



## 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, Kim Leadbeater 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/cmallparty/191105/fit-and-healthy-childhood.htm>

### APPG Meeting 19 July 2022 CHILD OBESITY Chat Stream

time	Name	Comment
17:26:19	From LEADBEATER, Kim :	Hi All. I'm afraid I have to go at 5.30pm but would welcome the slides and information please. I'm also keen to hear any specific policy asks you have which I can use for a piece of work I am doing. Many thanks, Kim
17:27:15	From Aric Sigman :	when convenient I have a point to make with evidence
17:29:05	From Alison Murray :	Thank you presenters for the work and the advocacy. I love the empowerment of child/youth centred solution seeking. Children need to part of the solution seeking to engage in the enactment. Family modelling is also heartening news. What about the element; the factor of time? As humans, our UK work schedule fails to value this. Our universal credit support system seeks to help people survive (only). In what creative ways can these vital recommendations and such be authentically imbedded into root of societal operations? How might we pragmatically imbed such healthy practices across wider society?
17:29:29	From Kristy Howells :	Do you think there is any justification now for following children more each and every year for the child measurement programme, to support the data that has been found for last year's cohort? To help children, it feels that we're almost holding our breath that they will be 'okay' for year 6.
17:29:44	From Kam Kaur Parenting Apart :	this is very interesting, around 50% of children live in separated households. This can also reflect how services engage with parents who tends to be the primary carer. Are we also looking at other factors that contribute to problem ??
17:29:45	From Alison Murray :	Great points Aric.
17:31:42	From Kristy Howells :	Kim could you share your email address



## 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, Kim Leadbeater 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/cmallparty/191105/fit-and-healthy-childhood.htm>

		please?
17:31:50	From Alison Murray :	Yes Kristy, the complexity is more than any single factor. Hurrah for a holistic approach Kim.
17:32:27	From LEADBEATER, Kim :	kim.leadbeater.mp@parliament.uk
17:33:21	From Michael Ledzion :	In this context, my understanding is that real challenge is the killer nature of inactivity. A European study around 6-7 years ago showed how inactivity kills more people than smoking.
17:36:05	From Michael Ledzion :	Also, generally, my understanding is the what we eat has more/most influence on our weight, while physical activity is a/the major influence on our brain health (generally, of course). Source: Prof Tim Spector's twins' project at King's college London.
17:36:48	From Amanda Frolich :	Hello everyone My name is Amanda Frolich. I teach preschool children how to be active and healthy from and early age all over London. I am also a board member of The Children's Activities Association. Please email me on amanda@amandasactionclub.co.uk as we would really like to get involved and are here to help.
17:37:13	From Neil Coleman   OPAL :	OPAL Outdoor Play and Learning exists to ensure that all 20k primary schools can offer socially, emotionally, mentally and physically positive playtimes to every single child, every day, no exceptions. We reach out to families as well as teachers and we now have client schools in almost every part of the country, in every type of community.
17:37:27	From Alison Murray :	And are there general trends whereby children (who do not participate regularly in clubs and have that sense of belonging) tend to be that inactive Michael? Schools have the same children regardless of the parents and habitation set ups- could they be used more meaningfully to help Kam?
17:42:09	From Amanda Frolich :	I have started working in primary schools offering my services to after school clubs. I also train early practitioners how to deliver a physical development session in their setting. It would be great if there was some funding for more



## 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, Kim Leadbeater 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/cmallparty/191105/fit-and-healthy-childhood.htm>

		training. Harrow Council are helping me fund some training this October to train child minders. They are very proactive.
17:42:49	From Neil Coleman   OPAL :	It would really help our primary schools to plan for the longer term if the PESSP was committed for at least 3 years (ideally 5-10 years!) at a time, rather than the annual panic around the end of summer term when schools wonder if the funding is coming for the next 12 months, or not!
17:43:05	From Michael Ledzion :	It's tricky - we think schools can be a route to solving many of these issues, but in practice they have limited influence. There was a study (forgotten details now - 2010 ish) by a Uni of Melbourne team that looked at the influences on a child's life success (broadly defined). Unsurprisingly when you think of it, they found that parents were 46% of the overall "influence", peers around 30%, and school around 13% (figures from memory, but directionally accurate). So it's a system-wide, cultural issue IMHO. Which is why we're now using Olympic/elite athletes to talk to schools but include parents in the education programme.
17:44:48	From Alison Murray :	Yes, use the existing affordances -Thanks for recognising this Shamila.- GPs. The US use the fitnessgram (to varying levels of meaningful success)- but the children know to value their health and know the parts they can control. That might help with the efficacy elements. It needs an interdisciplinary-societal approach.
17:45:05	From Jackie Musgrave The Open University :	an important sphere of influence is pre school education in nurseries and childminding settings - they can help to form good eating habits- and can work very well to work with and support parents to 'do' healthy eating and physical activity
17:46:35	From Michael Ledzion :	When I deliver physical activity programmes in education in primary schools there is very little understanding of how physical activity is foundational to a healthy brain. There is only 2 hours of teaching on PE at Homerton teacher training college in Cambridge for example. No head will lose their job for lack of physical



