

Hot Food Takeaways

An Evidence Base Review for North Lincolnshire

1	Introduction	5
	Purpose of this Paper.....	5
2	National Policy and Guidance	6
	Foresight Report, Tackling Obesity: Future Choices 2007	6
	Healthy Weight, Healthy Lives, 2008 and 2009	6
	Marmot Review, 2010.....	7
	Healthy Lives, Healthy People, 2010 and 2011	7
	National Institute for Health and Clinical Excellence (NICE), Prevention of Cardiovascular Disease (2010) and Type 2 Diabetes (2011)	7
	Healthy People, Healthy Places briefing Obesity and the Environment: Regulating the Growth of Fast Food Outlets (2014).....	7
	Tipping the scales: Case Studies on the Use of Planning Powers to Limit Hot Food Takeaway (Feb 2016)	7
	Town and Country Planning Association Building the Foundations: Tackling Obesity through Planning and Development (Feb 2016).....	8
	National Planning Policy Framework 2019 (NPPF)	8
	Childhood Obesity: A Plan for Action Chapter 2 (2018).....	9
	Evidence.....	9
	Conclusions.....	10
3	The Current Picture in North Lincolnshire	11
4	National Policy	13
	Exclusion zones	13
	Why 400m?	14
	Definition of a Hot Food Takeaway	14
	Examples of Class A5 Uses	14
5	Local Policy	15
6	Local approach to Healthy Weight	18
	Children & young people:.....	19
	Adults:.....	19
	Physical Activity.....	19
	Environment	19
	Children and young people.....	19
	Adults.....	20
	Environment	20
	Physical Activity.....	21
7	Local Challenges.....	22
	Table 1: Distribution of Fast Food Outlets in North Lincolnshire	22
	Figure 1: Relationship between density of fast food outlets and deprivation by local authority	23
	Figure 2	23
	Table 2: North Lincolnshire fast food density and Year 6 excess weight prevalence by ward	24
	Figure 3	25
	Figure 4	25
	Figure 5	26

	Figure 6: Comparison of adult overweight and obesity prevalence across Yorkshire and the Humber	26
	Table 3: Distribution of existing Town Centre fast food outlets amongst North Lincolnshire Schools	27
	Figure 7: Distribution of North Lincolnshire Schools within 400m of a Town Centre	28
8	Conclusions	29
9	References	30
10	Appendix 1	32
	List of Hot Food Takeaways North Lincolnshire October 2019	32
	Ashby High Street	32
	Barton Upon Humber.....	33
	Brigg.....	33
	Crowle	33
	Epworth	34
	Frodingham Road.....	34
	Kirton in Lindsey	35
	Scunthorpe Town Centre	35
	Winterton.....	35

1 Introduction

- 1.1 The purpose of this report is to provide an evidence base for the hot food takeaway policy in the emerging Local Plan. This report summarises the policy context and evidence which has informed the council's decision to regulate takeaways through the planning system. It forms part of North Lincolnshire Council's wider strategic approach in promoting a healthy environment and addressing health concerns of the population, particularly with respect to obesity, in the area.
- 1.2 Over recent years, a whole systems approach to obesity and the benefits of healthy eating have attracted attention nationally and have highlighted the role that local authorities have in seeking positive solutions. This is outlined in the Healthy People, Healthy Places briefing Obesity and the Environment: Regulating the Growth of Fast Food Outlets (PHE 2014) where local authorities are urged to utilise the range of legislation and policy at their disposal to create places where people are supported to maintain a healthy weight.
- 1.3 The existing planning policy on hot food takeaways is 'Local Plan Policy S9 restaurants and hot food takeaway establishments' (S9). This existing policy focuses on managing environmental impacts such as noise, traffic, odour and refuse and protecting the amenity of nearby residents. It also has regard to the number and location of existing hot food takeaways. This and other development plan policies do not consider the health impacts associated with restaurants, drinking establishments and hot food takeaways. North Lincolnshire Council is currently preparing a Local Plan (LP) which is to replace the adopted Local Plan and Local Development Framework. In doing so, it will set out the planning strategy and detailed development management policies. All planning policy documents need to justify their policies with adequate evidence. This paper, therefore, draws together information about the relationship between health concerns and hot food takeaways in the United Kingdom and more locally in North Lincolnshire, to provide the evidence base for any new policies put forward in the LP to manage their number and location.

Purpose of this Paper

- 1.4 The purpose of this paper is to:
- Review the existing national and local policy framework in relation to hot food takeaways and identify whether any further local policy guidance is required.
 - Assess both the planning and health related issues regarding hot food takeaways in North Lincolnshire.
 - Make recommendations on the future management of hot food takeaways in the area. The findings of this paper will be used to provide evidence to inform and support the direction of policies for the Local Plan.

2 National Policy and Guidance

Foresight Report, Tackling Obesity: Future Choices 2007

- 2.1 Foresight report, 2007 The Foresight report, Tackling Obesity: Future Choices (2007), states that diet is one of the key determinants of obesity levels and that consumption of hot food from takeaways is a source of cheap, energy-dense and nutrient-poor food. Takeaways tend to be high in fat and sugar but low in vitamins and nutrients and, when consumed in large amounts, can result in an imbalance between calories consumed and calories expended; resulting in weight gain. Over the past decade the United Kingdom has seen the level of food consumption away from the home increase by 29%. Research has shown that eating more than two times a week from a fast food or quick service restaurant is associated with perceived poor health status, being overweight or obese. Increasing access to healthy foods while also limiting access to unhealthy foods are actions that local authorities can take to influence the environmental factors that affect health and wellbeing, including weight gain and obesity. The Foresight Report (2007) highlighted the disparity between the higher levels of obesity that are found in deprived areas, and the lower levels of obesity that are found in wealthier areas. The report considered the environmental influences on diet, such as ease of access to supermarkets and proximity to takeaways and restaurants. The Obesity Systems Map contained within the Foresight Report, was developed to understand the wide range of factors that influence levels of obesity and how they interact. The causes of obesity are extremely complex; these encompass biology and behaviour, and are set within a cultural, environmental and social framework. The research undertaken by the Foresight team indicates that a bold whole system approach to tackling obesity is critical - from production and promotion of healthy diets to redesigning the built environment to promote walking, together with wider cultural changes to shift societal values around food and activity. Such a holistic approach requires a broad set of integrated policies including both population and targeted measures and must necessarily include action not only by government, both central and local, but also by industry, communities, families and society as a whole.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/296290/obesity-map-full-hi-res.pdf

Healthy Weight, Healthy Lives, 2008 and 2009

- 2.2 In 2008, the Government published Healthy Weight, Healthy Lives: A Cross Government Strategy for England (2008) which highlighted that in Britain almost two thirds of adults and a third of children are either overweight or obese. This is a key public health issue because being overweight or obese can have a huge impact on an individual's health and there is a strong link between excess body weight and diseases such as type 2 diabetes, cancer and heart and liver disease. This report found that obese children are more likely than children of a healthy weight to become an obese adult with associated health problems later in life.
- 2.3 In response to these issues, the report called for "local authorities [to] use existing planning powers to control more carefully the number and location of fast food outlets in their local areas".
- 2.4 It further stated that "the Government will promote these powers to local authorities and PCTs to highlight the impact that they can have on promoting healthy weight, for instance through managing the proliferation of fast food outlets, particularly in proximity to parks and schools".
- 2.5 A follow-up report was published in 2009, Healthy Weight, Healthy Lives: One Year On, the focus in on children's health and it again stated that local authorities should develop planning policies that reflect the needs of their area, which may include tackling obesity, and encourages "all local authorities to review whether it is appropriate for fast food restaurants to be located near to schools".

Marmot Review, 2010

- 2.6 The Marmot Review Fair Society, Healthy Lives (2010) looks at the evidence around health inequalities in England and makes recommendations on the development of a health inequalities strategy in England. The review made two recommendations that relate directly to the role of local planning authorities in public health, one of which specifically relates to improving the food environment in local areas. The recommendations are set out below.
- E2.1. Prioritise policies and interventions that reduce both health inequalities and mitigate climate change ... by ... improving the food environment in local areas across the social gradient
 - E2.2. Integrate planning, transport, housing, environmental and health policies to address the social determinants of health

Healthy Lives, Healthy People, 2010 and 2011

- 2.7 The Department of Health White Paper, Healthy Lives, Healthy People: Our Strategy for Public Health in England (2010), states that England is the most obese nation in Europe and that obesity is one of the most widespread threats to health and wellbeing in the country.
- 2.8 The White Paper responds to the Marmot review and further highlights the importance of local authorities using planning powers in shaping the built environment and states that “health considerations are an important part of planning policy.” It specifically acknowledges that the planning system can be used to limit the growth of takeaways and encourages local government to decide on what action is needed locally.
- 2.9 Building on the 2010 publication of Healthy Lives, Healthy People, the follow-up report, Healthy Lives, Healthy People: A call to action on obesity in England (2011) recognised that local areas are best placed to create tailored strategies to meet the needs of local communities. It outlines areas where local government can influence health and wellbeing, one area being “making the most of the 5 potential for the planning system to create a healthier built environment.”

National Institute for Health and Clinical Excellence (NICE), Prevention of Cardiovascular Disease (2010) and Type 2 Diabetes (2011)

- 2.10 This is NICE's formal guidance on preventing cardiovascular disease (CVD) and Type 2 Diabetes at population level. This evidence based guidance specifically recommends that local planning authorities are encouraged to “restrict planning permission for takeaways and other food retail outlets in specific areas (for example, within walking distance of schools)” and implement existing planning policy guidance in line with public health objectives.

Healthy People, Healthy Places briefing Obesity and the Environment: Regulating the Growth of Fast Food Outlets (2014)

- 2.11 This briefing was written in conjunction with the Local Government Association (LGA) and the Chartered Institute of Environmental Health (CIEH). It is aimed at those who work in or represent local authorities. It addresses the opportunities to limit the number of fast food takeaways (primarily hot food takeaways, especially near schools) and ways in which fast food offers can be made healthier. It summarises the importance of action on obesity and a specific focus on fast food takeaways, and outlines the regulatory and other approaches that can be taken at local level.

Tipping the scales: Case Studies on the Use of Planning Powers to Limit Hot Food Takeaway (Feb 2016)

- 2.12 The Local Government Association (LGA) has published seven case studies on the use of planning powers to limit hot food takeaways. The LGA and the councils it represents do not want to make life unnecessarily difficult for restaurant and catering businesses. It acknowledges that there is a need for flourishing eating-out sectors in our towns and cities: it is good for both the day- and night-time economies for balanced and busy town centres. That is why all the councils which have introduced restrictions on takeaways through their planning policies are also working with businesses to help them make a healthier offer to their

customers. The case studies show that talking to businesses is already beginning to pay dividends, with some businesses improving their offer with advice from environmental health and public health staff and some competing for awards for healthier food. It also acknowledges that planning is only one system which can help and a multi-faceted approach to tackling this issue appears in all local authority's health and wellbeing strategies.

