

# Creating a Healthy Food City Forum

## Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



Agenda Item	Actions
	<ul style="list-style-type: none"><li>• Final COTP report is being made accessible and will be shared on the BCC website if attendees want to explore it in more detail.</li><li>• Cllr Khan to draft letter to government.</li><li>• All to share/submit evidence and findings of the effect of the cost of living crisis on Birmingham Citizens and why action is needed now.</li><li>• All to review draft letter and co-sign the letter</li><li>• Trussell Trust list of asks to be circulated with all members.</li><li>• Reminder that we have a LinkedIn group for the network so we can continue sharing and discussing with each other between forum meetings.</li></ul>
<b>1. Welcome, apologies and introductions</b>	<p><b>[Recording: 00:00 – 00:29]</b></p> <p><b>Attendees:</b> Cllr Mariam Khan (chair), Tessa Lindfield, Sarah Pullen, Bradley Yakoob, Rosie Jenkins, Chloe Browne (minutes), Emily Machin, Ceri Saunders, Emma Frew, Pam Noel, Charlene Peart, Aidan Hall, Lisa O’Sullivan, Florence Cadge, Anna Taylor, Melissa Saint Hill, Amit Dattani, Monder Ram, Laura Spencer, Shaleen Meelu, Sameera Hussain, Andrew Scott.</p> <p>Apologies: Councillor Mary Locke, Karen Crevin, Martin White, Derek Price, Jackie Blissett, Mary Thompson,, Emily Stubbs and Mark Gamble, Emily Stubbs</p> <p>Recording: <a href="#">Creating a Healthy Food City Forum-20220915_100548-Meeting Recording.mp4 (sharepoint.com)</a></p>
<b>2. COTP report update</b>	<p><b>[Recording: 00:29 – 30:54]</b></p> <p><b>Update from Chloe:</b></p> <ul style="list-style-type: none"><li>• Introduction to the approach and aims of the COTP. A test and learn approach was adopted due to disruptions such as staff changes and sickness. This led to the development of three work streams, all working towards broader objectives.</li></ul>

# Creating a Healthy Food City Forum

## Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



- **Work Stream 1-** Integrate Public Health into Built Environment Processes. Aiming to review what shapes the built environment in Birmingham, including planning and land use processes, and identify opportunities and barriers to improve public health.
- A Healthy City Planning Toolkit was created, including a Rapid Health Impact Assessment with 14 criteria. This was informed by the work of other Local Authorities in learning sessions.
- Overall positive response from Toolkit consultation, some concerns over it being non-binding and funding to implement it.
- Key outcomes were a living document and an action plan.
- Key learnings were collaborative working, mapping existing processes and creating a living document.

### Continued update from Sarah:

- **Work Stream 2-** Capturing Food System Insights and Data. Aiming to develop tools, metrics, and techniques to enable effective capturing of insights and data across the food system to identify priorities and measure impact of actions.
- Initial start with a single Birmingham Basket idea then move towards developing a broad range of metrics and tools.
- Tools include Birmingham Basket, Food Affordability Toolkit, Asset Mapping, Community Researchers, Youth Researchers, Focus Groups, Surveys and Questionnaires.
- Strong relationships, such as with the Mandala Consortium have developed from this work stream.
- Challenges include the risk of duplication and GDPR and data laws.
- Key learnings were to ensure of variety of people are involved in development, develop strong relationships and to be patient.
- **Work Stream 3-** Embed Health Literacy Development: Identify Barriers and Enablers to Implementation and Practice. Aiming to improve health literacy across the city through the integration of learning and development resources.
- A module was developed and fit the needs of trainees on all levels from 2 to 7.

