Hot food takeaways:
An evidence base review for Doncaster

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Hot Food Takeaways – Doncaster

1. Introduction

Background
The purpose of this report is to provide an evidence base for the hot food takeaway policy in the emerging Local Plan. This report summarises the policy context and evidence which has informed the council’s decision to regulate takeaways through the planning system. It forms part of Doncaster Council’s wider strategic approach in promoting a healthy environment and addressing health concerns of the population, particularly with respect to obesity, in the borough.

Over recent years, a whole systems approach to obesity and the benefits of healthy eating have attracted attention nationally and have highlighted the role that local authorities have in seeking positive solutions. This is outlined in the Healthy People, Healthy Places briefing *Obesity and the Environment: Regulating the Growth of Fast Food Outlets* (PHE 2014) where local authorities are urged to utilise the range of legislation and policy at their disposal to create places where people are supported to maintain a healthy weight.

The existing planning policy on hot food takeaways is a Unitary Development Plan Policy (SH14). This existing policy focuses on managing environmental impacts such as noise, traffic, odour and refuse and protecting the amenity of nearby residents. It also has regard to the number and location of existing hot food takeaways and the cumulative effect of problems created as such. This and other development plan policies do not consider the health impacts associated with restaurants, drinking establishments and hot food takeaways.

Doncaster Council is currently preparing a Local Plan (LP) which is to replace the adopted Unitary Development Plan and Local Development Framework. In doing so, it will set out the planning strategy and detailed development management policies. All planning policy documents need to justify their policies with adequate evidence. This paper, therefore, draws together information about the relationship between health concerns and hot food takeaways in the United Kingdom and more locally, Doncaster, to provide the evidence base for any new policies put forward in the LP to manage their number and location.

Purpose of this Paper
The purpose of this paper is to:

- Review the existing national, regional and local policy framework in relation to hot food takeaways and identify whether any further local policy guidance is required.
- Assess both the planning and health related issues regarding hot food takeaways in Doncaster.
- Make recommendations on the future management of hot food takeaways in the borough.

The findings of this paper will be used to provide evidence to inform and support the direction of policies for the Local Plan.
2. National Policy and Guidance

Foresight report, 2007

The Foresight report, *Tackling Obesities: Future Choices* (2007), states that diet is one of the key determinants of obesity levels and that consumption of hot food from takeaways is a source of cheap, energy-dense and nutrient-poor food. Takeaways tend to be high in fat and sugar but low in vitamins and nutrients and, when consumed in large amounts, can result in an imbalance between calories consumed and calories expended; resulting in weight gain. Over the past decade the United Kingdom has seen the level of food consumption away from the home increase by 29%. Research has shown that eating more than two times a week from a fast food or quick service restaurant is associated with perceived poor health status, being overweight or obese. Increasing access to healthy foods while also limiting access to unhealthy foods are actions that local authorities can take to influence the environmental factors that affect health and wellbeing, including weight gain and obesity.

The Foresight Report (2007) highlighted the disparity between the higher levels of obesity that are found in deprived areas, and the lower levels of obesity that are found in wealthier areas. The report considered the environmental influences on diet, such as ease of access to supermarkets and proximity to takeaways and restaurants.

The Obesity Systems Map (below), contained within the Foresight Report, was developed to understand the wide range of factors that influence levels of obesity and how they interact. The causes of obesity are extremely complex; these encompass biology and behaviour, and are set within a cultural, environmental and social framework.

The research undertaken by the Foresight team indicates that a bold whole system approach to tackling obesity is critical - from production and promotion of healthy diets to redesigning the built environment to promote walking, together with wider cultural changes to shift societal values around food and activity. Such a holistic approach requires a broad set of integrated policies including both population and targeted measures and must necessarily include action not only by government, both central and local, but also by industry, communities, families and society as a whole.

Healthy Weight, Healthy Lives, 2008 and 2009

In 2008, the Government published *Healthy Weight, Healthy Lives: A Cross Government Strategy for England* (2008) which highlighted that in Britain almost two thirds of adults and a third of children are either overweight or obese. This is a key public health issue because being overweight or obese can have a huge impact on an individual’s health and there is a strong link between excess body weight and diseases such as type 2 diabetes, cancer and heart and liver disease. This report found that obese children are more likely than children of a healthy weight to become an obese adult with associated health problems later in life.

