



Although a formal committee of Brighton & Hove City Council, the Health & Wellbeing Board has a remit which includes matters relating to the Clinical Commissioning Group (CCG), the Local Safeguarding Board for Children and Adults and Healthwatch.

Title:	Food Strategy and Food Poverty action plan	
Date of Meeting:	July 2018	
Report of:	The Executive Director, Health & Adult Social Care	
Contact:	Katie Cuming, Public Health Brighton and Hove City Council	Tel: 01273 296565
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Wards Affected:	all	
FOR GENERAL RELEASE		
Executive Summary		
<p>This paper is presented to update the Health and Wellbeing Board on</p> <ul style="list-style-type: none"> • progress against the Food Poverty Action Plan • priorities for Spade to Spoon: Digging Deeper Food Strategy 2018-2023 • the bid for Brighton and Hove to become a Gold sustainable food city. <p>The board is asked to be a signatory to the food strategy action plan and decide on the level of oversight required.</p>		
Glossary of Terms		
Spade to Spoon: Brighton and Hove Food Strategy		

1. Decisions, recommendations and any options

The Health and Wellbeing Board is asked to:

- 1.1 Note the progress on and the success of the citywide strategic approach to addressing food poverty
- 1.2 Agree that the Health & Wellbeing Board / Performance and Information Group receive a report of progress against the Food Strategy Action Plan as necessary.
- 1.3 Include in the formal action plan a request for officers to undertake a further investigation into the nutrition and hydration needs of older people in the city, as part of a citywide preventative approach to spot malnutrition earlier and reduce avoidable hospital admissions & readmissions.
- 1.4 Approve the bid for Brighton and Hove to continue to lead the way nationally by becoming a 'Gold Sustainable Food City.'

2. Relevant information

- 2.1 Food and what we eat is an important determinant of our health and wellbeing. **The Spade to Spoon: Digging Deeper Food Strategy** sets the strategic direction for food work in the city from 2012 to 2032 and its action plan is a key component in the delivery of the Health and Wellbeing Strategy, currently being revised.
- 2.2 Diet related disease costs Brighton & Hove £80 million each year¹ and whilst local data is not available it is estimated that nationally 70,000 deaths per year could be avoided if diets matched nutritional guidelines². Dietary salt raises blood pressure resulting in a higher risk of heart disease and stroke. Only 30% of adults aged 19-64 years in the UK eat the five portions of fruit and vegetables recommended daily³ with those in lower income groups having lower consumption. Eating fruit and vegetables helps prevent heart disease, some cancers and provides essential vitamins and minerals for a balanced diet⁴. Most of us are eating twice as much sugar as we should be with children and young people eating up to three times the recommended daily intake. This increases the risk of becoming overweight, developing type two diabetes and other health problems. Our food poverty work has helped highlight the challenges faced by some of our residents in affording a healthy balanced diet in our current climate.
- 2.3 Nutrition is an important determinant of our health through the life-course. With regards to Starting Well which will be a key component in the revised

¹ Global Health Data Exchange. Global Burden disease 2015

² Cabinet Office. Food matters: Towards a strategy for the 21st Century. London: Cabinet office; 2008

³ Public Health England. Food Standards Agency. National diet and nutrition survey

⁴ World Health Organisation. Healthy Diet Fact Sheet No 394

Health and Wellbeing Strategy as one of the four wells, the city already has good breastfeeding rates with 88.2% of mothers initiating breastfeeding, however by the end of primary school one in four of our 11 year olds⁵ are overweight or obese, and by adulthood this has risen to half. The risk of being overweight are significantly higher for those from certain ethnic groups and those living in more deprived areas of the city. Poor nutrition is a key contributor to health inequalities.

