



**HEALTHY WEIGHT SCRUTINY REVIEW
FINAL REPORT**

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1.0 Foreword

- 1.1 Healthy Weight is a massive issue in Blackpool and is something I have a real interest in personally. When we received an item to Committee early in 2019 looking at the impact of weight on health, lifestyle and public services, the scale of the problem was apparent and the Committee felt it necessary to explore the issues in much more detail and set up this review to do just that.
- 1.2 I would like to thank my fellow Members for taking part in this review, the importance of Member engagement and enthusiasm in scrutiny reviews is paramount and without that we would not have been able to come to the conclusions and recommendations that we have done. Recommendations that I hope will make a real difference to residents when implemented.
- 1.3 I would also like to thank all those in attendance who contributed to the evidence presented to Members and answered our questions at the Panel meeting, your contribution was vital to Members' understanding of the key issues presented and allowing us to come to those conclusions and recommendations.

Councillor Hobson
Chairman, Adult Social Care and Health Scrutiny Committee

2.0 Background Information

- 2.1 At the Adult Social Care and Health Scrutiny Committee in February 2019, Members considered an update on Healthy Weight. At that meeting, it was agreed that due to the significant level of work ongoing around healthy weight and the importance of the topic in Blackpool, that an in depth scrutiny review be carried out.
- 2.2 A large amount of preparatory work was undertaken for the meeting and an in depth report provided containing the range of work undertaken to date and the initiatives in place to address obesity and unhealthy lifestyles.
- 2.3 Consideration was given to the range of contributors required for the review from NHS representatives, Public Health, Leisure Services, Community Groups to service users themselves. In order to gather input the valuable input from service users, a number of testimonials were sought from clients of various programmes.
- 2.4 This review relates to the following priority of the Council:

Communities: Creating stronger communities and increasing resilience.

3.0 Methodology

3.1 The Review Panel used an in a day approach to scrutiny and held one meeting to consider Healthy Weight, as follows:

Date	Attendees	Purpose
19 November 2019	<p>Councillors Hobson (in the Chair), Hunter, Hutton, O'Hara, Mrs Scott and Wing.</p> <p>Councillor Lynn Williams, Cabinet Member for Adult Social Care and Health.</p> <p>Dr Arif Rajpura, Director of Public Health Ms Nicky Dennison, Consultant in Public Health Ms Lisa Arnold, Head of Parks, Leisure and Catering Services Ms Laura Ivinson, Sports Development Manager Ms Vicky Hepworth-Putt, Specialist Registrar, Public Health</p> <p>Ms Berenice Groves, Interim Executive Director Of Operations, Blackpool Teaching Hospital NHS Foundation Trust</p> <p>Mr Jason White, Head of Community Programmes Blackpool FC Community Trust Mr Marc Joseph, Head of Early Years and Primary Provision, Blackpool FC Community Trust</p> <p>Ms Rosie Newton, Health Officer, Blackpool FC Community Trust</p> <p>Mrs Sharon Davis, Scrutiny Manager</p>	<p>To receive information relating to Healthy Weight.</p> <p>To identify conclusions and recommendations.</p>

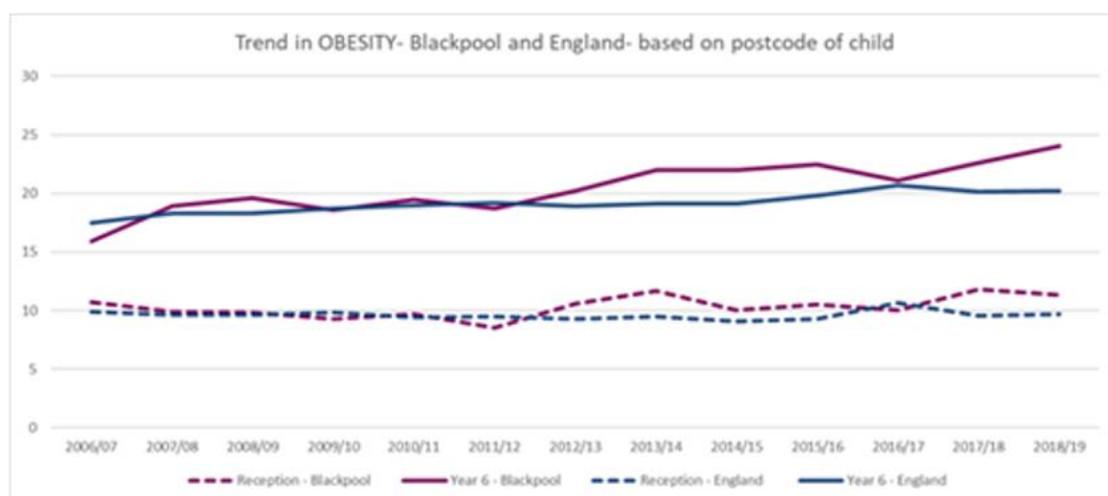
4.0 Detailed Findings and Recommendation