Town and Country Planning Association Building the Foundations: Tackling Obesity through Planning and Development (Feb 2016)

- 2.13 The report is the result of a workshop series in 2015 demonstrating innovative practice from fourteen local authorities and their partners on how to tackle obesity and other problems by using planning policy and in making decisions on new housing developments. These local authorities and many others across the country are exhibiting the potential for using the planning system to change health behaviours in terms of promoting active travel and physical activity, encouraging provision and access to local green spaces, and enabling food growing opportunities in allotments but also restricting overconcentration of unhealthy food uses.
- 2.14 The report recommends that local authorities and their partners consider:
- How to make it easy and natural for people to walk and cycle more in urban areas
 - Guaranteeing that open spaces and parks are easy to get to and safe
 - Ensure that the areas surrounding children are healthy, such as by restricting the number of takeaways near schools
 - How to make high quality public spaces in neighbourhoods, including good healthcare facilities and open spaces
 - How to make sure houses have adequate dining and kitchen facilities to encourage cooking, and outdoor spaces for children to play in
 - To ensure that there are public facilities such as bike storage and benches to make it easier for people to leave cars at home
- 2.15 There have been a number of successful examples of using the planning system to change health behaviours. In Warwickshire, a borough council now has a policy to limit the number of hot food takeaways near schools.

National Planning Policy Framework 2019 (NPPF)

- 2.16 This framework must be taken into account in the preparation of local and neighbourhood plans and is a material consideration in planning policy and decisions. Promoting health is explicitly stated in the NPPF and identifies that Planning policies and decisions should aim to achieve healthy, inclusive and safe places which enable and support healthy lifestyles, especially where this would address identified local health and well-being needs – for example through the provision of safe and accessible green infrastructure, sports facilities, local shops, access to healthier food, allotments and layouts that encourage walking and cycling.
- 2.17 The National Planning Policy Guidance (PPG) goes onto to describe a “healthy place” is one which supports and promotes healthy behaviours and environments and a reduction in health inequalities for people of all ages. It also stipulates that Planning can influence the built environment to improve health and reduce obesity and excess weight in local communities. That local Planning Authorities can have a role by supporting opportunities for communities to access a wide range of healthier food production and consumption choices. Planning policies, where justified, seek to limit the proliferation of particular uses where evidence demonstrates and in doing do, evidence and guidance produced by local public health colleagues and Health and Wellbeing Boards maybe relevant.
- 2.18 The PPG also gives guidance on specific planning policies and what they may need to have particular regard to:-
- Proximity to locations where children and young people congregate such as schools, community centres and playgrounds

- Evidence indicating high levels of obesity, deprivation, health inequalities and general poor health in specific locations
- Over-concentration of certain uses within a specified area
- Odours and noise impact
- Traffic impact
- Refuse and litter

Childhood Obesity: A Plan for Action Chapter 2 (2018)

- 2.19 The National Action Plan states that children who are obese or overweight are increasingly developing type 2 diabetes and liver problems during childhood. They are more likely to experience bullying, low-esteem and a lower quality of life and they are highly likely to go on to become overweight adults at risk of cancer, heart and liver disease. They are also disproportionately from low-income households and black and minority ethnic families.
- 2.20 Childhood obesity is one of the biggest health problems this country faces. Nearly a quarter of children in England are obese or overweight by the time they start primary school aged five, and this rises to one third by the time they leave aged 11. Our childhood obesity rates mean that the UK is now ranked among the worst in Western Europe.
- 2.21 Local authorities have a range of powers and opportunities to create healthier environments. The power to develop planning policies to limit the opening of additional fast food outlets close to schools and in areas of over-concentration.

Evidence

- 2.22 It is well documented across major health organisations (WHO, PHE, NHS, CDC) that obese children are also more likely to become obese adults and these health problems can develop into serious illnesses such as cardiovascular disease, hypertension, stroke, and cancer. The health problems that were hinted at during childhood will start to show themselves as serious conditions and diseases in adulthood



- 2.23 Without effective preventative measures, it is predicted that more than half of the UK population will be obese by 2050. Consequently, the Chief Medical Officer has recommended the use of evidence based interventions at an individual- and population- level; even while research into the underlying causes continues. Recommendations to modify or regulate the fast food environment are based on a developing evidence base that has produced varying outcomes. However, systematic reviews highlight that the inconsistencies in study findings may be due to the variety of methods employed that impact on associations seen. For instance, the use of different food outlet data sources differences in accuracy of secondary datasets, classifications of food outlets and definitions of a neighbourhood may influence both the strength and direction of any associations.

- 2.24 Recently, more rigorous research has shown how a population-level approach to reducing body mass index and/or obesity may be effective. For instance, in one of the only UK studies to effectively capture the work, home and commuting fast food environment a higher exposure to takeaway food outlets in all environments was associated with higher consumption of takeaway food, greater body mass index and greater odds of obesity.
- 2.25 A more recent study (under review) has shown that associations were inconsistent across local authority areas, however, data suggests that in populated areas of North Lincolnshire and particularly in Scunthorpe, the fast food environment exhibits a strong association with population-level unhealthy weight, with those most exposed to fast food outlets more likely to carry excess weight. There is therefore a clear need supported by robust local evidence to support policy actions to mitigate the problem.
- 2.26 The Healthy Urban Development Unit Planning for Health states whilst schools might have a stay-onsite policy during lunch hours, research has indicated that the most popular time for purchasing food from shops is after school. This includes older primary school children who might not be accompanied by an adult to and from school. Many local authorities have come to the conclusion that takeaways within walking distance of schools are contributing to rising levels of childhood obesity.

Conclusions

- 2.27 The existing national studies and Government reports highlight that the planning system, and planning policies, have an important role to play in improving health and wellbeing in England. The research also shows that obesity is one of the major health concerns to prioritise as there is a link between obesity and diseases such as Type 2 Diabetes, Cancer and Heart Disease. There is a particular focus on children's health and reducing childhood obesity as obese children are more likely than their non-obese peers to become obese adults with associated health problems.
- 2.28 Work by the National Obesity Observatory (NOO) (2012) has found that there is a strong association between deprivation and the density of fast food outlets, with more deprived areas having more fast food outlets per population.
- 2.29 A UK review of 33 studies looking at the location of takeaways points out "most of the studies have found a positive association between availability ... of fast-food outlets and increasing deprivation . . . This is an important issue to highlight to policy decision makers as land use restrictions on new fast food outlets may help to stop the 'deprivation amplification' effect" (Fraser et al. 2010).
- 2.30 There are numerous studies that have researched the impact of fast food takeaway premises on people's diet and weight. Research in America has shown that pupils with fast food restaurants near their schools consumed fewer servings of fruit and vegetables (Davis et al. 2009, Fraser et al. 2010).
- 2.31 Links have also been established between levels of education and high fast food exposure. Findings from the research Does Neighbourhood Fast-Food Outlet Exposure Amplify Inequalities in Diet and Obesity? A Cross-Sectional Study (2016) found that high fast food outlet exposure amplified differences in fast food consumption across levels of education. The relationship between fast food exposure and obesity was only significant amongst those who were least educated.
- 2.32 There is not a clear consensus on whether a causal relationship exists between the accessibility of food premises and unhealthy weight in an area. However, Public Health England state that there are strong theoretical arguments for the value of restricting the growth in fast food outlets, and the complex nature of obesity is such that it is unlikely any single intervention would make a measurable difference to outcomes on its own (Public Health England, 2014).

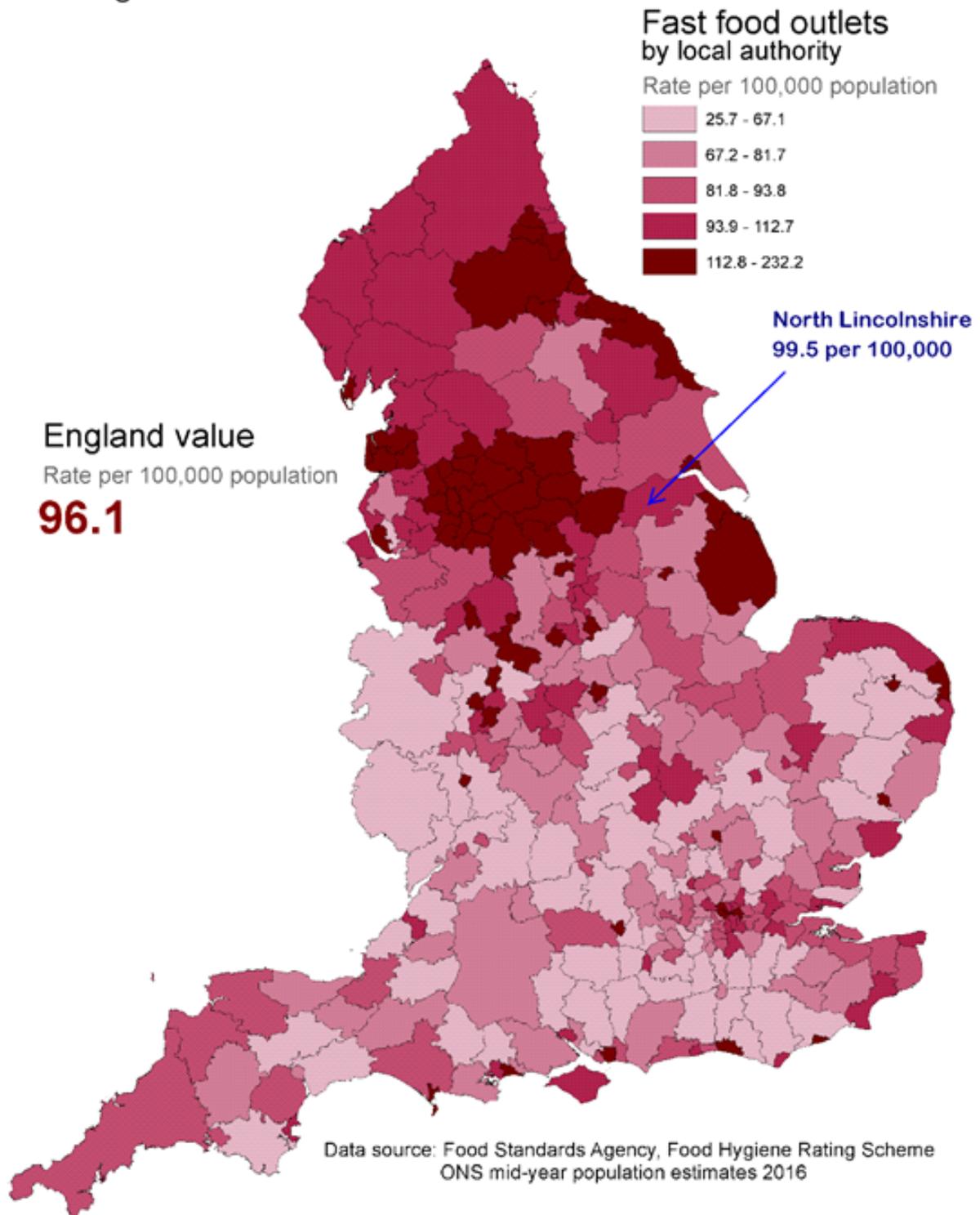
3 The Current Picture in North Lincolnshire

