

Item No. 7.	Classification: Open	Date: 17 April 2012	Meeting Name: Cabinet
Report title:		Review of Childhood Obesity and Sports Provision for Secondary and Primary Children – Report of the Education and Children's Services Scrutiny Sub-committee	
Ward(s) or groups affected:		All	
From:		Education and Children's Services Scrutiny Sub-committee	

RECOMMENDATION

1. That the cabinet notes the recommendations of the review of childhood obesity and sports provision for secondary and primary children undertaken by the education and children's services scrutiny sub-committee (attached as appendix A to this report), and asks Councillor Catherine McDonald, cabinet member for children's services to bring back a report to cabinet, in order to respond to the overview and scrutiny committee by June 2012.

BACKGROUND INFORMATION

2. This is the final report on the review of childhood obesity and sports provision for secondary and primary children. The education and children's services scrutiny sub-committee decided to conduct a review on 12 July 2010. The aim of the review is to make recommendations to the cabinet for improvements to the education of children on healthy eating and the dangers of obesity, and to examine whether sports provision is adequate.
3. The sub-committee's focus on obesity is because Southwark has very high levels of childhood obesity. The Childhood Measurement Programme weighs Reception Year and Year 6 pupils. Southwark has had nationally the most obese Year 6 pupils for the past 3 years and, despite a small reduction, is likely to have the highest percentage again this year.
4. The sub-committee chose to look at sports provision because of its link with childhood obesity and because during the last administrative year the education representatives on the sub-committee had raised concerns that many children in Southwark schools were not doing the recommended two hours' exercise.

Recommendations of the Education and Children's Services Scrutiny Sub-Committee

5. The report contains fifty-five recommendations, the number of which partly reflects the holistic approach needed to tackle obesity and increase sports uptake and also affirms the good work currently being done by the council. Recommendations are divided into sections related to service delivery; for example there is a specific section for schools and supporting actions for the council departments.

6. There are twenty eight recommendations that the chair and vice chair have identified as priorities and which are shown as shaded on the report attached as Appendix A and are listed below:

Early Years prevention

- i) Implement NICE guidance (2010) for maternal obesity 'Weight management for before and after pregnancy'. Local authority leisure and community services should offer women with babies and children the opportunity to take part in a range of physical or recreational activities, that are affordable, accessible, with provision made for women who wish to breastfeed and, where possible, crèche provision.
- ii) Develop and implement consistent healthy eating and physical activity policies across Southwark Children's Centres and other early years' settings including child minders, private and voluntary nurseries that promote breastfeeding and ensure compatibility with the Early Years Foundation Stage Framework and Caroline Walker Trust nutrition guidelines.
- iii) Develop initiatives which target parental obesity of both mothers and fathers as a priority
- iv) Undertake a pilot early years local weighing programme with a children's centre. Build on the Health Visitor practice of weighing children at two years and use this as a way of particularly targeting at-risk parents and children and then signposting them to nutritional and exercise advice & programmes.

Schools and the Universal Free School Meals

A Recommendations for schools

- v) Ensure that all primary and secondary school meals are nutritious and tasty at the point of delivery. Promote training for governors, who have responsibility for school meal provision
- vi) Make links between growing food, urban agriculture and nutritional education. Connect with local allotments and city farms. Grow food at the school.
- vii) Increase the quantity and quality of sport and physical activity throughout the school day including curriculum, lunchtime and after school.
- viii) Provide at least three hours of sports provision that includes forty-five minutes of constant cardio-vascular movement, through developing in-house expertise or via Southwark's 'Superstar Challenge'. Time spent travelling to and from the activity should not be counted
- ix) Improve links with voluntary sports clubs and consider providing free or subsidised space and championing their activities