4.1 Context of the Review

4.1.1 Obesity is one of the most serious public health challenges in England and has been recognised as a complex problem with multiple causes and inequalities. Obesity is one of the leading causes of ill health in England and has an impact on people's lives across the life course in relation to quality of life, the risk of developing chronic diseases such as Type-2 diabetes and links to mental health disorders.

4.1.2 The Government has stated that its ambition is to halve childhood obesity by 2030 in England. Many children who are obese or overweight suffer physical issues including Type-2 diabetes, asthma, musculoskeletal pain and can also experience mental health problems. These affect the quality of children's lives, their education and their life chances. In later life it can reduce their productivity, earnings and shorten life expectancy by approximately nine years in comparison to those of a healthy weight¹. Obesity disproportionately affects children living in deprived areas and some ethnic minority groups.

4.1.3 In Blackpool, in 2017/2018 it was reported that 66.5% of adults² were overweight or obese. This is similar to the national average of 62%. In relation to children, the 2018/2019 National Child Measurement Programme reported that 28.6% of reception children were overweight or obese, in comparison to the national average of 22.6%. This is an increase from 27.1% on the previous year. In relation to Year 6 children, 38.6% were reported as overweight or obese in comparison to the national average of 34.2%, an increase on the previous year of 37.8%.



¹ www.blackpooljsna.org.uk/Living-and-Working-Well/Healthy-Lifestyles/Adult-obesity.aspx

² Figure based on BMI recorded at GP surgery

4.1.4 Local authorities have a key role to play in promoting healthy lifestyles, working with partners and stakeholders to directly influence the health of the population. In January 2016, Blackpool Council made a commitment to promote healthy weight and improve the health and wellbeing of the local population by signing a Local Declaration on Healthy Weight. The aim of the declaration is for the Council to demonstrate a commitment to reduce unhealthy weight in the community, protect the health and wellbeing of staff and the local population and to make an economic impact on health and social care in the local economy.

4.1.5 There are also a number of local strategies with an aim of addressing unhealthy lifestyles:

Healthy Weight Strategy 2015, providing direction on the appropriate actions to be taken to help the population achieve a healthy weight.

Active Lives Strategy, a new strategy to be produced to replace the Sport and Physical Activity Strategy 2013 to cover a wider remit looking at Active Lives in its broadest sense.

Green and Blue Infrastructure Strategy, a ten year strategy adopted in 2018 focussed on enhancing existing green spaces and delivering new spaces. One of the strategic aims in the Strategy being 'engaging people in health and wellbeing'.

4.1.6 The Panel was informed that work had been undertaken with stakeholders taking a whole system approach to consider the causal factors of obesity in Blackpool, identify interventions and action already undertaken and a gap analysis of what still needs to be done. The next stage in the work will be to action plan what work is still required.

4.1.7 Members considered that the Council must be a leader in healthy lifestyles, supporting its staff to eat and live healthily, and considering the health and wellbeing needs of residents in all decisions taken. To fully lead and set an example for staff, residents and other employers, the Council must ensure that healthy lifestyles and weight are a consideration in all aspects of service provision, however small, such as the rewards on offer to young people for attendance at school from the Pupil Welfare Service (previously a reward of sweets had been given), the request made to staff to contribute items to the Care Leavers' Christmas Hampers (other than socks all requests were for chocolate, sweets and crisps) and the food on offer at staff conferences and other events.

