

Good Food Local North East

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and ADPH North East Healthy Weight Lead**

North East and North Cumbria in numbers



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3 million estimated resident population and the largest ICB in the country (Census 2021)

21% of the population aged 65 and over (England 18.6%) (Census 2021)

Nearly **1 in 3** live in the 'Core 20%' of the most deprived areas in England (MHCLG)

Circa **700,000** (55%) households are deprived in one more dimensions: housing, education, employment and health (Census 2021)

91% of the population are white British. (England 74%) (Census 2021)

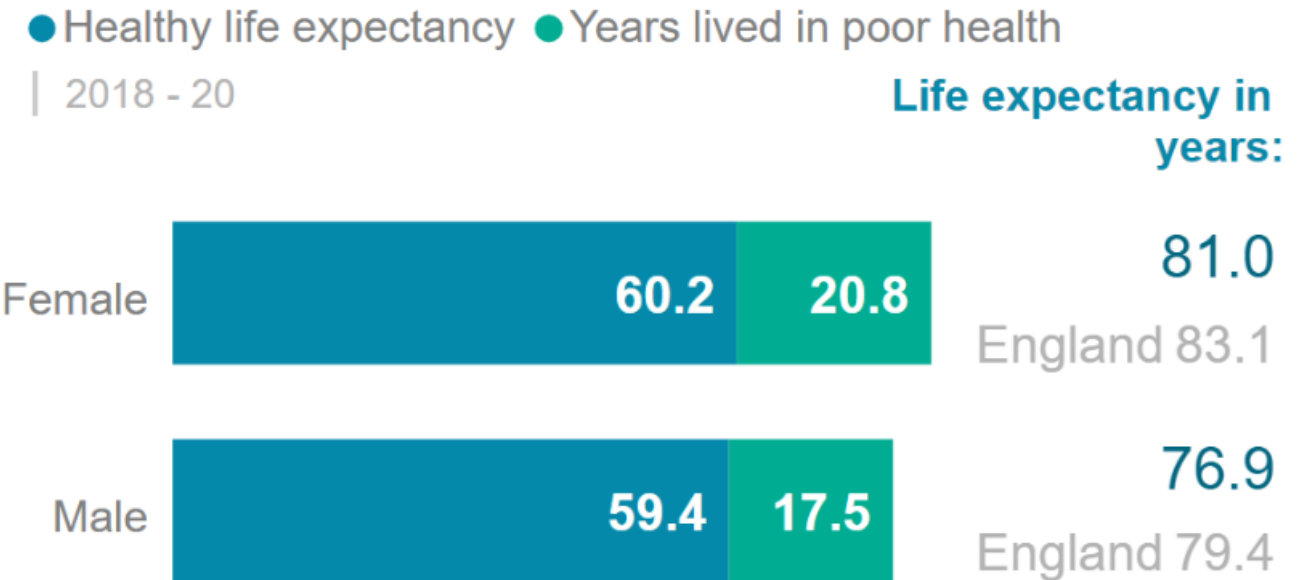
79% rate their health as good or very good. (England 82%) (Census 2021)

Healthy life expectancy and years lived in poor health



Women continue to outlive men but differences in healthy life expectancy by gender is considerably smaller.

Healthy life expectancy estimates for North East and North Cumbria



[OHID: Picture of Health NorthEast and Yorkshire 2023](#)