In response to these issues, the report called for “local authorities [to] use existing planning powers to control more carefully the number and location of fast food outlets in their local areas”.

It further stated that “the Government will promote these powers to local authorities and PCTs to highlight the impact that they can have on promoting healthy weight, for instance through managing the proliferation of fast food outlets, particularly in proximity to parks and schools”.

A follow-up report was published in 2009, *Healthy Weight, Healthy Lives: One Year On*, the focus on children’s health and it again stated that local authorities should develop planning policies that reflect the needs of their area, which may include tackling obesity, and encourages “all local authorities to review whether it is appropriate for fast food restaurants to be located near to schools”.

Marmot Review, 2010

The Marmot Review Fair Society, Healthy Lives (2010) looks at the evidence around health inequalities in England and makes recommendations on the development of a health inequalities strategy in England. The review made two recommendations that relate directly to the role of local planning authorities in public health, one of which specifically relates to improving the food environment in local areas. The recommendations are set out below.

- E2.1. Prioritise policies and interventions that reduce both health inequalities and mitigate climate change … by … improving the food environment in local areas across the social gradient
- E2.2. Integrate planning, transport, housing, environmental and health policies to address the social determinants of health

Healthy Lives, Healthy People, 2010 and 2011

The Department of Health White Paper, *Healthy Lives, Healthy People: Our Strategy for Public Health in England* (2010), states that England is the most obese nation in Europe and that obesity is one of the most widespread threats to health and wellbeing in the country.

The White Paper responds to the Marmot review and further highlights the importance of local authorities using planning powers in shaping the built environment and states that “health considerations are an important part of planning policy.” It specifically acknowledges that the planning system can be used to limit the growth of takeaways and encourages local government to decide on what action is needed locally.

Building on the 2010 publication of *Healthy Lives, Healthy People*, the follow-up report, *Healthy Lives, Healthy People: A call to action on obesity in England* (2011) recognised that local areas are best placed to create tailored strategies to meet the needs of local communities. It outlines areas where local government can influence health and wellbeing, one area being “making the most of the
potential for the planning system to create a healthier built environment.”

National Institute for Health and Clinical Excellence (NICE), Prevention of Cardiovascular Disease (2010) and Type 2 Diabetes (2011)

This is NICE’s formal guidance on preventing cardiovascular disease (CVD) and Type 2 Diabetes at population level. This evidence based guidance specifically recommends that local planning authorities are encouraged to “restrict planning permission for takeaways and other food retail outlets in specific areas (for example, within walking distance of schools)” and implement existing planning policy guidance in line with public health objectives.

Healthy People, Healthy Places briefing Obesity and the Environment: Regulating the Growth of Fast Food Outlets (2014)

This briefing was written in conjunction with the Local Government Association (LGA) and the Chartered Institute of Environmental Health (CIEH). It is aimed at those who work in or represent local authorities. It addresses the opportunities to limit the number of fast food takeaways (primarily hot food takeaways, especially near schools) and ways in which fast food offers can be made healthier. It summarises the importance of action on obesity and a specific focus on fast food takeaways, and outlines the regulatory and other approaches that can be taken at local level.

Tipping the scales: Case Studies on the Use of Planning Powers to Limit Hot Food Takeaway (Feb 2016)

The Local Government Association (LGA) has published seven case studies on the use of planning powers to limit hot food takeaways. The LGA and the councils it represents do not want to make life unnecessarily difficult for restaurant and catering businesses. It acknowledges that there is a need for flourishing eating-out sectors in our towns and cities: it is good for both the day- and night-time economies for balanced and busy town centres.

That is why all the councils which have introduced restrictions on takeaways through their planning policies are also working with businesses to help them make a healthier offer to their customers. The case studies show that talking to businesses is already beginning to pay dividends, with some businesses improving their offer with advice from environmental health and public health staff and some competing for awards for healthier food. It also acknowledges that planning is only one system which can help and a multi-faceted approach to tackling this issue appears in all local authority’s health and wellbeing strategies.

Town and Country Planning Association Building the Foundations: Tackling Obesity through Planning and Development (Feb 2016)

The report is the result of a workshop series in 2015 demonstrating innovative practice from fourteen local authorities and their partners on how to tackle obesity and other problems by using planning policy and in making decisions on new housing developments.