- 2.4 We do not have accurate data on undernutrition or malnutrition amongst older people in the city. Nationally, it is estimated that one in ten older people either suffer from or are at risk of malnutrition. If this was applied locally it would equate to approximately 3800 people. Good nutritional care is not always prioritised by either older people or health professionals. The Food Partnership has highlighted that older people are increasingly at risk of food poverty, skipping meals and eating unhealthily. Eating well and maintaining a healthy weight will support good physical and mental health into older age and can influence outcomes for those with long term conditions, being admitted and discharged from hospital and those requiring social care. Adult social care teams are required to consider any care and support needs in relation to eating, drinking, managing and maintaining nutrition when undertaking a Care Act assessment.
- 2.5 Brighton and Hove has been helping lead the way with food policy and strategy work, as well as developing and adopting new initiatives to help combat diet related disease. For example Sugar Smart was first developed in Brighton and Hove as part of a whole system approach to start addressing obesity, and is now a national initiative. New work to increase vegetable consumption in the city is being developed under 'Peas Please', a programme led by the Food Foundation.⁶ We are encouraged to see levels of obesity amongst 11 year olds in the city are starting to decrease, in contrast to national statistics. The 'Healthy Ageing and Food' report published in 2016 focussed on what an Age Friendly City might look like through the lens of food.⁷ Challenges include the pace of progress on improving the healthy food and drink retail offer, including sugar sweetened drinks, at some local NHS provider sites.
- 2.6 Brighton and Hove was one of the first cities to develop a Food Poverty Action plan and one of the first cities to achieve silver Sustainable Food City status. City wide and 'whole system' food and health work is critical to build on these signs of success and prevent avoidable poor health for current and future generations.

⁵ National Childhood Measurement Programme

⁶ Peas Please <https://foodfoundation.org.uk/peasplease/>

⁷ Brighton and Hove Food Partnership <https://bhfood.org.uk/wp-content/uploads/2017/09/010916-Older-people-and-Food-final.pdf>

- 2.7 The first **Brighton & Hove Food Poverty Action Plan (FPAP)** 2015-2018 was delivered by over 50 partners and coordinated by Brighton and Hove Food Partnership (BHFP). The action plan has been successful in raising awareness and galvanising cross sector action on an issue which many in the city feel strongly about but could not address as a single organisation or stakeholder. The 'joined-up approach' addresses not just emergency or 'crisis' food poverty (i.e. food bank use) but the more widespread and long-term issue of household food insecurity. It focuses on prevention and addressing the underlying causes of food poverty

Food Poverty Outcomes

- 2.8 The Brighton & Hove Food Poverty Action Plan (FPAP) 2015-18 final progress report June 2018 is attached at appendix 2.
- 2.9 The plan sought to measure progress against four outcomes:
- (1) Reduction or slower growth in emergency/crisis food poverty.
 - (2) Reduction or slower growth in long term food poverty/household food insecurity.
 - (3) Food poverty awareness embedded in policy and service planning.
 - (4) Becoming 'The city that cooks and eats together'.
- 2.10 In relation to food poverty outcomes 1 and 2 there has been reasonable progress but with more still to be achieved. Other cities do not monitor household food insecurity making it hard to measure comparative success but the introduction of regular monitoring is an achievement of our city-wide approach. Other areas are keen to learn from Brighton and Hove's approach, with the national Food Power programme which funds areas to take a similar approach to food poverty, requesting advice on programme design and mentoring from the Food Partnership for other areas.
- 2.11 Outcome 3 with respect to raising awareness has shown significant progress. Of 78 cross-sector actions within the plan there was progress on more than 90% and good progress on 58%. These ranged from the integration of food bank support and information with other financial, housing and health advice to the promotion of healthy start vouchers to support families on low incomes (see report). Food poverty issues have been considered in housing, in the approach to Welfare Reform and transport provision and development of the economic strategy.
- 2.12 There has also been significant progress on Outcome 4 with BHFP recently opening a community kitchen to encourage 'cooking together' activities, a much higher profile for the role of shared meals such as lunch clubs to tackle both isolation and nutrition, an expansion of holiday clubs in some schools and community settings to address school holiday hunger; and the development of casserole club addressing nutrition and social isolation for vulnerable people living alone.

