

Food for Thought: Why a plan?



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Food Poverty: A Public Health Concern & what a 'Wicked Issue' it is!

- Deprivation levels in the borough -stark inequalities
 - Child poverty even in working families
- High obesity levels correlate with areas of deprivation
 - Welfare reform
 - High & increasing use of local food banks
 - Refugee and Migrant Needs Assessment
 - Culturally expensive food
 - Malden Manor Needs Assessment
 - Expensive / inaccessible supermarkets
 - Expensive accommodation
- Ad hoc response to food waste & access to donated perishable foods

Deprivation in the borough

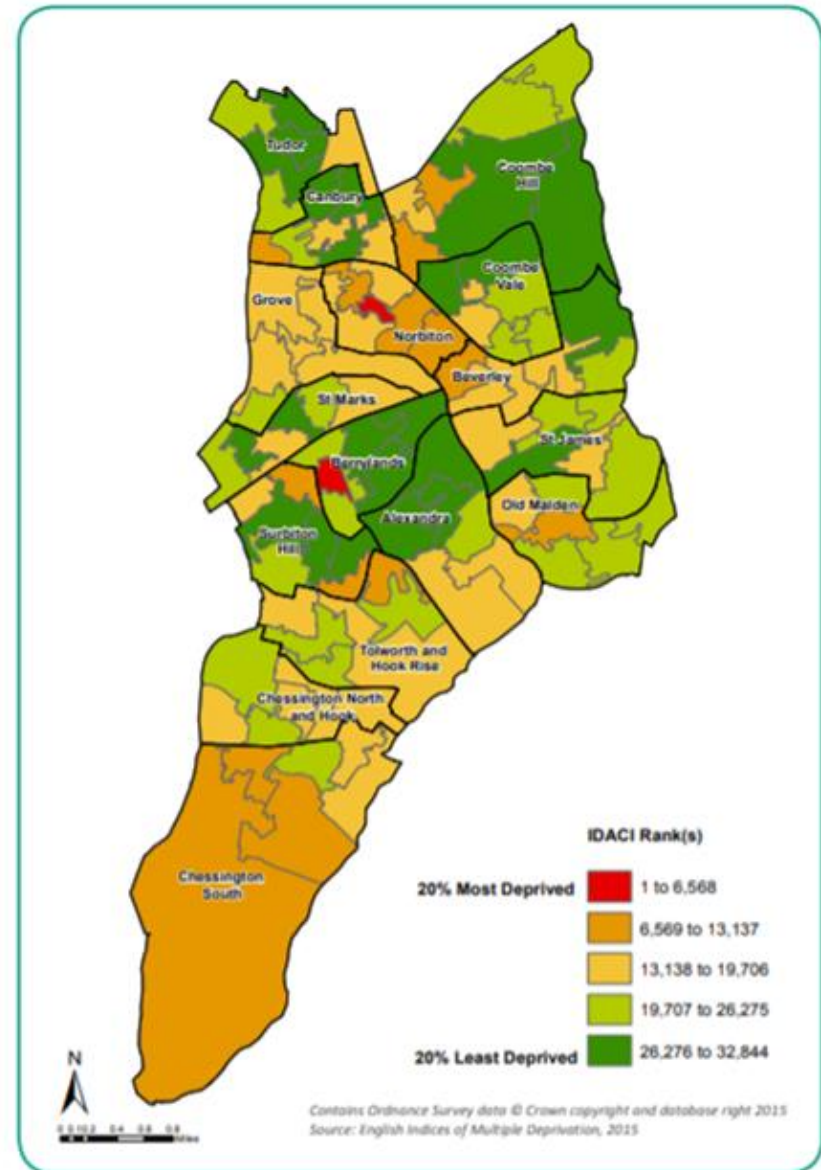
- Significant pockets of deprivation
- One small area (LSOA) in the most deprived 20% of all areas in England, and six areas are in the most deprived 40%
- Stark contrast to other areas in the borough with 38 of the 98 LSOAs in Kingston in the least deprived 20% nationally
- Housing, in general, is not affordable.

Impact on life expectancy

- The gap in life expectancy in Kingston between those living in the most and least deprived areas:
 - 6.8 years for men, and
 - 5.7 years for women
- Shows the significant impact of deprivation on people's health and ultimately their life expectancy

Children living in Poverty

- Map shows the Indices of Deprivation Affecting Children data, 2015
- 12.3% of children in Kingston (under 15) lived in income deprived households
- Huge variants across the borough



Child Obesity and Health

15.0%

of 4 to 5 year olds are **overweight** (including obese)

Obesity can lead to poor health throughout childhood and adulthood



29.1%

of 10 to 11 year olds are **overweight** (including obese)

Half

of all adults aged 18+ are **overweight or obese**



- 23% of five-year-olds in the borough having dental decay by age five
- Kingston HealthWatch found that parents found it hard to monitor sugary snacks at school and after school clubs



Children living in Poverty

- End Child Poverty estimated that the % of children living in poverty after housing costs considered was 20.4% in Kingston
- Relationship to significant changes to welfare benefits, particularly affecting single parents with dependent children
- Free School Meals higher in the South of the Borough - more general deprivation

Affordability of food

- Increased demand for Food Bank vouchers; mainly those in low paid work or undergoing a change in benefits
- Asylum seekers experience particularly high levels of poverty; Refugee Action interviewed clients and reported that **“the majority...struggled to feed themselves and their children”**
- Expensive local supermarkets
- Culturally expensive food

Last year Kingston Public Health recognised
systemic action was required

We submitted a bid to the Greater London Authority to
develop a plan to tackle food poverty in Kingston

KVA commissioned to work in partnership in better
understanding the issues locally (Needs Assessment)
and Partnership System Wide response in the form of a
plan and events like this

Aim of the plan!

- Develop strategic and co-produced approach to new and existing initiatives
- Challenge underlying causes and explore how we may overcome these
 - Develop ways to build food security to improve health & wellbeing
 - Address issues affecting vulnerable and disadvantaged population groups at risk
 - Explore development of a Kingston Food Partnership

Purpose of sharing the plan today!

- To raise awareness about food insecurity
- Call to action: What can YOU do to respond?
- A system wide, partnership response to resolve or alleviate causes

