

The contribution of Public Health Bristol to the work of Bristol's Food Policy Council

Summary of who's who and how our work fits

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Summary

This paper shows how the work of staff within Public Health Bristol contributes to the aims of the Bristol Food Policy Council.

Purpose of this paper

The purpose of this paper is to enable Food Policy Council members, other directorates within Bristol City Council, and other partner organisations, to see the contribution that Public Health Bristol staff make and to identify synergies and gaps with the aim of achieving greater effectiveness and opportunities for collaborative working.

The work of the Food Policy Council

A brief explanation of the work of the Food Policy Council and of the relationship between its work and the aims of other key strategies is given in Appendix 1.

Who is Public Health Bristol?

Far-reaching changes are taking place in health and social care in England following the Coalition Government White Paper of 2010 'Liberating the NHS' and the subsequent Health and Social Care Act of 2012. This can make it hard to keep track of who does what, and it has inevitably required the expenditure of time and energy on setting up new organisations, closing down old ones, and managing the transfer of staff and functions. Ensuring this is achieved without any gaps, overlap, or loss of continuity in service has been, and continues to be a considerable challenge.

From 1 April 2013 the Public Health team that used to be part of NHS Bristol (formerly known as the Primary Care Trust) has now transferred to Bristol City Council. This team is now referred to as Public Health Bristol. The transferred team includes a wide range of staff working on issues ranging from sexual health, tobacco control, screening and immunisation programmes, drug misuse, community development, physical activity, healthy schools, and the provision of public health expertise to the commissioning of best value health services.

There are of course many public health functions that have always rested within local government, for example relating to food safety, allotments, pest control, recycling and waste, trading standards, and licensing. Furthermore, many of the wider functions of local government have far reaching influences on health, relating for example to the quality of homes, places, green spaces, high streets, transport, and of design features that create a culture of walking, cycling, healthy eating, food growing and outdoor play.

In this paper we focus just on the Public Health staff who have transferred from the NHS. It is important to stress that there are many other areas of work within Bristol City Council that contribute to the work of the Food Policy Council but which are not described in detail in this paper. These include;

- the Public Health Services Team - responsible for public health protection through provision of a range of services including food safety

- The Horticulture team - responsible for allotments, trees and other aspects of plants and wildlife
- The Sustainable City team - providing direct support to community activities around food and food growing
- Trading Standards and Licensing - responsible for issues to do with legal trading and licensing of premises

The contribution of Public Health Bristol to Bristol’s work on good food

The rest of this paper briefly summarises the main work relating to food, by staff who were formerly part of the NHS until 1 April 2013.

The staff listed in Table 1 have wide ranging roles in addition to the roles shown in the table, and most of them work part time. Therefore the actual amount of time dedicated solely to food whilst important, is limited.

Table 1. Details of who does what in relation to food within Public Health Bristol

| Details for Public Health Bristol staff involved in food work | Headline description of work areas |
|---|--|
| Nicki Symes Breastfeeding Coordinator Sheridan Road Nicki.symes@bristol.gov.uk Managed within the ‘early years’ part of the Education service within Children and Young People division | Nicki, a midwife by background, works with numerous organisations to achieve culture change in support of breastfeeding, which is the ultimate affordable, sustainable food. Since taking up post, the support for mothers to breastfeed has increased, the City has achieved UNICEF ‘Baby Friendly’ status (in March 2010, the first City in England and Wales to achieve this), and breastfeeding rates have increased year on year. |
| Jessica Williams Senior health Promotion Specialist (Early Years) Sheridan Road j.williams@bristol.gov.uk 0117 9031389 Managed within the ‘early years’ part of the Education service within Children and Young People division | Jessica, a trained Dietician by background, works in the Health and Early Years Team and makes sure that policy on healthy nutrition (and physical activity) is put into practice within pre-school nurseries and other settings where infants and parents are in contact with BCC staff. She trains staff, prepares resources, and works directly with some parents and families. The approach encompasses the way that children are taught about food including through activities such as growing and cooking food, as well as the actual provision of nutritious food and the modelling of sound behaviours for sharing food together. |
| Gill Brookman Health Improvements Project Manager | Gill, with a background in environmental science, teaching and community development work, manages the team of Health Improvement Specialists ¹ in the |