Recommendation One

That the Council build on the healthy weight declaration and improve itself as a leader in healthy weight and lifestyle:

a) That all Services receive information from Public Health on the Council's role in being a leader in building a healthy lifestyle amongst staff and residents and support in order to

address any alterations to be made in provision to ensure healthy lifestyle is at the heart of everything the Council does.

b) To promote further the offers already available to staff such as the Corporate Leisure Scheme and that the offer to staff be explored further to determine whether provision of activities such as yoga and pilates (as provided by the Hospital's Trust to staff) before and after work could be supported.

4.2 Diet and Nutrition

- 4.2.1 The two key aspects of a healthy weight and healthy lifestyle were noted as a good diet and nutrition and a physically active lifestyle. The Director of Public Health suggested that the current food landscape was creating an obesogenic environment whereby it was easy and cheap to access unhealthy food. In order to provide a healthier food environment the Council was working with local businesses to provide healthy options and had bestowed a Healthier Choices Award on 118 local businesses since 2017. A new junior version of the scheme was also launched in 2019 to encourage businesses to support infant feeding, complimentary feeding and offering free water and milk to children, to which 30 businesses have already signed up to.
- 4.2.2 Other schemes and campaigns in relation to healthy eating were Refill which provided water points to refill bottles, Give Up Loving Pop (GULP) which aimed to reduce the consumption of sugary drinks and a Ministry of Food Programme to teach dads to cook more at home and make healthier choices. The success of all these initiatives was considered and it was noted that healthy weight and lifestyle was a secondary benefit for many and it was difficult to demonstrate the impact of individual projects on healthy weight. What could be demonstrated was the individual success of initiatives and it was noted that the number of fizzy and sugary drink free days for children involved in the GULP challenge in 2018/2019 was 15,140 and that improvements had been seen in the dental health of children in Blackpool since the introduction of the initiative.
- 4.2.3 The Panel was advised that the Council has a clear challenge in balancing healthier environments and the demand for thriving and vibrant high streets. In particular, the food environment, as previously mentioned, plays a key role in promoting a healthy diet including an individual's proximity to food retail outlets and the type of food available. The food environment is constantly evolving with a wide range of choice of what to eat and when to eat. Whilst not all fast food is unhealthy it is typically high in saturated fat, salt, sugar and calories. It was considered that maintaining choice was important, as was supporting residents to easily identify health options.
- 4.2.4 It was reported that Public Health had been working with the Planning Service to look at how to tackle the number of fast food takeaways. Blackpool has decided to include the restriction on fast food takeaways as part of the Planning Local Plan. The proposal is to prevent the development of A5 (hot food takeaways) uses in or within 400 metres of wards where more than 15% of the Year 6 pupils or 10% of reception pupils are classified as very overweight.

4.2.5 It was considered that a large number of factors relating to diet and nutrition were responsibilities of national government and it was noted that Council Officers regularly lobbied the Government on issues from labelling of food to food advertising, in these areas the control and influence of the Council was limited.

4.3 Healthy Lifestyle Programmes

4.3.1 A large number of healthy lifestyle programmes were in place and ranged from the 'Making Changes' family weight management programme delivered by Leisure Services which works with families to educate them on how to lead a healthy lifestyle, to school based initiatives detailed in section 4.5 below, to Family Fit2Go which worked with 526 families over three weeks to support parents to make healthier choices for the whole family.

4.3.2 A key project discussed was Fit Fans, a free 13 week weight management programme delivered to adults, taking place at the football stadium and typically aimed at football fans who collectively formed bonds and connections based on their shared interest, which sustained their involvement and motivation. The first year of the pilot engaged with 72 people, of which 58% completed the programme. Collectively they lost 35.6 stone and reduced their waist size by 314.4cm. Members considered that although the initiative had been successful for participants the number of participants in this scheme, as well as a number of others, was low and that due to the high number of obese adults in Blackpool a more universal provision or improved communication could be required.

4.4 Early Years

4.4.1 The Panel discussed the initiatives in place for 0-4 year olds, noting the importance of working with parents and instilling a healthy lifestyle at an early age. It was considered waiting until school age was too late, given that the statistics demonstrated that 28.6% of children in Blackpool were overweight or obese at reception age. The Panel noted the new initiative 'Learn to feed' a new peer led messaging service around infant feeding, Better Start Fit2Go which focussed on children aged between two and four years in the key wards, 'Little Feet' encouraging parents and nursery age children to walk to nursery and Better Start Move, Play and Grow, again working with children aged two to four in the Better Start wards.

