

Chapter two of the government's childhood obesity plan

Background

Chapter two of the government's childhood obesity plan was released in June 2018 following on from the first plan which was published in 2016.

<https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action-chapter-2>

Pages 10 and 27 relate to the actions government will take as regards schools.

The commitments made in chapter two encourage further steps to be made in improving children's health through nutritional improvements to food and drink products, increasing the amount of accurate information available to children and adults and restricting the ways in which high fat, salt and sugar (HFSS) products are promoted and advertised.

The evidence shows that more than one in three children are obese or overweight by the time they leave primary school. Children who are obese are increasingly developing type-2 diabetes and liver problems during childhood, which in turn can have a negative impact on wider health and wellbeing issues including mental wellbeing.

This plan outlines a drive to halve childhood obesity by 2030 and close the gap between more and less deprived areas across the country.

Chartwells position

Chartwells has worked in line with the actions outlined within the government's 2016 childhood obesity plan. Since 2016 Chartwells has reduced sugar in its primary and secondary menus, to exceed the government's target of a 20% reduction and we're constantly monitoring fat and salt levels in all recipes served in schools.

Our team of nutritionists has also continued to extend our health and wellbeing education programmes, reaching almost 500,000 people across the UK in 2017. We take a holistic view to health and wellbeing and our flagship programme Beyond the Chartwells Kitchen provides information and guidance on a range of issues including healthy eating, staying active and mental health.

Question and answer

- What does your sugar reduction programme look like to date?

This is an area of ongoing focus for us and we're committed to continuing our sugar reduction programme. Since 2016 we have reduced sugar on the primary and secondary menus by 21% and 28% respectively, exceeding the government's target of a 20% reduction by 2020.

- What does your calorie reduction programme look like to date?

Our team is constantly monitoring fat and saturated fat and we continue to look at ways to educate and inform children and young people, their parents and teachers about calorie reduction.

- What does your salt reduction programme look like to date?

We continue to monitor salt levels within our recipes and look at ways of reducing it from our menus. We base our recipes on the government's 2017 targets for levels of salt in food.

- How do you help educate children on health and nutrition within the schools you serve?

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We have been running programmes to help inform children, young people and their families and teachers for the last ten years and in 2017 reached almost 500,000 people across the UK.

We're now relaunching our flagship education programme, Beyond the Chartwells Kitchen, which contains information and advice around health and wellbeing. This is not only aimed at the young people themselves, but also their families and local communities and can be delivered through face to face sessions with our nutritionists or by schools themselves via our information packs, activities and lesson plans. We are also committed to delivering these sessions during the school holidays at holiday clubs in Scotland, Leeds, the Midlands and London.

- **Is Chartwells involved in any of the government's consultations?**

We are not currently involved in any government consultations.

- **What is your view on the recommendation that Ofsted is developing a new framework for September 2019?**

Chartwells supports further involvement from Ofsted and the concepts around this that are being introduced within chapter two of the childhood obesity plan.

We support the schools we work with during Ofsted inspections through providing our 'Are You Ofsted Ready?' toolkit, which was developed by our in-house nutrition and education team. The pack offers resources and advice to catering teams and school staff to easily evidence the different ways in which they have focused on health and wellbeing. We will of course be keeping this up to date in line with any changes to the Ofsted inspection framework.