- 3.1 The most recent North Lincolnshire Integrated Strategic Assessment (2019) and its companion the JSNA -Joint Strategic Assessment of Health and Wellbeing (2018) highlight a number of shared priorities for health and wellbeing in North Lincolnshire, including; 'Healthy lifestyles are the norm', 'Children have the best start in life and thrive' and 'People live well for longer and enjoy good mental wellbeing'. These priorities recognise the rising trends in obesity and physical inactivity and their role in increasing the risk of premature death and associated conditions such as diabetes and heart disease which are also prevalent in the adult population. There is also an increased risk of premature death and a reduction in years lived in good health, which disproportionately affects the most deprived, and vulnerable communities, so reducing inequalities and promoting healthy living, particularly amongst the youngest members of the population, are key to addressing these shared priorities. Health is improving in North Lincolnshire and life expectancy is increasing, however, for both men (79 years) and women (82 years) it is lower than the England average (80 and 83 years). Inequalities are significant, with a life expectancy 9 years lower for people living in the most deprived areas than the least deprived areas and approximately 19% of children living in low income families. Of particular concern is the threat to health caused by childhood obesity with over a third of pre-teen children living in North Lincolnshire carrying excess weight: in 2018/19, 25.7% of reception year children were classed as overweight (including obesity) compared with 22.6% in England and 10.1% (9.7% Eng.) were obese; 34.4% of Year 6 children were overweight and obese compared with 34.3% in England and 20.6% (20.2% Eng.) were obese. Unhealthy weight in children usually progresses into adulthood with over two thirds (68.5%) of adults living in North Lincolnshire being classified as overweight or obese in 2018/19 compared with 62% in England (PHE Public Health Outcomes Framework)
- 3.2 The links between fast food and obesity are well documented and the map below is a snapshot of Fast Food Outlet Density showing the number of outlets for every 100,000 people resident in England and Wales by local authority. At that time, the figure recorded for North Lincolnshire was 99.5 per 100,000 population compared with 96.1 for England (PHE).
- 3.3 In North Lincolnshire, a quarter of all dwellings are located within 250m of a fast food outlet, over half within 500m and 4 out of five within 1km.



Obesity and the environment

Density of fast food outlets at 31/12/2017



4 National Policy

- 4.1 The National Planning Policy Framework (NPPF) makes it clear that local planning authorities (LPAs) have a responsibility to promote healthy communities.⁸ Local plans should “take account of and support local strategies to improve health, social and cultural wellbeing for all”. LPAs should prepare planning policies and take decisions to achieve places that promote “strong neighbourhood centres and active street frontages which bring together those who work, live and play in the vicinity”. The NPPF also gives clear advice that local planning authorities should “work with public health leads and organisations to understand and take account of the health status and needs of the local population... including expected changes, and any information about relevant barriers to improving health and wellbeing”. The National Planning Practice Guidance (NPPG) refers to promoting access to healthier food and that a health impact assessment may be a useful tool where significant impact is expected. A number of local authorities have drawn up supplementary planning documents (SPDs) to restrict the development of new fast food premises near schools. However, it is recognised that due to consultation and other procedures, these can take a long time to prepare and agree. SPDs must also relate to a policy in the local plan, so the priority is to make sure the issue is addressed within the local plan in the first place.

Exclusion zones

- 4.2 The PPG supports actions, such as the use of exclusion zones, to limit the proliferation of certain unhealthy uses within specified areas such as proximity to schools and in areas of deprivation and high obesity prevalence. Health and wellbeing is clearly relevant to policy making and determining the outcome of planning applications. For example, the importance of place for health and wellbeing has been documented by planning inspectors in many examinations in public and appeal decisions.
- 4.3 The ‘Use Classes’ order defines commercial premises using a coding system. Currently, A5 hot-food takeaway premises are defined as “where the existing primary purpose is the sale of hot food to take away”. A3 premises are “restaurants where the primary purpose is the sale and consumption of food and light refreshment on the premises”.²² However, before 2005 all hot food takeaways were given Use of Class A3, when the 1987 Town and Country Planning (Use Classes) Order was amended. This means that, historically, hot food takeaways may have given planning permission under either Use Class A3 if they have been in existence since before 2005 or A5 if permission came after that date. This is important when considering overconcentration or cumulative impact in particular areas. Also, A3 premises can have ancillary A5 use – that is a restaurant that also provides hot food takeaways. Planning permission is required for change of use to a different category but not change of use within the same category, although changes in permitted development rights that arose in June 2013 mean that clarification is being sought on this issue.
- 4.4 On 21 July, the Government published The Town and Country Planning (Use Classes) (Amendment) (England) Regulations 2020. These come into force on 1 September 2020. Use classes A, B and D will no longer exist. A new class E (commercial, business, and service) will be created. This subsumes A1 (shops), A2 (financial and professional services), A3 (restaurants and cafes) and B1 (business), along with uses for indoor sport, recreation or fitness, or for the provision of medical or health service or for a crèche, day nursery or day centre, where principally to visiting members of the public. New classes F.1 (learning and non-residential institutions) and F.2 (local community) subsume some uses formerly in D1 and D2. F.2 also includes shops mostly selling essential goods, including food, to visiting members of the public (in certain circumstances). The list of uses not included in any class is expanded to include uses formerly in A4 (drinking establishments) and A5 (hot food takeaways), and some uses formerly in D1 and D2 including cinemas and venues for live music performance.
- 4.5 The former A4 Drinking establishments and A5 Hot food takeaway use classes have been removed. Government recognise that changes of use to or from these uses can give rise to important local considerations, for example, to ensure that local pubs can be protected or to prevent the proliferation of hot food takeaways. Government have therefore, included these uses in the list of uses which are specifically identified in the Use Classes Order (see Article

3(6)) as uses which do not now fall within any use class. This will mean that changes to and from these uses will be subject to full local consideration through the planning application process.

- 4.6 Most authorities have used a distance of 400m to define the boundaries of their fast food exclusion zone.

Why 400m?

- 4.7 With relation to the 400m zone around schools. 400m is accepted nationally as the average distance a school child would be willing to walk during a lunch break in order to access food from an outlet outside the school grounds. 5 minute walk.
- 4.8 Exclusion zone buffer sizes are often 400 metres, which has been considered a reasonable 5-minute walk, or 800 metres which is a 10-minute walk. The 400-metre distance is outlined within the Urban Design Compendium (41) and the guidelines for providing journeys on foot (42) as a reasonable walking distance.
- 4.9 The 400-metre distance is outlined within the Urban Design Compendium (41) Llewelyn Davies, Urban Design Compendium 2, 2007

Definition of a Hot Food Takeaway

- 4.10 The Town and Country Planning (Use Classes Order) (Amendment) Order 2015 draws a distinction between a shop (including sandwich shops) (Class A1), a restaurant or café (Class A3), a drinking establishment (Class A4) and a Hot Food Takeaway (Class A5).
- 4.11 Establishments whose primary business is the sale of hot food for consumption off the premises fall within Class A5.

Examples of Class A5 Uses

Covered in Class A5	Not covered in Class A5
Fast food takeaways	Sandwich Shops
Hot Food takeaways	Restaurants
Pizza takeaways	Cafes
Fish and Chip shops	Coffee Shops
Fried chicken shops	Dessert cafes
Burger takeaways	Bakeries
Chinese takeaways	
Indian takeaways	

- 4.12 However as stated previously on 21 July, the Government published The Town and Country Planning (Use Classes) (Amendment) (England) Regulations 2020. These come into force on 1 September 2020. Use classes A, B and D will no longer exist.

5 Local Policy

5.1 The North Lincolnshire Plan proposed policy is:-

Policy CSC12p: Restaurants and Hot Food Takeaway Establishments

Proposals for restaurant and hot food takeaway establishments will be permitted in town, district and local centres subject to the following criteria:

1. The premises are not located where individually or cumulatively they would have an adverse impact on the occupiers of nearby residential properties by reason of noise and disturbance, litter or on-street parking;
2. The development must not create a road safety hazard or create traffic congestion, due to it being located on a bend, junction, hill or any other restriction on the public highway;
3. Suitable off or on-street parking is available on or near the premises so as to avoid detriment to road safety or residential amenity;
4. A suitable fume extraction system and refuse storage area is installed to ensure that the amenity of nearby residents is protected from the emission of smells and fumes;
5. When planning permission is granted for restaurants and hot food takeaway establishments, the council will consider whether it is desirable to impose conditions, including limiting the hours that the premises may remain open, so as to avoid possible loss of amenity to nearby residents resulting from noise and disturbance.
6. Proposals for Hot Food takeaways need to demonstrate that account has been taken of whether the proposal would result in an unacceptable concentration of uses in the centre (total units must not exceed 10%) and in order to promote healthy lifestyles in young people, proposals for Hot Food takeaway uses will not be permitted outside of a defined centre and proposals within 400m of an existing or proposed school or college building will be resisted.
7. Applications for Hot Food takeaway uses will be required to include a Health Impact Assessment, and where an unacceptable adverse impact on health is established, permission should not be granted.
8. Proposals for Hot Food Takeaways and Restaurants shall demonstrate that appropriate measures to prevent the discharge of Fats, Oil and Grease to the sewerage network have been implemented and will be maintained in perpetuity.

5.2 Takeaway food establishments and restaurants can add to the quality and attractiveness of existing centres and provide a useful service to shoppers and local residents. However, at the same time they can cause a nuisance both in the immediate area of the facility itself, through problems with noise, smell, traffic and litter, as well as further away. The policy is that a 400 meters restriction buffer is defined around schools and colleges as this represents a reasonable distance given that it broadly represents a 10-minute walk, taking into account physical barriers on any route. This is deemed to be the distance that a young person will walk from school and back to purchase fast food.