4.4.2 Members noted that all initiatives bar one were provided by Better Start and that no information had been received that suggested any universal provision of services to pre-school children or early years' settings. This presented as a gap in service provision in a key age group which required further investigation.

Recommendation Two

That Public Health explores the universal support and provision for children aged 0-4 years old and their parents on healthy weight, eating and lifestyle in order to identify any gaps and how those gaps in provision could be met.

4.5 Primary Schools

- 4.5.1 The Department for Education updated the guidance to school governing bodies in March 2019 through the 'School Food in England; Advice for Governing Bodies' document. The document states that; *'The Government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the School Food Standards is mandatory for all maintained schools. We also expect all academies and free schools to comply with the standards, and since 2014 we have made this an explicit requirement in their funding agreements. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.'*
- 4.5.2 The Panel was informed that Blackpool has a total of 34 primary schools, of which 20 are academies and seven secondary schools, all of which are academies. The schools use a total of six different catering providers – Blackpool Catering Services (Blackpool Council), Mellors, P&A, Chartwells, Lancashire County Council and Aspens. The quality of food provision varies greatly across these providers and it is evident that a number of schools are not meeting the School Food Standards as required by central government, according to research undertaken by the Council's Public Health and Catering Services Teams. With 31% of children and young people eligible for free school meals across Blackpool, the food provision can contribute significantly to the overall food consumption for pupils during term time.
- 4.5.4 The Public Health Team has undertaken some work in schools such as 'Healthy Lunch Boxes' and a resource has now been developed which will be utilised by Blackpool FC Community Trust to support and guide parents in producing a healthy lunchbox. Public Health also commissions the universal free school breakfast scheme. Initial evaluation of the scheme suggested that children felt happier and more alert after the breakfast. Members noted the concerns with the scheme in relation to the quality of the breakfast being provided and the new approach to delivery to be taken.
- 4.5.3 Members noted a wide range of initiatives provided to children of primary school age such as Sport4Champions, the School Games Programme attended by over 28,000 young people in 2018/2019 and a particular scheme of note to the Panel was the Fit2Go project – a programme which is being delivered to every Year 4 class in Blackpool by Blackpool Football Community Trust. The project is delivered over six weeks and looks at healthy eating, physical activity and how to live a well-balanced lifestyle. It was considered that a universal provision such as Fit2Go which could impact on every child in Blackpool was extremely beneficial and, if the future of the programme could be protected, it would guarantee that all children could continue to receive a healthy lifestyle education at an age that it could make an impact on the rest of their lives.
- 4.5.5 Provision during school holidays was also being addressed, with a new Summer Holiday Activity Scheme funded by the Blackpool Opportunity Area providing a wide range of activities in six areas. The key findings of the scheme:
- In total 567 children attended at least one session, with 1,900 sessions attended
 - Of these, 27 children were not of school age

- Of the children who were school age attending, 58.1% were eligible for free school meals
- The majority of children were aged seven to 11 years

It was further noted that the impact on those attending had been wider than being active, with levels of reported anti-social behaviour reducing in the areas covered by the scheme.

Recommendation Three

That Blackpool Council aspires to all schools using a catering provision that meet the expected healthy eating standards:

a) That the Adult Social Care and Health Scrutiny Committee writes to all Chairs of Governors of schools not meeting the School Food Standards as prescribed for schools to challenge them to make improvements and to offer the schools the opportunity to work with Public Health in order to develop a healthy and balanced menu.

b) That the Council explores how to improve working with other providers of catering services to schools in order:

- **To improve their menus and ensure they are healthy and balanced**
- **To gather information on the uptake of children receiving free school meals across both key stages and those opting to have universal free school meals in key stage 1**
- **To offer children taking a packed lunch the opportunity to access the salad bar provided for children eating school meals.**

Recommendation Four

That the Council recommend that the Fit2go scheme be prioritised for continued funding by Blackpool Council, Blackpool CCG and Blackpool FC Community Trust to ensure that it continues and that the organisations be requested to determine whether a longer contract for provision could be supported.

