



DARLINGTON
Borough Council

Childhood Obesity Planning Options in relation to Hot Food Takeaways

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Policy Research Officer

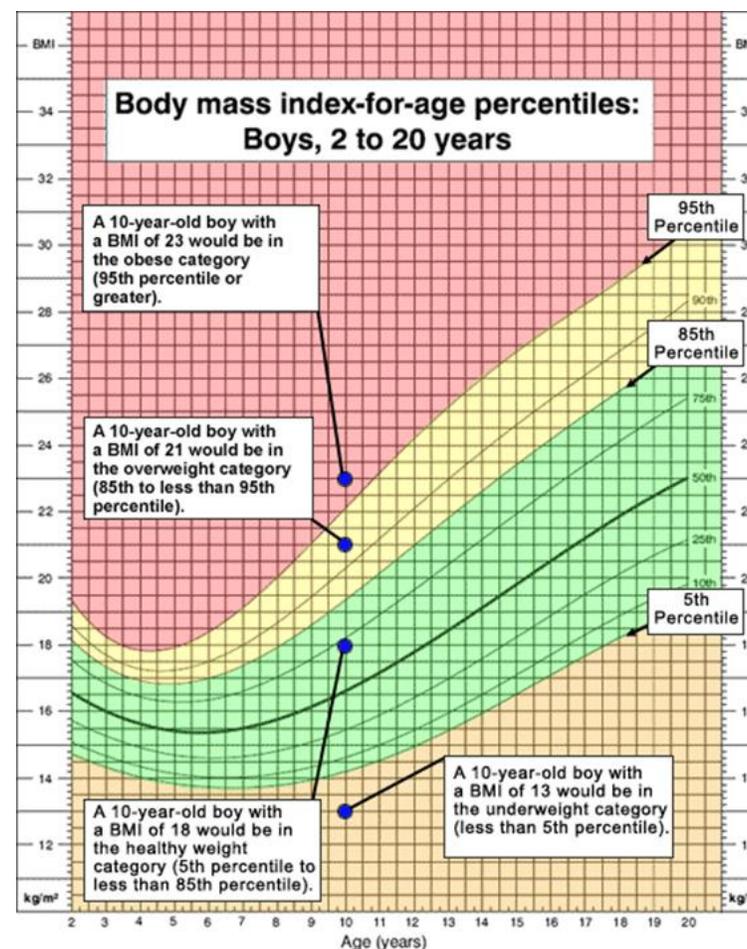
Ken Ross
Public Health Principal

David Nelson
Principal Planning Officer

Health and Wellbeing Board
16th September 2021

Defining Overweight and Obesity In Children

- Defining children as overweight or obese is a complex process, given that children of different ages and sexes grow and develop at different rates.
- This means that a different method is used for children than for adults.
- BMI is calculated by dividing their weight (in kilograms) by the square of their height (in metres), and for children, this is then compared to a reference sample of measurements gathered in 1990, which takes age and sex into account.



Causes of Obesity

- There is no single cause of overweight and obesity, it is down to a multitude of factors, including (but not limited to):
 - access to healthy food;
 - proximity to fast food outlets;
 - advertising and marketing of unhealthy, calorie dense food and drink
 - opportunities for physical activity.
- Therefore, healthy weight needs to be ‘everybody’s business’, everyone have a role to play. Having strong support across the system can help to drive change, ensuring that healthy weight is considered in all policies and practice.



Burden of Disease in Children

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Child obesity in Darlington

Prevalence of obesity by age, 2019/20

Reception (aged 4-5 years) and Year 6 (aged 10-11 years)

Over 1 in 10 children (12.0%) in Reception were living with obesity



Over 1 in 5 children (22.5%) in Year 6 were living with obesity



Source: National Child Measurement Programme 2019/20



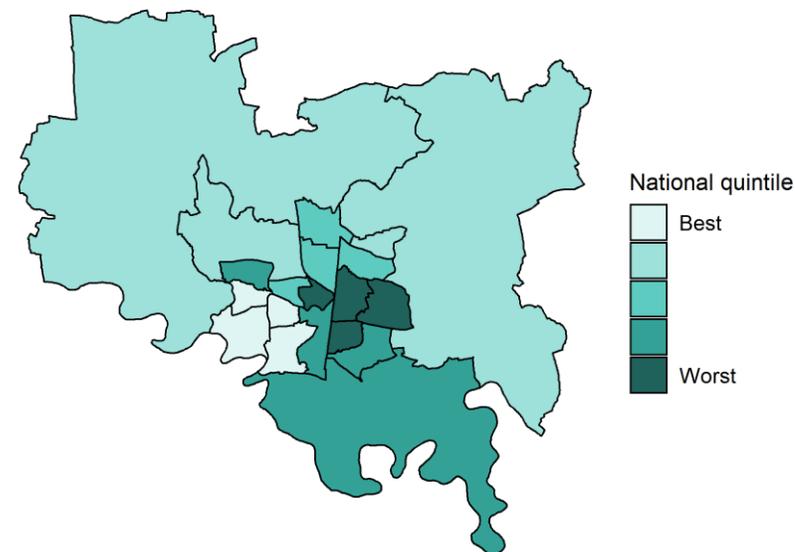
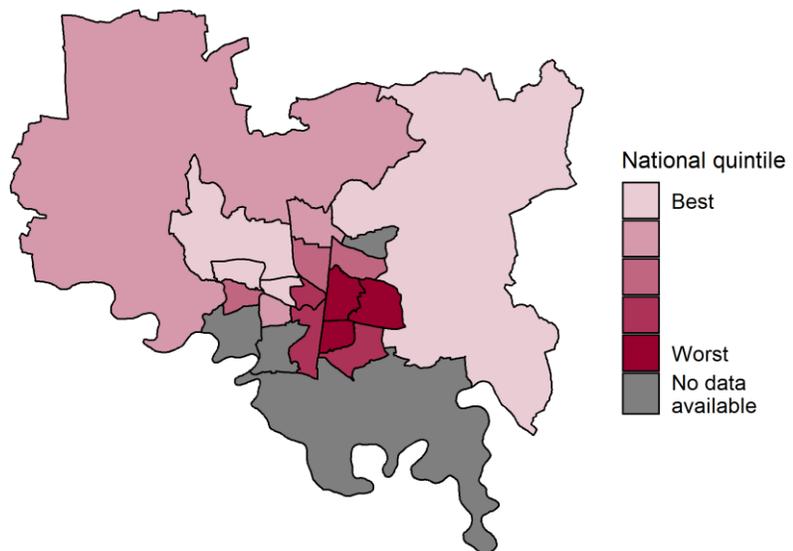
Child Obesity In Darlington

Prevalence of obesity by age 2017/18-2019/20

Darlington Wards

Children in Reception (aged 4-5 years)

Children in Year 6 (aged 10-11 years)