B Recommendations for the Local Authority and partners to support schools

- x) Provide training for governors, who have responsibility for school meal provision, in ensuring tasty meals at the point of delivery, meeting high nutritional standards and an increasing uptake of school meals.
- xi) Provide an option for schools to buy in coaching from Bacon's College to enable teachers to gain the skills to become effective coaches and understand health literacy.
- xii) Work with Bacon's College to ensure that the learning developed by the Bacon's Partnership Health and Wellbeing programme on health literacy is captured and available for schools to utilize through a pack, Inset day, or other suitable method.
- xiii) Promote partnership work between sports clubs and schools.
- xiv) Provide schools with details of urban agriculture opportunities including links to allotments and city farms and information on how to link this to nutritional education and physical activity.
- xv) Evaluate the Universal Free School Meals programme effectively. There is an international and national need for research that helps identify effective methods to reduce health inequalities and childhood obesity and that tracks the cost and outcomes of programmes.

Nutrition

- xvi) Create a healthier environment for our children and young people by restricting the licensing of new hot food takeaways (A5) that sell low nutrient, calorie dense food e.g. within 400m boundary or 10min walking distance of schools, children's centres, youth-centred facilities. High concentrations of fast food outlets are currently in Peckham town centre, Queens Road Peckham, Walworth Road.
- xvii) Support the development of a greater diversity of local food outlets that sell healthy food, particularly near schools after school so children have better options.
- xviii) Use planning and other methods at the local authority's disposal, to promote the establishment of businesses that make available healthy food. For example groceries, market stalls, food cooperatives and supermarkets that sell fruits and vegetables, whole foods etc.
- xix) Set high standards of nutrition in public spaces e.g. schools, offices, sports centers, day centres and libraries.

Urban agriculture

- xx) Promote urban agriculture, for example allotments and city farms. Use the planning process and spatial documents to help this.

Physical activity and sport

- xxi) Continue with the Southwark Community Games wider programme. Ensure it is additionally targeted at very precise areas of population in local neighbourhoods.
- xxii) Collate information on Southwark-wide provision of sports and physical activity and publish this widely. Ensure the public can easily access information on provision by Southwark Council, leisure providers, voluntary clubs and private sector providers. Enable this to be accessed on the website and through other portals, using available resources. Link with the LBS Olympic brand
- xxiii) Continue to support the capacity of voluntary sector organisations and facilitate partnership building, within available resources. Help champion local sports clubs.
- xxiv) Prioritise the maintenance and provision of sports facilities in parks and green spaces, particularly green spaces in deprived areas. Where possible increase the provision of outside gyms and other sports facilities. Ensure good urban design so that spaces feel safe and are located near transport hubs.
- xxv) Maintain Peckham Pulse to a high standard.
- xxvi) Ensure universal sports provision is accessible for disabled people

Working with residents at greater risk

- xxvii) Support people with learning disabilities and mental ill-health, as well as the carers and staff that work with them to encourage healthy eating and physical activity.

Working with the whole population

- xxviii) Ensure that links between Southwark's 'Healthy Weight Strategy'; Physical Activity Strategy and Food Strategy are made so that initiatives are mutually strengthening.

BACKGROUND DOCUMENTS

Background Papers	Held At	Contact
Education and children's services scrutiny sub-committee agendas	Scrutiny Team 160 Tooley Street London SE1 2QH	Julie Timbrell 020 7525 0514

APPENDICES

No.	Title
Appendix A	Report of the Education and Children's Services Scrutiny sub-Committee - Childhood Obesity and Sports Provision for Secondary and Primary Children

AUDIT TRAIL

Lead Officer	Shelley Burke, Head of Overview & Scrutiny	
Report Author	Julie Timbrell, Scrutiny Project Manager	
Version	Final	
Dated	3 April 2012	
Key Decision?	No	
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER		
Officer Title	Comments Sought	Comments included
Strategic Director of Communities, Law & Governance	N/a	N/a
Finance Director	N/a	N/a
Chief Officers	N/a	N/a
Cabinet Member	N/a	N/a
Date final report sent to Constitutional Team	3 April 2012	