# Creating a Healthy Food City Forum

## Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



	<ul style="list-style-type: none"><li>• University of Birmingham conducted an evaluation. Development of the module was affected by staff change and absence. Experiences were varied, some said that it positively impacted on their health literacy whereas other didn't like the style of delivery.</li><li>• Key learning included allowing plenty of time for module development, consider what's already available and the use of range of formats to promote accessibility.</li><li>• Key recommendations slide was left up for attendees to read.</li></ul> <p><b>Questions and Feedback:</b></p> <p>Emma: where does the data and insights work take us in terms of the food strategy? e.g. with creating a database to explore progress.</p> <p>Sarah: We received advice from the Mandala Consortium, and they are developing a food system tracking system for Birmingham. We are reflecting on their feedback and building on their approach.</p> <p>Tessa: Impressed with the honesty of evaluation with the learnings and issues. The evaluation report will therefore be useful as part of a national evaluation.</p>
<b>3. Culturally diverse healthy eating guidance</b>	<p><b>[Recording: 30:54 – 1:11:42]</b></p> <p><b>Update from Melissa:</b></p> <ul style="list-style-type: none"><li>• DNA were tasked with producing cultural healthy eating resources for people from a range of cultural backgrounds. Research to understand cooking habits and what people look for in healthy eating resources.</li><li>• Quantitative research- surveyed 389 people from Birmingham, Dudley, Walsall, Wolverhampton and Solihull. Confused understanding around saturated and unsaturated fats was discovered (34% thought that they should eat less unsaturated fats). Also confusion over diabetes prevention. Most reported that cultural food consumption is high.</li><li>• This supports further work to increase awareness of healthy eating guidance and this needs to be done across all cultures.</li><li>• Qualitative research- 35 participants, with 12 'star' participants having in-depth interviews (Com-b model approach). Frequency of cultural cooking depends on confidence, household tastes, access and whether the food is considered</li></ul>

# Creating a Healthy Food City Forum

## Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



healthy. South Asian community felt that issues included oil, ghee and breads. Eastern European were heavy on meats, salt and sugars. Pictures given of fridges, cupboards and meals. Motivations to eat healthily included becoming parents, getting older and awareness of illness affecting family/friends/cultural group. Hard to honour the cultural dish whilst making it healthier. Barriers to healthy eating included time, cost, mood, socialising and cravings.

- 'Winning resources' were pulled out using eye tracking. Appealing factors included use of colour, photographs/graphics and meal planning advice. Unappealing factors included busy visuals, lack of information about fluids and too much simplicity.
- Conclusions- definite interest in resources and key concerns around traditional foods are portion sizes, salt, oil and lack of variety of vegetables and fruit.
- Resources checklist- realistic visuals, clear direct message and interactive element if possible.
- Beyond the resources- community connections, events, webinars and cooking sessions are needed.

### Questions and Feedback:

Pam: Role is working with free school meal children, general knowledge of food and nutrition across society is actually quite low. Pam is also working on resources and would like to be able to access the slides. Pilot of resources around Christmas. Melissa said that she will reach out to discuss this.

Cllr Khan: Could you refer to the 7 cultural diets?

Mellissa: Eastern European, South Asian, African, Caribbean, Latin American, East Asian

Cllr Khan: When conducting the research, was anything explored in the different places in those geographical reasons?

Melissa: Groups were broken down more in the quantitative research, it was considered. With regard to more information on healthy meals and ingredients, we are now looking at healthy meals and breaking these down into food lists and recommending swaps.

# Creating a Healthy Food City Forum

## Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



	<p>Sarah: We didn't want to commission a resource straight away due to complicated relationships with foods and different places. Emphasised the importance of acknowledging that we don't all live under one label.</p>
<b>4. Birmingham Food System Strategy and post-consultation update</b>	<p><b>[Recording: 1:11:42 – 1:15:51]</b></p> <p><b>Update from Sarah:</b></p> <ul style="list-style-type: none"><li>• Consultation has now closed (closed on 11/09/22).</li><li>• We have received 90 BeHeard responses, lots of face-to-face sessions in addition where we have been out in the community.</li><li>• 50 individual perspectives and groups such as Pip's Hot Sauce, Glue collective, FareShare, Birmingham Community Healthcare NHS Foundation Trust, Foodcycle, different teams in BCC, Sustain, The Food Foundation, Birmingham Allotment Group and Birmingham Wholesale Market.</li><li>• Next steps- analyse feedback, rewrite the strategy to capture feedback, proofreading with contact at Northfield Library. Then will have to go through council processes to receive signoff and publish.</li><li>• Aim is to go to cabinet for approval in early 2023, with it being published in March 2023.</li><li>• Also pulling together work stream working groups.</li></ul> <p>Feedback from consultation will be shared at the next session.</p>
<b>5. Commonwealth Food Futures Summit and Birmingham Food Justice</b>	<p><b>[Recording: 1:15:51 – 1:20:45]</b></p> <p><b>Food Futures Summit on the 28<sup>th</sup> July 2022</b></p> <p><b>Update from Sarah and Bradley</b></p> <ul style="list-style-type: none"><li>• The event was a collaboration of cities sharing best practice around food systems.</li></ul>

