



Taking a Whole System Approach to Food and Health in Lewisham

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Inner London borough

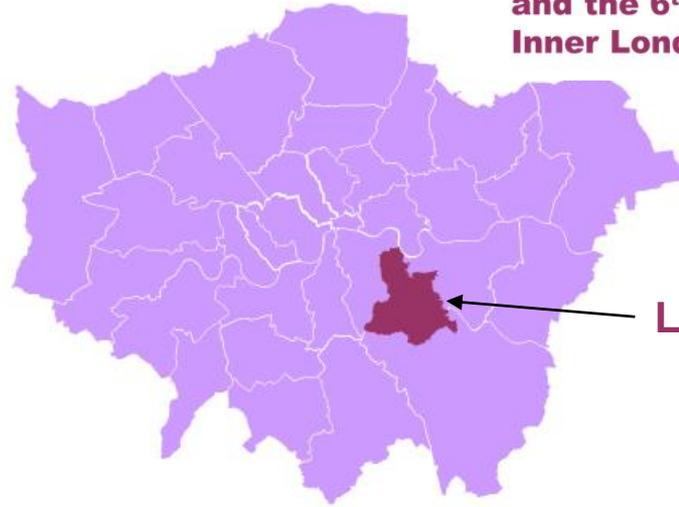
48th most deprived local authority in England

More than one in five Lewisham children under 20 live in poverty

With a population of 301,300 Lewisham is the 14th largest borough in London by population size and the 6th largest in Inner London

15th

most ethnically diverse borough in the country



Lewisham

76%
of the schools' population is BAME

13th most densely populated local authority in England

Lewisham is one of the greenest parts of south-east London with over a 5th of the borough made up of parkland and open space



Profile of Lewisham



Obesity a long term strategic priority for Lewisham

- **Health and Wellbeing Strategy (2013-23)**
- **Children and Young People's Plan (2015-18, 2019-21)**

18% of children in Reception are overweight or obese

This rises to 38% in Year 6

Lewisham has high levels of childhood and adult obesity

For adults the figure is 58%

Physical activity is similar to the national average

Food environment Key indicators

Breastfeeding prevalence at 6-8 weeks
81.4% (Q3 2018-19)

People 15+ meeting the recommended 5 a day
54.7% (2017-18)

Density of fast food outlets/100,000 population
106.4

Strategic priorities

2010

Childhood Obesity Strategy

food strategy one pillar



2015

Sector Led **peer review** on childhood obesity – refocus actions

2016

Awarded **National Pilot status** for a whole systems approach to obesity

New WSO project board

WSO action plans- all ages

Formation of Lewisham Obesity Alliance

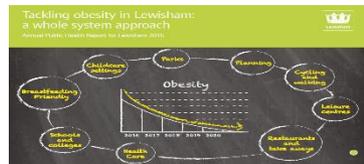
Annual Public Health Report



2019

Refresh action plans

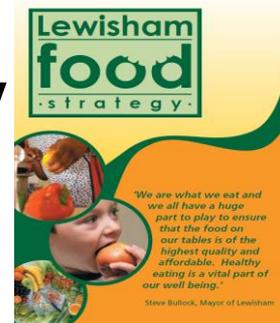
Childhood Obesity Trailblazer programme



2006

Lewisham Food Strategy

- Food access
- Food in schools
- Food nutrition and health
- Food sustainability
- Food safety



2015

Food Summit

Health and Wellbeing Board endorsed Sustainable Food Cities approach

2016

Member of Sustainable Food Cities

- action plans across the 6 themes

2019

Submitted bronze application



Outline of approach and timelines



Four Priority Areas:

