

Childhood Obesity and sports provision Action Pan 2012-2013

APPENDIX 1

Recommendations from review of childhood obesity and sports provision Action Plan 2012/13

No.	Recommendation	Owner	Target date	RAG Assessment
Early Years				
1.	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.	Early Intervention and Prevention team/Health improvement team	Ongoing	On target
2.	Develop and implement consistent healthy eating and physical activity policies across Southwark Children's Centers and other early year's 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.	Early Intervention and Prevention team/Health improvement team	Ongoing	On target
3.	Develop and carefully promote courses using professional chefs on cooking, shopping and nutrition through aspirational marketing to appeal to parents and carers in Sure Start Children's Centres and other early years' settings.	Early Intervention and Prevention team/Health improvement team	Ongoing	Amber
4.	Encourage all nursery staff, including catering staff, to attend under 5's physical activity and nutrition training to support implementation of policies. Extend also to anyone caring for a child under 5.	Early Intervention and Prevention team/Health improvement team	Ongoing	On target
5.	Implement the 'Eat better, Start better' or HENRY programme in Sure Start Children's Centres, and other early years' settings, and ensure it is embedded in early years' practice.	Early Intervention and Prevention team/Health improvement team	Ongoing	On target
6.	Develop initiatives which target parental obesity of both mothers and fathers as a priority	Health improvement team	Ongoing	On target
7.	Undertake a pilot early years local weighing programme with a children's centre. Build on the Health Visitor practice of weighing children at 2 years and use this as a way of particularly targeting at risk parents and children and then signposting them to nutritional and	Early Intervention and Prevention team/Health improvement team	Ongoing	On target

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	exercise advice & programmes.			
	Schools and the universal free school meals			
8.	Ensure a whole school approach to implementing the universal free school meals programme by involving all staff, children, parents, governors and the wider school community in developing a plan.	Free-School Meal project team/Health Improvement Team	Ongoing	On target
9.	Promote the uptake of school meals and nutrition based standards by working towards, or achieving, at least the Bronze Food for Life award and ideally the Silver award.	Free-School Meal project team	Ongoing	On target
10.	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	Free-School Meal project team/Health Improvement Team	Ongoing	No control
11.	Promote health literacy in schools throughout the curriculum, including PSHE classes.	Free-School Meal project team/Health Improvement Team	Ongoing	No control
12.	Make links between growing food, urban agriculture and nutritional education. Connect with local allotments and city farms. Grow food at the school.	Free-School Meal project team	Ongoing	No control
13.	Increase the quantity and quality of sport and physical activity throughout the school day including curriculum, lunchtime and after school.	Sports and Leisure Services Team	Ongoing	No control
14.	Provide at least 3 hours of sports provision and that includes a 45 minutes of constant cardio-vascular movement, through developing in house expertise or via Southwarks 'Superstar Challenge'. Time spent travelling to and from the activity should not be counted	Sports and Leisure Services Team	31/3/2014	No control
15.	Invest in training staff in coaching skills, through in house expertise, linking with outside expertise or via the Bacon's partnership.	Sports and Leisure Services Team	Ongoing	No control
16.	Encourage active and outdoor play in schools during playtime.	Sports and Leisure Services Team	Ongoing	No control
17.	Improve links with voluntary sports clubs and consider providing free or subsidised space and championing their activities	Sports and Leisure Services Team	Ongoing	On target
	Local Authority and Partners			
18.	Provide an option for schools to buy in the 'Superstars Challenge'; integrating the 'Superstars Challenge' with the free school meal offer	Sports and Leisure Services Team/Health	Ongoing	On target

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	may be an ideal opportunity to embed this initiative in schools.	Improvement Team		
19.	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.	Free-School Meal project team/Health Improvement Team	Ongoing	Amber
20.	Promote the Food for Life standards to all schools.	Free-School Meal project team/Health Improvement Team	Ongoing	On target
21.	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.	Sports and Leisure Services Team	Ongoing	On target
22.	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 though a pack, Inset day, or other suitable method.	Sports and Leisure Services Team/Health Improvement Team	Ongoing	On target
23.	Continue to maintain investment in MEND (Mind, Exercise, Nutrition, Do-it!) programme so that children can be referred to this from the child weighing programme, and in other ways	Sports and Leisure Services Team/Health Improvement Team	Ongoing	On target
24.	Promote partnership work between sports clubs and schools.	Sports and Leisure Services Team	Ongoing	On target
25.	Promote active travel - ensuring every school has a healthy travel plan that encourages active travel i.e. walking and cycling to school.	Transport Team	Ongoing	On target
26.	Provide pedestrian and cyclist training for schools.	Transport Team	Ongoing	On target
27.	Promote a greater understanding of health through the child weighing programme. Consider screening more effectively for metabolic health by working with school nurses to develop other measures, such as waist measurements. Seek to create a dialogue on this.	Health Improvement Team	Ongoing	On target
28.	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.	Health Improvement Team	Ongoing	On target
29.	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.	Free-School Meal project team/Health Improvement Team	Ongoing	On target