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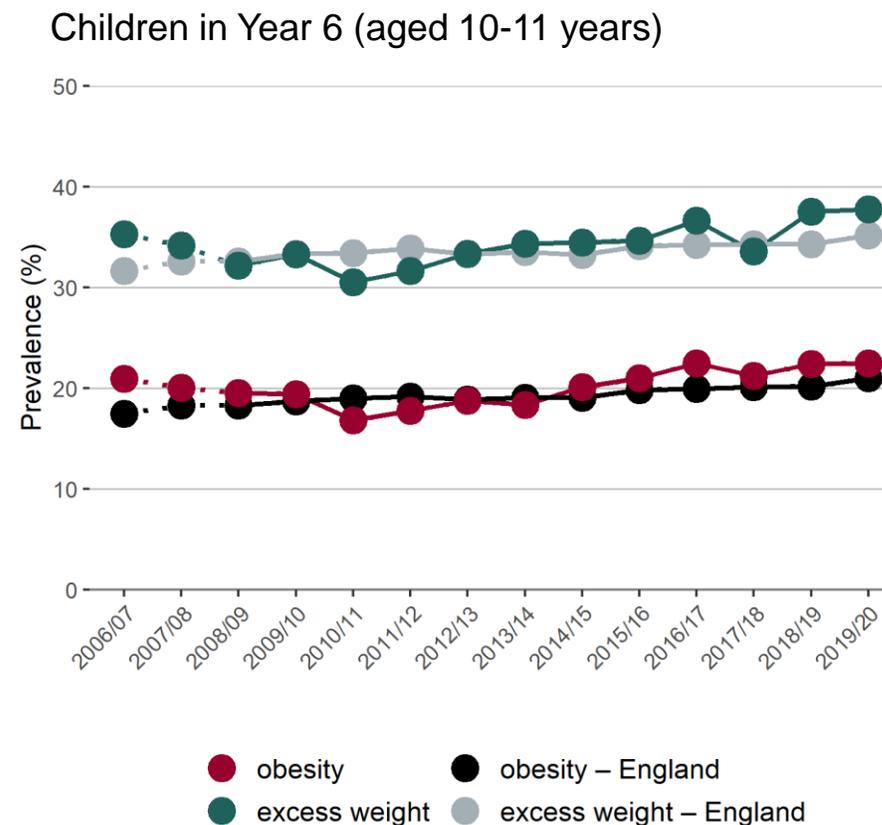
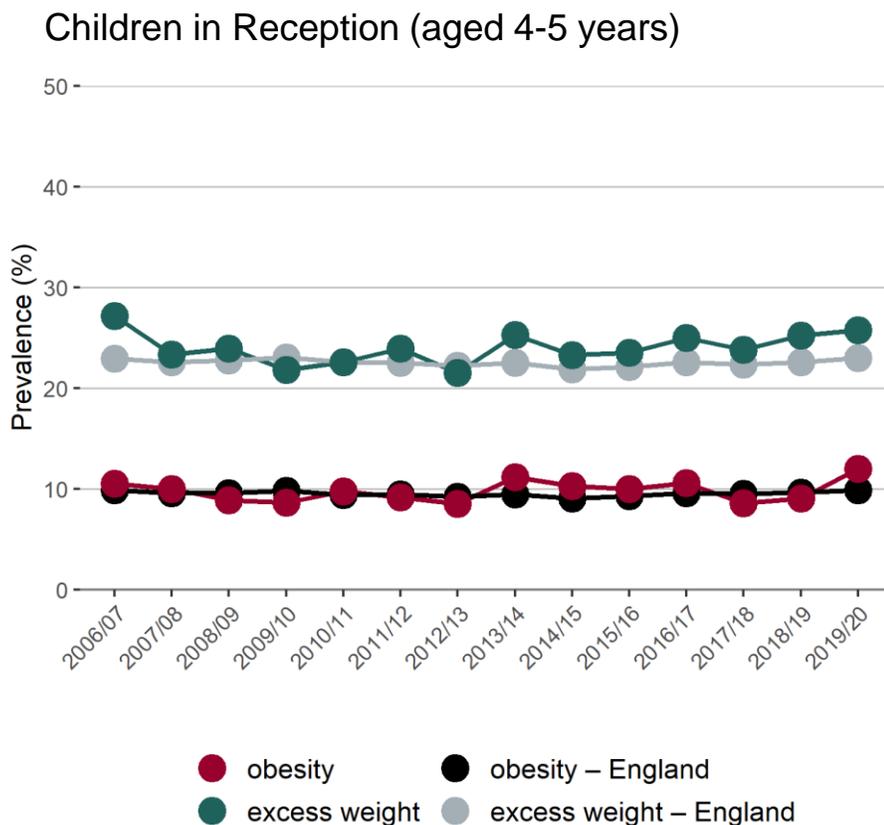
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Source: National Child Measurement Programme 2017/18-2019/20

Data combined 3-years,

Child Obesity In Darlington

Trend in the prevalence of obesity and excess weight by age



Source: National Child Measurement Programme

Note: for Year 6, comparisons are not possible with the first years of the NCMP (2006/07 to 2008/09) as low participation levels led to underestimation of obesity prevalence

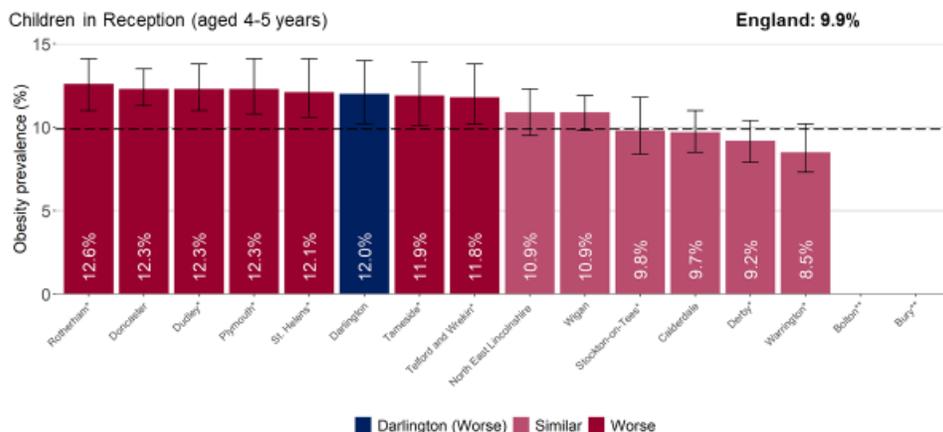
How Do We compare?



