



# How does local government use the planning system to regulate hot food takeaways? A survey of current practice in England

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Centre for Diet & Activity Research, MRC Epidemiology Unit

# About CEDAR

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The *Centre for Diet and Activity Research (CEDAR)*:

- studies the factors that influence dietary and physical activity related behaviours
- develops and evaluates public health interventions
- helps shape public health practice and policy

CEDAR is a partnership between the University of Cambridge, the University of East Anglia and MRC Units in Cambridge.

It is one of five Centres of Excellence in Public health Research funded through the *UK Clinical Research Collaboration*.



# About us

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## **Tom Burgoine**

- Public Health Geographer
- Research Associate at CEDAR
- Interested in neighbourhood determinants of health and health inequalities; interventions to promote population behaviour change

## **Matt Keeble**

- MSc Nutrition with Public Health Management
- Research Assistant at CEDAR
- Interested in the role of built food environments on health inequalities and consumption trends

# Collaborators

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**Dr Jean Adams** – CEDAR, University of Cambridge

**Prof Martin White** – CEDAR, University of Cambridge

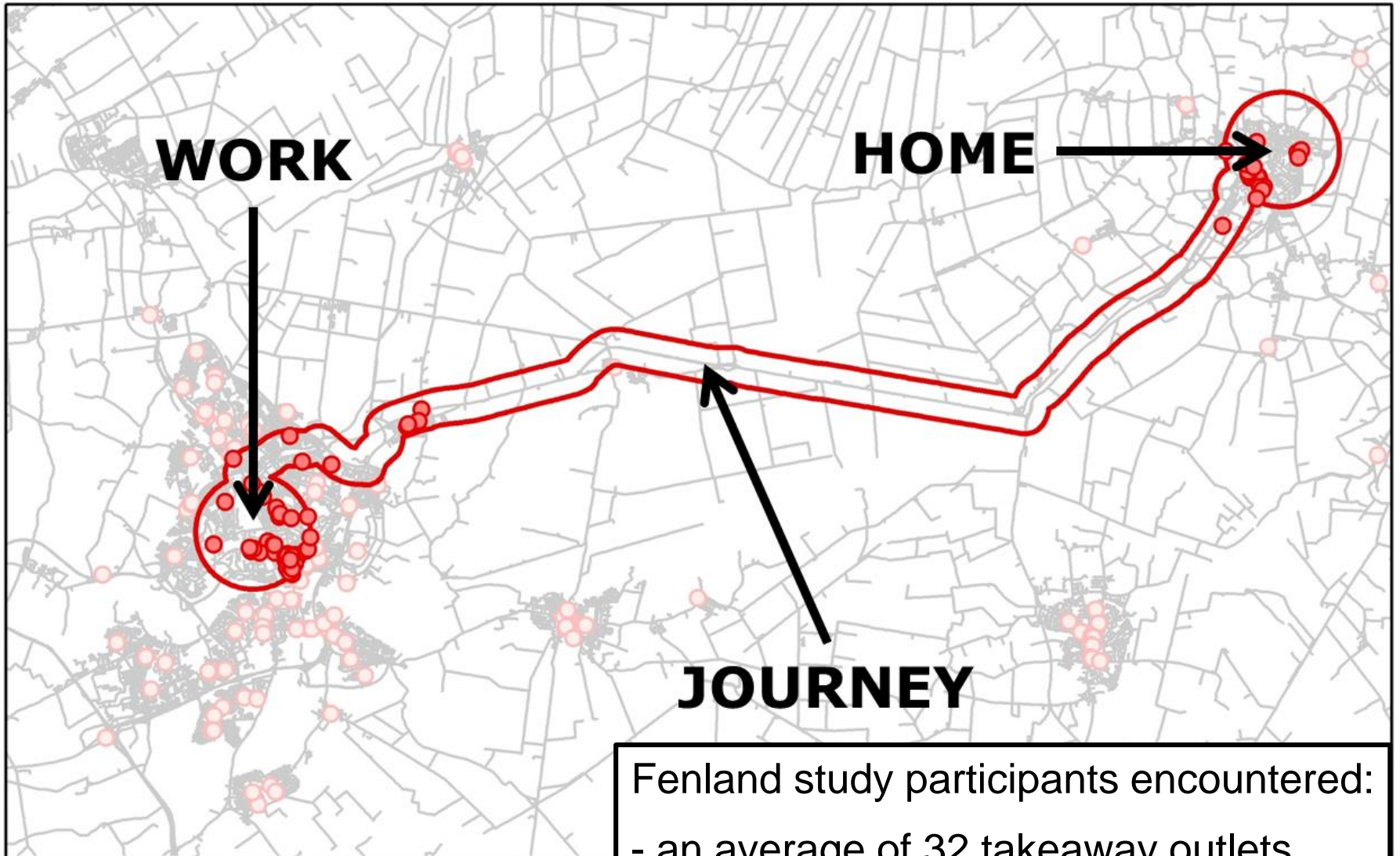
**Prof Steven Cummins** – London School of Hygiene and Tropical Medicine

