

	<u>Agenda Item: 12</u>
Report to:	Birmingham Health & Wellbeing Board
Date:	28th November 2023
TITLE:	CREATING A HEALTHY FOOD CITY FORUM
Organisation	Birmingham City Council
Presenting Officer	Sarah Pullen, Service Lead (Food System), Public Health

Report Type:	Information
---------------------	--------------------

1. Purpose:

- 1.1.** To provide an update on delivery to date, and current and planned activity on selected workstreams within the context of the Creating a Healthy Food City Forum and wider food portfolio of work

2. Implications (tick all that apply):

Creating a Bolder, Healthier, City (2022-2030) – Strategic Priorities	Closing the Gap (Inequalities)	Y
	Theme 1: Healthy and Affordable Food	Y
	Theme 2: Mental Wellness and Balance	
	Theme 3: Active at Every Age and Ability	
	Theme 4: Contributing to a Green and Sustainable Future	
	Theme 5: Protect and Detect	
	Getting the Best Start in Life	
	Living, Working and Learning Well	
	Ageing and Dying Well	
Joint Strategic Needs Assessment		

3. Recommendation

- 3.1.** Note the past and ongoing work by the Creating a Healthy Food City Forum.

4. Report Body

4.1 Context

As identified in the [Major Conditions Strategic Framework \(2023\)](#) by the Department of Health and Social Care, it is essential for us to prioritise prevention to help us reduce the prevalence of major conditions such as Coronary Heart Disease (CVD) and cancer. One in four of us live with at least 2 of the 6 major conditions, and this level is rising. Collectively these conditions represent the cause of over 60% of the years lost to early death or lived in ill health. Birmingham and Solihull Integrated Care System has prioritised reducing prevalence of circulatory disease and cancer in [A Bolder, Healthier Future for the People of Birmingham and Solihull Strategy 2023-2033](#).

22% of all deaths are attributed to risks associated with food and what we eat contributes to cardiovascular disease, cancer, and diabetes ([Major Conditions Strategic Framework \(2023\)](#)). The Major Conditions Strategic Framework outlines how in order to reduce the prevalence of major conditions we need to address individual's modifiable risk factors including excess dietary salt, poor diet, obesity and hypertension. In addition, the 2019 Oral Health Survey of 5 year olds found that 29% of children in Birmingham have tooth decay which is higher than the national average of 23%, and food contributes to this. Improving dental health also relates to the ambition within the Joint Local Health and Wellbeing Strategy to reduce the percentage of 5 year olds with experience of dental decay to below 20% by 2030 ([Creating a Bolder, Healthier City \(2022 to 2030\) | Birmingham City Council](#))

Health inequalities are defined as systematic, unfair and avoidable differences in health between different people within society for example there are inequalities in health due to gender, ethnicity, disability and deprivation. There are health inequalities related to major conditions and people living in England's most deprived areas are 4 times more likely to die prematurely than someone in the least deprived areas. [NHS Core20PLUS5 framework](#) outlines how we need to tackle health disparities and promote inclusion in health. Core20 refers to the most deprived 20% of the national population as identified by the national Index of Multiple Deprivation (IMD). In 2022, 88% of Birmingham's wards were more deprived than the England average, so it is important that we can adapt our approach to improve health outcomes to those experiencing inequalities. In addition, the 2019 Oral health Survey of 5-year-olds found that children some areas of the city were more likely to have tooth decay, with rates as high as 50% in Ladywood. The need for targeted and tailored action is further supported by the [Levelling Up White Paper](#).

We need to tailor our approach to support those with non-modifiable risk factors associated with age, ethnicity and gender and with risk factors associated with inequalities including deprivation or disability. Therefore, it is a priority to support Birmingham citizens to shift their diets, and also support services to provide interventions that are tailored to our population and support the personalised approach to care identified as a priority in the Major Conditions Framework. The Framework outlines how essential it is to move away from a one-size-fits-all approach, and we therefore we need to develop approaches that support those most at risk to shift their diets to reduce the risk of developing major conditions and support secondary prevention to help them manage the progression of disease through changes in diet.

This is why Healthy and Affordable Food is a key work stream in the city's Health and Wellbeing Strategy, and the Birmingham Food System Strategy builds upon this. The Creating a Healthy City Food Forum has developed and oversees the delivery of the Birmingham Food System Strategy.

4.2 Current Situation

4.2.1 Creating a Healthy Food City Forum

4.2.2 The 'Creating a Healthy Food City Forum' (CHFCF) is a sub-committee of the statutory Health and Wellbeing Board. It enables collaboration with partners and stakeholders across the food system.

4.2.3 Six CHFCF meetings took place between November 2022 and October 2023, there are 66 members and average attendance is 19 members per meeting, all meetings have been quorate.

4.3 Birmingham Food System Strategy

4.3.1 The Birmingham Food System Strategy was ratified by council in April 2023. This continues to guide the work of the Food System Team in the Public Health Division and enable engagement with communities and stakeholders. The vision is to create a fair, sustainable, and prosperous food system and economy, where food choices are nutritious, affordable and desirable so all citizens can achieve their potential for a happy, healthy life.