Child obesity in Darlington

Prevalence of obesity, 2019/20

Darlington compared to its statistical nearest neighbours, CIPFA 2019



95% confidence intervals are shown

Local authorities are compared to England value shown as a dashed line on the chart

Source: National Child Measurement Programme 2019/20

*Interpret with caution: see notes on slide 3 for more information

and download [Excel file for LA data](#)

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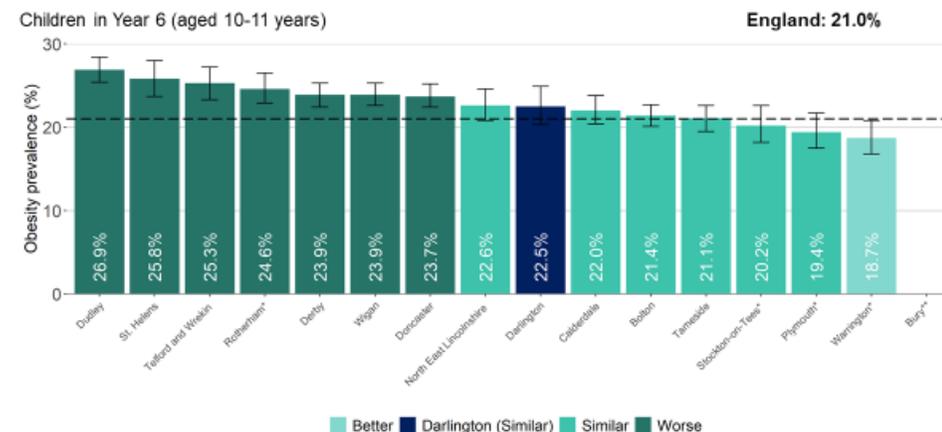
10 Patterns and trends in child obesity in Darlington



Child obesity in Darlington

Prevalence of obesity, 2019/20

Darlington compared to its statistical nearest neighbours, CIPFA 2019



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Source: National Child Measurement Programme 2019/20

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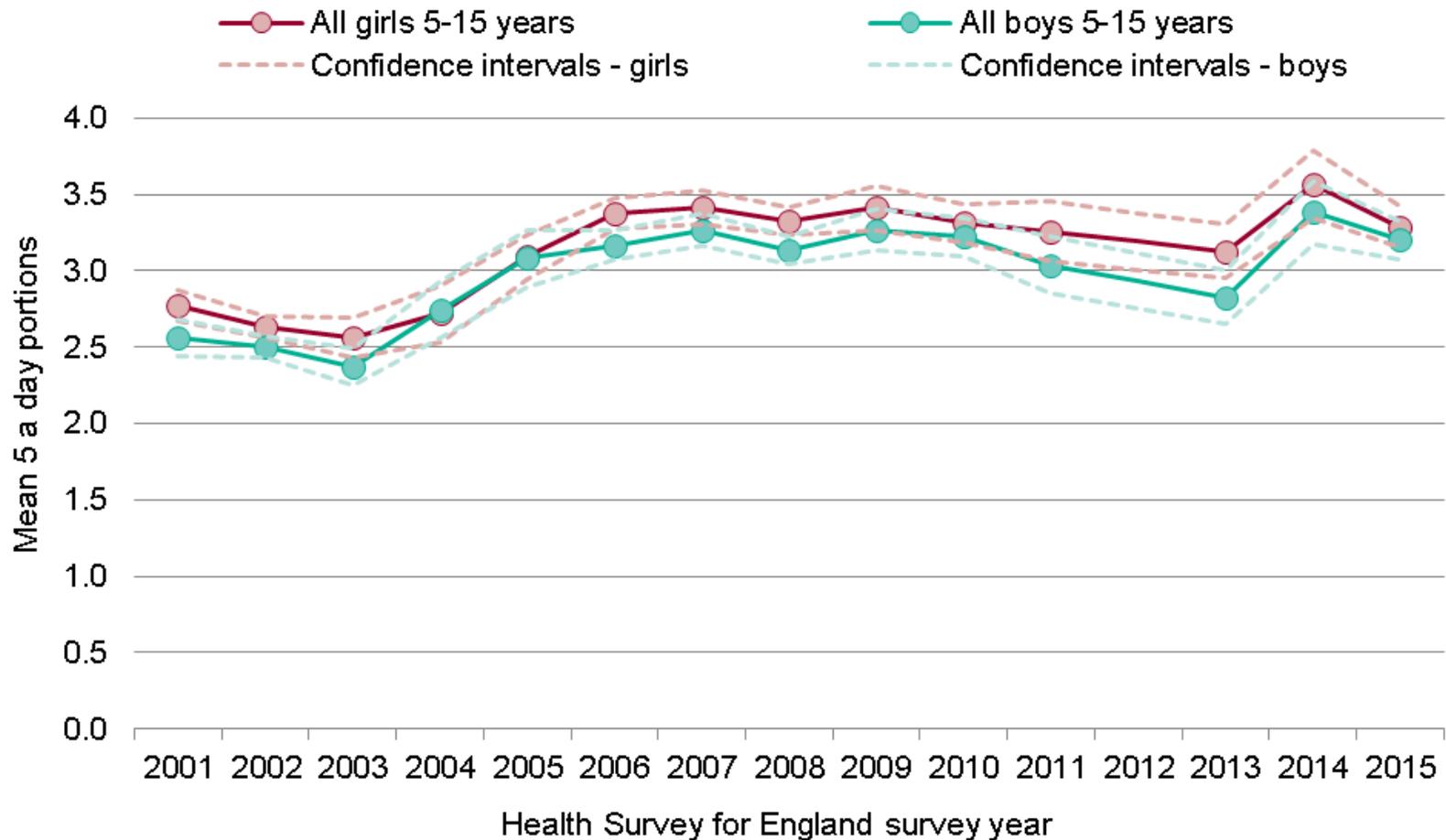
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11 Patterns and trends in child obesity in Darlington

Contributory Factors

Trend in fruit and vegetable intake

Boys and girls aged 5-15 years: Health Survey for England 2001 to 2015

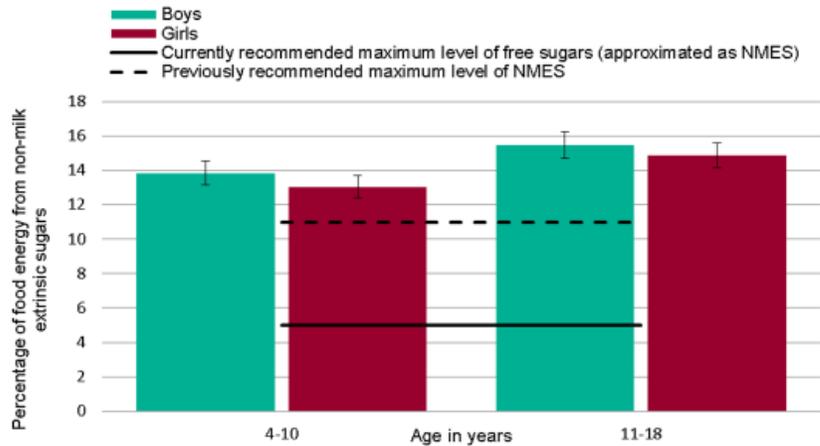


Contributory Factors

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Food energy from non-milk extrinsic sugars