**Prof Carolyn Summerbell** – University of Durham

# Background

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- £28bn spent annually on takeaway food in Great Britain
- £9 average spend per week on food away from home
- 29% increased out of home food expenditure in last decade
- 1 in 6 meals now consumed out of home
- Regular takeaway visits and frequent takeaway consumption associated with excess weight gain over time
- Is takeaway consumption linked to takeaway food outlet access?



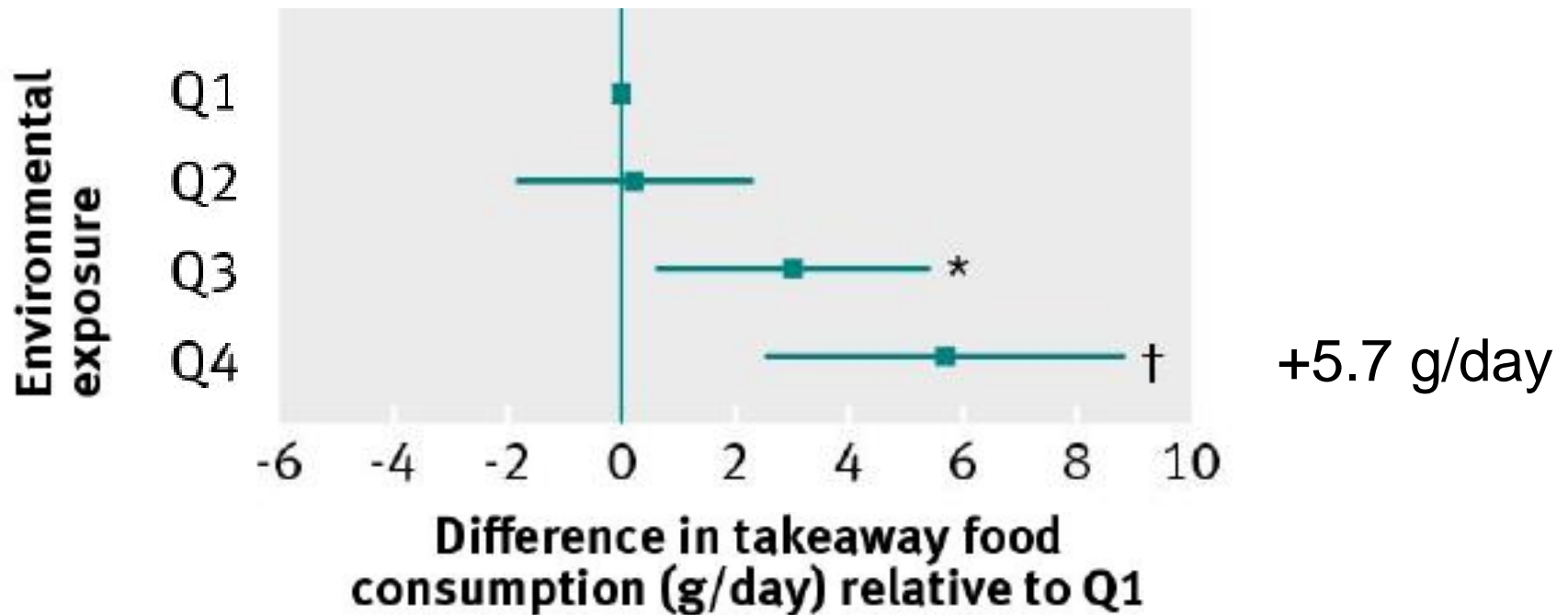
Fenland study participants encountered:

