

<b>Healthier Communities Select Committee</b>			
<b>Report Title</b>	Progress on the implementation of the Healthier Catering Commitment scheme in Lewisham.		
<b>Contributors</b>	Executive Director for Community Services	Item No.	7
<b>Class</b>	Part 1	Date:	5/2/2014

## **1. Purpose**

- 1.1. The purpose of the report is to provide information on the progress of implementing the Healthier Catering Commitment scheme (HCC) with local food businesses in Lewisham.

## **2. Recommendation/s**

- 2.1. Members of the Healthier Communities Select Committee are recommended to note the contents of the report.

## **3. Policy Context**

- 3.1. Achieving a healthy weight in children and adults is a priority in Lewisham's Health and Wellbeing Strategy and the Children and Young People's plan. The Government's publication Healthy Lives, Healthy People: a call for action on obesity (2011) highlights the health risks of obesity and that individuals should be supported to make healthier choices by provision of an environment that is less inhibiting of healthy lifestyles. Increasing access to healthy food is one of the objectives in the Health and Wellbeing strategy and implementation of the HCC scheme is one of the actions to achieve this.
- 3.2. This initiative also supports achieving the Sustainable Community Strategy's priority of healthy, active and enjoyable - where people can actively participate in maintaining and improving their health and well-being.

## **4. Background**

- 4.1. The prevalence of obesity in adults and children in England has more than doubled in the last twenty-five years. A modelled estimate of adult obesity prevalence in Lewisham is 23.7% which is not significantly different to the England average. However this is believed to be an underestimate as rates of maternal obesity indicate a higher rate than the English average. For children the prevalence of obesity is significantly higher than the England average with 10.7% of reception children and 23.3% of year 6 children obese (2012/13).
- 4.2. The typical adult diet exceeds recommended dietary levels of sugar and fat and less than a third of adults meet the five a day target with

the average intake being just three portions of fruit and vegetables a day. One of the changes to peoples' diet in recent years has been an increase in the proportion of food eaten outside the home, accounting on average 11% of an adult's energy intake. Hot food takeaways are a concern because they tend to sell food that is high in fat and salt and low in fibre, fruit and vegetables.

- 4.3. Obesity levels tend to be higher in deprived areas and the National Obesity Observatory found there is a strong association between deprivation and the density of fast food outlets, with more deprived areas having more fast food outlets per population. Lewisham Council's retail surveys (2011 and 2012) show that there are 282 hot food takeaway shops across the borough. The National Obesity Observatory research shows that Lewisham has the thirteenth highest density of hot food takeaway shops per head of population in England. The proposed Lewisham Development Management Local Plan includes a policy option to manage the development of new hot food take-away premises in the borough and prevent the establishment of new hot food take-away shops in close proximity to schools.
- 4.4. As part of the evidence briefings for the Preventing Premature Mortality review in Lewisham working with existing fast food outlets to make food healthier was identified as an option to increase access to healthy food choices. In London the HCC scheme developed by the Chartered Institute of Environmental Health (CIEH) in conjunction with the Association of London Environmental Health Managers (ALEHM) and the Greater London authority (GLA) is used in 25 London boroughs. The HCC scheme aims to encourage businesses to reduce the levels of saturated fat, salt and sugar in foods, offer healthier options and/or smaller portions and adopt healthier cooking practices. These changes not only result in healthier food options but can also increase business profits.

## **5. Progress on implementing the scheme in Lewisham**

- 5.1. In 2013 Public Health funded the Lewisham Environmental Health team to implement the HCC on a small scale in the borough with the initial focus on working with fast food outlets. 187 businesses were eligible for the scheme (business deemed to be eligible if it is broadly compliant for food hygiene, (3 star rating or above) and there is no statutory nuisance arising from the business). The funding secured the opportunity to work with 25 fast food outlets that had achieved a 4 or 5 star food hygiene rating. All businesses targeted served fried fish and fried chicken on the menu. Businesses were targeted that were in close proximity to schools or in the most deprived wards in the borough.
- 5.2. Of the 25 businesses that were approached the HCC scheme was received positively by the majority of businesses. Businesses found the information and leaflets sent to them to be informative and helpful and many had made changes to their practice prior to the visit by the Food Safety officer. Following assessment 15 of the original 25 businesses were successful in meeting the criteria for the scheme and

able to display the HCC sticker on their premises. The 15 businesses that met the criteria were located in 11 wards in the borough (3 in Downham and Ladywell, and 1 each in New Cross, Sydenham, Brockley, Bellingham, Lee Green, Whitefoot, Catford South, Perry Vale and Evelyn). Each business will be reassessed for the HCC scheme each time the routine food inspection is carried out.

- 5.3. The potential impact of the scheme can be estimated by the number of meals served by the businesses that are part of the HCC scheme: if each business served on average 50 meals/day, this equates to 225,000 meals/year.

## **6. Next steps**

- 6.1. Public Health plan to continue funding the Environmental Health team to implement the HCC scheme in 2014. Actions are in place to work with an additional 25 business with 4 or 5 star food hygiene ratings but to also expand the scheme and discuss eligibility with all business with a 3 star food hygiene rating with the aim that an additional 40 businesses meet the criteria.
- 6.2. It is recognised that many fast food outlets are not eligible for the HCC scheme because they do not meet the required food hygiene standard. It is proposed that there is a focus on frying practices and the use of salt for these businesses. Workshops on 'frying' and nutrition will be offered to all businesses including those not eligible to apply for the HCC to inform catering practices. Also there will be the provision of free 'five hole salt shakers' to replace the traditional salt shakers used as a means to reduce the amount of salt added to food by customers.

## **7. Financial implications**

- 7.1 The work described in this report is funded from the Public Health budget within Community Services.

## **8. Legal implications**

- 8.1. There are no specific legal implications arising from this report.

## **9. Crime and Disorder Implications**

- 9.1. There are no specific crime and disorder implications arising from this report.

## **10. Equalities Implications**

- 10.1 There are no specific equalities implications arising from this report however addressing health inequalities is a key element of the initiative. Provision of healthier food options will help to reduce health inequalities as individuals on low income have poorer diets than the

general population, especially regarding saturated fat and salt which are higher.

## **11. Environmental Implications**

11.1. There are no specific environmental implications arising from this report.

### **Background Documents**

*Dept of Health. Healthy Lives, Healthy People: a call to action on obesity in England. 2011. Available at:*

<https://www.gov.uk/government/publications/healthy-lives-healthy-people-a-call-to-action-on-obesity-in-england>

*Healthier catering commitments – guide to boroughs. Available at:*

[http://www.cieh.org/uploadedFiles/Core/Membership/Regional\\_network/London/London%20Healthier%20Catering%20Commitments%20project%20-%20info%20for%20boroughs.pdf](http://www.cieh.org/uploadedFiles/Core/Membership/Regional_network/London/London%20Healthier%20Catering%20Commitments%20project%20-%20info%20for%20boroughs.pdf)

*Public Health England. National Obesity Observatory, Fast food outlets by local authority. Available at:*

[http://www.noo.org.uk/securefiles/140121\\_1607//FastFoodOutletMap\\_PHE.pdf](http://www.noo.org.uk/securefiles/140121_1607//FastFoodOutletMap_PHE.pdf)

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