These local authorities and many others across the country are exhibiting the potential for using the planning system to change health behaviours in terms of promoting active travel and physical activity, encouraging provision and access to local green spaces, and enabling food growing opportunities in allotments but also restricting overconcentration of unhealthy food uses.
The report recommends that local authorities and their partners consider:

- How to make it easy and natural for people to walk and cycle more in urban areas
- Guaranteeing that open spaces and parks are easy to get to and safe
- **Ensure that the areas surrounding children are healthy, such as by restricting the number of takeaways near schools**
- How to make high quality public spaces in neighbourhoods, including good healthcare facilities and open spaces
- How to make sure houses have adequate dining and kitchen facilities to encourage cooking, and outdoor spaces for children to play in
- To ensure that there are public facilities such as bike storage and benches to make it easier for people to leave cars at home

There have been a number of successful examples of using the planning system to change health behaviours. In Warwickshire, a borough council now has a policy to limit the number of hot food takeaways near schools.

**National Planning Policy Framework 2019 (NPPF)**

This framework must be taken into account in the preparation of local and neighbourhood plans and is a material consideration in planning policy and decisions. **Promoting health is explicitly stated in the NPPF and identifies that Planning policies and decisions should aim to achieve healthy, inclusive and safe places which enable and support healthy lifestyles, especially where this would address identified local health and well-being needs** – for example through the provision of safe and accessible green infrastructure, sports facilities, local shops, access to healthier food, allotments and layouts that encourage walking and cycling.

The National Planning Policy Guidance (PPG) goes onto to describe a “healthy place” is one which supports and promotes healthy behaviours and environments and a reduction in health inequalities for people of all ages. It also stipulates that Planning can influence the built environment to improve health and reduce obesity and excess weight in local communities. That local planning authorities can have a role by supporting opportunities for communities to access a wide range of healthier food production and consumption choices. Planning policies, where justified, seek to limit the proliferation of particular uses where evidence demonstrates and in doing do, evidence and guidance produced by local public health colleagues and Health and Wellbeing Boards maybe relevant.

The PGG also gives guidance on specific planning policies and what they may need to have particular regard to:-

- proximity to locations where children and young people congregate such as schools, community centres and playgrounds
- evidence indicating high levels of obesity, deprivation, health inequalities and general poor health in specific locations
- over-concentration of certain uses within a specified area
- odours and noise impact
- traffic impact
- refuse and litter

The Action Plan states that children who are obese or overweight are increasingly developing type 2 diabetes and liver problems during childhood. They are more likely to experience bullying, low-esteem and a lower quality of life and they are highly likely to go on to become overweight adults at risk of cancer, heart and liver disease. They are also disproportionately from low-income households and black and minority ethnic families.

Childhood obesity is one of the biggest health problems this country faces. Nearly a quarter of children in England are obese or overweight by the time they start primary school aged five, and this rises to one third by the time they leave aged 11. Our childhood obesity rates mean that the UK is now ranked among the worst in Western Europe.

Local authorities have a range of powers and opportunities to create healthier environments. The power to develop planning policies to limit the opening of additional fast food outlets close to schools and in areas of over-concentration.

Evidence

An NHS article reports obese children are also more likely to become obese adults and these health problems can develop into serious illnesses such as cardiovascular disease, hypertension, stroke, and cancer. The health problems that were hinted at during childhood will start to show themselves as serious conditions and diseases.

Effective preventative measures may help avert the prediction that more than half of the UK population will be obese by 2050. Consequently, the Chief Medical Officer has recommended the use of evidence based interventions at an individual- and population- level; even while research into the underlying causes continues. Recommendations to modify or regulate the fast food environment are based on a developing evidence base that has produced varying outcomes. However, systematic reviews highlight that the inconsistencies in study findings may be due to the variety of methods employed that impact on associations seen. For instance, the use of different food outlet data sources differences in accuracy of secondary datasets, classifications of food outlets and definitions of a neighbourhood may influence both the strength and direction of any associations.