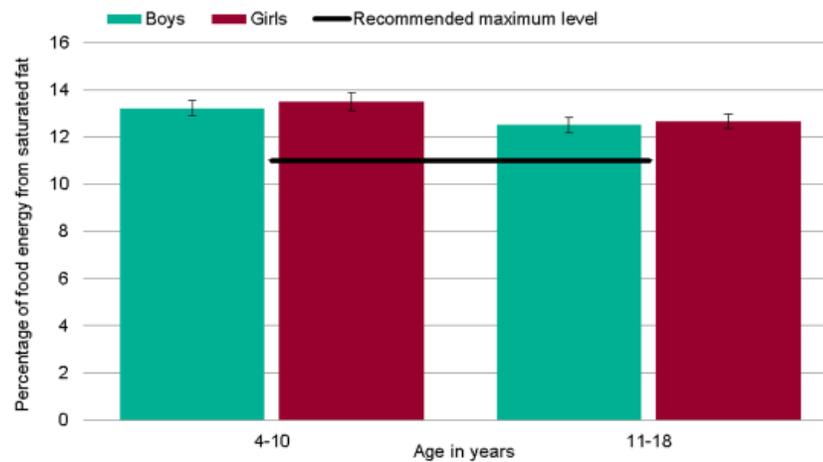
Children aged 4-10 and 11-18 years: National Diet and Nutrition Survey



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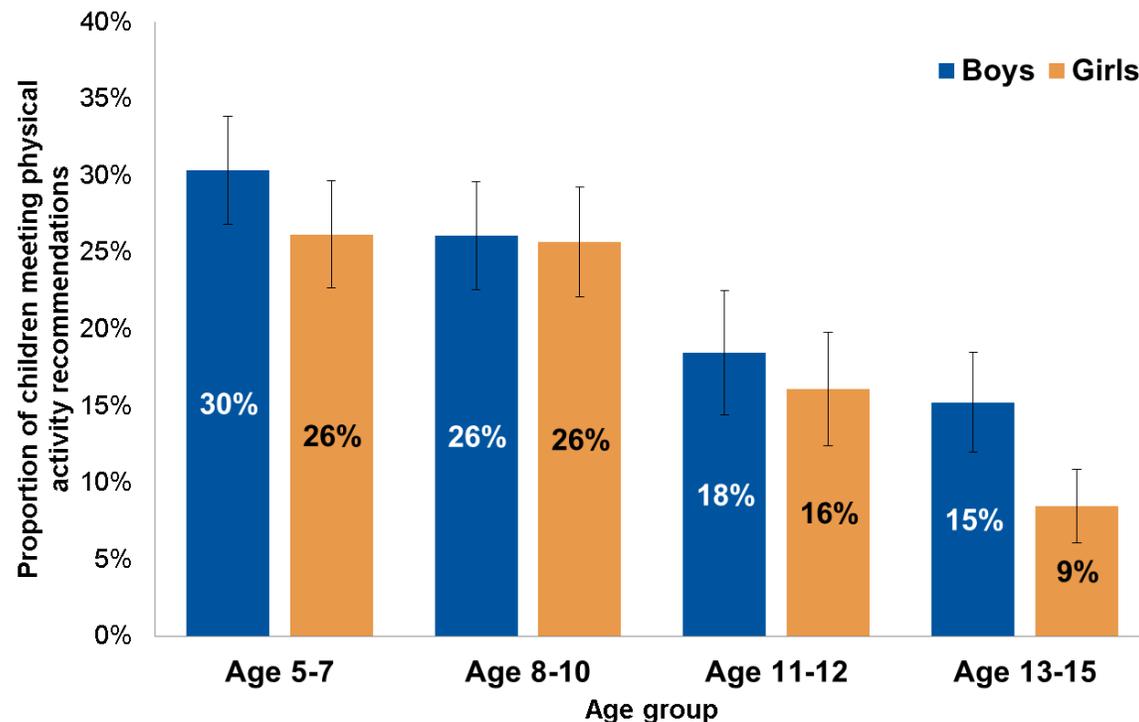
Food energy from saturated fat

Children aged 4-10 and 11-18 years: National Diet and Nutrition Survey (2012/13 to 2013/14)



Physical Activity In Children By Age

Proportion of children aged 5 to 15 meeting physical activity recommendations (excluding activities in school lessons), by age and sex, 2015



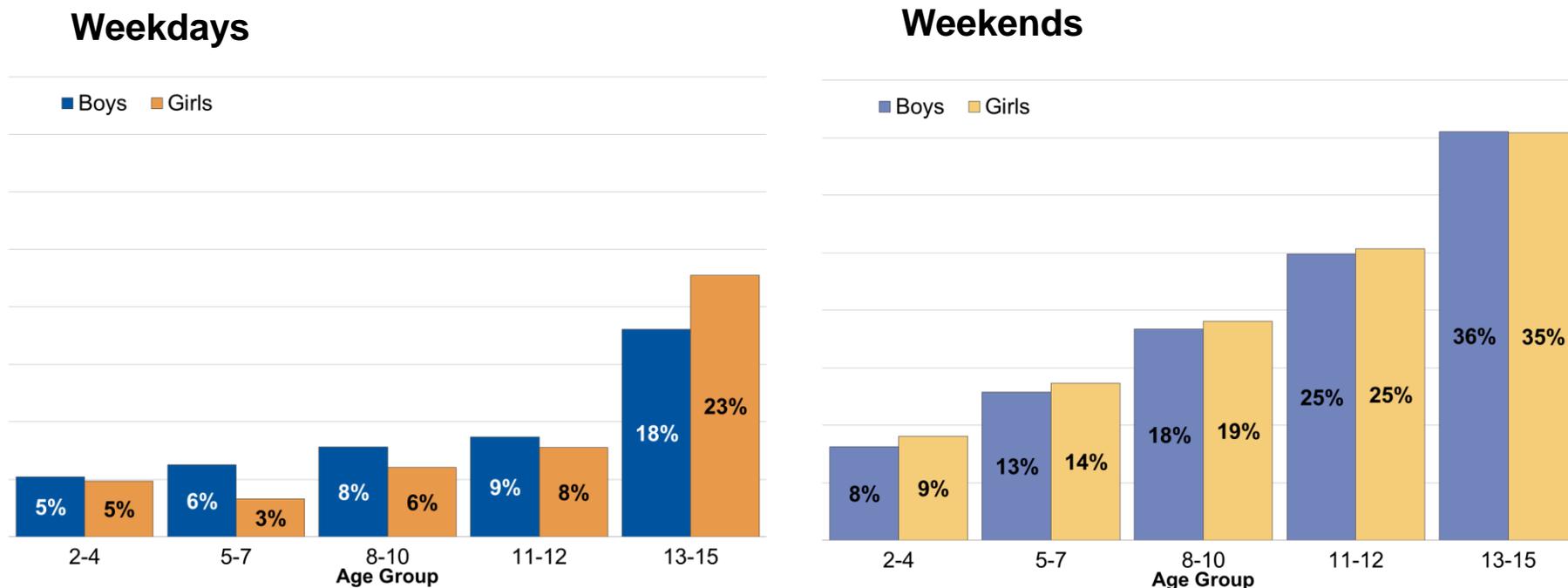
Source: Health Survey for England 2015, NHS Digital <http://www.content.digital.nhs.uk/catalogue/PUB22610>

Meets
recommendations

At least 60 minutes (1 hour) of moderate to vigorous physical activity (MVPA) on all 7 days in the last week.