## 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, Kim Leadbeater 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/cmallparty/191105/fit-and-healthy-childhood.htm>

		activity, but they will for poor SATs / value add...
17:47:10	From Kam Kaur Parenting Apart	totally agree with your point Micheal
17:47:47	From Neil Coleman   OPAL :	Michael, I agree. That's why OPAL has, over the past 20 years, promoted our culture change approach. Once teachers and parents are fully on board, it's a lot easier to promote physically active, fun, child-led play both inside and outside of school. And playtime is around 6 hrs/week, or one fifth of the school year.
17:47:48	From Kam Kaur Parenting Apart :	We need to start with the parents and change the culture
17:47:52	From Michael Ledzion :	Whole heatedly agree with Aric! Screen time is addictive - there is a huge commercial interest in this, way bigger than any government. So not easy.
17:47:55	From Alison.Gahagan :	Colleagues interested in the Childs and Young Persons voice may be interested in work the RCPCH did a couple of years ago <a href="https://stateofchildhealth.rcpch.ac.uk/voice-matters/">https://stateofchildhealth.rcpch.ac.uk/voice-matters/</a> consultation with a lot of children in this context.
17:47:55	From Alison Murray :	I love that awareness approach ARIC-suspending judgement by informing.
17:48:28	From Mary Lubrano :	A report published by the Association of Play Industries (API) and authored by Aric - A Movement for Movement - is available on the API site (under Campaigns) and expands upon a lot of the points he makes about recreational screen time + obesity.
17:48:58	From Michael Ledzion :	Hi Aric, I wonder if we can help you? my email:
17:49:21	From Michael Ledzion :	Sorry, I meant that to go to Neil.
17:50:16	From Neil Coleman   OPAL :	Hi Michael, sure! I'll be in touch. Kim Leadbeater MP recently visited one of our inner-London schools.
17:51:16	From Michael Ledzion :	1/3 of mothers and 50% of fathers of obese children think their children are "about right". Our perception of "about right" has changed hugely over the last 60 years.
17:52:10	From Kristy Howells :	It seems we need to revisit APPG report



## 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, Kim Leadbeater 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/cmallparty/191105/fit-and-healthy-childhood.htm>

		number 15, 17a and 17b, as the similar voices are being voiced that we reported about in 2020 - the family food and coming together was a key aspect we raised in 17b in particular.
17:52:43	From Alison Murray :	Yes, we can use available reports Kristy.
17:54:11	From Kristy Howells :	Maybe those reports and the recommendations from them, with the latest new child measurement data these need to be discussed again in Parliament..... as clearly not enough has been done since 2020.
17:54:39	From Jackie Musgrave The Open University :	please can we start with babies and pre-school children? breastfeeding is one of the best ways of reducing childhood obesity. Babies need to be encouraged to move - they spend a lot of time in containers such as buggies
17:55:05	From Alison Murray :	Excellent points Neil. It all gets back to real time for good folks to do such things. Our work model needs to include play and recreation across all educational and work levels.
17:56:23	From Shamila Wanninayake :	Currently NCMP cannot 'target' the population. As I said already, Primary Care can.
17:56:52	From Jackie Musgrave The Open University :	Babies and children living in poverty and areas of deprivation need the opportunities to get outside and move around,- so giving them access to children's centres that have equipment and the nursery nurses who can support them will be a helpful thing to do
17:56:59	From Michael Ledzion :	Responding to Neil... the challenge here (see a Cambridge prof, Ken Ong) is attitude to risk. See also a study in Skipton as to how far children were allowed to roam alone age 10 over 3 generations - it's gone down from 6 miles to the neighbours. The challenge is also the ever greater pressure on government to take responsibility for everything which drives a risk-averse culture. Jonathan Sumption (ex supreme court judge) talks about this - the Hobsian bargain in people handing over power to government in exchange for protection. The whole system drives a risk averse culture as a result, including media amongst other elements of society. Not easy!



## 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, Kim Leadbeater 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/cmallparty/191105/fit-and-healthy-childhood.htm>

17:58:54	From Neil Coleman   OPAL :	Oh Michael, wait til you see what OPAL schools do! Risky, active play is everywhere! Check out the OPAL Playtime site on YouTube and the hundreds of clients who post on Twitter. Follow OPAL CIC
18:01:17	From Alison Murray :	We make it a non issue by incorporating active learning and play time and health eating in our schools. We need to reduce the quality resource gap between private and state schools. Use the school though a community approach from early years yes Jackie- all the way through yr 12 and across university and public sector.(Idealist I I know- but schools are there). Some tangible pragmatic and accessible steps.
18:01:29	From Shamila Wanninayake :	Absolutely Alison, we have the evidence, we now need to have strategic action, but this needs funding through the systems that are able to support these populations. I also completely agree with Jackie's points and being able to support schools, through curriculum and school policies (in addition to that through health and public health and fiscal policies)
18:01:37	From Kristy Howells :	Thank you for today everyone.
18:02:22	From Alison Murray :	Thank you for sharing such important messages, thank you panel.
18:03:27	From Shamila Wanninayake :	It costs significantly more for those from poorer backgrounds to eat healthily (e.g. up to 75% of wages) than it costs for those in affluence (5-10%) - as per Michael Marmot.. all of this is something government can make a difference in.
18:04:56	From Amanda Frolich :	Thank you for today's meeting everyone.
18:05:13	From Jackie Musgrave The Open University :	agree Shamila - the areas I research in often don't have access to affordable high quality food, and some housing doesn't have cooking facilities
18:05:14	From Kam Kaur Parenting Apart :	thank you
18:05:37	From Neil Coleman   OPAL :	Thank you everyone



## 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, Kim Leadbeater 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/cmallparty/191105/fit-and-healthy-childhood.htm>

18:05:46	From Shamila Wanninayake :	Thank you everyone.
18:05:48	From NSW - Kinvara Carey :	Thank you