

Committee(s): Health and Wellbeing Board	Date(s): 22.11.2019
Subject: Health and Wellbeing Board update	Public
Report of: Director of Community and Children's Services	For information
Report author: Jordann Birch, Partnership and Engagement Assistant	

Summary

This report is intended to give Health and Wellbeing Board Members an overview of local developments and policy issues related to the work of the Board where a full report is not necessary. Details of where Members can find further information or contact details for the relevant officer are set out within each section. Updates included are:

1. **Annual review of progress of the City Corporation's Declaration on Sugar Reduction and Healthier Food**
2. **Health and Wellbeing Advisory Group**
3. **Children's Partnership Board**

Recommendation(s)

Members are asked to:

- Note the report.

Main Report

1. Annual review of progress of the City Corporation's Declaration on Sugar Reduction and Healthier Food (November 2019)

Obesity and overweight among London's population remains a severe challenge to public health. According to 2019 data from Public Health England, almost two-thirds (55.9%) of adults aged 18 and over and almost 40% of schoolchildren at Year 6 in London are classified as living with overweight or obesity¹.

Being overweight or obese can negatively impact on individuals' quality of life, as well as their life expectancy, and can also make them more likely to develop co-morbidities, such as Type 2 Diabetes and cardiovascular disease. In addition, it places a significant burden on the health and social care service.

While overweight and obesity is caused by an energy imbalance, causes of overweight and obesity are many and complex and can include biological,

¹ <https://fingertips.phe.org.uk/search/obesity#page/0/gid/1/pat/15/par/E92000001/ati/6/are/E12000007/iid/93088/age/168/sex/4>

psychological, sociological and environmental factors². Obesogenic environments – environments that promote weight gain and that are not conducive to weight loss, including the built environment – have a significant influence on overweight and obesity among populations. According to the British Psychological Society, “the people who are most likely to be an unhealthy weight are those who have a high genetic risk of developing obesity and whose lives are also shaped by work, school and social environments that promote overeating and inactivity”².

While the majority of people are aware that eating a healthy diet and being physically active helps to prevent weight gain, it can be difficult to put this into practice³. The growing focus on behavioural science within Public Health to help inform and shape policies and initiatives, looks at how local government and its partners can “nudge” individuals towards making choices or adopting behaviours that have a positive influence on their health and wellbeing. Nudging individuals, through changing the default, incentivising and enhancing healthier options, can often be more effective and viewed in a positive manner than restricting choice and imposing restrictions. This approach also supports the view that obesity is not a choice.

Focusing on the built environment and its offerings – including those that are obesogenic – therefore play an important role in addressing overweight and obesity. In addition, it is worth noting that obesogenic environments, with higher density of fast food outlets for example, are more commonly found in locations experiencing higher levels of deprivation, which in turn compounds health inequalities.

In the past year, key policy documents have been published, including the Mayor of London’s Food Strategy⁴ and the Government’s Green Paper on Prevention, which highlight tackling overweight and obesity as key areas of focus going forward.

The City Corporation signed the [Local Government Declaration on Sugar Reduction and Healthier Food](#) in October 2018, following approval of the pledges by Summit Group. As well as supporting the Joint Health and Wellbeing Strategy, signing the Declaration supports the objectives of the City Corporation’s Responsible Business Strategy and Corporate Plan, in addition to other corporate strategies.