¹ The role of the Health Improvement Specialists (variously called Community Development/Health Improvement/Health Promotion) is to help reduce health inequalities, raise life expectancy and improve health and well-being by working within areas of

| Details for Public Health Bristol staff involved in food work | Headline description of work areas |
|---|--|
| <p>Brunel House/Withywood Centre Gill.brookman@bristol.gov.uk 0117 9223319 Member of Jackie Beavington's team within the Neighbourhoods Division</p> | <p>South of Bristol, working with local communities to develop opportunities for living healthier lifestyles. This includes commissioning healthy food growing and eating activities.</p> |
| <p>Jo Williams Consultant in Public Health Child Health City Hall Jo.williams1@bristol.gov.uk 0117 9223355 Jo is managed by Deputy Director of Public Health Dr Kelechi Nnoaham</p> | <p>Jo is an epidemiologist by background, and until recently was working as a Public Health Consultant in South Gloucestershire. She has recently been appointed to take on the work formerly undertaken by Julie Mytton who has now gained a professorial post at University of the West of England. Jo is responsible for providing public health expert support to all aspects of children and young peoples' health.</p> |
| <p>Loretta Ingram Weight Management Project Manager Brunel House 1st Floor Loretta.ingram@bristol.gov.uk 0117 9223308 Reports to Viv Harrison</p> | <p>Loretta has a background in community development and is currently responsible for commissioning weight management services for children, families, and adults in Bristol. The contracts include; free 12 wk weight loss programme with commercial providers (Weight Watchers and Slimming World) on referral for 16+ yr olds with BMI (body mass index) of 28 or above, 6 month 1-1 or group support with community dietician for 16+ BMI 30 or above or 28 plus medical condition, 'Alive N Kicking' for overweight/obese children 2-16 and their families, and 1-1 or group support for 2-16s and families by healthy weight specialist nurses, health professional referral only. In addition there is a paediatrician led multidisciplinary clinic at Bristol Childrens Hospital for severely obese children. Loretta also attends the 5K food poverty partnership to provide a link between 5K and Public Health Bristol.</p> |
| <p>Viv Harrison Consultant in Public Health, Cardiovascular Health and Inequalities Viv.harrison@bristol.gov.uk 0117 9222959</p> | <p>Viv is a medic by background and oversees all aspects of public health input to programmes of provision and service commissioning relating to heart disease and inequalities. This includes the development of support for people who are overweight and obese and the implementation of the NHS health check programme.</p> |

disadvantage. They act as a bridge between communities and service providers, they help develop joint working between local agencies and departments in providing community based solutions to public health issues, and by so doing they increase the power of local people.

| Details for Public Health Bristol staff involved in food work | Headline description of work areas |
|---|--|
| <p>Rachel Cooke Senior Health Promotion Specialist Healthy Weight Kenham House Rachel.cooke@bristol.gov.uk Rachel is managed within the Young Peoples (4YP) part of Public Health Bristol</p> | <p>Rachel works with schools in Bristol mainly as part of 'Healthy Schools' programme. This covers physical activity, food and emotional wellbeing and is delivered in partnership with the Personal Social and Health Education curriculum. The Healthy Schools team trains and supports teachers and other school staff so they can adapt and use the Healthy Schools approach within their own school. Over 52 schools are actively involved and most report significant measurable increases in fruit and veg consumption, and decreases in crisps, sweets, and chocolates in packed lunches. Examples of the work include supporting staff to initiate breakfast clubs (at St Barnabas the children themselves do the cooking and clearing and learn about nutrition), and lunch box projects where pupils design collective guidelines for packed lunches, and the whole school – parents included – become involved in changing practice. Rachel teaches and supports school staff to become Healthy School Food champions, and gets involved in helping schools to negotiate better food from their caterers, which indicates the scope and need for a better approach to school catering contracts. With Grace Davies she is working to achieve long term improvement in the contracts for school food.</p> |
| <p>Donna Sealey Community Development Health Promotion Specialist 5 ways bungalow Lawrence Weston Donna.sealey@bristol.gov.uk Donna is part of the Health Improvement team for North Bristol managed by Judith Taylor within Jackie Beavington's team, which is part of Neighbourhoods</p> | <p>Donna works as part of the team of Health Improvement Specialists in North Bristol. She secured funding to transform a former elderly residents caretakers bungalow in Lawrence Weston to become the '5 Ways Bungalow' which is now home to numerous wellbeing projects many of them involving volunteers from the local area (gardening, parenting, wellbeing choir, community quilt making, stop smoking group, older peoples group etc). Donna established a food cooperative operating from the bungalow on Mondays, with cost price fruit and veg from St Philips Wholesale market and some produce from Lawrence Weston Community Farm. She aims to develop these into viable long term social enterprises.</p> |
| <p>Alex Wood Health Promotion Specialist Community Health Development Cameron Centre/Greenway Centre Alex.wood@bristol.gov.uk</p> | <p>Alex works as part of the team of Health Improvement Specialists in North Bristol. In Lockleaze this has included; ensuring that cooking from scratch programme includes food hygiene, developing, sourcing and setting up a local food co-op (similar to</p> |