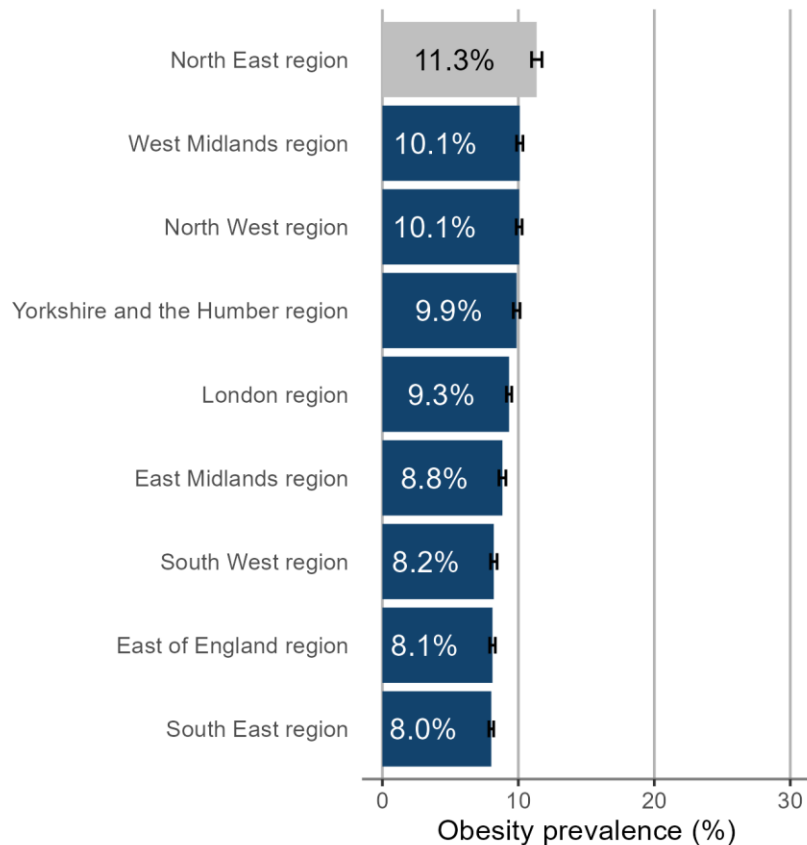
Obesity prevalence by region and age

National Child Measurement Programme 2022 to 2023

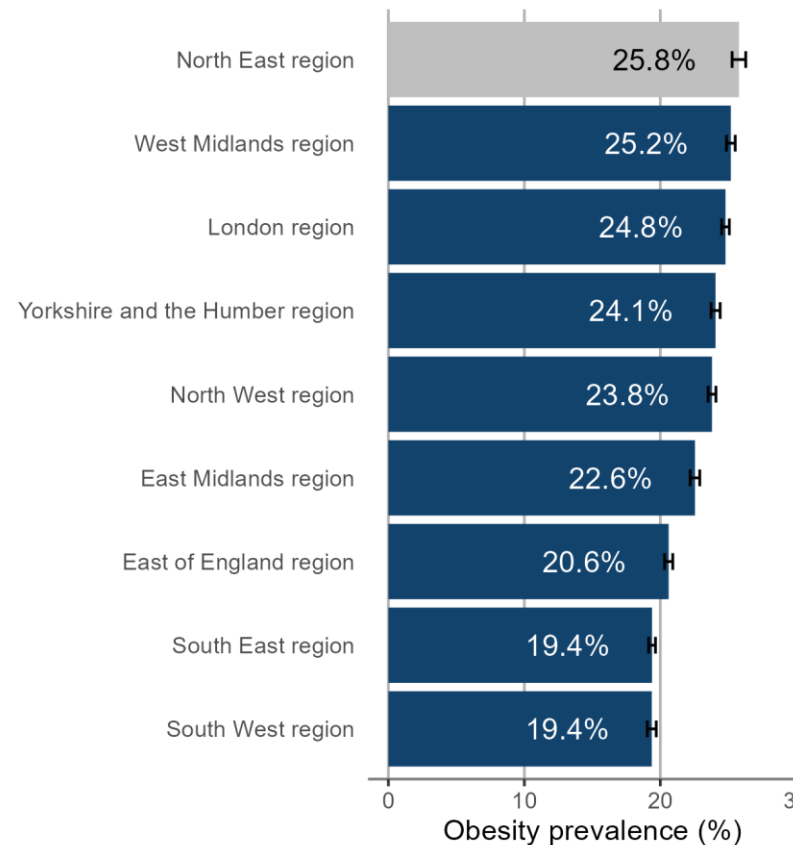


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Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