Time Spent Sedentary In Leisure Time

Proportion of children aged 2 to 15 who were sedentary for 6 or more hours per day on weekdays and weekend days, by age and sex, 2015



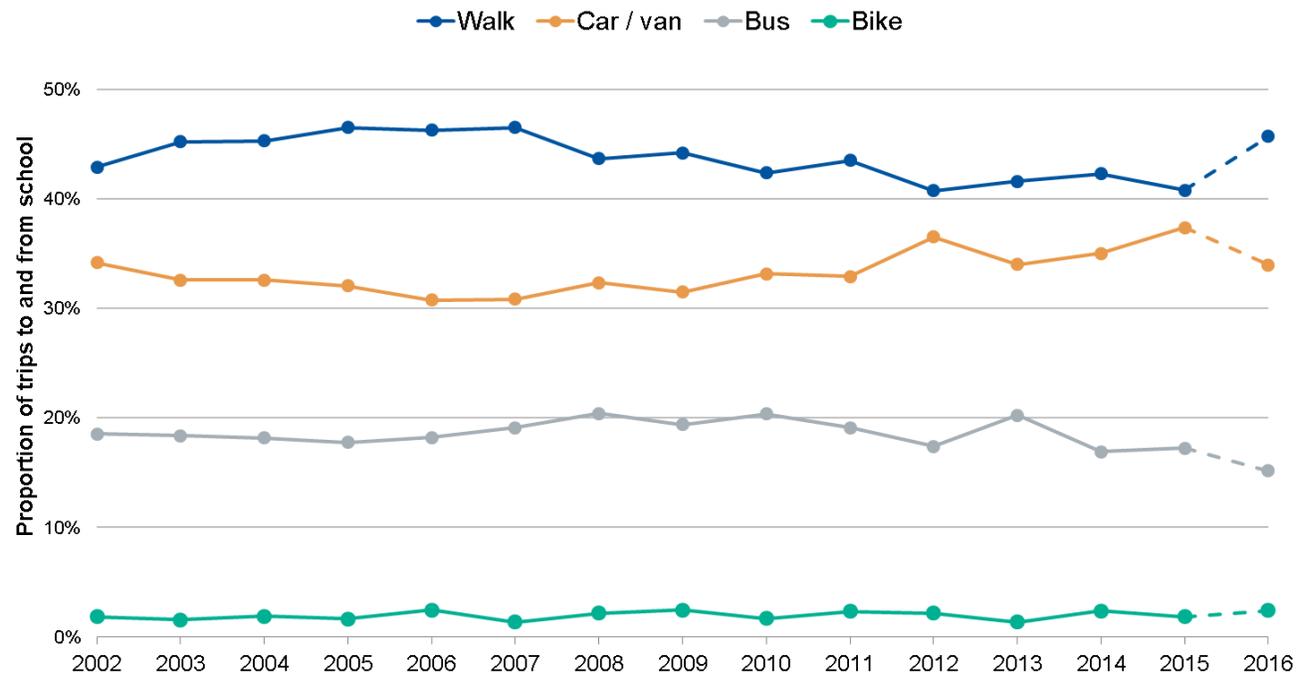
Source: Health Survey for England 2015, NHS Digital <http://www.content.digital.nhs.uk/catalogue/PUB22610>

Sedentary time

Average time children spend watching TV or sitting down doing any other activity. For example, reading, doing homework, using a computer, or playing video games. Sedentary time excludes time at school.

Trends In Travel to School

Proportion of trips to and from school for children (aged 5–16 years) by main mode of transport, 2002 to 2016^a

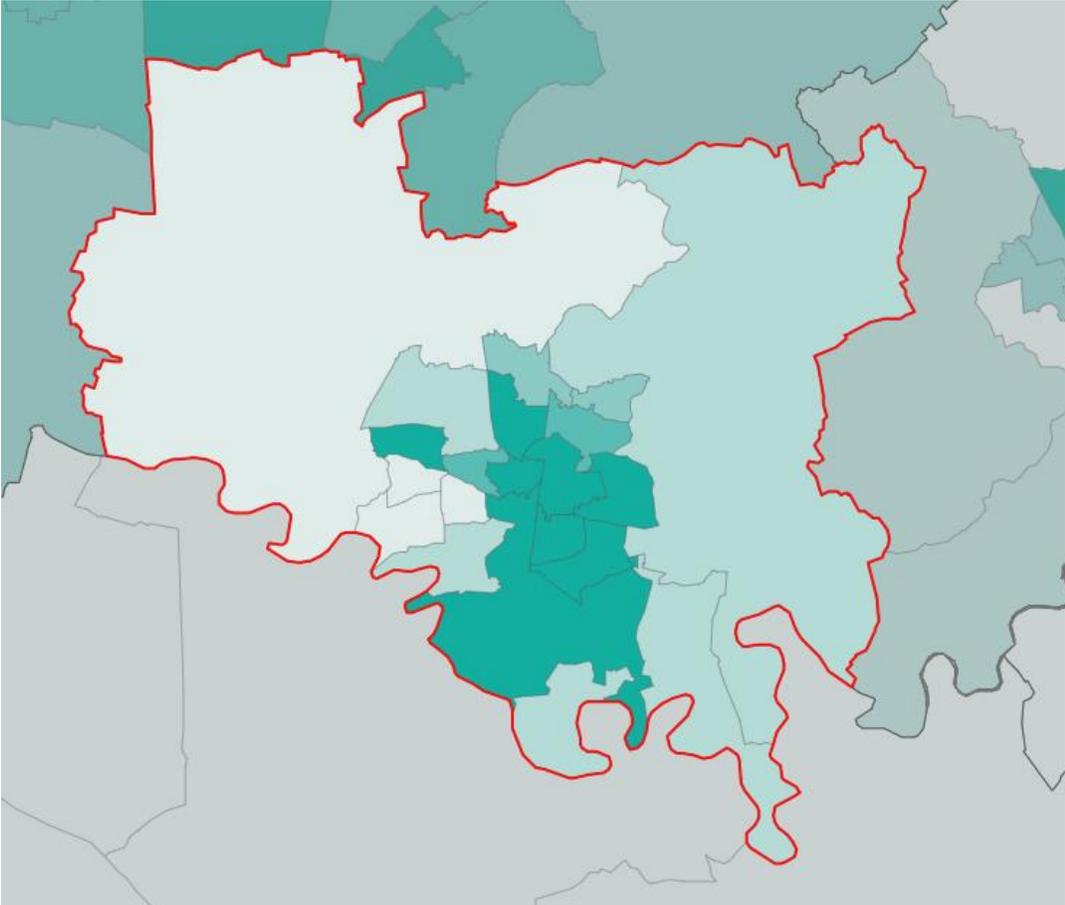


Source: National Travel Survey 2016, Department for Transport <https://www.gov.uk/government/statistics/national-travel-survey-2016>