- 5.3 The North Lincolnshire plan also has a policy which includes the requirement of Health Impact Assessments: -

Policy CSC1p: Health and Wellbeing

The council will seek to improve health and wellbeing in North Lincolnshire. In order to achieve this the council will:

1. Take the potential for achieving positive mental and physical health outcomes into account when considering all development proposals. Where any adverse health impacts are identified, the applicant will be expected to demonstrate how these will be addressed and mitigated.
2. Promote improvements and enhancing accessibility to the historic environment, nature, accessible natural greenspaces and green infrastructure corridors and blue and green infrastructure.
3. Recognise the vital role heritage and nature plays in people's lives by safeguarding and enhancing the quality of our surroundings to ensure positive impacts on individuals and communities.
4. Use the ten principles of Active Design and develop neighbourhoods and centres that :-
 - are connected, safe accessible and attractive so that crime and disorder, and fear of crime do not undermine the quality of life or community cohesion;
 - paths, play areas and open spaces are overlooked by inhabited buildings while maintaining the privacy of inhabitants;
 - easily accessible on foot or by bicycle to all users;
 - improve infrastructure and layouts to support, encourage and connect walking and cycling routes;
 - have high quality streets and spaces ensuring that streets and paths are adequately lit;
 - have active buildings in which the design and use should promote opportunities for physical activities;
 - have a strong sense of place, which encourages social interaction and continual use of public areas;
 - have access to a range of facilities and amenities including transport, education, health, sport and leisure and community facilities;
 - are designed to promote higher levels of physical activity, through the arrangement of buildings and uses, access to open space and landscaping and the provision of facilities to support walking and cycling;
 - have facilities and open spaces which should be accessible to all users and should support sport and physical activity across all ages.
1. Support the integration of community facilities and services i.e. health, education, cultural and leisure in multi-purpose community buildings;
2. Development schemes safeguarding and, where appropriate, enhancing the role of allotments, gardens and food markets in designated public and private spaces accessible from the home, school or workplace providing access to healthy, fresh and locally produced food;
3. Ensure development does not have an adverse impact on the environment or residential amenity through air, noise, vibration and water pollution;
4. Make provision for the needs of an ageing population by promoting a range of development which supports independent living and avoiding the need for residential care;
5. Work with relevant stakeholders to reduce geographical inequalities in health through maximising the provision of affordable housing and regenerating poorer neighbourhoods within the area;
6. To require in the case of development of 50 or more homes or 1000sqm commercial floor space, the submission of a Health Impact Assessment (HIA); as part of the planning application to explain how health impacts have been identified and how they will be addressed and mitigated and how they have informed the design. This must include a statement setting out how the active design principles and the principles of this policy have been incorporated into the new design.

- 5.4 Key issues to address through this policy are to ensure development proposals consider the impacts and potential for achieving positive mental and physical health outcomes. Helping communities, experience a high quality of life is important and it is essential that community needs are supported through appropriate physical and social infrastructure and by other facilities and key services. This will enable communities to flourish and keep people safe and

well. Active healthy lifestyles that are made easy through the pattern of development, good urban design, good access to local services and facilities, green open space and safe places for active play and food growing and is accessible by walking and cycling and public transport.

6 Local approach to Healthy Weight

- 6.1 Obesity is a complex, systemic, multi-causal problem, rooted in the sedentary nature of modern life, more widely available and more affordable high fat high sugar food, as well as structural and environmental factors, which set the context for physical activity.
- 6.2 Obesity in North Lincolnshire poses a significant challenge, with prevalence of overweight and obesity both in adults and children being broadly higher than regional and national averages. However, a comprehensive range of interventions are now in place across the area aimed at reducing prevalence and improving health and wellbeing across our whole population.
- 6.3 North Lincolnshire's Healthy Weight Healthy Lives (HWHL) Strategic Framework 2019-24 sets out a vision for a healthier North Lincolnshire with a commitment to provide an environment that enables all North Lincolnshire residents to make healthy food choices, to be physically active and to maintain a healthy weight throughout their lives. This strategy sets our priorities and approach towards healthy weight for the people of North Lincolnshire with a number of key actions including to support the development of local planning policies to promote the creation of health enhancing environments.
- 6.4 This strategic framework is overseen by the HWHL Steering Group comprising of membership from key stakeholders. We are working together with a range of sectors, including food, health, education, planning, transport, sport and leisure, and economic development to support our communities to start, live and age well, and develop in a way which facilitates healthy behaviours and a healthy weight.
- 6.5 To ensure that significant improvements around this important agenda were prioritised and taken forward, In June 2018, the Health and Well Being Board approved a Whole System Approach to address child overweight and obesity in North Lincolnshire. A Whole Systems approach responds to complexity through an ongoing, dynamic and flexible way of working that enables stakeholders to come together, share an understanding of the reality of the challenge, consider how the system is operating and where there are the greatest opportunities for change. Stakeholders agree actions and decide as a network how to work together in an integrated way to bring about sustainable, long- term change.
- 6.6 In September 2018, North Lincolnshire Council was selected as one of only three Local Authorities in the Yorkshire and Humber region to trial the evidence based Whole System Approach using toolkits and resources developed by PHE and Leeds Beckett University.
- 6.7 Four successful workshops have taken place with over 150 stakeholders attending in total and resulting in the development of a locally defined system map, the North Lincolnshire Obesity Causal Map. This allows stakeholders to see what the local system looks like and how their work contributes to and fits within the broader picture.
- 6.8 The third workshop, held in March 2019 with over 40 stakeholders attending, used the system map developed to propose how to best disrupt the causal system of obesity with aligned actions. This group of stakeholders now form the Healthy Weight Healthy Lives Network and will continue to meet to enable the system to move forward together with a shared purpose, maximising synergies and creating a more impactful system-wide approach.
- 6.9 The Healthy Weight Healthy Lives Steering Group has maintained oversight of the Whole Systems Approach, development of the Network and drives forward the action planning aligning all actions within the Healthy Weight Healthy Lives Strategic Framework. The areas identified within the framework as key actions include:

Children & young people:

- To ensure a range of opportunities are in place to support children and families to achieve a healthy weight.
- To ensure that parents/carers have access to information and advice about healthy weight including breast-feeding, healthy weaning and feeding of their young children.
- To encourage all schools to drive forward the whole school approach to healthy weight.

Adults:

- To ensure care pathways in place from Tier 1 to 4 to support adults achieve a healthy weight
- To develop a workforce that is competent and confident talking about and promoting a healthy weight.
- Promote the Wellbeing at Work Award in targeted workplaces as a vehicle to improve the healthy weight environment.

Physical Activity

- To ensure that people are active more often in North Lincolnshire
- Encourage and support active play
- To ensure that Active travel is promoted and embedded into schools and workplace policies
- Adopt Active by Design policies

Environment

- Focus on food through the implementation of Food in North Lincolnshire (as part of the national SFC programme).
- Support the development of local planning policies to promote the creation of health enhancing environments
- To ensure consistent messages and branding.

6.10 There are a number of initiatives provided by the council and stakeholders to support the local population to achieve and maintain a healthy weight including:

Children and young people

- 6.11 HENRY - HENRY is an intervention to promote a healthy start in life and lay the foundations for a healthier future by focusing on babies and children aged 0-4 and their families. In partnership with RDaSH, Public Health has supported and part funded the introduction of the evidence-based HENRY programme. RDaSH, the North Lincolnshire 0-19 contract provider have agreed to deliver the HENRY programme to ensure that our children have the best possible start in life and therefore, address a number of public health concerns that currently prevent children from thriving.
- 6.12 In securing HENRY we now have provision to support families to achieve healthy weight through the life course (recently published research led by Oxford University suggests the HENRY programme may have contributed to the improvement in obesity rates observed in disadvantaged communities in Leeds bucking the national trend).
- 6.13 Whole Schools Approach - The Healthy Schools Rating (voluntary) was launched by the Government in July 2019. Locally, stakeholders have been meeting to encourage and support primary schools to use the rating as the benchmark for a whole school approach to health and wellbeing.
- 6.14 Schools have been approached to engage in the Wellbeing at Work - Healthy workplace scheme. The first school received their bronze award at the awards ceremony in May 2019 and 3 more schools are considering signing up.
- 6.15 School Nurses have been supported to extend the conversation when developing a school health plans to include questions on how the school environment promotes a healthy weight.

- 6.16 Let's Get Stepping - An inter-school competitive steps challenge launched in January 2019 by Get Ahead, the local school sports partnership was completed successfully with 30 primary schools participating in the challenge. The total step count for the first two phases of the project was 24.5 million steps. The initiative is proved extremely popular with both pupils and staff members and continues in to 2020.
- 6.17 Young People's Ethnographic Study - This project has equipped several groups of young people with a personal video recording device to help capture young people's 'lived experience' in and around their local community. The data captured created a rich picture of the key drivers, from the young person's perspective, that make it either easier or harder for them to eat well and keep active. The findings were presented at a conference on 20th December 2019 with follow on work and action taken forward in to 2020. A second conference is planned for December 2020.

Adults

- 6.18 The North Lincolnshire Healthy Lifestyle Service provides both Tier 1 support around healthy eating, physical activity and information and advice to achieve a healthy weight and Tier 2 support in the form of a structured 12 week Adult Weight Management Courses for those who need to lose weight. This course is designed to help clients begin to make simple and manageable changes in their daily habits that will lead to gradual weight loss, and the ability to keep the weight off. It is aimed at:
- Adults (16+) who live, work or have a GP practice in North Lincolnshire.
 - Adults (16+) with a Body Mass Index of 30+ (or 27.5+ for black, Asian or other minority ethnic groups, or those with co-morbidities).
- 6.19 Alongside this, clients can work with their allocated healthy lifestyle facilitator on Cook4life, which helps individuals to gain knowledge and confidence to cook healthy meals from scratch; these courses are being delivered across the area in line with where people need them. Support is also provided in increasing physical activity through accessing local leisure centres and community groups to promote sustainable adoption of healthy lifestyles and use of our local facilities.
- 6.20 We have good referral mechanisms in place with the Tiers 3 & 4 services, which is funded by the CCG, this means that in line with best practice NICE guidance we have all four tiers of the weight management pathway available for local people.
- 6.21 Workplace health - North Lincolnshire Wellbeing at Work healthy workplace scheme has healthy weight as one of the seven priority themes. Currently over 29 workplaces, covering 30,000 of our population are engaged and active as partners in the scheme and leading a range of healthy eating, physical activity initiatives across their workplaces, families and in their communities.