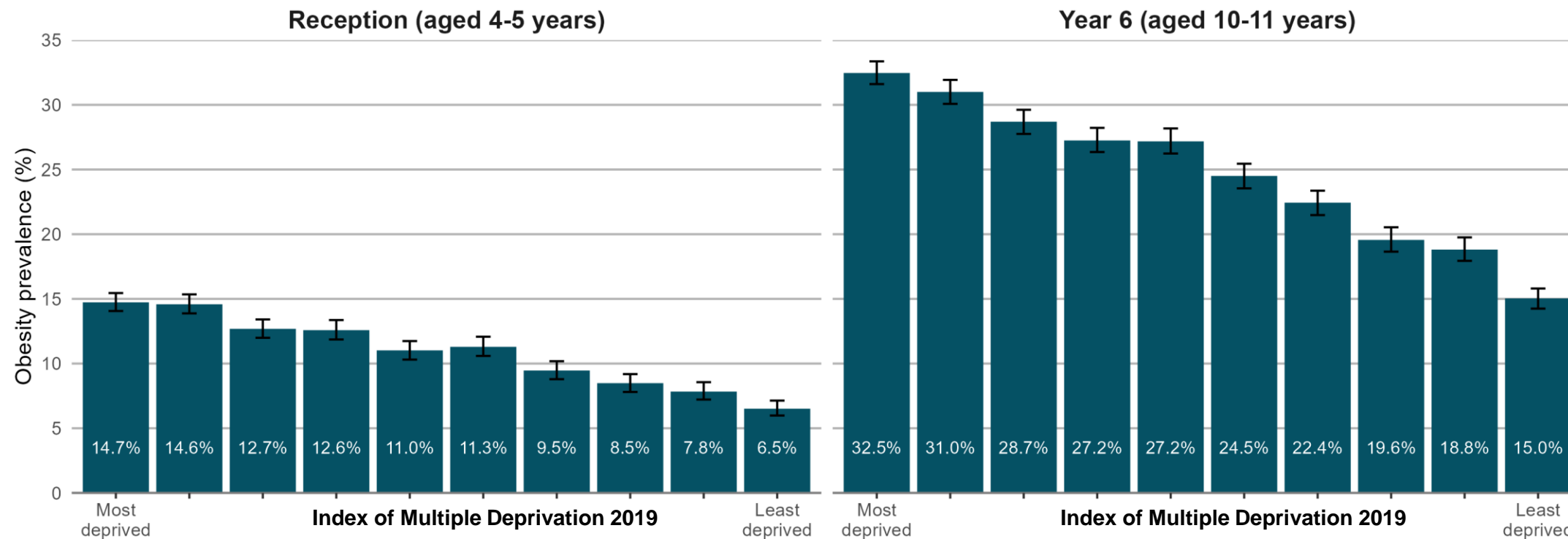
95% confidence intervals are shown

Obesity prevalence in the North East by regional deprivation decile

National Child Measurement Programme



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Data grouped over 3 years (2019 to 2020, 2021 to 2022 and 2022 to 2023)
2020 to 2021 data is excluded from the deprivation analysis due to the small number of children measured
Region-specific deprivation deciles displayed (IMD 2019)
95% confidence intervals are shown

Percentage of adults classified as overweight or obese (2022/23)



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Area ▲▼	Recent Trend	Count ▲▼	Value ▲▼	
England	—	-	64.0	
North East region (statistical)	—	-	70.2	
West Midlands region (statistical)	—	-	67.0	
Yorkshire and the Humber region (statistical)	—	-	66.6	
North West region (statistical)	—	-	66.5	
East Midlands region (statistical)	—	-	66.1	
East of England region (statistical)	—	-	64.8	
South East region (statistical)	—	-	62.8	
South West region (statistical)	—	-	62.5	
London region (statistical)	—	-	57.2	