It commits the City Corporation to a number of pledges across six key areas. Over the past year, actions have been taken to implement the pledges, with oversight from the Health and Wellbeing Advisory Group (see the action plan table below). The key areas are:

1. Tackle advertising and sponsorship

² <https://www.bps.org.uk/sites/bps.org.uk/files/Policy/Policy%20-%20Files/Psychological%20Perspectives%20on%20Obesity%20-%20Addressing%20Policy%2C%20Practice%2C%20and%20Research%20Priorities.pdf>

³ <https://publichealthmatters.blog.gov.uk/2017/03/31/health-matters-obesity-and-the-food-environment/>

⁴ <https://www.london.gov.uk/what-we-do/business-and-economy/food/london-food-strategy-0>

2. Improve the food controlled/ influenced by the City Corporation and support the public and voluntary sectors to improve their food offer
3. Public events
4. Support businesses and organisations to improve their food offer
5. Reduce the prominence of sugary drinks and actively promote free drinking water
6. Raise public awareness

The associated actions bring together and recognise efforts being made by teams across the City Corporation, including Public Health, Environmental Health, Built Environment and Culture and Visitor Development, among others. This partnership approach aims to create a healthier environment in the City for its residents, workers, learners and visitors.

Nine of the 11 actions are either marked as Green (in progress) or completed. Key achievements include the introduction and pilot roll-out of the Healthier Catering Commitment in October 2019 and the introduction of KPIs specifically relating to healthier catering in the City Corporation's corporate catering contract, covering staff and public sites, as well as schools.

Additional actions have also been taken, including supporting St Bartholomew's Hospital with their on-site offer and conducting a review of the accessibility of healthy food in the Portsoken area. Through 2019/20, work will continue against each of the pledges to help to build on and maintain efforts to make healthier options easier and more accessible to the City's different populations and corporate sponsorship guidance is currently in development.

The City Corporation's progress in this area has also been recognised in [Sustain's Good Food for London league table for 2019](#). The City Corporation has made significant strides and now ranks 14th out of all London local authorities, where in 2017 and 2018 it ranked 22nd. This improved ranking particularly reflects efforts made on healthier catering, food growing and the London Living Wage locally. This is despite Sustain noting that the City Corporation is a smaller local government area, with a unique infrastructure that can mean it "faces less opportunity to take action on good food".

This update report will also be shared with Port Health & Environmental Services Committee in November 2019 and updates have also been provided to Sustain – the charity that coordinates the Declaration.

For further information, please contact Xenia Koumi, Project Officer – Business Healthy, xenia.koumi@cityoflondon.gov.uk

2. Health and Wellbeing Advisory Group

The Health and Wellbeing Advisory Group met on 23 October for updates on:

- Healthier catering commitment
- Annual report on the Social Mobility Strategy
- Club Soda

The healthier catering commitment – a voluntary scheme – was shared with the group, outlining the project plan, criteria to join and targeted establishments in the City of London. This project is aimed to make catering healthier and not healthy.

The Annual report of the Social Mobility Strategy was circulated to the group; the City of London Corporation is now reviewing impact throughout the strategy, and not at the end. This lets key departments and stakeholders to reflect on actions and outcomes and evaluate the impact they have – or have not – made. This new way of working also creates flexibility as we can adapt with the changing environment.

Club Soda have now developed a guide and website outlining where people can get alcohol free, or low-alcoholic drinks. There are now 235 premises in the Square Mile that has this offering. Club Soda are currently working on a venture to become a 'Mindful Drinking City'.

For further information, please contact Jordann Birch, Partnership and Engagement Assistant, jordann.birch@cityoflondon.gov.uk

3. Children's Partnership Board (CPB) Update

The CPB was formed following the refreshing of terms of reference from the Children's Executive Board (CEB), with meetings now arranged thematically allowing partners an opportunity to focus discussion and review specific issues.

The CPB met on 30 October with a focus on Safeguarding and the new partnership arrangements.

Updates were also provided on the Social Mobility Strategy and the Children and Young People (CYP) action plan. The action plan was updated in October 2019. Out of 52 actions, 36 are in progress. Key successes include the implementation of the Education Strategy 2018-2023, the Skills Strategy 2018-2023, the SEND Action Plan, the Workforce Development Strategy and the City and Hackney Children Safeguarding Board Business Plan. The current CYP action plan will run until the end of 2021.

For further information, please contact Claire Giraud, Strategy Officer, Claire.giraud@cityoflondon.gov.uk