4.3.2 Strategic action plan working groups were set up for all work streams and themes.

4.4 Strategy Implementation

4.4.1 The strategy was officially launched at the two-day Birmingham Food Revolution conference on October 12th & 13th. Approximately 200 people attended this event, and recordings are available on YouTube to enable further engagement.

4.4.2 Ten strategic action plan workshops took place on the individual workstreams & themes between 16th -20th October. Approximately 120 people attended these meetings, with further stakeholders engaged in the work.

4.4.3 The Birmingham Food System Strategy has produced key deliverables in 2023 and these are detailed in this report.

4.4.4 We have delivered Local Food Legend grant funding to support the growth of the Birmingham Food Revolution and empower, celebrate, and showcase local actions. This grant scheme has supported food project initiatives which fit into our vision of creating a fair, sustainable, and prosperous food system and economy, where food options are nutritious, affordable and desirable so everyone can thrive. Grants of £5,000 were made available to kickstart new projects or continue the good work of existing projects. 44 organisations from across the city received Food Legend Funding including 24 growing projects, 16 groups and organisations which offered education and skills opportunities on topics such as healthy eating, cooking, shopping, two projects addressing

waste and recycling and two projects supporting the food economy. Impact reports will be captured by December 2023.

4.4.5 Birmingham Public Health Division and University College Birmingham (School of Health, Sport and Food) have worked together to create the Centre for Urban Food @UCB. This centre supports the creation and dissemination of ideas, resources and knowledge related to food system transformation between Higher Education Institutions, public sector, private sector, charities, third sector and communities. One of the key outcomes has included the Creative Dinners project funded by UKRI Knowledge Exchange funding to increase awareness of the Birmingham Food System Strategy approach and to include ‘voices’ often not always represented. Representatives from across communities come together for a meal at the restaurant Birmingham College of Food to discuss and influence policy relating to food with speakers sharing diverse perspectives. There have been 3 dinners to date with key themes focusing on: cost of living; innovation and behaviour change; farm to fork. Students from across University College Birmingham’s Culinary Arts Degree programmes were set the challenges of creating a menu for each dinner with respect to the theme and then preparing it from scratch. Over 200 people have participated in the events so far and evaluation will be completed by December 2023. It is a solution focused approach to addressing issues pertinent to the Birmingham Food Strategy and further dinners are being planned.

4.4.6 Full of Beans campaign was delivered in Summer 2023 across 70 Holidays, Activities and Food (HAF) Programme holiday clubs, with up to 4,200 children engaged.

4.5 National Action

4.5.1 In November 2023 we were awarded the Bronze Award from Sustainable Food Places. The [Sustainable Food Places Award](#) is designed to recognise and celebrate the success of those places taking a joined up, holistic approach to food and that are achieving significant positive change on a range of key food issues.

4.5.2 The CHFCF contributed towards Every Mouthful Counts Report by Sustain, which captures Local Authority action on food and climate change. The Every Mouthful Counts Report will be published in December 2023.

4.5.3 UK Urban Food Forum being set up by Birmingham as a national city learning exchange network to sit under the international MUFPP city network will have its first meeting in December 2023.

4.5.4 The CHFCF has collaborated with The Food Foundation, specifically City Policy Lead, to drive national actions.

4.6 International Action

4.6.1 The [Global Food Justice Toolkit](#) was developed and launched in Bordeaux in Autumn 2023. Birmingham City Council launched the Global Food Justice Pledge (GFJP) in 2021 at the 7th Milan Urban Food Policy Pact (MUFPP) Global Forum. The GFJP was developed in response to lessons learnt on food insecurity during the COVID-19 pandemic. It aims to encourage collaboration and collective working – empowering the voices of cities nationally and

internationally. It emphasises the need for cross-cutting policies to create and support an affordable, nutritious, and sustainable food system for all citizens, irrespective of social or economic resource. The toolkit support cities with implementing this approach. 35 people locally, nationally and internationally have signed up to the pledge.

4.6.2 Birmingham is an active member of the Milan Urban Food Policy Pact (MUFPP) steering committee and has been elected as one of two secretariats for Europe, along with Barcelona. In this role, Birmingham will be shaping the priorities and actions for food systems in Europe and supporting collaborations and partnerships between cities.

4.7 Strategic Work Streams

4.7.1 Food Production: Enhanced relationships with key stakeholders from community growing organisations and BCC's [City of Nature Plan](#) team to ensure coordinated future actions.

4.7.2 Food Sourcing: Influenced the [Catering and Food Procurement Strategy for Cityserve/Civic Catering](#) to align with Food System Strategy and ensure food procured for public sector catering is nutritious, sustainable and ethical.

4.7.3 Food Transformation: Full of Beans campaign developed delivered in 70 holiday clubs in collaboration with Food Trails EU funding Holidays Activities and Food Programme.

4.7.4 Food Waste and Recycling: Surplus food mapping & process project with The Active Wellbeing Society, due for completion in March 2024. Connections made with BCC Waste Team, Route to Net Zero & Oxford University.

