
HEALTHY EATING

SUMMARY REPORT

Purpose of the Report

1. The purpose of the report is to update committee members about the work taking place in schools around healthy eating.

Summary

2. This report provides a summary of statistics that influence work around healthy eating both nationally and in Darlington. The report provides information about what is happening across the town to promote and support healthy eating through schools and other settings.

Recommendation

3. Members of the Scrutiny Committee are asked to note the content of the report.

**Murray Rose,
Director of Children's Services**

Background Papers

School Food Trust: The link between nutrition and health 2008

Choosing Health: Making Healthy Choices Easier (Dept of Health, 2005)

School Food Trust: A guide to introducing the Government's food based and nutrient based standards for school lunches.

School Food Trust, provisional findings from third annual survey of take up of school meals in England, July 2008.

Gemma Petty: Extension 248148

S17 Crime and Disorder	N/A
Health and Well Being	This supports the health and well being of children and young people in the Borough
Sustainability	N/A
Diversity	Data will be analysed to consider impact on any particular groups of children
Wards Affected	All
Groups Affected	All
Budget and Policy Framework	None
Key Decision	No
Urgent Decision	No
One Darlington: Perfectly Placed	This supports the Healthy Darlington theme of the Sustainable Community Strategy in that it considers the needs of all children and young people in their targeted resources

MAIN REPORT

Information and Analysis

4. What is the National Context?

There is a long held belief that there is a link between children's diet and their immediate and long term health (*School Food Trust: The link between nutrition and health 2008*). A good diet in childhood can help protect against chronic diseases in later life. The Public Health White paper *Choosing Health: Making Healthy Choices Easier* (Dept of Health, 2005) sets out the government's intention to reduce obesity and improve diet and nutrition to help tackle a range of possible future health problems for young people.

5. The Government have introduced food based standards for school food other than lunch which apply to all food provision in school until 6pm and nutrient standards for school lunch. (*School Food Trust: A guide to introducing the Government's food based and nutrient based standards for school lunches*). The School Food Trust recommends a whole school approach to school food; working with pupils, parents, cooks and caterers in order to attract more children to eat healthy meals at lunch time (*School Food Trust, provisional findings from third annual survey of take up of school meals in England, July 2008*).

What is happening in Darlington?

6. National Healthy Schools Programme

The National Healthy Schools Programme (NHSP) is a joint programme between the Department of Health and DCSF which supports schools to strengthen the links between health, behaviour and learning. This is achieved through four core themes of PSHE, Healthy Eating, Physical Activity and Emotional Health & Wellbeing. All schools in Darlington are working towards becoming healthy schools by 2009, 19 of which have already achieved National Healthy School Status. Darlington is part of the County Durham and Darlington Healthy Schools Programme.

7. The Healthy Eating Theme of NHSP

Schools are using a whole school approach to work towards the Healthy Eating theme of NHSP, involving parents, pupils, governors and school staff. A whole school approach enables schools to identify needs and make improvements around healthy eating. Highlights on the work that is happening around healthy eating as part of the Healthy School programme in Darlington include:

- a) Schools establishing 'School Nutrition Action Groups' (SNAG) to involve representatives from the whole school community in reviewing food in their school..
- b) The development of a 'Healthy Packed Lunch' leaflet by PCT community dieticians and school nursing team delivers consistent messages and guidance to schools, parents and young people about what should be included in a healthy packed lunch.
- c) The Healthy School team in partnership with the PCT senior community dietician have delivered healthy eating training sessions to school staff.

- d) Funding has been secured from the School Food Trust for 9 schools to deliver 'Lets Get Cooking' clubs for the next three years. 'Lets Get Cooking' clubs aim to help children, their families and the wider community learn new cooking skills and enjoy healthy eating.
- e) Funding has been secured from the regional Healthy School Programme to establish a Food Partnership in Darlington. Food Partnership is a continuing professional development (CPD) programme organised between a secondary school and its family of feeder primary schools. Darlington has secured funding for 10 primary schools to take part in the partnership.

8. **Extended Schools and Locality Working**

Extended Schools are required to provide access to a core of extended services: quality childcare, a varied menu of activities, parenting support, swift and easy access and community access. 24 schools in Darlington are offering access to the full core offer of services, with all schools working towards offering the full core offer by 2010. Extended services currently provided by schools in Darlington are supporting the promotion and understanding of healthy eating – e.g. healthy breakfast clubs, after school cookery clubs and Cook it sessions for parents and children.

- 9. Locality forums have been introduced across the town to facilitate communication and partnership working between schools and wider services that work with children, young people and families in the same geographical area (e.g. health services, children's centres, sport development). Partners at the forums identify areas of need and plan how they can work together to address these needs. Examples of projects that have been developed from locality forums which support healthy eating include:
 - a) Junior One Life; a 12 week programme starting in October in the North East Locality. The programme will support parents and children to learn about healthy lifestyles. The PCT and Sport Development are delivering the programme.
 - b) Young women who attend Youth Service activities in the North East Locality will be given the opportunity to participate in programmes delivered in partnership between the PCT and Youth Service to improve their understanding of the link between a balanced diet and good health

Outcome of consultation

- 10. Consultation is ongoing with parents/carers, teachers and students about how to promote and support healthy eating across Darlington.
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