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|---|--|
| <p>Alex is part of the Health Improvement team for North Bristol managed by Judith Taylor within Jackie Beavington's team, which is part of Neighbourhoods</p> | <p>the 5 Ways Bungalow coop), and providing set up and support for Scrummy Mummies - a low cost weight loss group for parents with children. Alex is also working with Age UK to develop a lunch club in Lockleaze which will involve up-skilling the local greasy spoon café so that there will be local ownership of the lunch club in order to guarantee its long term future. Alex also has a working relationship with the North Bristol Food Bank.</p> |
| <p>Kate Cooke Health Promotion Specialist Community Health Development Easton Community Centre Kate.cooke@bristol.gov.uk Kate is part of the Health Improvement team for Inner East Bristol managed by Mohammed El Sharif within Jackie Beavington's team, which is part of Neighbourhoods</p> | <p>Kate works as part of the Inner City Health Improvement Team and has a background in fitness and wholefoods industries. Kate has been involved in work with the Somali Community on food and this has included weight management for Somali Women and cookery skills courses for Somali Men. Kate regularly conducts Healthy Eating workshops using the eatwell resource and is trained in basic weight management. This has included work with a number of community groups and partners – most recently healthy eating workshops for the Drug and Alcohol support group within the mental health services. Separate to paid work, Kate is part of Bristol Vegans and one of the admins for their Facebook group with extensive knowledge of the local vegan community and food.</p> |
| <p>Kate Roberts Health Promotion Specialist Community Health Development Withywood Centre Kate.roberts@bristol.gov.uk Kate is part of the Health Improvement team for South Bristol managed by Gill Brookman within Jackie Beavington's team, which is part of Neighbourhoods</p> | <p>Kate works as part of the team of Health Improvement Specialists in South Bristol. Her area includes Knowle West, Hartcliffe and Withywood. Kate's team works closely with and supports the long established Hartcliffe Health and Environment Action Group (HHEAG) and with the Knowle West Health Association. These projects deliver growing and cooking projects to the local community. Kate is currently researching oral health in young children as part of her MSc studies.</p> |
| <p>Clive Gray Public Health Specialist (population mental health and health of prisoners) Amelia Court Clive.gray@bristol.gov.uk Clive is part of the public health team managed by Christina Gray</p> | <p>Clive works at HMP Bristol in collaboration with Liz Fox whose main responsibility is food and health. They support the prison catering manager to make changes to the menu and commission courses to teach inmates how to buy and prepare nutritious food. Clive also supports the commissioning of four health related benefits advice services and recently implemented new information capture about food poverty as part of the monitoring of the advice delivered. The measures at</p> |