4.6 Our Children

- 4.6.1 The Panel was presented with information relating to specific provision of support to Our Children and Foster Carers in relation to achieving a healthy lifestyle. This was highlighted as an area of concern to Members with it considered that some children entering care already had unhealthy relationships with food. They may have a poor nutritional status

and demonstrate anxiety around food linked to early experiences of either abuse or neglect. Reports that children are not able to use cutlery and are picky eaters are common. From a nutrition perspective many of the children appear to be undernourished and may well be deficient in vitamins and minerals. Once in care, some children will hoard food especially if food was sparse at home or food is locked away in the care setting itself. Many looked after children show signs of being emotional eaters either over eating or restricting food. Establishing appropriate support for those employed or living in a care setting could help to address these challenges.

Recommendation Five

That Public Health work with Children's Services to provide an offer of healthy eating support and education to children in care, foster carers and those that work in care settings.

4.7 Young People

- 4.7.1 Members discussed the difficulties in ensuring that young people at high school had the opportunity to create a healthy lifestyle. Concerns were raised regarding the timings of school days and the food on offer to students at their morning break. It was also noted that many of the schemes discussed at the review meeting had been aimed at children under the age of 11 and adults leaving a gap in provision for young people.
- 4.7.2 After discussing potential options available to the Council in addressing the gap in provision for young people it was considered that the feasibility of providing free gym access to young people aged 11 to 18 should be considered. It was noted that the Council's gyms were quieter at certain times of the day and that the new e-gym equipment was easy and safe to use by young people, potentially providing an opportunity to engage with young people over fitness and wellbeing.

Recommendation Six

To explore the feasibility of providing free gym access to young people aged 11 to 18.

4.8 Physical Activity and Health Interventions for Adults

- 4.8.1 Members noted the resources on offer in Blackpool such as the beach, promenade and excellent parks and the importance of encouraging people to utilise those resources to increase their own wellbeing. It was also considered that in addition to all the initiatives and support provided a key aim must be to increase the resilience of people so that they could continue to lead a healthy lifestyle once the initiative they had taken part in had

come to an end. The majority of programmes were time limited due to funding and it was therefore not sustainable to provide an initiative without also teaching people how to do it on their own.

- 4.8.2 The Active Blackpool Programme was noted as a key initiative in supporting adults to lose weight and achieve a healthy lifestyle and the Panel heard a number of testimonials from service users as to the success of the initiative. Active Blackpool is an open-ended health referral programme aimed at individuals who would benefit from a more active lifestyle. Traditionally, referrals have been received into the programme from health professionals such as GPs, however, a number of partners can refer people and in 2018/2019 there were over 65,000 attendances. The service can be accessed for life, making it one of the few initiatives not time limited. The Programme also has strong links to the Cardiac Rehabilitation Service at Blackpool Victoria Hospital and received 1,270 referrals in 2018/2019 for clients with a cardiac condition and, in September 2019, a neuro rehabilitation programme commenced funded by the Stroke Association as part of a 12 month pilot.
- 4.8.3 Other programmes available for adults include 'Man v Fat' which aims to increase physical activity in overweight men, Steps to Health, providing seven walks each week from various locations in Blackpool, the Feel Good Factory to which there were over 71,000 attendances in 2018/2019 and a total inch loss of 6,490 and Health and Fitness subsidies for local residents at the Council's three large fitness facilities.
- 4.8.4 The Panel was also provided with information on the Specialist Weight Management Service and the National Diabetes Prevention Programme which provided interventions for individuals identified as being at high risk of developing Type 2 diabetes. To date there had been 683 referrals into the programme of which 455 had chosen to participate.

4.9 Domiciliary Service Users

- 4.9.1 Adult Services work with a number of care at home providers through the Quality Monitoring Team that provide services to a large number of adults in Blackpool. It is known that time is restricted for visits and that often meals need to be provided in a short amount of time, which does not necessarily lend itself to a healthy meal being provided, and microwave meals are often utilised. It was presented to the Panel that there was an opportunity to improve the nutritional states of older adults living in the community and also to upskill carers employed in the Town.

Recommendation Seven

That Public Health work with Adult Services to identify opportunities to improve the provision of meals for adults receiving care in the home.