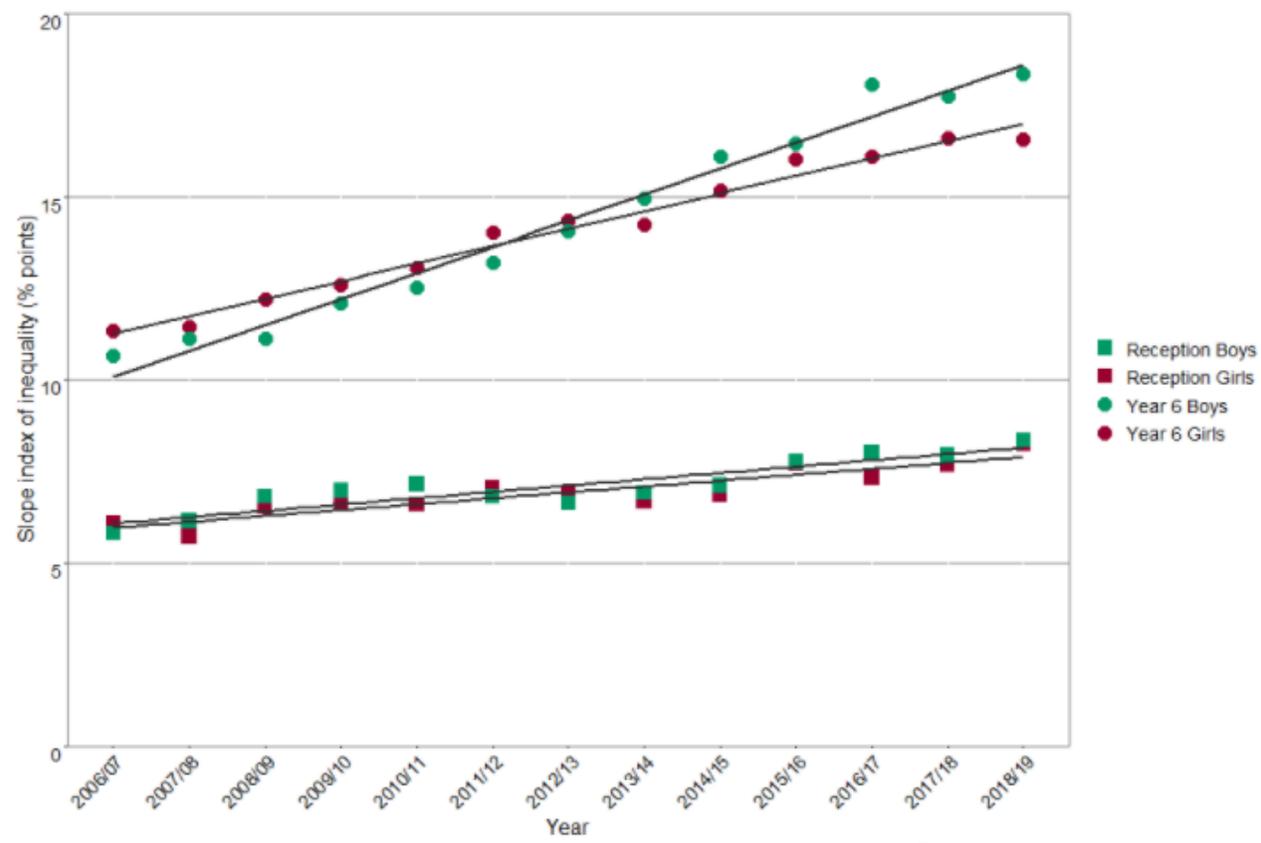
^a In 2016 short walks (of less than a mile in length or less than 20 minutes duration) were recorded on day one for half the sample, and day 7 for the other half of the sample. In previous years, short walks have only been recorded on day 7 of the travel diary. Collecting data on short walks on day one of the travel week has increased the number of short walks reported, which means a break in the time series between 2016 and earlier years.

Contributory Factors Deprivation

Deprivation by Ward Darlington



Trend in Slope Index of Inequality for obesity, by school year and sex



Policy and Guidance

- **National Planning Policy Framework (NPPF)** - sets out explicit policy requirements pertinent to promoting healthy weight environments
- **Planning Practice Guidance (PPG)** support planners with ways to apply the policy in the NPPF. This includes promoting active travel and physical activity, as well as access to healthier food, high quality open spaces, green infrastructure and opportunities for play, sport and recreation.
- **NICE, Cardiovascular disease prevention, Public Health Guideline [PH25]**. June 2010 - recommends actions for local planning authorities to help prevent Cardiovascular disease in their local population.
- **Using the planning system to promote healthy weight environments PHE 2020** - provide practical support for local authorities that wish to use the planning system to achieve important public health outcomes around diet, obesity and physical activity. It