- 2.13 The Board are now asked to sign up as partners in the next phase of this approach, which will re-integrate food poverty into 'Spade to Spoon' the city-wide food strategy for a 'healthy sustainable and fair food system' and put food poverty and food inequality at the heart of a new five-year action plan. The Health and Wellbeing board did not exist when the food strategy and its previous five-year plan was agreed, so are not currently listed as partners.
- 2.14 **The Spade to Spoon: Digging Deeper Food Strategy** sets the strategic direction for food work in the city from 2012 to 2023 (see appendix 2) The vision is a healthy sustainable fair food system for Brighton and Hove with benefits for health, the economy, community, and the environment.⁸ The new Spade to Spoon action plan 2018-2023 is being coordinated by the Brighton and Hove Food Partnership, with the initial development funded by the Esmée Fairburn Foundation and the food poverty component by Food Power. Progress will be reported annually overseen by the Food Partnership, supported by a cross sector expert panel, which will meet approx. 3 times per year.
- 2.15 The Spade to Spoon action plan is currently being drafted, based on substantial consultation, including a stakeholder event focussed on food poverty, a round table on Food Waste, a workshop on healthy and sustainable diets, a survey of residents, a survey of food businesses, and targeted focus groups and case studies. Details of all those consulted and stakeholder workshops can be seen in appendix 5.
- 2.16 A draft action plan will be complete by the end of July and BHCC actions will go for approval to the Health and Wellbeing Board in November 2018. The following elements will be integral:
- An approach that recognises good food is crucial to health and wellbeing, and access to good food should be at the core of health, social care and education services.
 - A continued focus on FPAP aims including 'Every child and every vulnerable adult can eat one nutritious meal a day' and 'Becoming the City that Cooks and Eats Together'.
 - City wide cross sector campaigns e.g. Sugar Smart, the new 'Veg City' campaign to increase vegetable intake (in which Brighton & Hove are a pioneer city).
 - A focus on food inequalities including access to healthy food for people with disabilities, for people with long term health conditions, younger people, BME people, those leaving hospital, and those at risk of malnutrition. The Health and Wellbeing board are invited to discuss whether they may like to lead on one or more of these areas, perhaps taking a task force approach.
 - A continued focus on prevention and upstream solutions.

⁸ Spade to Spoon

- A strategic approach, bringing together the ‘Healthy’ ‘Sustainable’ and Fair’ elements.
- An emphasis on innovation, on partnership working and on excellence.

2.17 The Brighton and Hove Food Partnership is coordinating a city-wide bid for the new Sustainable Food Cities Gold Award (see appendix 4)

3. Important considerations and implications

Legal:

- 3.1 Becoming a “Gold Sustainable Food City” does not constitute a legally binding commitment. The proposals in the report are consistent with the Council’s powers, including the power of general competence.

Lawyer consulted: Abraham Ghebre-Ghiorghis Date: 02/07/2018

Finance:

- 3.2 There are no direct financial implications as a result of the recommendations of this report. The food strategy and food poverty work being carried out by the Brighton and Hove food Partnership is being independently funded by Food Power and Esme Fairburn Foundation. The strategy, however could influence a varied group of stakeholders involved in food related activity in the city. This may have potential, future implications for council funding as there are a wide range of contracts with food components.

Finance Officer consulted: Katy Humphries Date:11/6/18

Equalities:

- 3.3 This paper and the city’s food strategy both clearly identify barriers and opportunities in relation to improving outcomes for people sharing specific characteristics. The equality analysis that informed the strategy was robust and means that age, ethnicity, disability and other factors are considered as they impact upon food, nutrition and health. The Task Force approach (suggested in 2.12) provides an opportunity for focused interventions and monitoring of impacts in relation to people sharing a legally protected characteristic who experience the greatest food inequalities.

Equalities Officer consulted: Sarah Tighe-Ford Date: 13/06/2018

Health, social care, children’s services and public health:



3.4 The paper has been prepared by the Councils Health and Adult Social Care team, with the implications for health of both diet and food poverty covered within the paper.

Supporting documents and information

Appendix 1 Food poverty action plan and Food Strategy:

http://bhfood.org.uk/wp-content/uploads/2017/09/FINAL_Food_Poverty_Action_Plan_2015.pdf

<https://bhfood.org.uk/wp-content/uploads/2017/09/Spade-to-Spoon-report-interactive-PDF.pdf>

Appendix 2

Brighton & Hove Food Poverty Action Plan Final Progress Report 2015-18 (The Food Poverty Action Plan is the report of the Brighton & Hove Food Poverty Partnership. The does not form part of the Council and the report is not a report of Brighton & Hove City Council)

Part One Available online: <http://bhfood.org.uk/wp-content/uploads/2018/06/B-Hove-Food-Poverty-Action-Plan-FINAL-Report-on-3-years-June-2018.pdf>

Part Two Copy Attached

Appendix 3 Examples of Food Poverty action plan initiatives

Appendix 4 Consultation for Brighton & Hove Food Strategy Action Plan 2018-23

Appendix 5 Consultation Questions for 2018-22 Food Strategy Action Plan Refresh & Bid for Gold standard