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|---|--|
| | <p>present are fairly crude relating to food bank referrals, rather than capturing more complex indicators about poor nutrition. Through links with Clive's manager (Christina Gray) food is also included in public health work relating to positive wellbeing, to black and other ethnic minority health, migrant communities, exclusion and food poverty.</p> |
| <p>Liz Fox Senior Health Promotion Specialist for Food and Health Amelia Court Elizabeth.fox@bristol.gov.uk 0117 9022631 Liz is part of the public health team managed by Christina Gray</p> | <p>Liz has worked on food issues in Bristol for many years. Her work focuses particularly on groups most vulnerable to poor nutrition – elderly, prisoners, people with learning disabilities, and certain ethnic minority groups. Liz commissions cooking courses for a range of groups, and she provides advice, gives talks, organises conferences, and helps to assemble evidence about the nature of the problems faced.</p> |
| <p>Angela Raffle Consultant in Public Health, Sustainability and Wider Determinants Brunel House 4th Floor Angela.raffle@bristol.gov.uk 0117 922965 Angela is managed by Deputy Director of Public Health Dr Kelechi Nnoaham</p> | <p>Angela, a medic by background, has worked on a range of issues in Bristol and nationally since 1984 and switched to her current role in 2010. She was responsible for commissioning the Who Feeds Bristol report which helped establish the need to align all the strands of food activism under a single banner in order to achieve system change. With Steve Marriott and Liz McDougall she helped organise Bristol food conferences in 2010 and 2011 and helped to set up the Food Policy Council. She supported the Bristol Food Network in initiating the Bristol Independents Campaign in 2012. She is the health sector representative on the FPC, helped prepare the Good Food definition and charter and is in the process of working with the three major NHS Trusts (UHB, NBT, AWP) to prepare a baseline report on the state of Good Food in Bristol's hospitals. She also links to other health sector bodies on wider issues of sustainability.</p> |
| <p>Liz McDougall Principle Health Policy Officer, Policy and Strategy Room 201 City Hall Liz.mcdougall@bristol.gov.uk Is a member of the Healthy Urban Team within BCC and reports to Viv Harrison</p> | <p>Liz provides support to the Health and Wellbeing Board, and amongst her responsibilities is the task of implementing an evidence-based programme of workplace health for BCC employees and for rolling this out to other major employers in the City. This includes aspects relating to good food.</p> |
| <p>Stephen Hewitt Specialist Professional Planner, Health Improvement</p> | <p>Stephen is a Specialist Professional Planner sitting within the Strategic Planning Division of BCC and working on Healthy Living and Health Improvement</p> |

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|--|---|
| <p>2nd floor Brunel House Stephen.hewitt@bristol.gov.uk Is a member of the Healthy Urban Team within BCC and reports to Angela Raffle</p> | <p>aspects of strategic planning and Development Management and Control. This role involves making a case for inclusion of healthy and sustainable food provision to be safeguarded within land use planning locally and nationally. Thanks to Stephen’s work references to good food are now included in the Bristol Development Framework Core strategy and in the Development Management Policies. Health impact comments are also submitted on individual planning applications, with reference being made to the need for space for food growing and access to healthy affordable food. Stephen has also prepared and submitted comments for BCC on national consultations about retail use classes and other relevant matters.</p> |
| <p>Christina Maslen Clinical Effectiveness Research Lead Avon Quay Christina.maslen@bristol.gov.uk 0117 9222899</p> | <p>Christina has worked in evidence-based practice for many years, and specialises in searching, identifying, appraising and synthesising relevant evidence of effectiveness. She prepares reports and summaries of evidence to support numerous aspects of the work of Public Health Bristol. Christina was mainly responsible for production of the 2013 report ‘Food Poverty – what does the evidence tell us?’</p> |
| <p>Grace Davies Senior Environmental Health Officer currently on secondment to Bristol City Council Health at Work team Room 201 City Hall Grace.davies@bristol.gov.uk 0117 9223285 Grace reports to Liz McDougall who heads up the Workplace Health Initiative</p> | <p>Grace is a Senior Environmental Health Officer with Bristol City Council and has worked on food and health initiatives with public health colleagues for 20 years. She is currently seconded to the Health Improvement Team (part of Public Health Bristol) to support the Workplace Health initiative. Her work supports the roll out of the Bristol Workplace Wellbeing Charter to employers citywide, and promotion of good food in procurement and the catering sector. Grace is coordinating our efforts to ensure Contracting officers within Bristol City Council include Food Charter Good Food standards as essential requirements in BCC food procurement, and to simplify the legalistic burden of contract paperwork in order to make it feasible for small local businesses to compete for the tenders.</p> |
| <p>In addition to the above, there are other members of staff within the neighbourhoods team, including the Health Improvement Specialists and the Health Trainers, whose work can involve food related issues from time to time.</p> | |

How this matches to the eight elements in the Food Plan (see bubble diagram Figure 1 in Appendix 1) is summarised in Table 2 below.

