

Report to:

ADULT SOCIAL CARE AND HEALTH SCRUTINY COMMITTEE

Relevant Officer:

Mrs Sharon Davis, Scrutiny Manager

Date of Meeting:

23 February 2023

HEALTHY WEIGHT SCRUTINY REVIEW UPDATE

1.0 Purpose of the report:

- 1.1 To report back the outcomes of the scrutiny meeting held to review the recommendations of the Healthy Weight Scrutiny Review and feed in to the development of the Healthy Weight Strategy.

2.0 Recommendation(s):

- 2.1 That a full response to the recommendations of the Healthy Weight Scrutiny Review be provided to the October 2023 meeting of the Adult Social Care and Health Scrutiny Committee.
- 2.2 That the update to recommendation 6 in particular be noted with the Committee's acceptance that alternative ways of promoting activity amongst young people as detailed be explored.
- 2.3 That the Committee receive the draft Healthy Weight Strategy in due course.

3.0 Reasons for recommendation(s):

- 3.1 To ensure the views of scrutiny members are incorporated as appropriate into the final version of the Strategy and that the recommendations of the review are robustly monitored.
- 3.2 Is the recommendation contrary to a plan or strategy adopted or approved by the Council? No
- 3.3 Is the recommendation in accordance with the Council's approved budget? Yes

4.0 Other alternative options to be considered:

- 4.1 To not monitor the recommendations which would not be considered best practice.

5.0 Council priority:

5.1 The relevant Council priority is

- Communities: Creating stronger communities and increasing resilience.

6.0 Background information

- 6.1 The Executive approved the final report and recommendations of the Healthy Weight Scrutiny Review in March 2020, just prior to the start of the pandemic and the commencement of Covid restrictions. Due to the impact of the pandemic on the Council and in particular on the role of Public Health during this time, the review and its recommendations were put on hold. The Committee has now determined that it is time to revisit the review and its recommendations in order to re-prioritise the subject of healthy weight, re-consider the original recommendations to ensure their continued appropriateness and start the monitoring of those recommendations determined to still be appropriate.
- 6.2 The Committee held an informal meeting on 16 January 2023 to consider these issues. In attendance were Councillors Mrs Scott (in the Chair), Burdess, O'Hara, D Scott Critchley and Walsh. The meeting was supported by Liz Petch, Nicky Dennison and Lisa Arnold alongside Heather Catt and Jenny Hill from Blackpool Teaching Hospitals NHS Trust and the Lancashire and South Cumbria Integrated Care Board.
- 6.3 An update on each recommendation was provided as follows:

<p>Recommendation 1 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>	<ul style="list-style-type: none">• The original healthy weight declaration was signed in 2016 and good progress was made against the commitments and was relaunched in November 2022.• Successes have been the implementation of the Healthier Choices Award and the Junior Healthier Choices Award – this work continues and local businesses welcome the opportunity to be part of the scheme.• Introduction of the Healthy Catering Guidance for any Council Business events and conferences.• Successfully included within the Local Plan the restriction of New Hot Fast Food Takeaways from opening.• Working across agendas such as blue and green infrastructure, Climate Change, Active Travel, etc and working with departments such as Highways and Transport to support infrastructure changes.• Lobbied National Government for making changes to policy.
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	<ul style="list-style-type: none"> • Commissioned Services such as the Children's and Families' weight management. • Adult weight management – although this will stop as no more funding from Central Government.
<p>Recommendation 1 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>	<ul style="list-style-type: none"> • Corporate leisure scheme staff offer in place and has been promoted internally. • Does not appear to be any demand for regular classes in the office due to changes in working patterns due to the pandemic. • Online sessions were utilised for a time but attendance dwindled and therefore videos were utilised instead which could be accessed at any time.
<p>Recommendation 2</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>	<ul style="list-style-type: none"> • Worked in partnership with Better Start and now have Henry in place for families in Blackpool (Henry is breastfeeding and weaning support and training frontline workforce to have conversations with parents about infant feeding). • Breast Feeding Support through Community Connectors. • Funding from Public Health to support Health Visiting achieve breastfeeding support accreditation. • Additional funding now received as part of the Family Hubs and start for life programme work to focus on Breast Feeding. • Be Kind to Teeth Campaign.
<p>Recommendation 3</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>	<ul style="list-style-type: none"> • The Committee wrote to the Chair of Governors all schools as set out in the recommendation. • The Council's catering service now provides meals for more schools than was the case during the review. Only eight do not source school meals from the Council. The Council provides meals that meet the expected standards. • The work with schools commenced just at the start of the pandemic, however, it stopped whilst schools were not in and whilst social distancing was in place. • However, since September 2022, Blackpool is part of a national pilot looking at school food compliance. A different approach has been taken by the DfE and FSA and put the responsibility on to enforcement teams. We have taken a slight different approach and Public Health is supporting enforcement by a