Environment

- 6.22 Food in North Lincolnshire Partnership - Food in North Lincolnshire Partnership successfully achieved membership of the Sustainable Food Places Network joining only 50 local authorities nationally. The partnership has successfully completed a 'health check' by the national scheme identifying one area of improvement and receiving good feedback on progress to date. The next project for the partnership is the development of a healthy options award for local food businesses.
- 6.23 Spatial Planning - Public Health and Planning colleagues have worked together over the last year to ensure that there is public health input in to the new Local Plan. Agreement has been reached to introduce Health Impact Assessments (HIA) for developers. This will include training to be developed and delivered on HIAs by Public Health and planning colleagues to elected members, developers and colleagues across the council in planning and licensing.

Physical Activity

- 6.24 Physical Activity Partnership - The establishment of the first multi-agency North Lincolnshire Physical Activity Partnership has a vision for everyone in North Lincolnshire to have the ability, opportunity and motivation to lead a physically active lifestyle. The partnership has focussed on developing an action plan and to start to understand the reasons for levels of inactivity in North Lincolnshire using evidence commissioned by Active Humber- the local community sports partnership. This showed three specific hotspots of Crosby & Town, Ashby & Frodingham and Barton wards where there are high levels of inactivity in 45-75 year olds, young people, and those with long-term conditions and disabilities. Using both the Whole System Approach and the ISM behaviour change model to shape this work the partnership has identified and agreed 2 priority areas to focus on in the first instance. These are:
- People aged 55-74 not accessing local physical activity opportunities in Barton, and
 - Increase the number of people from Crosby and Town using the off road walking and cycling routes in Scunthorpe.
- 6.25 Walking the Way to Health in North Lincolnshire has now been running for 16 years with the first walk in 2003. We have over one hundred 3- mile walking routes throughout North Lincolnshire. The scheme is supported by over 40 volunteer walk leaders and each week the total number of volunteering hours totals an average 60 hours per week. For the last two years, the scheme has achieved a footfall of over 10,000.
- 6.26 Living Streets -North Lincolnshire Council works closely with Living Streets, a UK Charity that encourages active travel and in particular walking. The intention of Living Streets is to encourage walking as a natural choice for everyday local journeys and to achieve a better walking environment to help inspire people to walk more. Living Streets has been working in North Lincolnshire since 2015 and has worked with local schools and workplaces.

7 Local Challenges

- 7.1 At the time of writing this report there are currently 162 hot food takeaways and outlets across North Lincolnshire of which 122, listed in Appendix 1, are located in Town Centres. In addition, there are currently 40 restaurants, some of which also provide takeaway and drive through options. In North Lincolnshire 80% of the population live within 1km of a fast food outlet.
- 7.2 Data on fast food outlets can also be viewed at ward level using Ordnance Survey Points of Interest (POI) information which is summarised in Table 1 and Figure 2 along with the distribution of dwellings in North Lincolnshire taken from the Local Land and Property Gazetteer (LLPG).

Table 1: Distribution of Fast Food Outlets in North Lincolnshire

Ward	Fast food outlets		% dwellings within distance of a fast food outlet (LLPG)			Fast food outlets within 400m of a school
	Count	Density (per 100,000)	250m	500m	1km	
Ashby	20	146.0	24%	75%	100%	17
Axholme Central	9	118.2	18%	44%	77%	7
Axholme North	5	59.5	16%	43%	54%	5
Axholme South	0	0.0	0%	0%	0%	0
Barton	18	153.7	26%	51%	95%	8
Bottesford	8	74.3	27%	64%	100%	8
Brigg and Wolds	14	120.7	25%	48%	64%	7
Broughton and Appleby	2	30.0	11%	36%	80%	
Brumby	4	33.7	18%	52%	74%	2
Burringham and Gunness	5	131.9	34%	73%	81%	0
Burton upon Stather and Winterton	7	61.9	21%	50%	64%	5
Crosby and Park	5	34.8	34%	67%	97%	4
Ferry	5	43.8	19%	43%	61%	2
Frodingham	6	74.0	51%	96%	100%	4
Kingsway with Lincoln Gardens	7	62.1	24%	68%	98%	1
Ridge	9	69.7	21%	61%	81%	6
Town	38	412.8	68%	97%	100%	16
Scunthorpe	80	116.7	34%	74%	89%	44
North Lincolnshire	162	94.2	26%	58%	74%	92
England		96.1				

7.3 Figure 1 shows that nationally there is a clear correlation between high fast food outlet density and increased deprivation. In North Lincolnshire (Table 1), Town ward, which contains Scunthorpe Town Centre and some of the most deprived areas of North Lincolnshire, has nearly twice as many outlets and three times more per head of population than Ashby ward which has the next highest, also amongst deprived neighbourhoods; both of these wards also have the highest number of outlets within 400m of a school. Burringham and Guinness ward on the outskirts of Scunthorpe hosts a high fast food outlet density courtesy of the Gallagher's Retail Park and the market town wards of Barton, Brigg and Wolds and Axholme Central all have outlet densities above the average for North Lincolnshire. Table 1 also shows that the majority of people living in Scunthorpe are within 1km of a fast food outlet with two thirds of dwellings in Town ward located within 250m and nearly everyone living within 500m of an outlet. In addition, two thirds of fast food outlets in Scunthorpe are located within 400m of a school.

Figure 1: Relationship between density of fast food outlets and deprivation by local authority

(Obesity and the environment Density of fast food outlets at 31/12/2017)

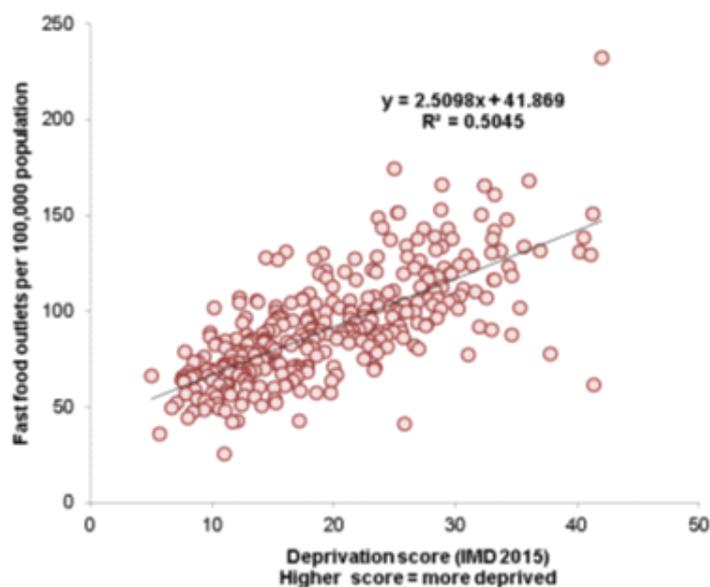


Figure 2

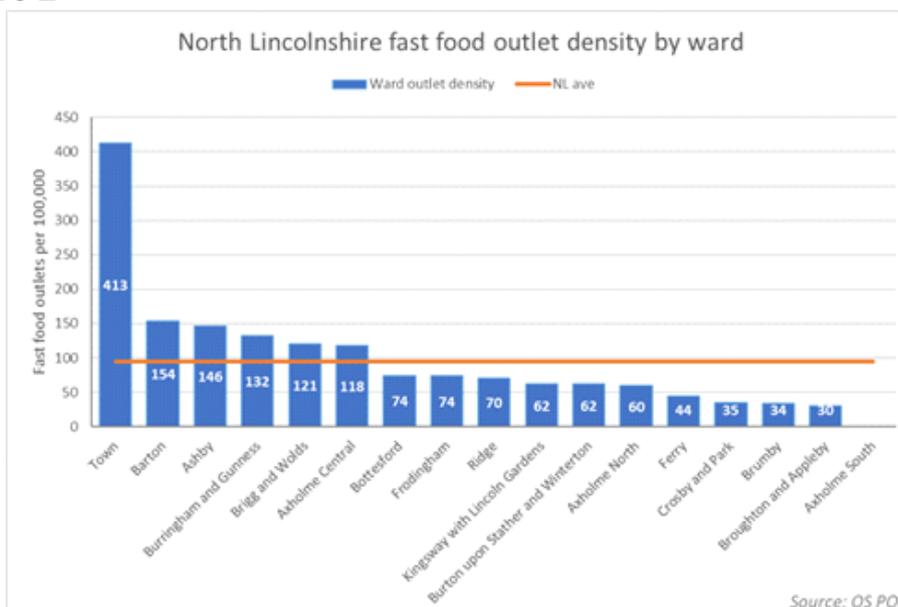


Table 2: North Lincolnshire fast food density and Year 6 excess weight prevalence by ward

Ward	Fast Food Density (per 100,000)	Prevalence of excess weight % (NCMP 2016/17 2018/19)		Ave deprivation score (IMD 2019)
		Reception	Year 6	
Ashby	146.0	25%	37%	25.4
Axholme Central	118.2	18%	34%	11.4
Axholme North	59.5	23%	33%	19.2
Axholme South	0.0	29%	32%	10.8
Barton	153.7	25%	34%	21.4
Bottesford	74.3	26%	28%	9.0
Brigg and Wolds	120.7	23%	32%	18.7
Broughton and Appleby	30.0	18%	25%	12.8
Brumby	33.7	33%	39%	43.2
Burringham and Gunness	131.9	30%	42%	23.3
Burton upon Stather and Winterton	61.9	27%	34%	16.0
Crosby and Park	34.8	26%	39%	32.9
Ferry	43.8	22%	34%	17.5
Frodingham	74.0	25%	37%	34.5
Kingsway with Lincoln Gardens	62.1	27%	34%	21.2
Ridge	69.7	20%	35%	13.9
Town	412.8	28%	41%	31.4
North Lincolnshire	94.2	25%	35%	
England	96.1		34%	

7.4 Table 2 shows that as well as having the highest density of fast food outlets and being one of the most deprived wards in Scunthorpe, Town ward also has one of the highest rates of excess weight amongst pre-teen children with two out of five Year 6 children either overweight or obese. Higher than average rates of unhealthy weight are also apparent in other deprived Scunthorpe wards (Figure 3) and the strong relationship between childhood excess weight and deprivation in North Lincolnshire is shown in Figures 4 and 5.