# Creating a Healthy Food City Forum

## Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



<b>Pledge Feedback</b>	<ul style="list-style-type: none"><li>• We shared the strategy and the 'Food Justice Pledge' ("As city leaders, we are committed to addressing food justice by acknowledging that all our citizens irrespective of status are entitled to safe, nutritious and sustainable food at all times. We recognise the benefits of a collaborative partnership to address the global challenge of food insecurity exacerbated by the COVID-19 pandemic, climate crisis, global food and fuel crisis and disaster displacement.")</li><li>• It was signed by 30 different leaders.</li><li>• Purpose is to get cities on board and are aware of the role they can play.</li><li>• Now reaching out to cities and are creating an online food justice network. Can sign up officially online.</li><li>• Capturing of case studies in the city.</li><li>• PH Registrar and graduates will be working on this.</li></ul>
<b>6. Cost of living solutions discussion</b>	<p><b>[Recording: 1:20:45 – 1:50:15]</b></p> <p>Cllr Khan: Use this opportunity to come together and discuss the cost of living, we are all worried about the implications of this across all groups and residents. We want to hear from organisations what they are doing. Council leader has announced a cost of living emergency and a city partnership board meeting has been arranged for Friday 23<sup>rd</sup> with MPs and other partners.</p> <p>See attached Menti presentation.</p> <p><b>What is your organisation doing to help with the cost of living crisis?</b></p> <p>Andrew Scott: Trussell Trust area manager, also part of the advice provider forums in which BCC have also been supporting. Several foodbanks are working with local advice providers to ensure that people can receive advice to maximise their income. National partnerships with citizens advice. Aware that asks may be wider than their advice, also campaigning government. Alarming increase in numbers of people needing foodbank support in the last 3 weeks.</p> <p>Amit: Concern over the language used (ignoring the structural problems), worry that the solutions are quite short-term as well. Issues already existed. Increased demand at cafes at TAWS. Fareshare have been given a kitchen space by the council in</p>

# Creating a Healthy Food City Forum

## Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



Nottingham, we are trying to do the same. Warm welcome hubs and what they could look like. Still working on food SOS campaign with Birmingham Mail.

Rosie: Making a list of asks for retailers? Who and what the approach is?

Anna: Make the list visible in the public domain and work with the media to tell stories where retailers are doing a good/bad job. Anna will send this list. National level, big campaign about extending free school meals (lived experiences of free school meals being shared). Working with retailers on healthy start. Florence wants to feed into the list too.

### **What approaches can we take as a city to help the most affected?**

- Monitor the Household Support Fund.
- Ensure the local organisations are able to signpost.
- Ensure everyone on the front line has access to food support/parcels and up to date information about the support available.

### **What actions specifically in the food system can we take to mitigate the impacts of the cost of living crisis?**

Sarah: Making really strong networks of communications and accessing live documents. Locally owned resource lists (neighbourhood network schemes). Not all resting on the shoulders of volunteers. We have some project ideas but want to work with everyone to avoid duplication and strengthen each other's responses.

### **How can the food justice pledge be used to apply pressure?**

Sarah: Workshop with our team to decide an action plan.

Cllr Khan: Suggest a big push on lobbying government, write a letter to government capturing our concerns. Members of the forum can sign their names.

Anna: The government is thinking of reviewing/reversing the anti-obesity measures, deregulation, using food as a tool to do this (worth including in the letter).

## Creating a Healthy Food City Forum

### Virtual Forum, Teams Meeting

Thursday 15<sup>th</sup> September 2022

10:00-12:00



	<p>Amit: Happy to support the letter and FJN to contribute stats/information.</p> <p>Tessa: Link into overall emergency response at the council, linking projects together. Clear and short-term issue with food now but need to remember the long-term impacts as well. Access to food that does you good not just any old food.</p> <p>Cllr Khan: Anyone wanting to contribute to the letter to share what they would like to be included.</p> <p><b>Resulting Actions:</b></p> <p><b>Action: Cllr Khan to draft letter to government.</b></p> <p><b>Action: All to share/submit evidence and findings of the effect of the cost of living crisis on Birmingham Citizens and why action is needed now.</b></p> <p><b>Action: All to review draft letter and co-sign the letter</b></p>
7. Chair Closing Remarks and AOB	<p><b>[Recording: 1:50:15 – 1:52:40]</b></p> <p>Cllr Khan: Exciting to hear all of the work that has been going on. Strong response to the food system strategy consultation. Clearly cost of living is high on everyone's agenda. Get started on coordinating the letter to government.</p> <p>Andrew: Trussell Trust campaign asks to be circulated with all members.</p>
8. Date/time of next meeting	16 <sup>th</sup> November 2022 (13:00-15:00)