



## The All-Party Parliamentary Group on a Fit and Healthy Childhood

Chair: Steve McCabe MP Co-Chair: Baroness Floella Benjamin OBE. Vice-Chairs: Julie Elliott MP, Diana Johnson MP, Lord McColl of Dulwich, Adam Holloway MP

Formal details of the Group on the Parliamentary website are available

at: <https://publications.parliament.uk/pa/cm/smallparty/191105/fit-and-healthy-childhood.htm>

### APPG Meeting 20 April 2021 Chat Stream

00:28:08	Dan Wilson-Yorkshire Sport:	Yorkshire Sport Foundation have worked with local PH teams to incorporate physical activity into maternity policies
00:32:16	Jackie Musgrave:	could we have the references relating yo the research with young people please? sounds very interesting and influential...
00:37:04	Joe Lowther, KICK:	Yes Jackie I agree that would be helpful too.
00:38:21	BiteBack2030:	<a href="https://biteback2030.com/real-story/hungry-change-giving-children-food-system-works-them">https://biteback2030.com/real-story/hungry-change-giving-children-food-system-works-them</a>
00:38:31	BiteBack2030:	<a href="https://biteback2030.com/real-story/feed-britain-better-report">https://biteback2030.com/real-story/feed-britain-better-report</a>
00:38:52	BiteBack2030:	<a href="https://biteback2030.com/real-story/new-analysis-end-junk-food-marketing-online">https://biteback2030.com/real-story/new-analysis-end-junk-food-marketing-online</a>
00:39:42	Jackie Musgrave:	many thanks indeed!
00:43:59	Jackie Musgrave:	therefore, making access to children's centres for pre school children would be a helpful part of the strategy - promoting healthy eating and drinking - working with families - putting in place a whole systems approach
00:46:57	Joe Lowther, KICK:	Thank you.
00:51:03	Helen West:	I will get the link to the NAO report and post it alongside the meeting recording tomorrow
00:51:49	Caroline Purvey:	Another factor for consideration could be as it is with adults. Food and always the wrong food, for its sugar content is a coping mechanism to deal with stress and trauma. Comfort food, can be something children engage in the same as adults do. Just saying....
00:52:25	ashley Mcdougall:	<a href="https://www.nao.org.uk/report/childhood-obesity/">https://www.nao.org.uk/report/childhood-obesity/</a>
00:52:53	BiteBack2030:	James email is <a href="mailto:james.toop@biteback2030.com">mailto:james.toop@biteback2030.com</a>
00:53:01	Helen West:	thanks Ashley for that lnk
00:56:29	sahota01:	Thank you Ashley. The issue is that none of the interventions on their own are insufficient to impact levels of Childhood obesity. The Govt needs a Whole systems approach. To date approach is un co-ordinated and therefore not impactful. Strategies NEVER include implementation or evaluation plans so we never learn.
00:58:48	Jackie Musgrave:	agree - a whole systems approach is critical and prevention at the start of life and working with families is important
00:59:11	Jackie Musgrave:	yes Max, a sense of belonging helps wellbeing and may reduce the need for comfort eating...



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00:59:23	sahota01:	well said Carolyn
01:00:06	Caroline Purvey:	I share as it has just come to mind, that a prisoner we worked with shared that he had an operation to remove excess flesh after weight loss. I asked him what happened that he had gained so much weight - he was bullied at school.
01:00:09	Jackie Musgrave:	change needs to be sensitively handled
01:03:13	Mary Lubrano:	Whilst there seems to be a general acceptance that diet drives obesity, what are the panel's thoughts on the protective/preventative nature of exercise (which for children is outdoor play). Is there a case that outdoor play displaces other activities where kids are more likely to snack/eat junk food eg screen time?
01:03:21	Francis McGlone:	Ashley is wise...
01:03:23	Trudi:	Agree it requires a holistics approach children and families need support around their challenges , finances, services, housng, inclusion, education, training, access to sport and fitness, employment - to name a few challenges raise to us to build their confidence in themsleves to make the right choices. This needs to be done at the same time as National compaigns.
01:03:59	Jackie Musgrave:	please excuse the inclusion of a paper co-authored by me <a href="https://onlinelibrary.wiley.com/doi/full/10.1111/chso.12449">https://onlinelibrary.wiley.com/doi/full/10.1111/chso.12449</a> that has been published in Children and Society a small piece of research that focuses on how preschool education settings can take on the role of promoting childrens health and improving eating habits
01:06:07	Trudi:	Thanks Jackie
01:13:12	Jackie Musgrave:	is that HENRY Sahota?
01:13:30	PATRICK MYERS:	We need to listen to implementation science
01:13:34	Helen West:	Wasn't there some local success in the Leeds area reported last year? Was that as a result of the Leeds Beckett toolkit? <a href="https://www.theguardian.com/world/2019/may/01/leeds-becomes-first-uk-city-to-lower-its-childhood-obesity-rate?CMP=share_btn_link">https://www.theguardian.com/world/2019/may/01/leeds-becomes-first-uk-city-to-lower-its-childhood-obesity-rate?CMP=share_btn_link</a>
01:15:38	Jackie Musgrave:	apologies - Pinki @sahota -
01:16:03	Kate Smith   OPAL:	I work at Tiverton Adventure Playground (as well as OPAL Outdoor Play and Learning) - this Easter we have seen an increase of 3x our average footfall.....
01:16:03	Caroline Purvey:	Our programme is a simple physical practice that makes a profound impact. It is as powerful for children as it is for adults. Could easily be supervised by PE teachers in schools after their exercise/sports class.
01:16:23	Dan Wilson- Yorkshire Sport:	UK children not allowed to play outside until two years older than parents' generation: <a href="https://www.theguardian.com/society/2021/apr/20/gradual-lockdown-of-uk-children-as-age-for-solo-outdoor-play-rises">https://www.theguardian.com/society/2021/apr/20/gradual-lockdown-of-uk-children-as-age-for-solo-outdoor-play-rises</a>
01:17:39	Trudi:	Sorry I have to leave for another meeting - thank you so much to the speakers and all the shared information.



## The All-Party Parliamentary Group on a Fit and Healthy Childhood

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01:17:46	Jackie Musgrave:	and that point goes back to the need for safe outside areas such as local parks for children and families. and also, there is a requirement for providers of pre-school educators to provide outdoor play and to promote physical activity
01:18:38	Jackie Musgrave:	what about in early childhood - babies and children pre school
01:20:25	Francis McGlone:	The brain at play... <a href="https://www.dropbox.com/t/9nd56vCJcGYIf9GP">https://www.dropbox.com/t/9nd56vCJcGYIf9GP</a>
01:20:41	Caroline Purvey:	Very interesting subject thank you everyone. I have to go to teach.
01:20:42	sahota01:	here is the link to the PHE Whole systems toolkit <a href="https://www.gov.uk/government/publications/whole-systems-approach-to-obesity">https://www.gov.uk/government/publications/whole-systems-approach-to-obesity</a>
01:22:11	PATRICK MYERS:	Sorry have to go really interesting
01:22:41	Helen West:	goodbye and thanks to those of you who have to leave as it's past 5 - recording will be posted by the morning
01:22:51	Helen West:	along with links and references
01:22:54	Jackie Musgrave:	many thanks for a really interesting meeting - food for thought! :)
01:24:11	Jyles Robillard-Day:	Thank you everyone - really great speakers
01:24:17	Dan Wilson-Yorkshire Sport:	Many thanks to all speakers- very interesting
01:24:27	Paul Sharpe:	Thanks all.