

**NORTH LANARKSHIRE COUNCIL
REPORT**

To: ENVIRONMENTAL SERVICES COMMITTEE		Subject: DIET AND NUTRITION POLICY
From: HEAD OF FACILITY SUPPORT SERVICES		
Date: 30 OCTOBER 2012	Ref: GP/JM	

1. Purpose of Report

1.1 The purpose of this report is to set out for the consideration of committee a proposal to release a revised version of the North Lanarkshire Council Diet and Nutrition Policy. This report outlines the rationale behind updating the existing Diet and Nutrition Policy and provides detail of new Government directives which have an impact on the Policy and its action plan.

2. Background

- 2.1 In 2000 a Diet and Nutrition Policy was developed for North Lanarkshire, one of the first to be developed by a Local Authority in Scotland. It was subsequently updated in 2006 and then reviewed and re-launched in 2008. Since then, a number of significant national programmes have been introduced which the Council's Diet and Nutrition Policy now needs to reflect.
- 2.2 The changing context of national programmes to improve nutritional standards places local authorities at the centre of health improvement for their communities, and this is reflected in North Lanarkshire Council's Corporate Plan and the local outcome identified within the Single Outcome Agreement – 'Improve number of people able to make healthier choices for their diet and nutrition'. The revised Policy will feature a wide-ranging approach to health improvement, ensuring that the importance of improving diet and nutrition continues to be raised across all council services. The Policy encourages cross-service working, recognising that everyone has a responsibility for improving food, nutrition and health.
- 2.3 The Policy will continue to support the aims to improve diet and health amongst all those living and working in North Lanarkshire by promoting the availability of healthier food choices to all those who use its services.
- 2.4 The Schools (Health Promotion and Nutrition) (Scotland) Act (2007) built on the work of Hungry for Success and placed a legal requirement on local authorities to ensure that all schools and nursery establishments are health promoting and that food and drink provided in schools complies with the nutritional requirements specified by the Scottish Executive. Whilst this dates back to 2007 there are emerging issues related to this Act which impact on the Policy.
- 2.5 The Council's Food and Nutrition working group meet on a regular basis and monitor the current policy and action plan. This group have members from across all council services as well as external partners (see Appendix 1 for terms of reference and group members). Updates are provided on a six-monthly basis to the corporate Health and Wellbeing group who lead on the Health and Wellbeing theme within the North Lanarkshire Partnership's Community Plan, and its associated local outcomes, indicators and targets.

3. Key Issues for Inclusion

3.1 Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight (2010)

The current Diet and Nutrition policy requires updating to incorporate and raise awareness of new Government directives which have been implemented since its introduction, including the guidance *Preventing Overweight and Obesity in Scotland* also known as the Obesity Route Map. The Scottish Government and COSLA are equal partners in the development and delivery of this Route Map. The policy direction set out in the document are aimed at central and local government decision-makers working with their partners in agencies, the voluntary sector, NHS Scotland and businesses to develop and subsequently deliver the long-term solutions required to address the obesity problem.

3.2 Supplementary guidance on diet and nutrition for children and young people with additional support needs (2011)

This guidance is a supplementary document to the Schools (Health Promotion and Nutrition) (Scotland) Act (2007) and provides support and practical guidance for all schools, recognising the complex and diverse range of eating and drinking difficulties that children and young people with additional support needs can face. It also exemplifies the importance of partnership working with health professionals and parents by providing examples of effective practice.

3.3 Curriculum for Excellence

The changes required by the Schools (Health Promotion and Nutrition) (Scotland) Act (2007) are not entirely new, but they are significant. They are closely linked to the health and wellbeing aspects of Curriculum for Excellence, and place health at the heart of school learning and school life. Curriculum for Excellence provides a framework for learning and teaching. It takes a holistic approach to health and wellbeing, which includes experiences and outcomes for children around food and nutrition to develop in learners the skills to make healthy food choices and help establish lifelong healthy eating habits.

3.4 Nutrition Guidance for Children and Young people in Residential Care Settings (2011)

Key aspects of this guidance relevant to residential care include the promotion of good, balanced eating habits for life by involving children and young people in shopping, menu planning and cooking to ensure they are equipped with the knowledge and skills they need to take responsibility for their own health and wellbeing once they leave care. The Care Commission will use the new guidelines as the basis for good practice when carrying out future residential care inspections. The guidance will be applied in Council children's houses with action detailed within the revised policy.

3.5 The revised Diet and Nutrition Policy will take account of all recent national guidance implementing actions as required through each Council service and in partnership with NHS Lanarkshire and the voluntary sector.

4. Proposals/Considerations

4.1 The Food and Nutrition working group seeks to make the necessary changes to the current Policy, concentrating on the monitoring and revision of current actions to increase their effectiveness. The group have performed a review of the current Policy and outcomes planning for the revised policy. A four-year action plan will be developed to support the implementation of the Policy.

4.2 The Food and Nutrition working group will oversee the implementation and monitoring of the Policy, reporting directly to the Health and Wellbeing Corporate Group. The Policy will be reviewed on an ongoing basis to reflect any new Government directives, whilst the associated action plan will be monitored on a biannual basis as required by the Health and Wellbeing Group.

4.3 The revised Diet and Nutrition Policy will be implemented across all Council services and Council-funded establishments will be encouraged to comply with this guidance.

5. Financial & Corporate Considerations

5.1 It is proposed to produce the revised policy in an electronic format only, available online through the North Lanarkshire Council website and the Council's intranet. Consequently there will be no publication costs and financial requirements will be minimal. The Policy will also be disseminated to all stakeholders including Council staff and services.

5.2 An equality impact assessment has been completed and published on the Council website.

6. Recommendation

6.1 That the committee approves this request for the Food and Nutrition working group to progress the changes to the current Diet and Nutrition policy and report to a future committee with the revised policy.

6.2 That this report is referred to the Learning and Leisure Services and Housing and Social Work Services committees.



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Local Government Access to Information Act: for further information on this report, please contact Graham Patrick on 01236 632651

Appendix 1

North Lanarkshire Council Food and Nutrition Working Group

Terms of Reference

With reference to and within the framework of the North Lanarkshire Council Diet and Nutrition Policy, the Food and Nutrition Group is responsible for:

- Devising a diet and nutrition action plan for the Council in partnership with NHS Lanarkshire and the voluntary sector.
- Ongoing review of new Government directives or advice and analysis as to their impact on the Policy and Action Plan of the group.
- Implementing actions as required under the sections relevant to their various responsibilities.
- Monitoring the progress and assessing the impact of these actions.
- Developing and implementing post evaluation strategies as and when necessary and practicable.

Responsibilities

The group is responsible for:

- Ensuring that continuous improvement is driven across all council services in line with the Diet and Nutrition action plan.
- Monitoring that all relevant services/partners are fully engaged.
- Evaluating the action plan formatively, reporting progress and outcomes to the Health and Wellbeing group biannually.
- Refining the plan to incorporate post evaluative strategies and any new Government directives or advice which has an impact as determined in the Terms of Reference.