Figure 3

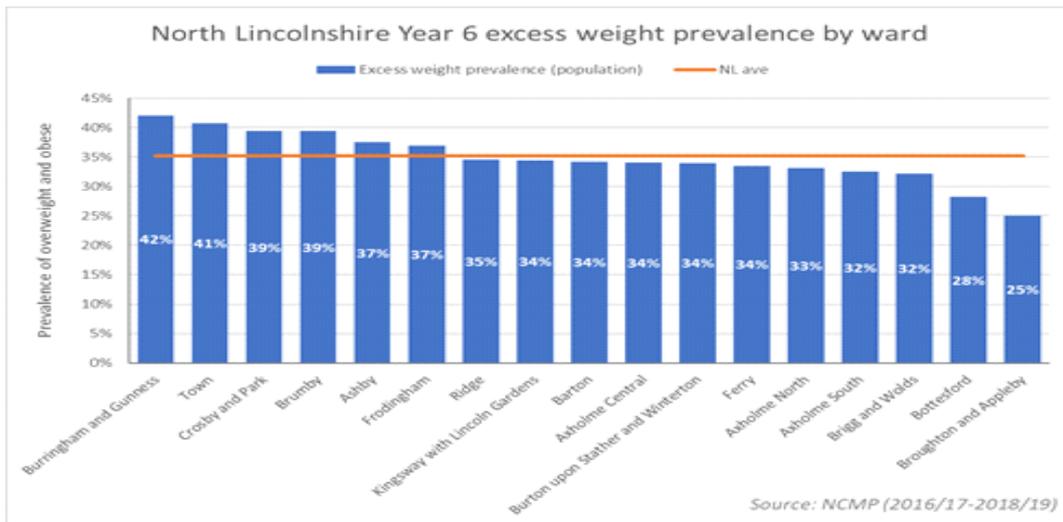


Figure 4

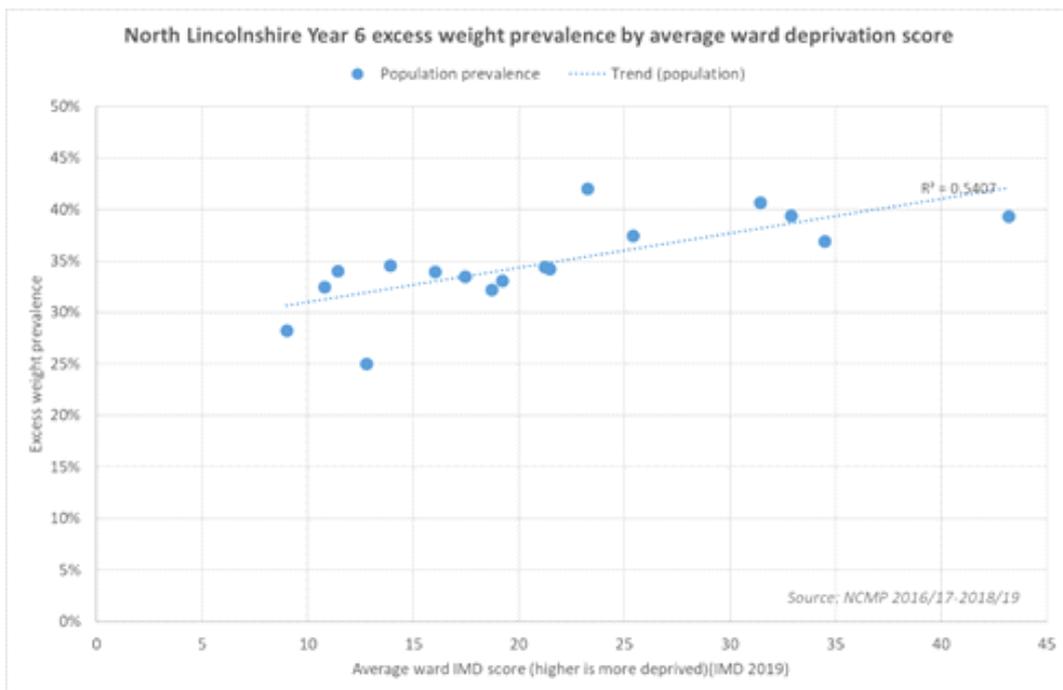
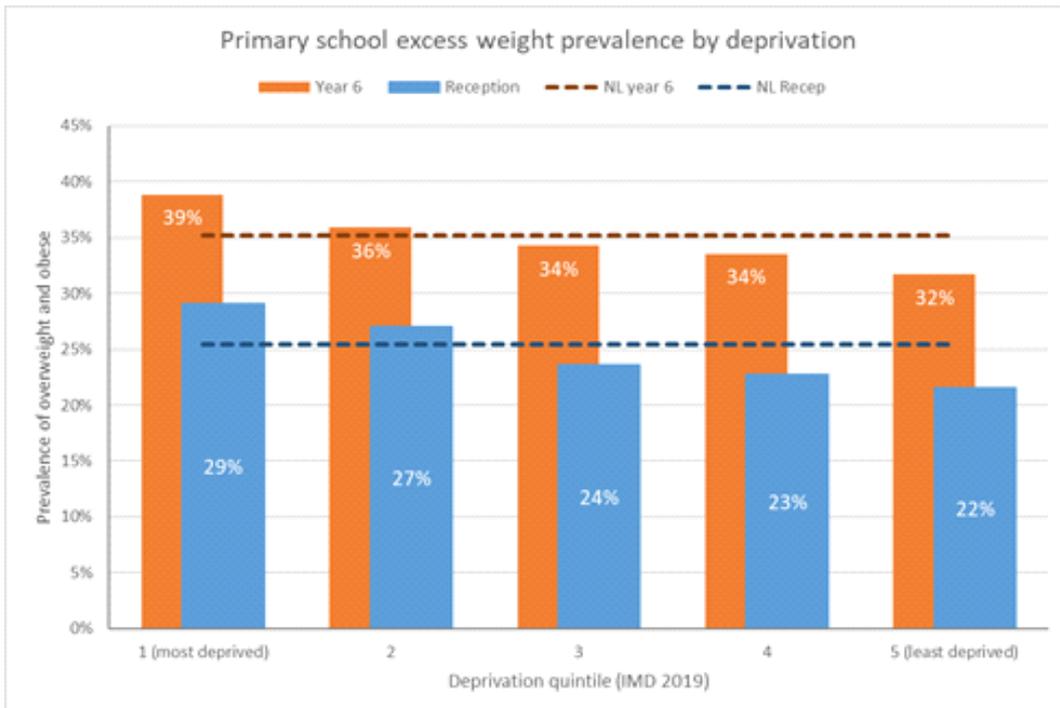


Figure 5



7.5 Children living with unhealthy weight are likely to carry the condition into adulthood with associated health risks, disability and premature mortality. In 2018/19 two thirds (68.5%) of adults living in North Lincolnshire were classified as overweight or obese which is the fifth worse in Yorkshire and the Humber region and significantly above the average for England (Figure 6). Children in North Lincolnshire are also much less physically active and less likely to eat a healthy diet consisting of fruit and veg than their national counterparts (PHE: NCMP and Child Obesity Profile) which when combined with the adverse impact and wide availability of fast food in North Lincolnshire justifies the impositions of controls to restrict further fast food development in the local authority and particularly within the vicinity of schools.

Figure 6: Comparison of adult overweight and obesity prevalence across Yorkshire and the Humber

(Public Health Outcomes Framework 2018/19)

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	-	-	62.3	62.1	62.6
Yorkshire and the Humber region	-	-	65.4	64.6	66.2
Rotherham	-	-	75.6	71.4	79.7
Kingston upon Hull	-	-	71.4	66.8	75.8
North East Lincolnshire	-	-	70.3	66.0	74.5
Doncaster	-	-	69.7	68.0	71.3
North Lincolnshire	-	-	68.5	64.0	73.0
Kirklees	-	-	68.4	63.8	72.9
Calderdale	-	-	66.6	62.0	71.0
Barnsley	-	-	65.8	61.1	70.4
Bradford	-	-	65.6	62.3	68.9
Wakefield	-	-	65.4	60.8	70.0
Sheffield	-	-	64.1	61.8	66.4
East Riding of Yorkshire	-	-	63.9	59.3	68.3
North Yorkshire	-	-	62.9	61.1	64.6
Leeds	-	-	62.0	59.7	64.2
York	-	-	56.9	52.3	61.5

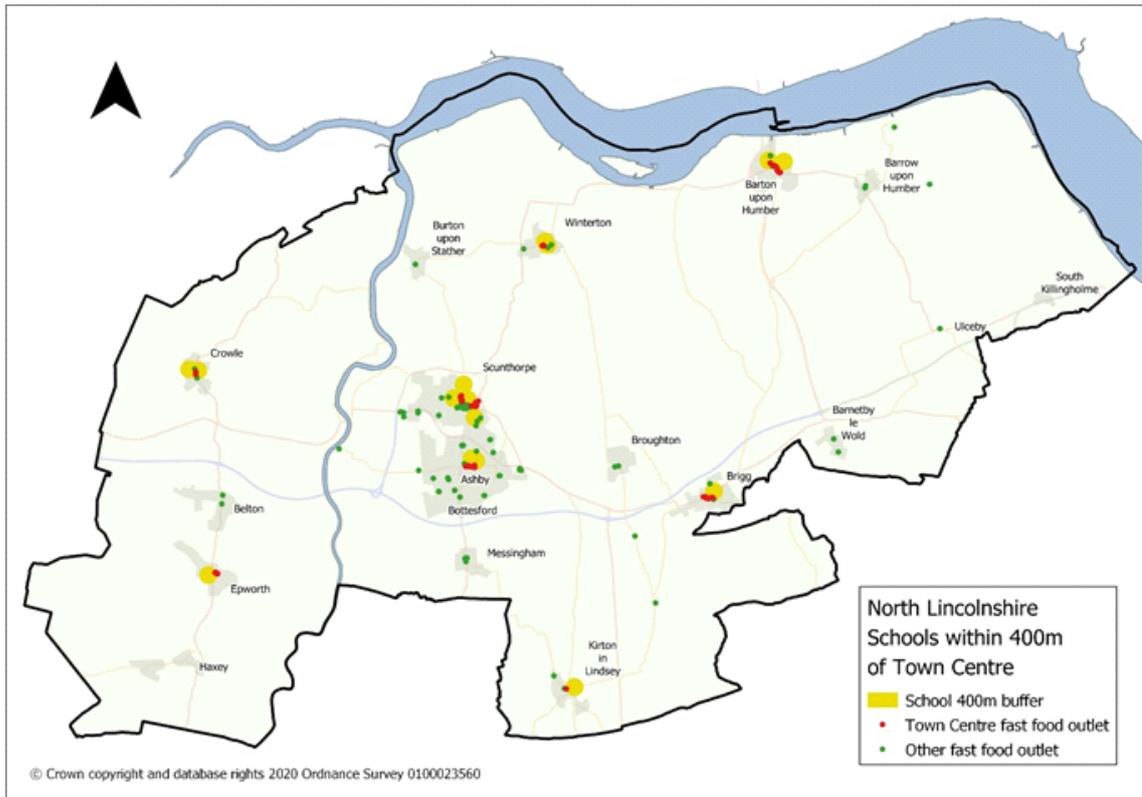
7.6 The proposed Local Plan policy to resist new fast food outlet developments located within a Town Centre area and within 400m of a school would have a direct impact on 4 secondary schools and 11 primary, junior or infant schools which are listed in Table 3 and shown on Figure 7. Currently there are 16 Town Centre fast food outlets within 400m of a secondary school and there are 45 within 400m of a primary, junior or infant school. Schools in Scunthorpe have the highest numbers of Town Centre fast food outlets within 400m, all

within deprived areas and accounting for three quarters (76%) of all similar outlets. Whilst not improving on the existing picture in respect of schools the new policy would enable the Council to restrict Town Centre fast food outlets to current numbers and prevent further proliferation within these vulnerable areas.

