family foods’¹.

14. In lieu of the attendance of the FSA, officers from the Council’s Food and Safety Unit will give a very short presentation about the legal

¹ The FSA have provided the following clarification of ‘family foods’ – by ‘family foods’ it is meant foods that are not targeted at particular groups of people. That is not to say that front of pack labelling on all other products would be prohibited. They would, however, ask companies to consider the needs of their customer base before deciding whether or not Front of Pack labelling is appropriate for their product. Information on Front of Pack labelling is based on the requirements of the general population and so it would be inappropriate to provide it to those with particular needs (e.g. infants or people on weight-loss diets).

requirements of the nutritional labelling of food, consumer focused initiatives such as the Food Standards Agency's traffic light labelling scheme and finally an overview of the work the team do to tackle childhood obesity.

15. It is also hoped that a former parent/governor and external member of the Education Scrutiny Committee will also be able to attend to take part in the discussions around this wide-reaching key objective.

Key Objective (iv)

To learn more about the All Together Better Programme and the Healthy Weight, Active Lives Strategic Implementation Group and the methods they are using to reduce childhood obesity

16. It is hoped that the Community Project Officer for the Altogether Better Programme will be in attendance to provide the Task Group with further information in regard to the Altogether Better Programme, she will also present information on 'cooking healthily courses' which form part of this programme.
17. The Health Improvement Manager (obesity) at NHS North Yorkshire & York will also provide information on the Healthy Weight Active Lives Strategic Implementation Group.

Key Objective (v)

To look at the continuity of services into adulthood

18. The Nutrition & Dietetic Services Manager at York Hospital has indicated that there are no specific transitional services from childhood into adulthood. She will be in attendance at the meeting to discuss this issue with the Task Group and it is hoped that she will be able to provide a briefing note prior to the meeting.

Key Objective (vi)

To explore how monies are spent on tackling obesity.

19. The Health Improvement Manager (obesity) at NHS North Yorkshire & York will present information on this key objective.

Consultation

20. During the course of gathering evidence for this review Members of the Task Group have consulted various Officers in the Council, representatives of NHS North Yorkshire & York and York Hospitals Foundation Trust.
21. Relevant Council Officers and Health Trust staff will be in attendance at today's meeting to present information and answer Members' questions. It is also hoped that a former parent governor and

representative of the Education Scrutiny Committee will be present to join in the debate, especially in terms of key objective (iii) of the remit.

Options

22. There are no direct options associated with the recommendations within this report but Members of the Task Group are asked to:
 - Receive and consider the information as set out in paragraphs 1 to 19 above, the presentations received at today's meeting and in the annexes and appendices to this report.
 - Consider whether they would like any specific documents annexed to the draft final report (a list of documents received to date is at Annex C for reference)
 - Formulate some recommendations for inclusion within the draft final report
 - Set a further meeting date for the Task Group to consider the draft final report prior to this being presented to the Health Overview & Scrutiny Committee at their May meeting.

Analysis

23. Members are asked to discuss the information contained in this report and identify any key findings or issues as appropriate. They are also asked to formulate some recommendations for the draft final report.
24. The Task Group have received a vast amount of information in relation to this review some of which is not very pertinent to the aim and key objectives of the remit. Members are therefore asked to give careful consideration as to which evidence they would like to see as part of their draft final report.
25. Members are also requested to be extremely mindful of the overall aim of the review, which is; 'to address whether current service provision is effectively reducing childhood obesity in the city' and try to focus any recommendations that they may wish to make around ways of improving services. They are also asked to bear in mind that any recommendations they do make need to be fully evidenced within the body of the draft final report.
26. The draft final report will be prepared by the Scrutiny Officer on the guidance given by the Task Group at today's meeting. Once this has been prepared Members are requested to consider it and make any amendments they feel are necessary. It is therefore, suggested that another meeting of the Task Group be convened in early May prior to the draft final report being presented to the Health Overview & Scrutiny Committee at their May meeting.

Corporate Priorities

27. This report and the review being undertaken are directly linked to the 'Healthy City' theme of the Corporate Strategy 2009/2012.

Implications

28. **Financial** – There is a small amount of funding available within the scrutiny budget to carry out reviews. There are no other financial implications associated with this report; however implications may arise as the review progresses and recommendations are formulated. Should any implications arise these will be addressed in the final report.
29. **Human Resources** – There are no Human Resources implications associated with the recommendations within this report.
30. **Legal** – There are no direct legal implications associated with the recommendations within this report; however implications may arise as the review progresses and recommendations are formulated. Should any implications arise these will be addressed in the final report.
31. There are no known equalities, property, crime & disorder or other implications associated with the recommendations in this report.

Risk Management

32. In compliance with the Council's risk management strategy there are no known risks associated with the recommendations in this report. Once the Task Group have formulated their recommendations then this may change; should this be the case the risk will be assessed and information included within the final report.

Recommendations

33. Members are asked to:
- i. Receive and discuss the information presented to them at today's meeting
 - ii. Consider which evidence they would like included in the draft final report
 - iii. Formulate some recommendations for inclusion in the draft final report
 - iv. Set a meeting date for the Task Group to consider the draft final report

Reason: In order to progress this review

Contact Details

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Report Approved		<input checked="" type="checkbox"/>	Date 07.04.2010
Specialist Implications Officer(s) None			
Wards Affected: <i>List wards or tick box to indicate all</i>			All <input checked="" type="checkbox"/>
For further information please contact the author of the report			

Background Papers:

Feasibility Report – Childhood Obesity (23.09.2010)
Childhood Obesity Review – Scoping Report (02.12.2009)

Annexes

Annex A	Healthy Schools Initiative
Annex B	Briefing Note on School Meals
Appendix 1	Comparison of York School Meals Take Up with Statistical Neighbours by Primary & Secondary Take Up.
Appendix 2	Example of a weekly secondary school menu
Appendix 3	Example Menu (not from North Yorkshire Caterers)
Appendix 4	Example Menu (not from North Yorkshire Caterers)
Annex C	List of documents received to date