4.10 Partnership working

- 4.10.1 Throughout the review meeting the importance of partnership working was reiterated along with the importance of communicating a collective message. In order to tackle the high levels of obesity a whole systems approach was required with a view of the whole town – planning, highways, active transport and many other areas. To that end Public Health had undertaken two workshops to map activities and facilities in order to identify interventions and gaps in provision. It was noted that wide scale impact took time and that instant success across the population was not possible.
- 4.10.2 The influence of partners and schools in particular on healthy weight could not be underestimated and strategic engagement across the partnership was required to have any real impact. However, this engagement was difficult and working with schools to identify children requiring support and disseminating information could be improved. The use of social media had also not yet been fully explored.
- 4.10.3 Reducing the prevalence of being overweight and obesity by just 1% each year below the predicted trend would save £300 million³ in NHS healthcare and NHS social care costs in the year 2035 alone. This level of reduction in obesity rates could also lead to the avoidance of around 64,200 new cases of cancer between 2015 and 2035.⁴ It is therefore imperative that the NHS play their part in working to improve healthy weight and increase physical activity. It was considered by the Panel that this would be best undertaken at a local level – the Fylde Coast Integrated Care Partnership (ICP) and the Primary Care Networks.
- 4.10.4 Unfortunately, representatives of Blackpool Clinical Commissioning Group (CCG) were not in attendance at the review meeting. They have provided the following written information to be fed into the report:

In relation to the CCG/ICP role in prevention, there is a clear ‘must-do’ around prevention within the NHS Long Term Plan, including obesity in adults and children. The Plan states that more NHS action on prevention and health inequalities is required and that action by the NHS is a complement to, not a substitute for, the important role of local government.

The global Burden of Disease (GBD) study quantifies and ranks the contribution of various risk factors that cause premature deaths in England. The top five are: smoking, poor diet, high blood pressure, obesity, and alcohol and drug use. Air pollution and lack of exercise are also significant. These priorities guide our renewed NHS prevention programme.

The Plan also talks about access to weight management services in primary care, the diabetes prevention programme, action on healthy NHS premises, and an

³ <http://obesityhealthalliance.org.uk/wp-content/uploads/2017/10/OHA-briefing-paper-Costs-of-Obesity-.pdf>

⁴ UK Health Forum and Cancer Research UK, Tipping the Scales: Why preventing obesity makes economic sense, January 2016

improvement in training in medical schools. Locally, the CCG/ICP needs to determine how to work in partnership with the Council. The ICP is developing a Strategic Plan, which will include actions on health improvement and reducing health inequalities that is expected to be completed in draft form in December 2019. This will also include priorities for initiatives that will require funding. When a working draft of the Strategy has been agreed the ICP will aim to engage widely with key partners, including the local authority and Scrutiny Committee, to refine the Strategy and support its implementation.

- 4.10. Blackpool Teaching Hospitals NHS Foundation Trust has also made a Healthy Weight Declaration and has supported events in the Public Health calendar including nutrition and hydration week, walking month and bike to work week. The Trust also hosts events throughout the year across multiple sites delivering health checks for staff and volunteers which includes blood pressure testing, blood cholesterol testing and BMI measurements. During these events community organisations that focus on health eating, boosting physical activity, stopping smoking, looking after your mental wellbeing and alcohol intake are invited to come along and speak with staff about the offer and sign them up to services.
- 4.10. The Hospitals Trust has also advertised walking routes, promoted meditation walks and introduced a range of activities such as pilates, yoga and resistance sessions all available at the workplace just before or after working hours.

Recommendation Eight

That Public Health carry out an exercise to consider whether the message from the Council and partners regarding healthy weight and lifestyle is delivered consistently and in doing so:

- Explore the effectiveness of FYI in informing residents of the initiatives available and whether any alternative methods of communication would be more successful.**
- Explore with partners how messages regarding healthy weight and lifestyle can be communicated jointly and consistently.**

Recommendation Nine

To receive an update from the Clinical Commissioning Group on their progress in working with the Council to support healthy weight in the population.

Recommendation Ten

That the Committee receive an update on all approved recommendations in approximately six months.

5.0 Summary of Recommendations

Recommendation One

That the Council build on the healthy weight declaration and improve itself as a leader in healthy weight and lifestyle:

- a) That all Services receive information from Public Health on the Council's role in being a leader in building a healthy lifestyle amongst staff and residents and support in order to address any alterations to be made in provision to ensure healthy lifestyle is at the heart of everything the Council does.
- b) To promote further the offers already available to staff such as the Corporate Leisure Scheme and that the offer to staff be explored further to determine whether provision of activities such as yoga and pilates (as provided by the Hospital's Trust to staff) before and after work could be supported.