Percentage of adults meeting the 5-a-day fruit and vegetable consumption recommendations (2022/23)



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Area ▲▼	Recent Trend	Count ▲▼	Value ▲▼	
England	—	-	31.0	
North West region (statistical)	—	-	27.3	
North East region (statistical)	—	-	28.6	
West Midlands region (statistical)	—	-	28.8	
Yorkshire and the Humber region (statistical)	—	-	29.6	
London region (statistical)	—	-	30.0	
East Midlands region (statistical)	—	-	30.1	
South East region (statistical)	—	-	33.2	
East of England region (statistical)	—	-	33.4	
South West region (statistical)	—	-	35.6	

Source: OHID, based on Sport England data

Percentage of households experiencing food insecurity (2022/23)



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Area ▲▼	Recent Trend	Count ▲▼	Value ▲▼	
England	–	1,954	10.0	
North West region (statistical)	–	382	13.0	
Yorkshire and the Humber region (statistical)	–	259	12.0	
West Midlands region (statistical)	–	210	12.0	
North East region (statistical)	–	159	12.0	
London region (statistical)	–	180	10.0	
East Midlands region (statistical)	–	138	9.0	
South West region (statistical)	–	193	8.0	
South East region (statistical)	–	263	8.0	
East of England region (statistical)	–	188	8.0	

Source: Department for Work and Pensions

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Steering Group and partners

ADPH North East

- DPH Lead – Craig Blundred
- Programme Manager - Lucy Chapman

Healthy Weight & Physical Activity Network East

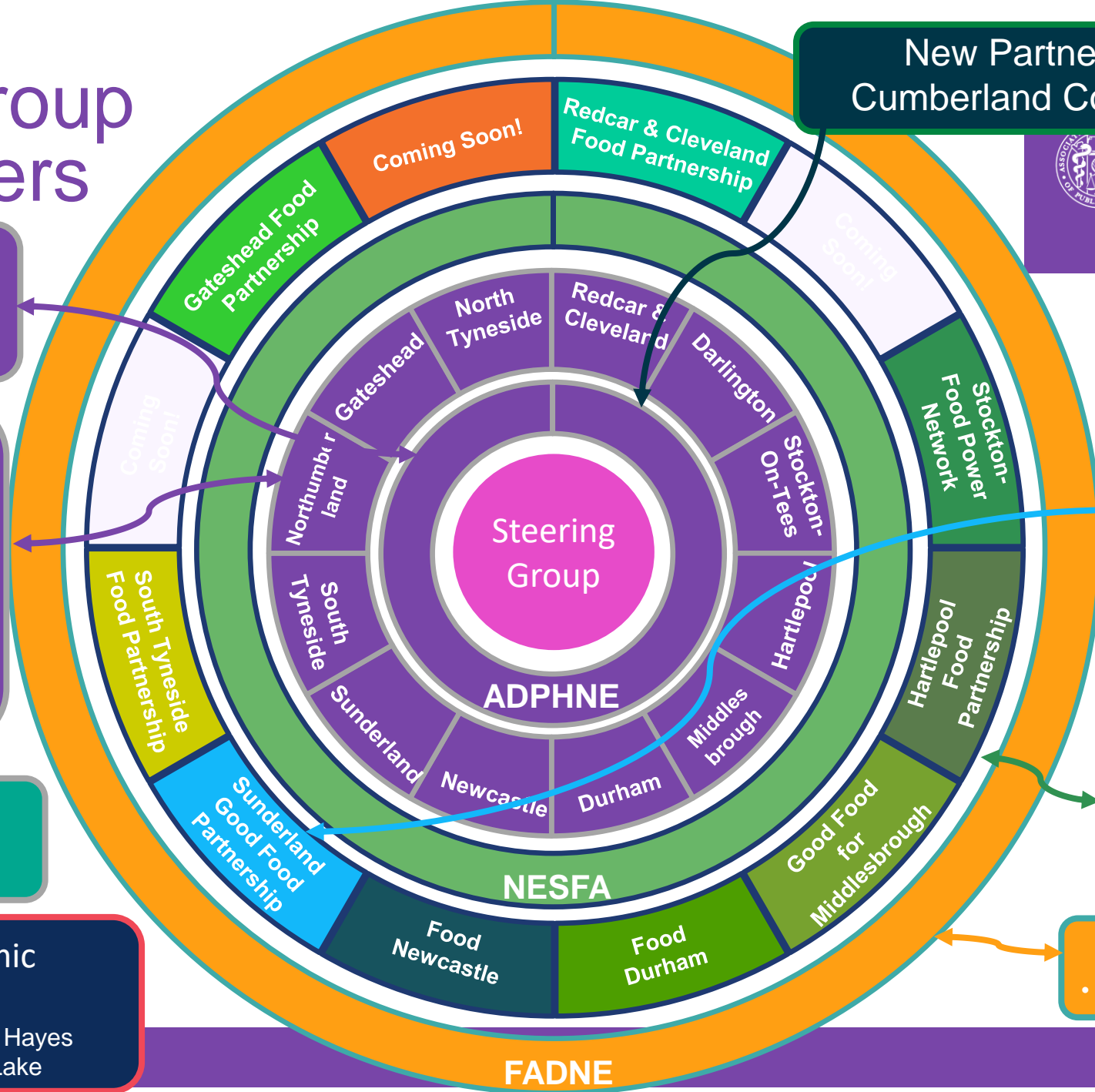
- Chair – Louise Gray
- Vice Chair – Emma Gibson
- LA representatives from all 12 North East Local authorities
- LA representatives from Cumberland Council