Table 3: Distribution of existing Town Centre fast food outlets amongst North Lincolnshire Schools

School		Ward	Town Centre Fast Food Outlets	
			No	%
Secondary	Huntcliff School	Ridge	1	2%
	Saint Bede's Catholic Voluntary Academy	Kingsway with Lincoln Gardens	7	16%
	Sir John Nelthorpe School	Brigg and Wolds	3	7%
	South Axholme Academy	Axholme Central	5	11%
Primary, Junior, Infant	Barton St Peter's Church of England Primary School	Barton		
	Castledyke Primary School	Barton	6	13%
	Crosby Primary School	Crosby and Park		
	Crowle Primary Academy	Axholme North	3	7%
	Frodingham Infant School	Frodingham		
	Lincoln Gardens Primary School	Kingsway with Lincoln Gardens	10	22%
	Oasis Academy Henderson Avenue	Crosby and Park	6	13%
	Scunthorpe Church of England Primary School	Town	11	24%
	St Norbert's Catholic Primary School	Axholme North	3	7%
	Winterton Church of England Infant School	Burton upon Stather and Winterton	3	7%
	Winterton Junior School	Burton upon Stather and Winterton	3	7%
Scunthorpe			34	76%
North Lincolnshire			45	

Figure 7: Distribution of North Lincolnshire Schools within 400m of a Town Centre



8 Conclusions

- 8.1 Research into the link between food availability and obesity is still relatively under developed in the UK and proving a causal relationship between the density of takeaways and obesity is difficult as the majority of detailed weight data is centred on the youngest populations with adult information more limited. Evidence suggests that people with low education levels would benefit the most from an environmental level approach, thereby helping reduce local health inequalities.
- 8.2 The Foresight Review shows the connection between the consumption of take away food and obesity and the aforementioned Government reports state that the planning system can and should play a role in reducing the number and managing the location of Hot Food Takeaways, particularly in relation to schools.
- 8.3 There are high levels of deprivation in North Lincolnshire and, particularly in Scunthorpe, these coincide with a high prevalence of unhealthy weight and high numbers of fast food outlets. This is similar to the position in the rest of England where increased access to fast food outlets in the most deprived areas has been shown to impact adversely on unhealthy weight and health inequalities.
- 8.4 At a local level, these factors combine to give rise to serious concern regarding the impact of hot food takeaways on both child and adult health. In North Lincolnshire, local evidence has demonstrated the correlation between unhealthy childhood weight and deprivation and there is a predominance of fast food outlets in the most deprived areas, particularly in Scunthorpe. Therefore, along with other Public Health initiatives to encourage healthier eating and physical activity in North Lincolnshire, the Local Plan policy will seek to prevent the development of new fast food outlets outside of Town Centres and within 400m of all schools and prevent unacceptable concentrations of takeaways within Town Centres.

9 References

Burgoine, T et al (2014) Associations between exposure to takeaway food outlets, takeaway food consumption, and body weight in Cambridgeshire, UK: population based, cross sectional study.

CDC, Childhood Obesity Causes and Consequences: <https://www.cdc.gov/obesity/childhood/causes.html> Childhood Obesity: A Plan for Action Chapter 2 (2018)

Child obesity and socioeconomic status. National Obesity Observatory data briefing. October 2010

Cobb, L., The relationship of the local food environment with obesity: a systematic review of methods, study quality, and results. Obesity (Silver Spring), 2015.

Davis and Carpenter (2009) Proximity of fast food restaurants to schools and adolescent obesity. American Journal of Public Health. Vol 99, No 3, pp505-510.

Department of Health (2008) Healthy Weight, Healthy Lives: a Cross-Government Strategy for England. Department of Health, London.

Department of Health (2009) Healthy Weight, Healthy Lives: One Year On. Department of Health, London, page 33.

Department of Health (2010) Healthy Lives, Healthy People: Our Strategy for Public Health in England. Department of Health, London, page 56.

Department of Health (2011) Healthy Lives, Healthy People: A call to action on obesity in England. Department of Health, London, page 28.

Department for communities and Local Government (2018) National Planning Policy Framework.

DMBC (2015) Proportion of people living in the 1km buffer from available take-away Business Safety and Licence Team.

North Lincolnshire Council (2016) Health and Wellbeing Strategy

North Lincolnshire (2016) Joint Strategic Needs Assessment

Doncaster Health Profile (2015) Doncaster Health Profile 2015, Public Health England. London.

Fraser et al. (2010) "The Geography of Fast Food Outlets: A Review" in International Journal of Environmental Research and Public Health, 7, pp2290-2308

Hobbs, M., et al. (2016): How different data sources and definitions of neighbourhood influence the association between food outlet availability and body

Hobbs, M., et al, (Under Review) Associations between the food environment and obesity: a cross-sectional study.

Healthy Doncaster Framework 2017-2018. Source: <https://doncaster.moderngov.co.uk/documents/s14173/Item%2010%20-%20Healthy%20Doncaster%20Framework%20DRAFTv2.pdf>, accessed 21/05/2019

An evidence review base for Doncaster: Doncaster Council, June 2019

Healthy Urban Development Unit Planning for Health, Using the planning system to control hot food takeaways (2013)

International Journal of Behavioural Nutrition and Physical Activity (2017): food among youth: a systematic review of methodological studies 14(1): p. 22.

James, P., et al. (2104): Effects of buffer size and shape on associations between the built environment and energy balance.

J Jiao et al (2015) Nutr Diabetes: Health

NHS, Obesity in children (2007): <https://www.nhs.uk/news/2007/pages/obesityinchildren.aspx>

Public Health England, Childhood obesity: applying All Our Health, May 2020: <https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health#:~:text=children%20living%20with%20obesity%20are%20more%20likely%20to%20be%20obese,causal%20factors%20to%20excess%20weight>

World Health Organisation, Why does childhood overweight and obesity matter? https://www.who.int/dietphysicalactivity/childhood_consequences/en/#:~:text=Overweight%20and%20obese%20children%20are,on%20the%20duration%20of%20obesity.

10 Appendix 1

List of Hot Food Takeaways North Lincolnshire October 2019

Area	Number of Hot Food Takeaways
Ashby High Street	21
Barton Upon Humber	18
Brigg	12
Crowle	5
Epworth	5
Frodingham Road	31
Kirton in Lindsey	3
Scunthorpe Town Centre	12
Winterton	5
Total	112

Ashby High Street

There are 21 hot food takeaways .

Takeaway Outlet	Address	Type of outlet
Papa John's Ltd	24 Broadway, Scunthorpe, DN16 2SN	Fast Food/Takeaway
Mizaans Indian Take Away	265A Ashby High Street, Scunthorpe, DN16 2SD	Fast Food/Takeaway
Turkish Delight	285 Ashby High Street, Scunthorpe, DN16 2RY	Fast Food/Takeaway
The Mandarin House Ltd	342 Ashby Road, Scunthorpe, DN16 2RS	Fast Food/Takeaway
Brumby Corner Ice Cream Parlour & Coffee Shop	74 Old Brumby Street, Scunthorpe, DN16 2AW	Fast Food/Takeaway
Honest Crust	60 Old Brumby Street, Scunthorpe, DN16 2AW	Fast Food/Takeaway
Pizza Time	269 Ashby High Street, Scunthorpe, DN16 2SD	Fast Food/Takeaway
Subway	224-226 Ashby High Street, Scunthorpe, DN16 2SJ	Fast Food/Takeaway
Domino's Pizza	275-277 Ashby High Street, Scunthorpe, DN16 2SD	Fast Food/Takeaway
China Garden Takeaway	13 Bottesford Road, Scunthorpe, DN16 3HA	Fast Food/Takeaway
Deep Pan Pizza & Bar B Q	306 Ashby High Street, Scunthorpe, DN16 2RX	Fast Food/Takeaway
Double Dragon	273 Ashby High Street, Scunthorpe, DN16 2SD	Fast Food/Takeaway
China Town Chop Suey House	72 Old Brumby Street, Scunthorpe, DN16 2AW	Fast Food/Takeaway
Forum Fast Food Chinese Takeaway	248 Ashby High Street, Scunthorpe, DN16 2SE	Fast Food/Takeaway
Star's Pizzas & Kebabs Takeaway	66 Old Brumby Street, Scunthorpe, DN16 2AW	Fast Food/Takeaway
Spud Hut	8 Collum Lane, Scunthorpe, DN16 2TA	Fast Food/Takeaway
Maxines Chippy	31a Beechway, Scunthorpe, DN16 2HF	Fish and Chip Shop
Shaun's	32 Broadway Ashby, Scunthorpe, DN16 2SN	Fish and Chip Shop
Fishermans Catch	15 Bottesford Road, Scunthorpe, DN16 3HA	Fish and Chip Shop
The Friary	66 Old Brumby Street, Scunthorpe, DN16 2AW	Fish and Chip Shop
Carvers Fish & Chips	266-268 Ashby High Street, Scunthorpe, DN16 2RX	Fish and Chip Shop

Barton Upon Humber

There are 18 hot food takeaways.