- an average of 32 takeaway outlets
- up to as many as 165 outlets
- majority of outlets away from home

# Takeaway exposure and takeaway consumption

## Fenland Study data, n=5,442

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*It's crispy and delicious.  
from the first  
of our*

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40g per week

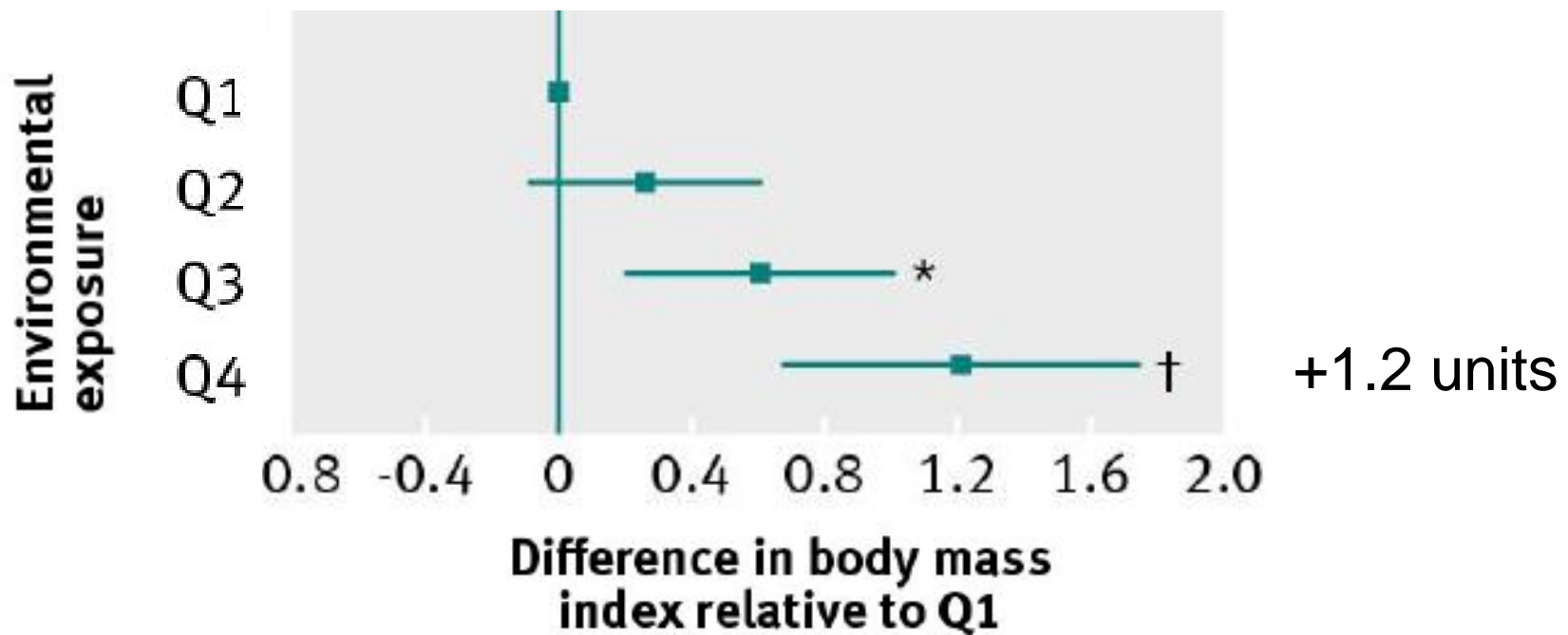
>2kg per year



# Takeaway exposure and body weight

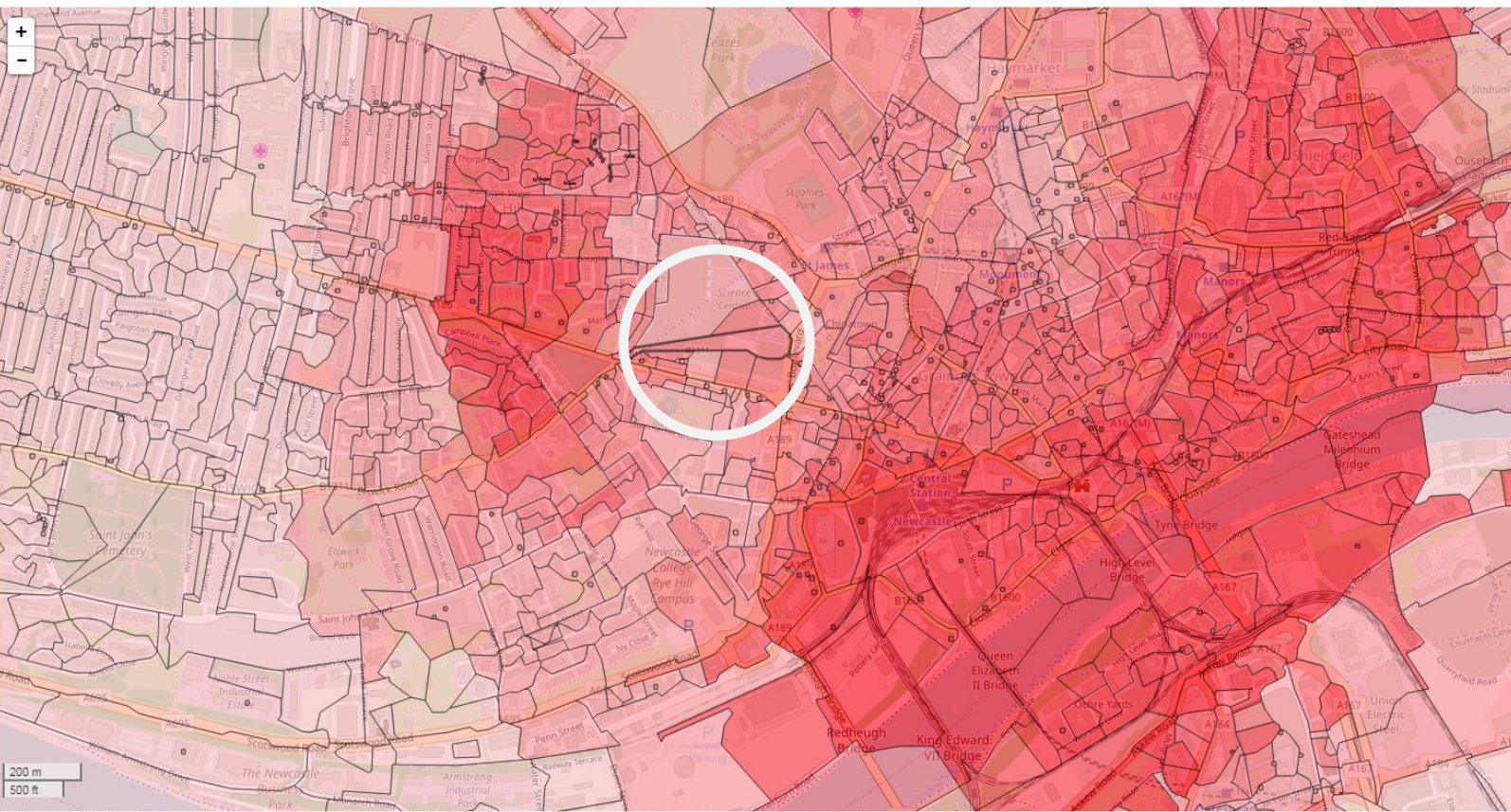
## Fenland Study data, n=5,442

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Food outlet data from: Dec 2017

2014 2015 2016 2017 2018 2019

Search NE4 5TF Go

Current level: Postcode

Name: NE4 5TF  
Count: 131

Lock level

Food outlet types

- Cafes
- Convenience stores
- Restaurants
- Speciality outlets
- Supermarkets
- Takeaways

Standardisation

- None
- Total number of food outlets
- Resident population

Number of selected food outlet(s)