Recommendation Two

That Public Health explores the universal support and provision for children aged 0-4 years old and their parents on healthy weight, eating and lifestyle in order to identify any gaps and how those gaps could be met.

Recommendation Three

That Blackpool Council aspires to all schools using a catering provision that meets the expected healthy eating standards:

- a) That the Adult Social Care and Health Scrutiny Committee writes to all Chairs of Governors of schools not meeting the School Food Standards as prescribed for schools to challenge them to make improvements and to offer the schools the opportunity to work with Public Health in order to develop a healthy and balanced menu.
- b) That the Council explores how to improve working with other providers of catering services to schools in order:
 - To improve their menus and ensure they are healthy and balanced
 - To gather information on the uptake of children receiving both the free school meals across both key stages and those opting to have universal free school meals in key stage 1
 - To offer children taking a packed lunch the opportunity to access the salad bar provided for children eating school meals.

Recommendation Four

That the Council recommend that the Fit2go scheme be prioritised for continued funding by Blackpool Council, Blackpool CCG and Blackpool FC Community Trust to ensure that it continues and that the organisations be requested to determine whether a longer contract for provision could be supported.

Recommendation Five

That Public Health work with Children's Services to provide an offer of healthy eating support and education to children in care and those that work in care settings.

Recommendation Six

To explore the feasibility of providing free gym access to young people aged 11 to 18.

Recommendation Seven

That Public Health work with Adult Services to identify opportunities to improve the provision of meals for adults receiving care in the home.

Recommendation Eight

That Public Health carry out an exercise to consider whether the message from the Council and partners regarding healthy weight and lifestyle is delivered consistently and in doing so:

- Explore the effectiveness of FYI in informing residents of the initiatives available and whether any alternative methods of communication would be more successful.
- Explore, with partners, how messages can be communicated jointly and consistently.

Recommendation Nine

To receive an update from the Clinical Commissioning Group on their progress in working with the Council to support healthy weight in the population.

Recommendation Ten

That the Committee receive an update on all approved recommendations in approximately six months.

6.0 Financial and Legal Considerations

6.1 Financial

6.1.1 With regard to the financial implications for Blackpool Council, the majority of the recommendations relate to the existing work of Public Health and will be incorporated within existing budgets. The feasibility and impact on the budget of offering free gym access to 11-18 year olds will need to be explored.

6.2 Legal

6.2.1 There are no legal implications.

Healthy Weight Scrutiny Review Action Plan

Recommendation	Councillors Blackburn, Williams and Kirkland, Cabinet Member Comments	Rec Accepted by Executive?	Target Date for Action	Lead Officer	Committee Update	Notes
<p>Recommendation One</p> <p>That the Council build on the healthy weight declaration and improve itself as a leader in healthy weight and lifestyle:</p> <p>a) That all Services receive information from Public Health on the Council’s role in being a leader in building a healthy lifestyle amongst staff and residents and support in order to address any alterations to be made in provision to ensure healthy lifestyle is at the heart of everything the Council does.</p>	<p>Councillor Blackburn</p> <p>Currently reviewing the commitments, undertaking whole systems mapping work, reviewing current actions and identifying any gaps. Producing a new Healthy Weight Strategy and working with partners to ensure healthy lifestyles is at the heart of all public sector work.</p>		<p>As per recommendation 10 – six months</p>	<p>Nicky Dennison</p>		

<p>b) To promote further the offers already available to staff such as the Corporate Leisure Scheme and that the offer to staff be explored further to determine whether provision of activities such as yoga and pilates (as provided by the Hospital's Trust to staff) before and after work could be supported.</p>						
<p>Recommendation Two</p> <p>That Public Health explores the universal support and provision for children aged 0-4 years old and their parents on healthy weight, eating and lifestyle in order to identify any gaps and how those gaps could be met.</p>	<p>Councillor Blackburn</p> <p>Working with Better Start to look at Diet and nutrition in our 0-4 year olds.</p> <p>Currently exploring bring introducing the Henry programme.</p> <p>Working with PHE to launch the weaning campaign week commencing 27 February 2020.</p>		<p>As per recommendation 10 – six months</p>	<p>Nicky Dennison</p>		