Breastfeeding
Early years
Schools

Children
and
Young People

Increased
Public
Awareness and
engagement

Journeys on foot or
bike
Supporting people to
be more active
Knowledge

Health services
Engagement &
commitment
Strategies and
policies
Workplaces

Health and
Public
Services

Environment

Access to healthy
foods
Physical
environment
Public & community
settings

WSO- work on thirteen themes under 4 priority areas

Three Key Actions



Food - *Become a Sugar Smart Borough*



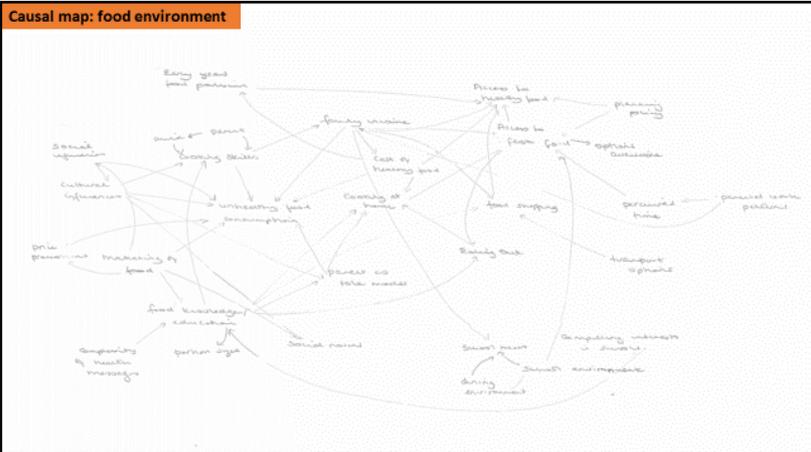
Communities - *Improve access and appeal of parks for recreation*



Physical activity
- *Implement the Daily Mile in primary schools*



Work with stakeholders to embed the 3 cross cutting actions to create healthy environments

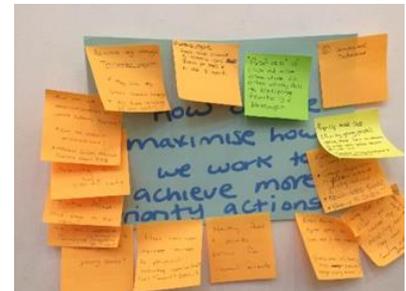


- Range of Stakeholders from NHS, Community services to Housing providers
- Almost 100 members (individuals, groups, organisations)
- Quarterly meetings
- LOA -'vehicle' to achieve actions
- Quarterly e-newsletter
- Alliance encourages shared learning

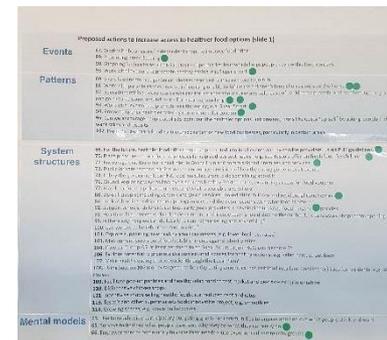
Lewisham Obesity Alliance (LOA)

Series of meetings focus on food environment and use of parks and open spaces

- Considered the causes and consequences of obesity
- Looked at suggested actions
- Prioritisation of actions
- Identified three key actions for the following areas:



| Increase access to healthier food | Increase use of parks and open spaces |
|---|--|
| <ol style="list-style-type: none"> 1. Public/private sector organisations to buy in to a workplace charter that outlines provision of healthy eating guidelines at events 2. Up-skill people; including schools and youth services, looked after children and residential care homes 3. Support schools, children's centres, early years providers in developing updated food and nutrition policies | <ol style="list-style-type: none"> 1. Give people reasons to go to parks-range of activities/hydration stations or coffee bars in parks 2. Support schools, workplaces to use parks 3. Maximise walking and cycling e.g. by increasing uptake amongst specific groups and Identify key set of messages on benefits of physical activity |



Lewisham Obesity Alliance





**Good Food
Lewisham**

Linking Food, People & Culture

Community Skills Subgroup

Lewisham Community Skills Group

The Lewisham Community Skills Group is a subgroup of the Good Food Lewisham Partnership which brings together the many local community groups that actively support healthy eating and physical activity, through focusing on building community knowledge, skills and resources. The first meeting took place on 16th March at the Waldron Health Centre.

Role of the Community Skills Group:

- ❖ **Collate activities** & facilitate mapping of all programmes across Lewisham.
- ❖ **Support promotion** to Lewisham residents via existing and new social media routes.
- ❖ **Share experience**, develop learning and best practice.
- ❖ **Identify training** and development needs of community organisations delivering programmes.
- ❖ **Determine opportunities** for joint working and developing new areas of work.
- ❖ **Engage wider partners** to support the projects.