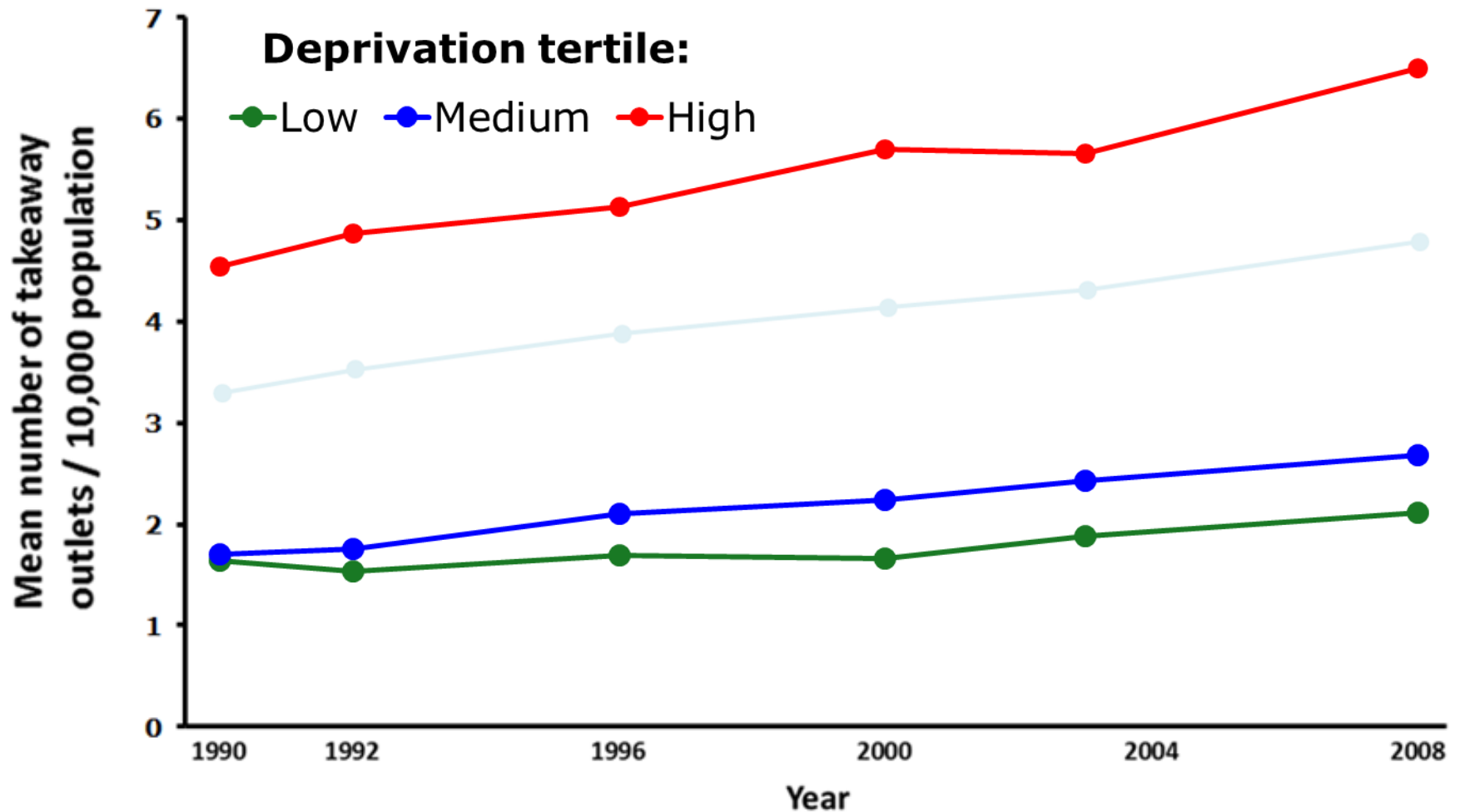
- 0 - 0
- 47 - 89
- 89 - 129
- 129 - 136
- 136 - 144
- 144 - 164