4.7.5 Food Economy and Employment: Connections made with key stakeholders with individual meetings taking place to enhance relationships and scope future actions to support food businesses to become healthier and more sustainable, and to shape the skills and employment opportunities in the sector.

4.7.6 Food Safety and Standards: Engagement with Environmental Health team and University of Birmingham academics to improve food safety and hygiene across the city and overcome barriers that businesses face. The Food Foundation is creating a business guide for stakeholders in the food procurement chain that allows for informed decisions based on the credibility and verification of various claims on products, ensuring alignment with sustainability, ethical and health standards.

4.8 Cross Cutting Themes

4.8.1 Food Skills and Knowledge: The culturally diverse healthy eating guidance project is ongoing and is building on phase 1 where the Diverse Nutrition Association exploring eating guides from around the world and providing recommendations on how eating guidance should be structured to be more culturally diverse. During phase 2 Caroline Walker Trust (CWT) conducted focus groups with health and educational professionals and Communities Engage and Thrive (CET) conducted focus groups with communities to explore what format these resources should take to address the needs of those

providing nutrition education, and those receiving nutrition education. CWT and CET provided their initial reports in Autumn 2023, and the results of these two reports are being consolidated into one report by early 2024. Initial versions of the guidance will be designed and beta-tested throughout 2024 to ensure they meet the needs of our city's diverse communities and educational and health professionals.

4.8.2 **Food Behaviour Change:** This has involved applying behavioural science models to projects to increase their impact including the Full of Beans intervention. The Forum has also supported the PEACH team at Aston University with the Appetite study which addresses obesity and avid appetites in children.

4.8.3 **Food Security and Resilience:** The Food Provision group has met regularly to share learning and discuss potential actions during the cost-of-living emergency response. Phase 1 of cost-of-living response took place in 2022/23 and included grant funding opportunities to support food access and capacity of food projects through the Emergency Food Aid Fund (116 projects received £480,000) and the Affordable Food Infrastructure Fund (68 projects received £175,000 and evaluation & monitoring is ongoing). Phase 2 is taking place in 2023/24 and includes the Winter Food Aid Fund where 168 projects have received £823,000 funding in total to purchase food through the Household Support Fund. A grant is also being delivered through the HSF to support new Affordable Food Models in the city. We have also created resources to support food provision groups include Shame & Stigma toolkit & Nutritious Food Guidance to support food aid project delivery.

4.8.4 **Food Innovation, Research and Data:** The East Birmingham Food System Exploration project led by the Young Foundation has been exploring the barriers and opportunities for food businesses in East Birmingham providing a healthy and sustainable food offer. The report will be published in early 2024. The Harnessing Youth Voice Project involves young people developing tools to capture food system insights from their perspective to influence policy and practice and food system change. The Youth Service are writing the final report and it will be available in early 2024.

4.9 Next Steps and Delivery

- Draft and publish the Strategic Action Plan in collaboration with members of Action Groups.
- Further engagement with food system stakeholders to ensure representation reflects the population.
- Capture stories and best practice from the Local Food Legends.
- Collaborate with stakeholders to share data and insights.
- Publish reports and ensure accessibility.
- Continue to work on the food provision element of the cost-of-living response.
- Host and evaluate Creative Dinner events (November & December themes have been finalised).
- Continue to work on Culturally Diverse Eating Guidance.
- Continue national and international work.
- Prepare to apply for next SFP award in 2024.

5. Compliance Issues

5.1. HWBB Forum Responsibility and Board Update

All work within the remit of the Forum will be reported to the Board as either a presentation or as part of the information updates detailing all Forum activity as per current governance arrangements.

Day-to-day responsibilities are managed:

- Internally via regular Food System Team meetings in line with Agile project management principles (bi-weekly updates as a minimum), and regular updates to the Cabinet Member for Health and Wellbeing through the Public Health Cabinet Member Briefing sessions (as requested).
- With partners through the Creating a Healthy Food City Forum itself, as well as multiple interfaces on shared work packages, objectives, and outcomes.

5.2. Management Responsibility

Rosie Jenkins. Senior Public Health Officer (Food System), Public Health, Birmingham City Council

Sarah Pullen, Service Lead (Food System), Public Health, Birmingham City Council

6. Risk Analysis

Identified Risk	Likelihood	Impact	Actions to Manage Risk
Continuity if members of staff in Food System Team off sick or other prolonged absence	Low	High	<ul style="list-style-type: none"> -Well organised folders accessible by the whole team -Actions and key dates on calendar and tasks app -All team briefed on whole food system agenda -Team members copied into emails for their information and so they can find information as required -Detailed workplan

Appendices

The strategy is available to view through this link [Birmingham food system strategy 2022 to 2030 | Birmingham food system strategy | Birmingham City Council](#)

The following people have been involved in the preparation of this board paper:

Rosie Jenkins, Senior Officer (Food System team), Public Health, BCC

Sarah Pullen, Service Lead (Food System team), Public Health, BCC

Bradley Yakoob, Senior Officer (Food System team), Public Health, BCC

Chloe Browne, Officer (Food System team), Public Health, BCC

Niamh Mellerick, Officer (Food System Team), Public Health, BCC