<p>b) That the Council explores how to improve working with other providers of catering services to schools in order:</p> <ul style="list-style-type: none"> - 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. 	<p>joint visit approach with our Nutritionist. At the present time focus is on secondary schools.</p> <ul style="list-style-type: none"> • To understand the uptake of free school meals is difficult, we have the information for Local authority maintained schools but not academies. • Also ensuring that holiday programmes for children now delivering food to school standards.
<p>Recommendation 4 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>	<ul style="list-style-type: none"> • The fit2go scheme has continued with the Integrated Care Board continuing the funding originally agreed to by the Clinical Commissioning Group.
<p>Recommendation 5 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>	<ul style="list-style-type: none"> • This work has not progressed due to COVID and needs to be a focus on the strategy moving forward. • Members agreed that the recommendation was still valid and required implementation.
<p>Recommendation 6 To explore the feasibility of providing free gym access to young people aged 11 to 18.</p>	<ul style="list-style-type: none"> • The feasibility was explored as per the recommendation, however, found to be financially unviable. • However, young people's membership numbers have increased by 35% since the pandemic and did present value for money. • Gyms had also been made more welcoming places for young people with staff viewing young people as an asset. • There had also been a drive to increase physical activity across the town through the development of playzones and promoting the natural environment for all to use free of charge.

	<ul style="list-style-type: none"> Members agreed that the original recommendation had been completed and supported the extension of support being provided to young people to increase physical activity.
Recommendation 7 That Public Health work with Adult Services to identify opportunities to improve the provision of meals for adults receiving care in the home.	<ul style="list-style-type: none"> This recommendation has not been progressed due to Covid. Members agreed that the recommendation was still valid and required progression. It was agreed that Commissioners would be contacted to establish how and when meals were provided by care at home providers and how best to make contact with them in order to assess their menus.
Recommendation 8 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.	<ul style="list-style-type: none"> Work has not yet commenced on this recommendation but the recommendation will need to be reflected in the new strategy.
Recommendation 9 To receive an update from the Clinical Commissioning Group on their progress in working with the Council to support healthy weight in the population.	<ul style="list-style-type: none"> The Clinical Commissioning Group would need to be replaced by the Integrated Care Board in this recommendation. The ICB advised that due to Covid healthy weight had not been a priority. A renewed emphasis would now be required and healthy weight was regularly referenced in key work and strategies.

6.4 Conclusions

Despite the impact of the pandemic on the implementation on the recommendations, Members recognised the significant progress that had been made in some areas.

It was noted that recommendations 5, 7 and 8 in particular had not been progressed and it was agreed that all three recommendations were still valid and that a full response to the

recommendations of the Healthy Weight Scrutiny Review be provided to the October 2023 meeting of the Adult Social Care and Health Scrutiny Committee.

In regards to recommendation 6, it was noted that the original recommendation was not feasible, however, Members agreed that the additional work to promote physical activity amongst young people and was a priority and therefore requested further updates on this be provided as part of future reporting.

6.5 Declaration on healthy weight

The Panel was informed that the Council had made a further commitment to the Local Authority Declaration on Healthy Weight. The declaration contained a series of principles in order to promote whole system change in culture. The declaration demonstrated the Council's commitment to doing whatever it could to promote healthier choices and reducing the unhealthier options available.

6.6 Healthy Weight Strategy

A new healthy weight strategy was in development and it was noted that obesity was now second only to smoking as one of the leading causes of cancer. Data demonstrated that the number of obese and severely overweight people had increased in Blackpool and that there were higher levels of obese people in Blackpool was higher than the national average. The trend in hospital admissions of people with obesity being a factor was also increasing demonstrating the need for a strategy and the impact obesity had on hospital admissions and the acute sector.

The importance of educating young people and the impact this could have on their parents was discussed and it was noted that the healthy weight work in schools had been prioritised during the pandemic. The collection of weight data in reception and year 6 year groups had also continued and whilst an improvement in reception had been seen, year 6 data was still of concern. It was important to create a balance for young people to ensure their view of healthy weight and eating was not unhealthy.

The links to other campaigns were considered as was the new ability to limit unhealthy food takeaway venues. It was agreed that the whole system needed to work towards healthy weight as a whole.

The Panel agreed that it wished to view the Healthy Weight Strategy whilst in development in order to contribute to its content.

6.7 Does the information submitted include any exempt information?

No

7.0 List of Appendices:

7.1 None.

8.0 Financial considerations:

8.1 None.

9.0 Legal considerations:

9.1 None.

10.0 Risk management considerations:

10.1 None.

11.0 Equalities considerations:

11.1 None.

12.0 Sustainability, climate change and environmental considerations:

12.1 None.

13.0 Internal/external consultation undertaken:

13.1 None.

14.0 Background papers:

14.1 None.