

## **CHESHIRE EAST COUNCIL**

### **Health and Adult Social Care Scrutiny Committee**

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**Date of Meeting:** 1 July 2010  
**Report of:** Borough Solicitor  
**Subject/Title:** Obesity and Diabetes Review

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#### **1.0 Report Summary**

- 1.1 This report encloses the final report of the Scrutiny Review Panel set up to look at Obesity and Diabetes.

#### **2.0 Recommendation**

- 2.1 That

(a) the report of the Scrutiny Panel be welcomed and supported, noting the progress achieved since the original Reviews were undertaken, but that more remains to be done;

(b) the recommendations of the Panel be endorsed, and referred to the relevant Cabinet Members and the Central and Eastern Cheshire Primary Care Trust for consideration and necessary action, and that they be invited initially to comment on the details of the recommendations;

(c) the responses of the Cabinet Members and the PCT be considered by the Scrutiny Panel in due course;

(d) the Scrutiny Panel be requested to develop an action plan and to keep progress under review, and to report further on the implementation of the Report's recommendations in 12 – 18 months time.

#### **3.0 Reasons for Recommendations**

- 3.1 To progress the findings of the Scrutiny Review Panel which are aimed at addressing the rise in Obesity and Diabetes and reducing the health and financial impacts of this rise.

#### **4.0 Wards Affected**

- 4.1 All

#### **5.0 Local Ward Members**

- 5.1 All

## **6.0 Policy Implications including - Climate change - Health**

6.1 The recommendations are aimed at improving health outcomes.

## **7.0 Financial Implications**

7.1 Not known at this stage.

## **8.0 Legal Implications (Authorised by the Borough Solicitor)**

8.1 None identified.

## **9.0 Risk Management**

9.1 No identifiable risks.

## **10.0 Background and Options**

10.1 In 2004 and 2006 the former Cheshire County Council had published two separate but linked scrutiny reports on “Tackling Diabetes in Cheshire” and “Tackling Obesity in Cheshire”. Both documents contained a series of recommendations amounting to an Action Plan. The Diabetes report was reviewed in 2006 and although significant progress had been made, further work was required on many of the issues raised in the two reviews.

10.2 Accordingly the Health and Adult Social Care Scrutiny Committee on 18<sup>th</sup> November 2009 decided that a “Task & Finish “ Panel should be appointed to review the progress in Cheshire East arising from the earlier reports. The terms of reference for the Panel were:

- 1 To review the outcomes and recommendations from the Scrutiny Report on Diabetes (2004) and Tackling Obesity in Cheshire (concluded in 2006) taking into account:
  - a) Ongoing performance in Cheshire East on the detection, access to services and preventative element of the NHS National Framework for Diabetes (with particular reference to Type 2 Diabetes)
  - b) The effectiveness of various initiatives on children’s eating habits undertaken in Cheshire East by the relevant agencies and schools.
  - c) The “Think Family” strategy currently being developed by Cheshire East Council and partner organisations.
- 2 To report on and produce a revised action plan, reflecting progress achieved to date and any developments since 2006.

10.3 The membership of the Panel is:

Councillors: Arthur Moran (Chair)  
Carolyn Andrew  
Rachel Bailey (until 13<sup>th</sup> May 2010)  
Chris Beard  
Gillian Merry  
Christine Tomlinson

- 10.4 The Panel commenced its work in February 2010 with the aim of reporting to the July Meeting of the Health and Adult Social Care Scrutiny Committee. The Panel met on seven occasions and received both oral & written evidence from a number of officers, both of the Council and the Central & Eastern Cheshire Primary Care Trust.
- 10.5 The methodology adopted by the Panel was the careful review of the recommendations from both of the original reports (including recommendations from a review on “Food in Schools” carried out by the former Central Cheshire Local Health Scrutiny Committee) and the review of the Diabetes Action Plan in 2006. The objective was to concentrate on those aspects of the previous reviews, which still required further attention, with regard to obesity. The focus was very much on work with children and younger people, particularly in the school setting.
- 10.6 The areas of unfinished work from the earlier reviews are reflected fully in the Panel’s fifteen recommendations, which are set out in the Report. The main aspects of the Panel’s findings in this regard may be summarised as follows:
- a) The importance for a balanced diet of encouraging pupils to take the option of the school meal, including free school meals eligibility
  - b) Pressure on pupils’ time in school and the physical constraints of some school canteens which can impact adversely on the ease of opportunity to take school meals
  - c) The value of schools trying to achieve more participation in physical activities outside curriculum time
  - d) Making school related facilities more open to the local community whenever possible
  - e) The dependence of many exercise and activity programmes on “one – off” opportunistic funding, rather than being consolidated in core programmes, which may impact on longer term viability especially in the current economic climate
  - f) The lack of progress nationally towards a single regulated system of food labelling and nutritional information
  - g) The value of investment in preventative measures and promoting healthy lifestyles which has a positive impact on reducing the longer term risks of being diagnosed with diabetes.

- 10.7 If accepted, the Panel's recommendations will form the basis of an action plan for addressing these specific issues in detail. The Panel wishes to review progress again in 12 – 18 months' time.

#### **11.0 Access to Information**

The background papers relating to this report can be inspected by contacting the report writer:

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