Takeaway Outlet	Address	Type of outlet
Cobblers	102 High Street Barton-upon-Humber DN18 5PU	Fast Food/Takeaway
Sunflower Take Away	7 Market Lane Barton-upon-Humber DN18 5DE	Fast Food/Takeaway
Hasina Indian Takeaway	27 High Street Barton-upon-Humber DN18 5PD	Fast Food/Takeaway
Golden Bridge	6 George Street Barton-upon-Humber DN18 5ES	Fast Food/Takeaway
Pizza Jim	45 High Street Barton-upon-Humber DN18 5PD	Fast Food/Takeaway
The Sandwich Bar	4 George Street Barton-upon-Humber DN18 5ES	Fast Food/Takeaway
Jade River	3 King Street Barton-upon-Humber DN18 5ER	Fast Food/Takeaway
Pizza Hot	6 Market Lane Barton-upon-Humber DN18 5DE	Fast Food/Takeaway
Papas Italian Takeaway	4 Chapel Lane Barton-upon-Humber DN18 5PJ	Fast Food/Takeaway
Pizza King	7 George Street Barton-upon-Humber DN18 5ES	Fast Food/Takeaway
Margaret's	1 Waterside Road Barton-upon-Humber DN18 5BH	Fast Food/Takeaway
Cobblers	102 High Street Barton-upon-Humber DN18 5PU	Fast Food/Takeaway
Papa's	3 Chapel Lane Barton-upon-Humber DN18 5PJ	Fast Food/Takeaway
Water Margin	76a-78 High Street Barton-upon-Humber DN18 5PU	Fast Food/Takeaway
Humber Fishery	44 High Street Barton-upon-Humber DN18 5PD	Fish and Chip Shop
Market Place Fish & Chips	3 Market Lane Barton-upon-Humber DN18 5DE	Fish and Chip Shop
Taz's Fish Bar	13 George Street Barton-upon-Humber DN18 5ES	Fish and Chip Shop
Barton Fish & Chips	42a High Street Barton-upon-Humber DN18 5PD	Fish and Chip Shop

Brigg

There are 12 hot food takeaways.

Takeaway Outlet	Address	Type of outlet
Diya Spice	7 Bigby Street Brigg DN20 8EJ	Fast Food/Takeaway
The Spice	7 Bigby Street Brigg DN20 8EJ	Fast Food/Takeaway
The Brigg Kebab Pizza House	11 Springs Parade Brigg DN20 8EQ	Fast Food/Takeaway
Golden City	76 Wrawby Street Brigg DN20 8JE	Fast Food/Takeaway
Marmaris Pizza	45 Wrawby Street Brigg DN20 8JB	Fast Food/Takeaway
China Garden	42 Wrawby Street Brigg DN20 8BS	Fast Food/Takeaway
Cups & Cones	37a Wrawby Street Brigg DN20 8BS	Fast Food/Takeaway
Kebabish	10 Princes Street Brigg DN20 8HG	Fast Food/Takeaway
Scalini Fish Shop	79a Wrawby Street Brigg DN20 8JE	Fish and Chip Shop
The Hungry Fisherman	Coney Court Brigg DN20 8EX	Fish and Chip Shop
The Garden	86 Grammar School Road Brigg DN20 8AY	Fish and Chip Shop
The Hungry Fisherman	Coney Court Brigg DN20 8EX	Fish and Chip Shop

Crowle

There are 5 hot food takeaways.

Takeaway Outlet	Address	Type of outlet
Dragon House	68 High Street Crowle DN17 4LB	Fast Food/Takeaway
Balti House	36 High Street Crowle DN17 4LD	Fast Food/Takeaway
Golden Hall	102 High Street Crowle DN17 4DR	Fast Food/Takeaway
Capri Pizza	80 High Street Crowle DN17 4LB	Fast Food/Takeaway
Crowle Catch	152 High Street Crowle DN17 4DR	Fish and Chip Shop

Epworth

There are 7 hot takeaway outlets.

Takeaway Outlet	Address	Type of outlet
Epworth Grill	High Street Epworth DN9 1ET	Fast Food/Takeaway
The Indian Summer	High Street Epworth DN9 1EP	Fast Food/Takeaway
Bennys	High Street Epworth DN9 1EP	Fast Food/Takeaway
Mings	High Street Epworth DN9 1EP	Fast Food/Takeaway
China Palace	High Street Epworth DN9 1EP	Fast Food/Takeaway
Epworth Tandoori	High Street Epworth DN9 1EP	Fast Food/Takeaway
Oceans 52	High Street Epworth DN9 1EP	Fish and Chip Shop

Frodingham Road

There are 31 takeaway outlets.

Takeaway Outlet	Address	Type of outlet
Kebabies	159 Frodingham Road, Scunthorpe, DN15 7NH	Fast Food/Takeaway
A F T	110 Frodingham Road, Scunthorpe, DN15 7JW	Fast Food/Takeaway
Dixy Chicken	17 Doncaster Road, Scunthorpe, DN15 7RA	Fast Food/Takeaway
T J Chicken Express	3 Doncaster Road, Scunthorpe, DN15 7RA	Fast Food/Takeaway
Scunthorpe Chinese	2 Pavilion Row, Doncaster Road, Scunthorpe, DN15 7RD	Fast Food/Takeaway
The Filling Station	74a Mary Street, Scunthorpe, DN15 6LA	Fast Food/Takeaway
Sugar Crush	4 Pavilion Row, Doncaster Road, Scunthorpe, DN15 7RD	Fast Food/Takeaway
Chill & Grill	7 Pavilion Row, Doncaster Road, Scunthorpe, DN15 7RD	Fast Food/Takeaway
Upper Crust	11 Ravendale Street North, Scunthorpe, DN15 6NJ	Fast Food/Takeaway
Deli Kebab House	219 High Street, Scunthorpe, DN15 6LQ	Fast Food/Takeaway
Tops Express	33 Doncaster Road, Scunthorpe, DN15 7RA	Fast Food/Takeaway
Atiya's	39 Doncaster Road, Scunthorpe, DN15 7RG	Fast Food/Takeaway
UK Best Kebab	1 Doncaster Road, Scunthorpe, DN15 7RA	Fast Food/Takeaway
King Super Kebabs	150 High Street, Scunthorpe, DN15 6EN	Fast Food/Takeaway
The Deli	20 Ravendale Street North, Scunthorpe, DN15 6NJ	Fast Food/Takeaway
The Little Bakery	2a Henry Street, Scunthorpe, DN15 7QQ	Fast Food/Takeaway
Kebabish Scunthorpe	219 High Street, Scunthorpe, DN15 6LQ	Fast Food/Takeaway
Pizza Experts	97 Frodingham Road, Scunthorpe, DN15 7JU	Fast Food/Takeaway
Hong Kong Chinese Fast Food Takeaway	27 Doncaster Road, Scunthorpe, DN15 7RA	Fast Food/Takeaway
Sunrise	69 Mary Street, Scunthorpe, DN15 6PA	Fast Food/Takeaway
The Oriental	108 Frodingham Road, Scunthorpe, DN15 7JW	Fast Food/Takeaway
Bodrum Pizza & Kebab	95 Frodingham Road, Scunthorpe, DN15 7JU	Fast Food/Takeaway
Grill House	126 Frodingham Road, Scunthorpe, DN15 7JP	Fast Food/Takeaway
Milano Pizza	60 Frodingham Road, Scunthorpe, DN15 7JN	Fast Food/Takeaway
Presto Pizza	168 Frodingham Road, Scunthorpe, DN15 7NN	Fast Food/Takeaway
Pizza King	197 Frodingham Road, Scunthorpe, DN15 7NH	Fast Food/Delivery
The Sicilian	5 Pavilion Row, Doncaster Road, Scunthorpe, DN15 7RD	Fast Food/Delivery
Harry's Fish & Chip Shop	137-139 Frodingham Road, Scunthorpe, DN15 7JT	Fish and Chip Shop
Wilson's Fish & Chips	118 Frodingham Road, Scunthorpe, DN15 7JP	Fish and Chip Shop
Mr Chips	13 Doncaster Road, Scunthorpe, DN15 7RA	Fish and Chip Shop
Scalinis Fish Bar & Restaurant	5 Ravendale Street North, Scunthorpe, DN15 6NE	Fish and Chip Shop

Kirton in Lindsey

There are 3 takeaway outlets.

Takeaway Outlet	Address	Type of outlet
Quattro Pizzeria	Unit F, Station Road, Kirton Lindsey, DN21 4BD	Fast Food/Takeaway
Kirton Chinese Takaway	2 George Street, Kirton Lindsey, DN21 4NA	Fast Food/Takeaway
Kirton Lindsey Fish Bar	18 High Street, Kirton Lindsey, DN21 4LX	Fish and Chip Shop

Scunthorpe Town Centre

There are 12 takeaway outlets.

Takeaway Outlet	Address	Type of outlet
Ben & Jerry's	1 Fenton Street, Scunthorpe, DN15 6QX	Fast Food/Takeaway
Upper Crust	11 Ravendale Street North, Scunthorpe, DN15 6NJ	Fast Food/Takeaway
King Super Kebabs	150 High Street, Scunthorpe, DN15 6EN	Fast Food/Takeaway
Buttylicious Ltd	1 New Hall, High Street, Scunthorpe, DN15 6SY	Fast Food/Takeaway
Subway	62 High Street, Scunthorpe, DN15 6SD	Fast Food/Takeaway
The Deli	20 Ravendale Street North, Scunthorpe, DN15 6NJ	Fast Food/Takeaway
Sunrise	69 Mary Street, Scunthorpe, DN15 6PA	Fast Food/Takeaway
Subs Express	Kiosk 3-4 Jubilee Way, Scunthorpe, DN15 6RB	Fast Food/Takeaway
Johnny Mac's Burger and Coffee Bar	K1 The Parishes Shopping Centre, Jubilee Way, Scunthorpe, DN15 6RB	Fast Food/Takeaway
Palace Fisheries	23 Cole Street, Scunthorpe, DN15 6QY	Fish and Chip Shop
Excel Fisheries	Rowland Road, Scunthorpe, DN16 1TA	Fish and Chip Shop
Scalinis Fish Bar & Restaurant	5 Ravendale Street North, Scunthorpe, DN15 6NE	Fish and Chip Shop

Winterton

There are 5 takeaway outlets.

Takeaway Outlet	Address	Type of outlet
Pizza Hot	3 High Street, Winterton, DN15 9PU	Fast Food/Takeaway
Chun Yang	27 King Street, Winterton, DN15 9TP	Fast Food/Takeaway
Wing Wah	27 Market Street, Winterton, DN15 9PS	Fast Food/Takeaway
Royal Indian Takeaway	12 Hart Lane, Winterton, DN15 9TZ	Fast Food/Takeaway
Market Hill Fisheries	Market Street, Winterton, DN15 9PT	Fish and Chip Shop