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	Nutrition			
30.	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-centered facilities. High concentrations of fast food outlets are currently in Peckham town centre, Queens Road Peckham, Walworth Road.	Planning team	Ongoing	On target
31.	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.	Planning team/ Environment Health and Trading Standards Team	Ongoing	On target
32.	Restrict or place conditions on the licensing of cafes and other food outlets that mainly or exclusively sell food high in calories and low in nutrients. Consider particularly rigorous conditions when outlets are near schools and open during lunch hour or after school.	Licensing Team/Environment Health and Trading Standards Team	31/03/2014	Red
33.	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.	Planning team	31/03/2014	Red
34.	Redefine food safety standards to reflect current threats to health and use environmental health officers to promote healthier eating.	Health Improvement Team/Environment Health and Trading Standards Team	Ongoing	On target
35.	Set high standards of nutrition in public spaces e.g. schools, offices, sports centres, day centres and libraries.	Free School Meals Programme Team/Health Improvement Team	31/03/2014	Amber
	Urban Agriculture			
36.	Promote urban agriculture, for example allotments and city farms. Use the planning process and spatial documents to help this.	Planning and Transportation team/Health Improvement Team	Ongoing	On target
	Physical activity and sport			
37.	Continue with the Southwark Community Games wider programme. Ensure it is additionally targeted at very precise areas of population in local neighbourhoods.	Sports and Leisure Services Team	Ongoing Ongoing	On target On target
38.	Continue to use the LBS Olympic brand to promote physical activity and sport.	Sports and Leisure Services Team	Ongoing	On target

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39.	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.	Sports and Leisure Services Team/Health Improvement Team	Ongoing	On target
40.	Continue to support the capacity of voluntary sectors organizations and facilitate partnership building, within available resources. Help champion local sports clubs	Sports and Leisure Services Team/Health Improvement Team	Ongoing	On target
41.	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.	Planning and Transportation team	Ongoing	On target
42.	Maintain Peckham Pulse to a high standard.	Sports and Leisure Services Team	Ongoing	On target
43.	Promote a diverse range of sports, particularly for women.	Sports and Leisure Services Team	31/3/2014	On target
44.	Ensure that Fusion invests in lifeguard training for women, as a priority, so it can ensure that it only uses female lifeguards for its women-only swim sessions. Once this has been achieved Fusion should promote this widely.	Sports and Leisure Services Team	Ongoing	Amber
45.	Ensure universal sports provision is accessible for disabled people	Sports and Leisure Services Team	Ongoing	On target
46.	Ensure planning applications for new developments always prioritises the need for people (including those whose mobility is impaired) to be physically active as a routine part of their daily life.	Planning and Transportation team	Ongoing	On target
47.	Ensure pedestrians, cyclists and users of other modes of transport that involve physical activity are given the highest priority when developing or maintaining streets and roads.	Planning and Transportation team	Ongoing	On target
48.	Plan and provide a comprehensive network of routes for walking, cycling and using other modes of transport involving physical activity; particularly in deprived areas.	Planning and Transportation team	Ongoing	On target
49.	Ensure public open spaces and public paths can be reached on foot,	Planning and	Ongoing	On target

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	by bicycle and using other modes of transport involving physical activity.	Transportation team		
50.	Promote walking and cycling and other modes of transport involving physical activity in spatial planning documents; particularly in deprived areas.	Planning and Transportation team	Ongoing	On target
51.	Incorporate active design codes in neighbourhood planning, housing strategies and building codes.	Planning and Transportation team	Ongoing	On target
52.	Enhance healthier eating knowledge and behaviour amongst at risk populations, working with relevant geographic and ethnic communities.	Health Improvement Team	Ongoing	On target
53.	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.	Health Improvement Team	Ongoing	On target
	Working with the whole population			
54.	When refreshing Southwark's Healthy Weight strategies, consider evidence from the whole community approach, from France, EPODE ('Ensemble, Prévenons l'Obésité Des Enfants', or 'Together, Let's Prevent Childhood Obesity') and incorporate that where relevant and possible.	Health Improvement Team	Ongoing	Amber
55.	Ensure that links between Southwark's 'Healthy Weight Strategy'; Physical Activity Strategy and Food Strategy are made so that initiatives are mutually strengthening.	Health Improvement Team	Ongoing	On target