

Local Authority Declaration on Healthier Food and Sugar Reduction

The London Borough of Barnet acknowledges:

Food plays an important role in our day to day lives, our relationships with friends, family and neighbours and our personal health and wellbeing. A healthy balanced diet, high in fruit and vegetables, is one of the key determinants of lifelong health and wellbeing.

The health information people need to make informed decisions, the types and quality of foods available and the accessibility of foods are major factors that affect our eating habits and food choices. Highly processed foods are now readily available and often promoted through advertising, sponsorship deals and price promotions. Consequently, people are eating more of them, increasing their intake of sodium, sugars and saturated fat. Children in London are now consuming three times the government's recommended levels of sugar and overconsumption across the lifecourse is linked to obesity, diabetes, heart disease, some cancers and tooth decay.

In Barnet almost one-fifth (19%) of 4–5 year olds and almost one-third (32%) of 10–11 year olds are either overweight or obese. More than half (53%) of all adults aged 16+ years are overweight or obese.

Over one third (36%) of Barnet residents who participated in the Great Weight Debate survey felt that advertising of unhealthy food and drink inhibited healthy lifestyles and almost two thirds (63%) felt there were too many unhealthy food and drink options.

A strategic effort across the whole Council is required to improve our local food environment. By committing to small changes as a Council, Barnet residents who want to make healthier food choices will be supported in doing so.

Local Authority Declaration on Healthier Food and Sugar Reduction

The London Borough of Barnet

commits to shift towards a healthier food culture and sugar reduction by using our Council powers to:

Tackle advertising and sponsorship

Build on the banning of price promotions, advertising and positioning of foods at checkouts high in sugar, fat and salt at Barnet Hospital. This is in addition to reviewing and developing guidance on Council advertising content.

Support businesses to improve their food offer

Increase the number of businesses that are signed up to the Healthier Catering Commitment scheme and Healthy Workplace Charter from current baseline (over 100).

Develop guidance in Local Plan on hot food takeaways informed by evidence review.

Reduce prominence of sugary drinks and actively promote free drinking water

GLL has free water-filling stations and policies on the sugar content of its drinks, e.g. minimum of 80% of drinks are no added sugar or lower sugar alternatives.

Free drinking water to be provided in the new Council offices including a free water refill station for the public which is clearly advertised.

Raise public awareness

Ensure ongoing public and workplace-based communications on healthy food and oral health.

Deliver healthier public events

Ensure that catering for Council public events is Healthier Catering Commitment Silver certified.

Improve the food provided in settings controlled by the Council

Ensure the new Council office catering provider is Healthier Catering Commitment certified and that all Greenwich Leisure Ltd (GLL) premises in the Borough are signed up to the Healthier Catering Commitment programme by the end of Year 2 of the contract with the Council.

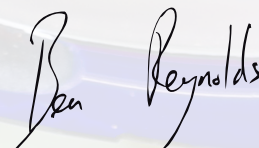
Cllr Cornelius
Council Leader

Cllr Stock
Chair, Health &
Wellbeing Board

Dr. Djuretic
Director of
Public Health

Debbie Frost
Vice-Chair, Health
& Wellbeing Board

Ben Reynolds
Deputy Chief
Executive, Sustain



Date