Distribution of food outlets

# Food environment assessment tool ([www.feat-tool.org.uk](http://www.feat-tool.org.uk))

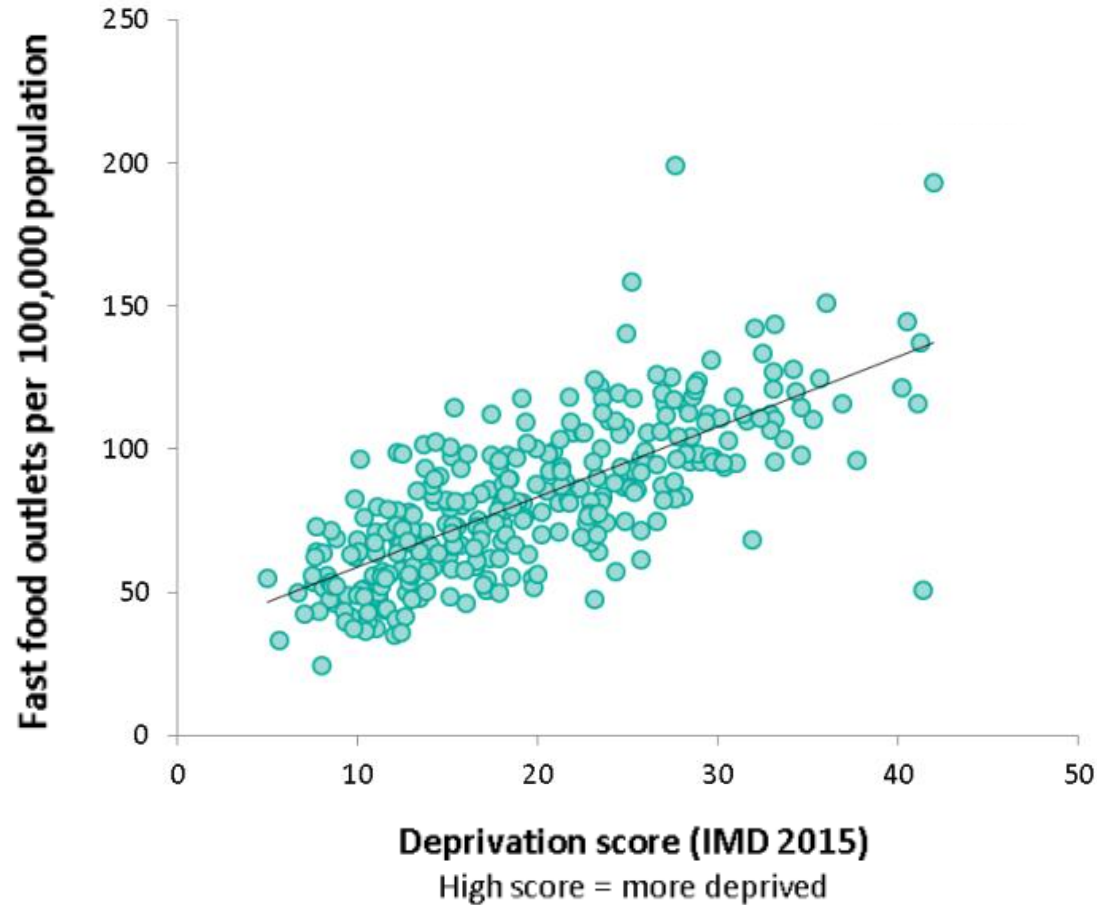
- Across England, 10% increase in takeaways over 3 years (now >56,000)
- 25% increase in some places
- Takeaways are frequently >1/3 of all food retail (often 1/2)

# Takeaway proliferation in Norfolk (1990-2008)



# Inequalities in takeaway exposure across England

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# Planning as a public health intervention?



Gateshead Council  
Supplementary Planning Document 2015  
**Hot Food Takeaway  
Supplementary Planning  
Document**

**Winner: Gateshead Council**

**Public Health**

Winner: Gateshead Council  
Highly Commended: Essex County Council

**Sponsored By**  
**NICE** National Institute for Health and Care Excellence

# Planning as a public health intervention?



## TAKEAWAYS TOOLKIT

TOOLS, INTERVENTIONS AND CASE STUDIES TO HELP LOCAL  
AUTHORITIES DEVELOP A RESPONSE TO THE HEALTH IMPACTS  
OF FAST FOOD TAKEAWAYS

NOVEMBER 2012

MAYOR OF LONDON



## Tipping the scales

Case studies on the use of planning  
powers to limit hot food takeaways



# Objectives

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1. Complete a census of English Local Authorities, identifying planning-led approaches to regulate Hot Food Takeaways
2. Review adopted planning criteria, identifying common approaches
3. Develop a tool that categorises and describes approaches based on their strategy and area targeted

## ACKNOWLEDGEMENT

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