Recently, more rigorous research has shown how a population-level approach to reducing body mass index and/or obesity may be effective. For instance, in one of the only UK studies to effectively capture the work, home and commuting fast food environment a higher exposure to takeaway food outlets in home, work, and commuting environments was associated with higher consumption of takeaway food, greater body mass index, and greater odds of obesity.

A more recent study (under review) has shown that associations were inconsistent across local authority areas. However, data suggests that across Doncaster the fast food environment exhibits a strong influence on population-level obesity, with those most exposed to fast food outlets more likely to be obese. Could say something about important differences in environments, universal rules are not likely to work from place to place however within Doncaster there is a clear need with local level robust evidence to support policy action unlike much of UK where policy action is based on studies conducted in other regions/areas.

The Healthy Urban Development Unit Planning for Health states whilst schools might have a stay-on-site policy during lunch hours, research has indicated that the most popular time for purchasing food from shops is after school. This includes older primary school children who might not be accompanied by an adult to and from school. Many local authorities have come to the conclusion that takeaways within walking distance of schools are contributing to rising levels of childhood obesity.
Conclusions

The existing national studies and Government reports highlight that the planning system, and planning policies, have an important role to play in improving health and wellbeing in England. The research also shows that obesity is one of the major health concerns to prioritise as there is a link between obesity and diseases such as Type 2 Diabetes, Cancer and Heart Disease. There is a particular focus on children’s health and reducing childhood obesity as obese children are more likely than their non-obese peers to become obese adults with associated health problems.

Work by the National Obesity Observatory (NOO) (2012) has found that there is a strong association between deprivation and the density of fast food outlets, with more deprived areas having more fast food outlets per population.

A UK review of 33 studies looking at the location of takeaways points out “most of the studies have found a positive association between availability ... of fast-food outlets and increasing deprivation . . . This is an important issue to highlight to policy decision makers as land use restrictions on new fast-food outlets may help to stop the ‘deprivation amplification’ effect” (Fraser et al. 2010).

There are numerous studies that have researched the impact of fast food takeaway premises on people’s diet and weight. Research in America has shown that pupils with fast food restaurants near their schools consumed fewer servings of fruit and vegetables (Davis et al. 2009, Fraser et al. 2010).

Links have also been established between levels of education and high fast food exposure. Findings from the research Does Neighbourhood Fast-Food Outlet Exposure Amplify Inequalities in Diet and Obesity? A Cross-Sectional Study (2016) found that high fast food outlet exposure amplified differences in fast food consumption across levels of education. The relationship between fast food exposure and obesity was only significant amongst those who were least educated.

There is not a clear consensus regarding the accessibility of food premises and unhealthy weight in an area. However, Public Health England state that there are strong theoretical arguments for the value of restricting the growth in fast food outlets, and the complex nature of obesity is such that it is unlikely any single intervention would make a measurable difference to outcomes on its own (Public Health England, 2014).

The Current Picture

The map below shows the number of outlets for every 100,000 people resident in the local authority. For Doncaster that figure stands between 112.8 and 232.2.
Health is improving in Doncaster and life expectancy is increasing. However, for both men and women it is lower than the England average; and inequalities remain in the life expectancy between those living in the most deprived areas and those living in the least deprived areas of Doncaster. Deprivation is higher than average and approximately 23.8% (13,500) children live in poverty (Doncaster Health Profile 2015).

Childhood obesity is a growing threat to children's health and Doncaster's proportion of children identified as at risk of obesity is a cause for concern. Obesity in school children in Doncaster is slightly worse than the England average and results for 2014/15 show that 9.4% of children in Reception and 20.2% of children in Year 6 are obese in Doncaster, compared to 9.0% of children in Reception and 19% of Year 6 children in England. Our rates of children classed as overweight are 12.7% of those in Reception and 13.9% of those in Year 6 compared to the national levels of 12.8% and 14.2% respectively.
3. Local Policy & Guidance

Healthy Doncaster Framework (2017-2018)

The framework below is a collaborative approach to address the complexity of obesity. A high level challenge of the Framework is to ensure a health promoting environment. One way we can achieve this is by making sure health is considered in all policies; therefore, we have included in the revised Local Plan a specific hot food takeaway policy restricting the introduction of any new A5 classifications.

Joint Strategic Needs Assessment (JSNA)

The JSNA measures and establishes trends in data across a wide range of variables and discern where more effort is needed, or a new approach, along with understanding what is already working well. The performance Childhood obesity in reception and Year 6 is cited as a key concern under the ‘Healthy and Happy’.