Table 2 Cross tabulation of Public Health work against the Food Plan strategic aims.

| Food Plan strategic aim | Contribution by Public Health Bristol |
|--|--|
| Transform Bristol's food culture | Promotion of breastfeeding (Nicki) Promotion of good early years nutrition (Jessica) Food related work within the Healthy Schools programme (Rachel, Gill) Programme of work on Healthy Weight (Loretta) Work by Health Improvement Specialists within communities to support food growing and cooking from scratch (Donna, Alex, Kate, Kate) Work within Horfield Prison (Clive, Liz) Work with vulnerable and elderly people (Liz) Work on nutrition and food poverty (Christina, Liz etc) Work on workplace health (Grace, Liz) |
| Safeguard diversity of food retail | Support for Bristol Independents campaign (Angela) National lobbying for change in retail use classes (Stephen) Comments on individual planning applications for change of use (Stephen, Angela) |
| Safeguard land for food | Lobbying for protection of land for food growing in local and national policies (Stephen, Angela) |
| Increase urban food production and distribution | Health impact comments on planning applications in which we advocate provision of food growing space and additional allotment provision (Stephen, Angela) |
| Redistribute recycle and compost food waste | Food related work within the Healthy Schools programme (Rachel, Gill) |
| Protect key infrastructure for local supply | Lobbying for national changes to planning laws (Stephen) |
| Increase market opportunities for local and regional producers | Work on the schools catering contracts (Rachel, Grace) Work with NHS Trusts on catering contracts (Angela) Work on BCC in –house catering contracts (Liz, Grace) |
| Support community food enterprise models | Work by Health Improvement Specialists within communities to support development of buying co-ops (Donna, Alex, Kate, Kate) |

Appendix 1 The work of the Food Policy Council and its fit with other strategies

The Bristol Food Policy Council was set up in 2011 following several successful food conferences in the City, the publication of a Sustainable Food Strategy, and the publication of the 'Who Feeds Bristol'¹ research report. The members of the Council include food activists, business people, public sector policy makers and food experts.

The aim of the Food Policy Council is summed up in the 2012 Food Charter²;

"We all know that food should be tasty, healthy and affordable. But really 'good food' is also produced, processed and distributed in ways that are good for nature, good for workers, good for animal welfare, and good for local businesses."

Championing all seven hallmarks of good food will mean a better, more resilient food system for our city. It requires a shift to more regional, seasonal, fairly traded, and organically grown food with benefits for health, for local jobs and for the environment. Eight overarching themes underpin the Food Policy Council's work;

Figure 1 Bubble diagram summarising the Food Policy Council's food Plan strategic aims



Main aims that flow from the Bristol Good Food Charter are:

- To encourage people to cook from scratch, grow their own, and eat more fresh, seasonal, local, organically grown food.
- To promote community-led food trade such as co-operatives, buying groups, Community Supported Agriculture and pop-up shops.
- To champion the use of local, independent food shops and traders to help keep our highstreets vibrant and diverse.
- To promote the use of good quality land in and around Bristol for food production.
- To increase the amount of Bristol-grown fruit and vegetables supplied to restaurants, cafes, markets, and households across the city.
- To help open up market opportunities for food made or grown by local and regional producers.
- To retain and strengthen city links with local wholesale markets, and nearby abattoirs, dairies and farms.
- To minimise food waste by encouraging composting and the redistribution of good food that would otherwise be wasted.

There are many excellent examples already of Bristol's food culture changing for the better in our schools, hospitals, restaurants, cafes, shops, and businesses. There are food-growing projects happening on derelict land, food festivals showcasing regional delights and local organic farms supplying fresh vegetables straight into the city.

The aspirations of the Food Charter are also reflected in other key strategies for the City.

The 'Health and Wellbeing Strategy' for Bristol (currently in draft form) has as Priority Number 4 to "Achieve a healthier, more sustainable and resilient food system for the city, which benefits the local economy and environment." Preparation of the Health and Wellbeing Strategy is a statutory requirement and is the responsibility of the 'Health and Wellbeing Board' for the City.

The Government's 'Public Health Outcomes Framework' includes targets for breastfeeding, childhood obesity and childhood poverty.

The NHS Sustainable Development Strategy (due to be finalised Jan 2014) is likely to highlight the value of local food procurement, of resilient food supply, and of the health benefits of involvement with food growing.

¹ Carey J. Who Feeds Bristol? Towards a resilient food plan. March 2011. Bristol Partnership.

<http://bristolfoodpolicycouncil.org/wp-content/uploads/2012/10/Who-Feeds-Bristol-report.pdf>

² The Bristol Good Food Charter 2012. Bristol Food Policy Council <http://bristolgoodfood.org/sample-page/>