Guidance

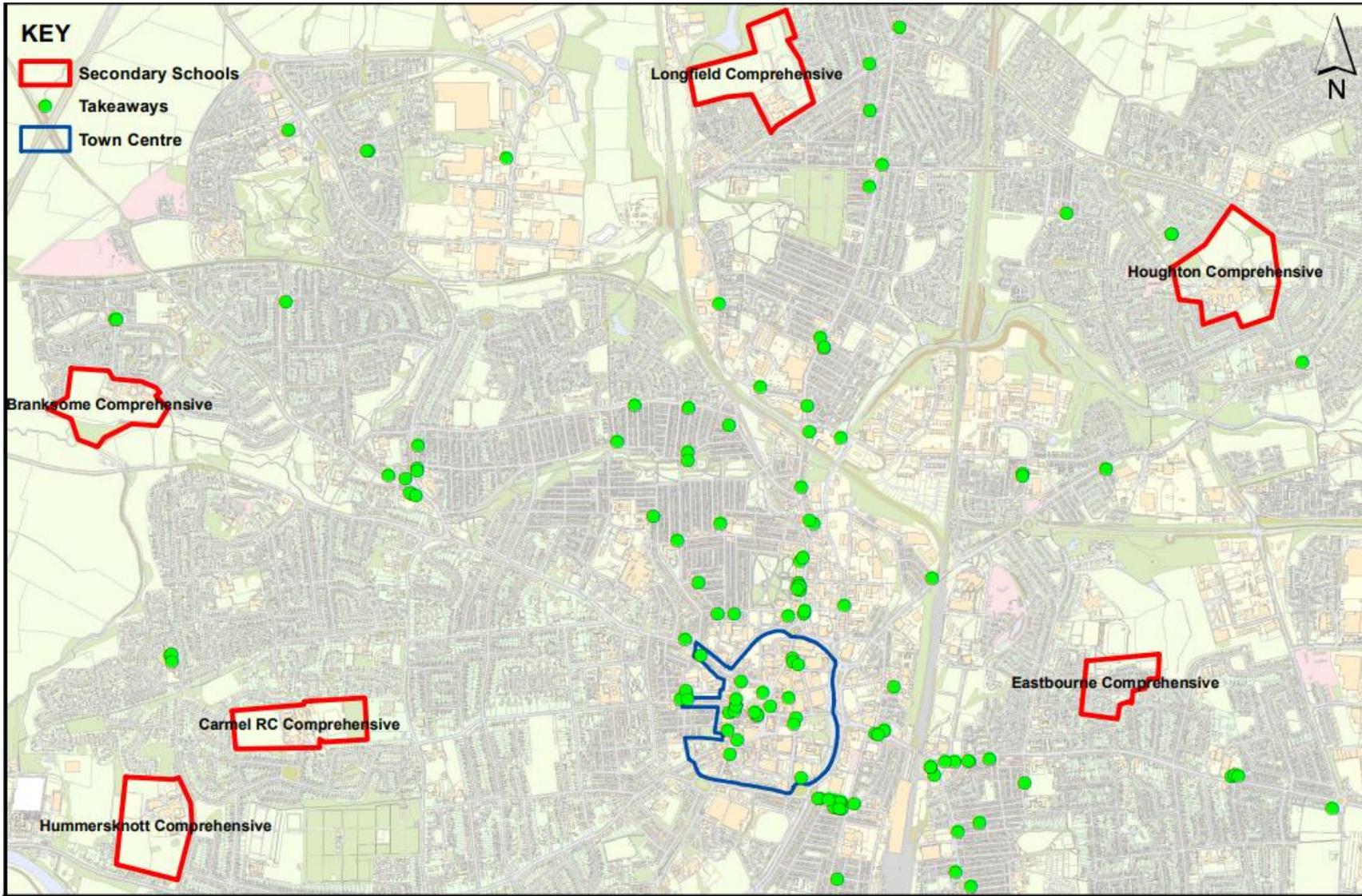
The Town and Country Planning Association (TCPA) and PHE have set out 6 elements to help achieve healthy weight environments through planning in the 2014 publication '**Planning Healthy Weight Environments**'.

These are:

- movement and access - promoting active travel and physical activity
- open spaces, recreation and play - providing informal and formal spaces and spaces necessary for leisure, recreation and play Using the planning system to promote healthy weight environments
- food - improving the food environment for both consumption and production of healthier food options
- neighbourhood spaces - improving public realm and provision of community facilities to run local programmes such as for weight reduction
- building design - improving the internal design and quality of homes and building to promote living healthier lifestyles
- local economy - supporting people into local employment in accessible and healthy town centres or high streets

Exclusion Zones

- Evidence for planning restrictions on fast food takeaways The NICE Public Health Guideline on Cardiovascular disease prevention recommends action to encourage local planning authorities to restrict planning permission for takeaways and other food retail outlets in specific areas ,for example, within walking distance of schools.
- The single most common planning policy adopted to promote health has been the introduction of takeaway food outlet exclusion zones around locations often frequented by children and families such as schools.
- Exclusion zone buffer sizes are often 400 metres, which has been considered a reasonable 5-minute walk. The 400-metre distance is outlined within the Urban Design Compendium and the guidelines for providing journeys on foot as a reasonable walking distance

