

APPENDIX 2

Scrutiny Panel on Obesity and Diabetes

Recommendations

1. That the Panel receive a further report on the current year's National Child Measurement Programme results in 2011.
2. That secondary schools be encouraged to ensure that lunchtime arrangements are structured so that pupils are offered a reasonable time to consume their meal, and the need for queuing is reduced and ideally avoided.
3. That schools be fully encouraged and as far as possible supported to adopt cashless systems so that this becomes available if possible in all CE schools.
4. That further work should be undertaken with the PCT to identify data which would indicate the degree of progress made under the Government's Healthy Weight, Healthy Living Strategy.
5. That further work be undertaken to improve the non-curriculum participation rates through the Partnership Development Managers and specific initiatives, and a report on progress be made in 12-18 months time.
6. The Panel has considered in depth the benefits which sport and physical activity bring to leading healthy lifestyles. The Panel has reviewed the range of play, sport and physical exercise opportunities available to children and young people in particular, and is of the view that the Council should be doing everything possible to improve access to these activities. The Panel has taken into account the Council's responsibilities as "corporate parent", including the need to provide free access to sport and physical activities for its Cared for young people, and recommends that the current programmes are developed to maximise these opportunities.
7. That given the major benefits which these activity programmes bring to healthy lifestyles, they be supported and if possible developed and as far as possible brought within the Council's core programmes.
8. The Panel was of the opinion that more could be done to enable school facilities to be made available to the public and recommends that schools be actively encouraged by the Council to develop these opportunities, their engagement with local communities and to make much more use of their assets as a community resource.

9. That in view of the outstanding success of free swimming and the importance of this activity to physical wellbeing, the Panel recommends that the programme is extended wherever possible and maintained in the future for young and old alike.
10. That discussions take place with CEC PCT with a view to extending and standardising the Healthquest Scheme across the whole of the Borough.
11. That further initiatives are put in place to encourage young people to engage in these activities.
12. That the Director of Public Health should be invited to present the Annual Public Health Report at a full CE Council meeting.
13. That further lobbying be undertaken through the Local Government Association and other appropriate channels to seek one single system of food labelling guidance to reduce confusion and provide clarity, particularly for those with dietary needs such as people with Diabetes and Coeliac disease.
14. That the Panel receive a further report on progress with Food Labelling and Advertising in 12 – 18 months time.
15. That further emphasis and resources are placed by the PCT on the prevention and education work amongst younger people with a particular emphasis on avoiding the increasing risks of diabetes deriving from bad diet and lack of physical exercise.