OHID NE

- HWB Programme Lead – Claire Mathews

North East Academic Collaboration

- Newcastle University – Louise Hayes
- Teesside University – Amelia Lake



New Partner - Cumberland Council

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Local Food Partnerships

- Stockton Food Power Network – Clare Branson
- Hartlepool Food Partnership – Julian Penton/ Sonia Newhouse
- Sunderland Good Food Partnership – Joanne Dolan (temporary basis until post filled)
- Good Food for all Middlesbrough – Alex Young
- Food Durham – Post vacant
- Food Newcastle – Carlos Yescas
- Cumberland Food Partnership – Val Ayre

Food & Drink North East

- Founder & CEO – Chris Jewitt

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Purpose: Develop and implement a regional public health approach to Good Food

Agree a shared Good Food Framework for the North East.

Undertake a comprehensive, region wide mapping process.

Develop an engagement plan to support LAs/organisations to undertake the benchmarking .

Support sharing practice through regional case studies and a Food Summit.

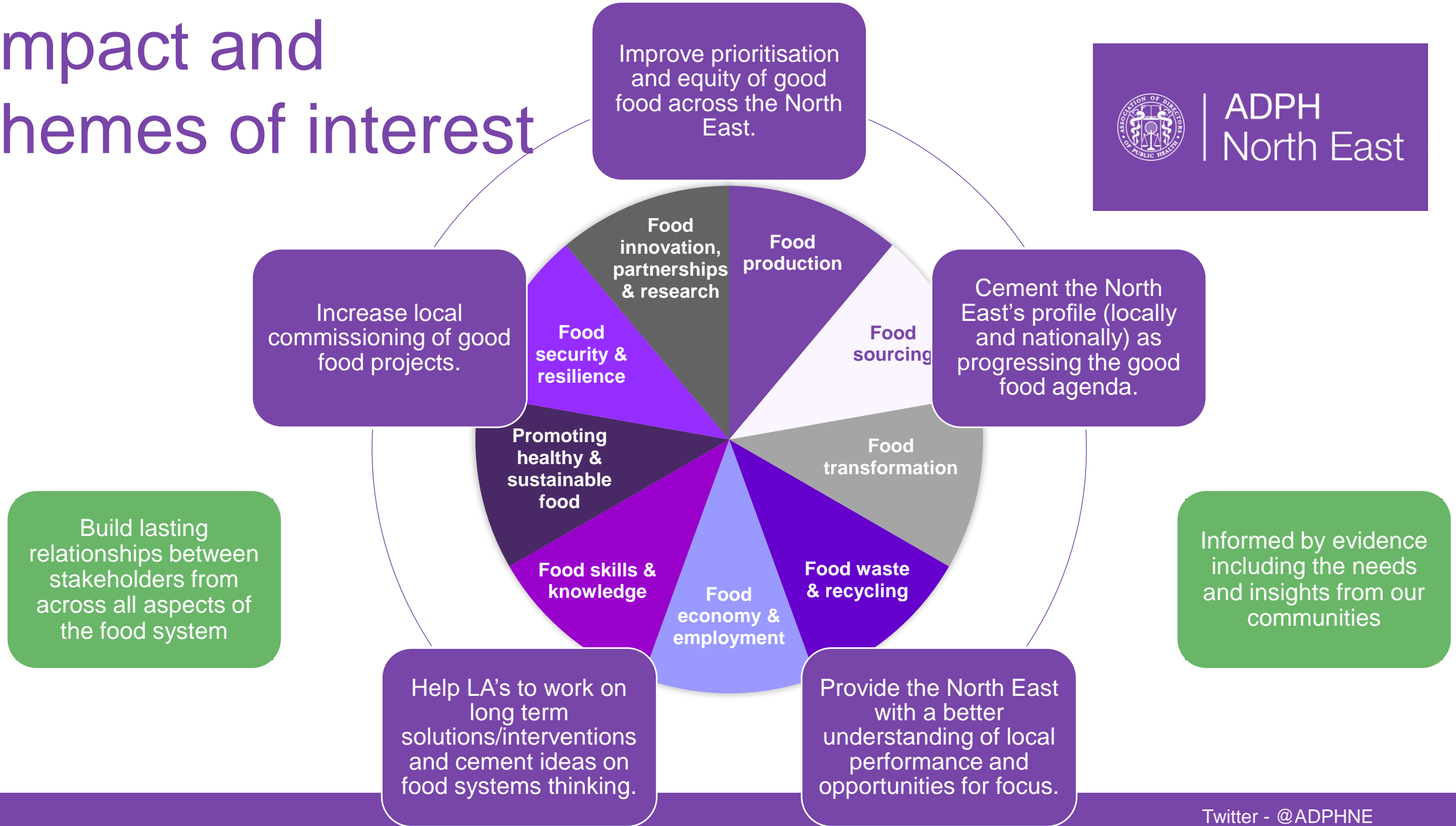
Undertake annual benchmarking of indicators established in the regional framework

Scoping exercise to explore introducing a Regional Food Strategy based on the agreed regional framework .