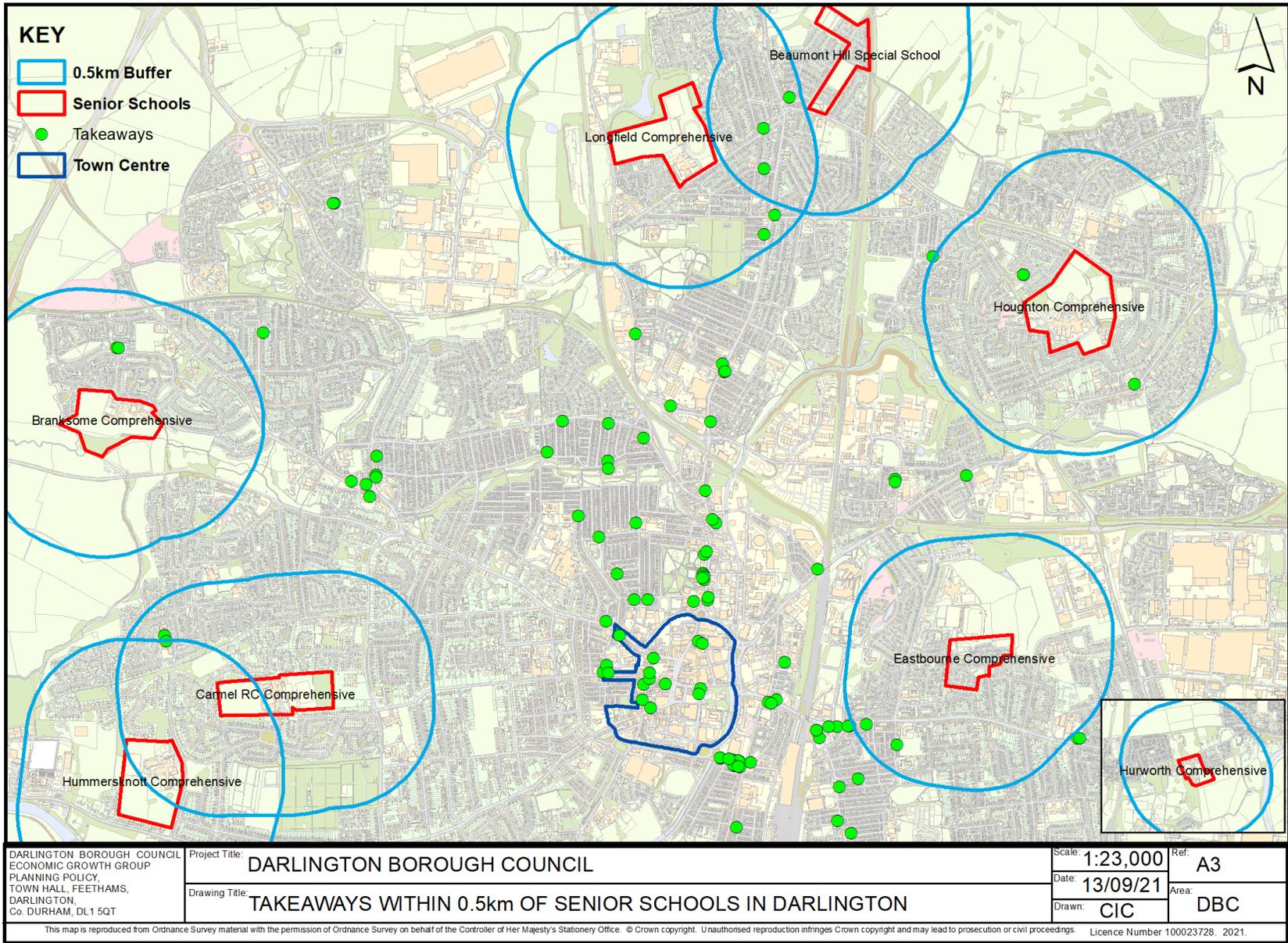


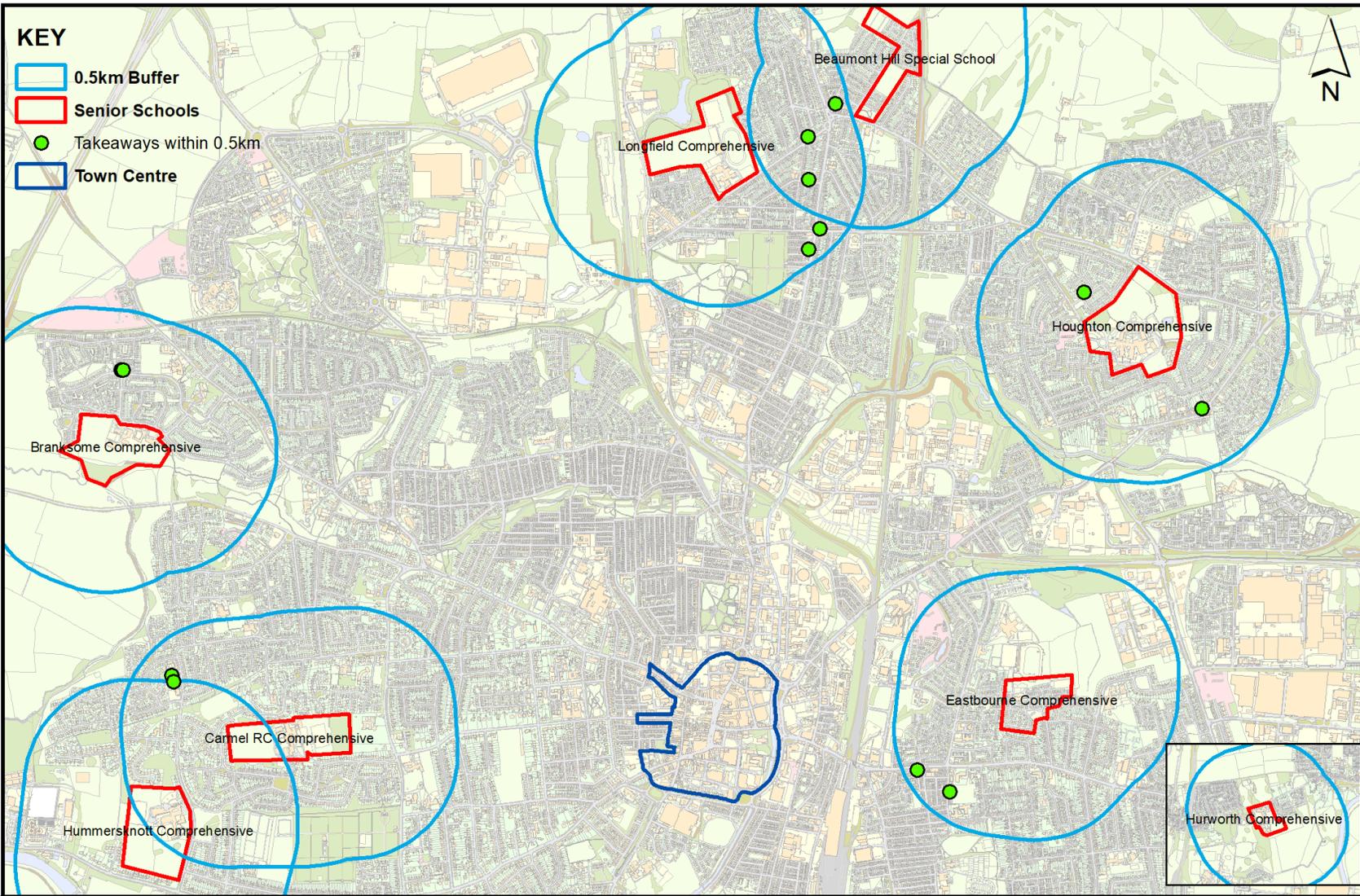
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Project Title: **DARLINGTON BOROUGH COUNCIL**
Drawing Title: **TAKEAWAYS PROXIMITY TO SECONDARY SCHOOLS (Map 1 of 3)**

Scale: 1:21,000	Ref: A3
Date: 02/09/21	Area: DBC
Drawn: CIC	

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 DARLINGTON,
 Co. DURHAM, DL1 5QT

Project Title: **DARLINGTON BOROUGH COUNCIL**
 Drawing Title: **TAKEAWAYS WITHIN 0.5km OF SENIOR SCHOOLS IN DARLINGTON**

Scale: **1:23,000**
 Date: **13/09/21**
 Drawn: **CIC**

Ref: **A3**
 Area: **DBC**

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Healthier Food Environments

- Although planning cannot directly control the type of food being sold, it is appropriate to highlight the issue to food operators during the planning process.
- Improving the quality of the food environment around schools has the potential to influence children's behaviour through their food and drink purchasing habits. It is important to note that taking action on hot food takeaways is only part of the solution, as it does not address confectionery and other food and drinks that children can buy in shops near or on the way to and from schools
- A council can demonstrate how it is working as part of a whole system approach, where planning forms part of a wider approach to addressing obesity.

Childhood Healthy Weight Plan for Darlington 2019 – 2024



Darlington
**Childhood Healthy
Weight Plan**

2019 - 2024

Childhood Healthy Weight Plan for Darlington 2019 – 2024

Objectives and Actions

Objectives

- **To transform the environment so that:**
 - it supports healthy lifestyles by increasing and maintaining use of green space for play and recreation.
 - that healthier choices are available in the provision of out of home food.
 - by supporting the public sector to lead by example with food choices.
- **Increase making healthier choices easier by:**
 - providing information and practical support on active travel.
 - by delivering an awareness raising campaign.
- **To support the services needed to tackle excess weight:**
 - by increasing breastfeeding rates.
 - by Making Every Contact Count (MECC).

Action Planning

- Understanding and Adapting the Obesogenic Environment
- Out of Home Food Provision
- Access to Green Space
- Active Travel