

# **Islington Eating Well Together: Making Healthy Choices the Easy Choices**

## **London Flagship Food Boroughs June 2014**



Self-sufficiency

Replicable

Partnerships

Fair

Building a Healthy Start

Children's Choices

Commitment

**Islington Eating Well Together: Making Healthy Choices the Easy Choices**

Social cohesion

Connecting through Food

Healthy Choices for Teenage Appetites

Track record

Reducing inequality

Intergenerational

Quality of universal provision

## High need & significant opportunity

38% children live in poverty  
2<sup>nd</sup> highest in England

52% residents live within the  
20% most deprived areas of  
England

46% primary and 44% secondary  
eligible for free school meals

Food bank demand has doubled  
in the last year

36% of Year 6, 23% of  
reception children are  
overweight or obese

6<sup>th</sup> worst in London for chronic  
liver disease deaths

# Strand 1: Building a Healthy Start

	Key achievements	Flagship Activities
<b>The First 21 Months</b>	<ul style="list-style-type: none"><li>• Universal Healthy Start vitamins</li><li>• Breastfeeding support - high rates of breastfeeding</li></ul>	<ul style="list-style-type: none"><li>• Maximise use of Healthy Start vouchers</li></ul>
<b>Progress at two</b>	<ul style="list-style-type: none"><li>• Integrated health and education review - one of 4 national pilots</li></ul>	<ul style="list-style-type: none"><li>• Parents well informed about Islington Eating Well resources and activities</li></ul>
<b>Great food in great childcare</b>	<ul style="list-style-type: none"><li>• Pioneering Healthy Children's Centre Programme</li><li>• 1000 childcare places for disadvantaged two year olds</li></ul>	<ul style="list-style-type: none"><li>• Quality and impact of food and the food environment central to all Islington early years settings</li></ul>



## Strand 2: Healthy Food for Children & Families

	Key achievements	Flagship Activities
<b>Gold standard school meals</b>	<ul style="list-style-type: none"> <li>• Universal free school meals for all nursery and primary school pupils : 88% take-up</li> </ul>	<ul style="list-style-type: none"> <li>• Engaging parents in healthy food</li> <li>• Sharing good practice with other boroughs</li> </ul>
<b>Healthy Schools</b>	<ul style="list-style-type: none"> <li>• Breakfast clubs in 89% of schools</li> <li>• 84% of schools engaged in healthy schools</li> </ul>	<ul style="list-style-type: none"> <li>• Schools Forum fund for innovative school food projects (£100K)</li> </ul>
<b>Adventures with food: playing, growing, cooking</b>	<ul style="list-style-type: none"> <li>• Healthy Holiday Provision</li> </ul>	<ul style="list-style-type: none"> <li>• An Eatwell workforce for Islington:               <ul style="list-style-type: none"> <li>• Young people</li> <li>• Volunteers</li> <li>• Support into work</li> </ul> </li> </ul>
<b>Support for weight concern</b>	<ul style="list-style-type: none"> <li>• Children and young people obesity care pathway</li> </ul>	<ul style="list-style-type: none"> <li>• School nurses supporting families re: weight concerns and more engaged in NCMP</li> </ul>



## Strand 3: Healthy Choices for Teenage Appetites

	Key achievements	Flagship Activities
<b>Supporting Skills</b>	<ul style="list-style-type: none"> <li>• CCG funded Youth Health Trainers programme</li> </ul>	<ul style="list-style-type: none"> <li>• Build on Arsenal's work to support vulnerable young people to develop cooking and nutrition skills</li> </ul>
<b>Young people as customers</b>	<ul style="list-style-type: none"> <li>• Successful Healthy Catering Commitment</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Retailers scheme to be co-produced with young people</li> </ul>
<b>Planning for health</b>	<ul style="list-style-type: none"> <li>• All secondary schools have a 'closed gate' policy during school lunch</li> </ul>	<ul style="list-style-type: none"> <li>• Maximise planning powers to limit takeaways opening near schools</li> </ul>



## Strand 4: Connecting through Food

	Key achievements	Flagship Activities
<b>Islington's culture of food</b>	<ul style="list-style-type: none"><li>• Good Food for London Award: winners every year</li></ul>	<ul style="list-style-type: none"><li>• Islington's Food Strategy as a Flagship borough</li></ul>
<b>Tackling food poverty: reducing food waste</b>	<ul style="list-style-type: none"><li>• High profile Love Food: Hate Waste campaigns</li></ul>	<ul style="list-style-type: none"><li>• Partner with Plan Zheroes to use surplus food in Eat Well projects to reduce hunger</li></ul>
<b>Intergenerational food projects</b>	<ul style="list-style-type: none"><li>• Intergenerational gardening projects</li></ul>	<ul style="list-style-type: none"><li>• Intergenerational meals: utilising school resources and encouraging volunteering opportunities</li></ul>





The local adventure playground has a pizza oven: Uche loved being six and going along to choose toppings

Mum went to see the midwife at 8 weeks and registered for Healthy Start

She was referred to family support at her children's centre where she went to cook and eat sessions and collected her vitamins

Uche starts to learn to cook at school: loving mashing food and making dough! The gardening club is exciting - eating the tomatoes and radishes for lunch!



Uche has an integrated health review at two. They found out about more activities they could do to support interaction with other children

Uche's dad starts to volunteer at the local adventure playground now he has more time: he gets a hygiene certificate and joins a Eat Well training programme

Mum and dad learnt to cook the Eat Well recipes from the cook and eat sessions at home and used the Healthy Start vouchers to buy fruit and veg

Uche starts school and likes school meals (mum's pleased she doesn't have to pay for them). Uche enjoys chatting to an older person from the flats who comes to school for lunch.

Uche attended 'dad's and child' swimming club on Saturdays: it was great that the snacks and drinks at the leisure centre were similar to the Eat Well recipes



# Questions

