Taking a Whole System Approach to Food and Health in Lewisham

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June 2019
Profile of Lewisham

Inner London borough

48th most deprived local authority in England

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

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

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

76% of the schools' population is BAME
Obesity a long term strategic priority for Lewisham

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

**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
2006
**Lewisham Food Strategy**
- Food access
- Food in schools
- Food nutrition and health
- Food sustainability
- Food safety

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

**Outline of approach and timelines**
Four Priority Areas:

Children and Young People

Increased Public Awareness and engagement

Health and Public Services

Environment

Breastfeeding
Early years
Schools

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

Health services
Engagement & commitment
Strategies and policies
Workplaces

Access to healthy foods
Physical environment
Public & community settings

WSO - work on thirteen themes under 4 priority areas
Work with stakeholders to embed the 3 cross cutting actions to create healthy environments.
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:

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<tr>
<th>Increase access to healthier food</th>
<th>Increase use of parks and open spaces</th>
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<td>1. Public/private sector organisations to buy into a workplace charter that outlines provision of healthy eating guidelines at events</td>
<td>1. Give people reasons to go to parks—range of activities/hydration stations or coffee bars in parks</td>
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<td>2. Up-skill people, including schools and youth services, looked after children and residential care homes</td>
<td>2. Support schools, workplaces to use parks</td>
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<td>3. Support schools, children’s centres, early years providers in developing updated food and nutrition policies</td>
<td>3. Maximise walking and cycling e.g., by increasing uptake amongst specific groups and identify key set of messages on benefits of physical activity</td>
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Good Food Lewisham (Food Partnership)

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.

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
• 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.
Key challenges and opportunities

- 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