Food Poverty Subgroup



Vision: A diverse and lively community that connects people to healthy, sustainable and affordable food that is grown, produced and prepared locally to promote a vibrant food culture and prospering local economy

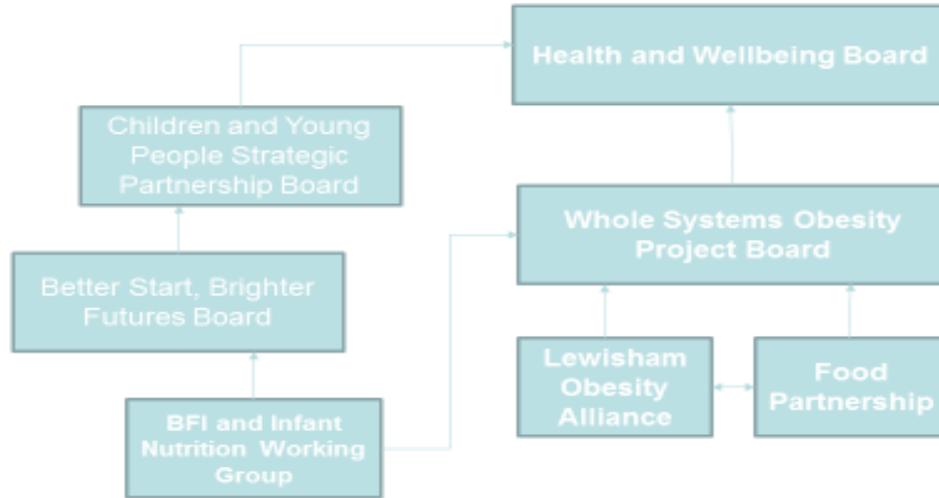


Good Food Lewisham (Food Partnership)



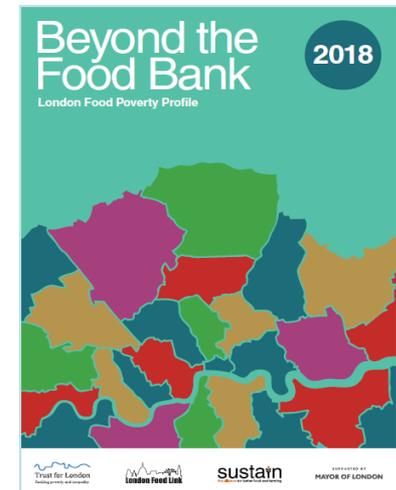
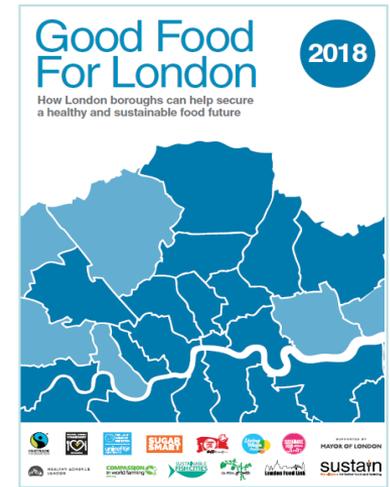
Whole System Obesity Action Plan 2019-21

Governance



- Senior leadership buy-in
- Build on the linkages and interactions
- Regular feedback to partners

The WSO project board includes: senior officer representation from three of the four council directorates: Community Services, Children's Services and Customer Services; two cabinet members; and Lewisham CCG.



Governance

- Overlap between key stakeholders engaged in Obesity Alliance and Food Partnership
- Organising calendar dates that align to maximise engagement
- Stakeholders may not be clear on defined roles on joint campaigns
- Priorities across the wider food agenda may not get as much exposure
- Council processes can increase timescale for some actions
- Raise profile of food and get senior leadership buy-in
- Elections and purdah can impact work of partnership at certain times
- Links with other council directorates that support the work of the partnership e.g. environmental team, economic and regeneration

Key challenges and opportunities