<p>Recommendation Three</p> <p>That Blackpool Council aspires to all schools using a catering provision that meets the expected healthy eating standards:</p> <p>a) That the Adult Social Care and Health Scrutiny Committee writes to all Chairs of Governors of schools not meeting the School Food Standards as prescribed for schools to challenge them to make improvements and to offer the schools the opportunity to work with Public Health in order to develop a healthy and balanced menu.</p> <p>b) That the Council explores how to improve working with other providers of catering services to schools in order:</p> <p>- To improve their menus and ensure they are healthy and balanced</p>	<p>Councillor L Williams</p> <p>Through our school led improvement team we will raise awareness , challenge any concerns and offer any relevant support to our schools.</p> <p>Councillor Blackburn</p> <p>The Public Health team would be able to support with the development of the letter and provide the support to the Schools.</p> <p>Healthy Lifestyle Nutritionist to work with the School catering providers to support them in</p>		<p>As per recommendation 10 – six months</p>	<p>Nicky Dennison</p> <p>Nicky Dennison</p>		
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<p>- To gather information on the uptake of children receiving both the free school meals across both key stages and those opting to have universal free school meals in key stage 1</p> <p>- To offer children taking a packed lunch the opportunity to access the salad bar provided for children eating school meals.</p>	<p>meeting the School Food Plan.</p>					
<p>Recommendation Four</p> <p>That the Council recommend that the Fit2go scheme be prioritised for continued funding by Blackpool Council, Blackpool CCG and Blackpool FC Community Trust to ensure that it continues and that the organisations be requested to determine whether a longer contract for provision could be supported.</p>	<p>Councillor Blackburn</p> <p>Currently supported by Public Health, Blackpool CCG and Blackpool FC Community Trust. This is very well embedded in schools and we need to actively work with all partners to ensure this funding continues.</p>		<p>As per recommendation 10 – six months</p>	<p>Nicky Dennison</p>		

<p>Recommendation Five</p> <p>That Public Health work with Children’s Services to provide an offer of healthy eating support and education to children in care and those that work in care settings.</p>	<p>Councillor Blackburn</p> <p>This would be a new piece of work for the Public Health Team to deliver against. The Healthy Lifestyle Nutritionist is keen to start work in this area to look at how we can support Foster Carers and Children’s homes provide healthy options</p> <p>Councillor L Williams</p> <p>We are currently re visiting our commissioning strategy and service specifications with independent providers for in care and care experienced so that facilitates an</p>		<p>As per recommendation 10 – six months</p>	<p>Nicky Dennison</p>		
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	<p>opportunity to re visit expectations. Via our commissioning monitoring we can challenge and support. There is currently a health task group via the corporate parenting board that will incorporate the relevant messages from this review.</p>					
<p>Recommendation Six</p> <p>To explore the feasibility of providing free gym access to young people aged 11 to 18.</p>	<p>Councillor Kirkland</p> <p>Happy to support the service exploring the feasibility of this as an option.</p>		<p>As per recommendation 10 – six months</p>	<p>Lisa Arnold</p>		

<p>Recommendation Seven</p> <p>That Public Health work with Adult Services to identify opportunities to improve the provision of meals for adults receiving care in the home.</p>	<p>Councillor Blackburn</p> <p>Work is underway with Quality monitoring officers and Public Health to look at how meals could be improved.</p>		<p>As per recommendation 10 – six months</p>	<p>Nicky Dennison</p>		
<p>Recommendation Eight</p> <p>That Public Health carry out an exercise to consider whether the message from the Council and partners regarding healthy weight and lifestyle is delivered consistently and in doing so:</p> <ul style="list-style-type: none"> - Explore the effectiveness of FYI in informing residents of the initiatives available and whether any alternative methods of communication would be more successful. - Explore, with partners, how messages can be communicated jointly and consistently. 	<p>Councillor Blackburn</p> <p>This work will be undertaken as part of the review of the Healthy Weight Declaration commitments and development of the Healthy Weight strategy, as per recommendation one.</p>		<p>As per recommendation 10 – six months</p>			

<p>Recommendation Nine</p> <p>To receive an update from the Clinical Commissioning Group on their progress in working with the Council to support healthy weight in the population.</p>			<p>As per recommendation 10 – six months</p>	<p>David Bonson</p>		
<p>Recommendation Ten</p> <p>That the Committee receive an update on all approved recommendations in approximately six months.</p>						