Impact and themes of interest



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Progress



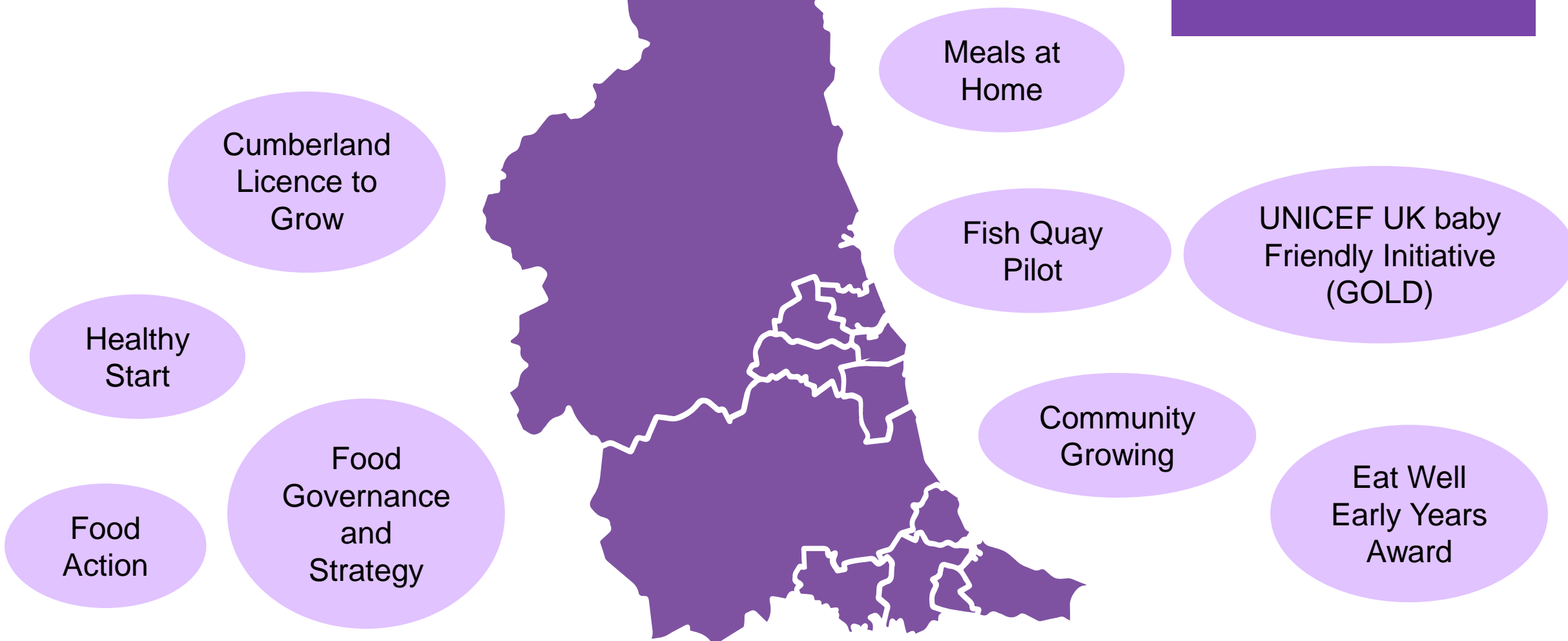
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- Collaborative Steering Group established (ADPH NE, Local Authorities, Food Partnerships, OHID)
- 13 local authorities and all 9 Food Partnerships engaged in the programme
- Worked with Sustain to agree Year 1 baseline benchmarking questions
- 13 of 12 local authorities completed baseline benchmarking
- Benchmarking scores shared with LA
- Regional scoring to be shared with Steering Group and LA leads
- Early conversations with NHS Foundation Trusts about the programme

Case studies



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Feedback so far....



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“The benchmarking process has allowed us to evaluate our ‘current position’ as part of our food system work within the council.

The work has allowed us to build awareness within the council of our newly forming Food Partnership, and to gather insights to support our future Food Strategy and plan.

We look forward to sharing good practice from the across region, allowing us to celebrate areas of good work whilst also looking at opportunities for improvements and to prioritise resource and priorities going forward for our communities.”

“During the GFL mapping process, we spoke with colleagues we hadn’t linked up previously.

Going forward the recommendations from this and future benchmarking round mapping process will help to identify how existing policies and plans relating to making good food accessible, including community partners, projects, local producers/growers, and anchor organisations will receive greater consideration due to this process”.

Next Steps



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- Publication of the baseline benchmarking report on national Sustain website
- Local recommendations to be shared with local authority leads
- Regional recommendations to be agreed by Steering Group
- Review of benchmarking questions ready for Year 2
- Formal inclusion of Cumberland in the programme
- Sharing of practice through case studies
- Supporting local authority teams to progress recommendations