Children and Young People’s Plan

The Children and Young People’s Plan (C&YPP) includes a commitment to developing a targeted programme for obesity prevention for primary schools and that children and young people’s development is underpinned through a healthy lifestyle.

4. Local Challenges

At the time of writing this report there are currently 285 hot food takeaways and 70 fish and chip shops across Doncaster. In addition, there are currently 150 restaurants, some of which also provide takeaway and drive through options.

In Doncaster 89.3% of the population within 1km of a takeaway (DMBC, 2015).
Considering the evidence reported in Section 2, the concentration of hot food takeaways within the borough, combined with Doncaster’s comparatively high levels of deprivation is cause for serious concern.

The chart below shows the increasing levels of overweight and obese children in Doncaster at Reception and Year 6 matched against levels of deprivation. The link between deprivation and obesity is clear.
National Childhood Measurement Programme (NCMP) Ward data shows that around 30% of children are overweight and a significant number are obese. Unhealthy weight gradually increases throughout the life course and almost three quarters (74.8%) of Doncaster's adult population have an unhealthy weight which is the second highest in England. Data also shows that only 52% of adults in Doncaster have a healthy diet as measured by consumption of five or more portions of fruit and vegetables a day (Sport England, 2015).
Doncaster’s Health and Wellbeing Board aims to improve the health and wellbeing of the residents of Doncaster and reduce inequalities in health outcomes. The Board produces Doncaster’s Health and Wellbeing Strategy that aims to provide a high level vision for health and wellbeing in Doncaster and describes the locally adopted model for health and wellbeing. One area of focus that this strategy highlights is obesity. The priorities of the “approach to obesity for Doncaster are around developing a whole systems approach to obesity which promotes and positively contributes to creating a healthy and equitable living environment”.

One element of this approach is to ensure no new Hot Food Takeaways are opened within 400 metres of any schools or places that children may frequent (e.g. parks, playgrounds and youth clubs). This will also ensure that opportunities to access Hot Food Takeaways by secondary school children during lunchtimes is not increased.

At the time of this report nine Hot Food Takeaways fell within reasonable walking distance (400m) of a secondary school and opened at lunchtimes. Although not all offers specifically targeted school children pricing of them means they are an affordable option. A full copy of the report is attached at Appendix 1.

However, through the new Local Plan it is hoped that planning permission will not be given to any new hot food takeaways where the rates of overweight children is more than 10%.

**Local Findings**

To gain a more robust insight into local behaviour Public Health conducted a short survey asking about the habits of residents in relation to hot food takeaways. The survey was targeted at adults and young people aged between 13 and 18.

Key findings of the survey are as follows:

- 94% of adults use takeaways. 43% of children buy takeaways for themselves.
- The most common reasons for using takeaways are that it’s easy or for special occasions. Other reasons were poor mental health and tiredness and limited time to cook. Similar answers were reflected by the young people.
- 39% of adults consider there to be too many takeaways in their local area. Only 7% expressed the opinion that they would welcome more.
- 38% of adult respondents buy takeaways for children; 94% of child respondents stated that their parents buy them takeaways.
- 46% of children stated that their school is within a 5-minute walk of a takeaway; 45% live within a 5-minute walk of a takeaway.
- The most common reasons for using takeaways are that ‘it’s easy’ and for ‘a special occasion’.
- The main opinions given on local takeaways from adults (but largely reflected by children as well) are that:
  - The proximity and proliferation of takeaways is detrimental to health.
  - There are too many takeaways and they produce litter.
  - Takeaways are of poor quality/ have poor hygiene standards
  - There is not enough variety.
  - Takeaways have a negative influence on children.
A full copy of the survey results is attached at Appendix 2.

Conclusions

Research into the link between food availability and obesity is still relatively underdeveloped in the UK and proving a direct relationship between the density of takeaways and obesity is difficult. Evidence suggests that people with low education levels would benefit the most from an environmental level approach.

The Foresight Review shows the connection between the consumption of take-away food and obesity and the aforementioned Government reports state that the planning system can and should play a role in reducing the number and managing the location of Hot Food Takeaways, particularly in relation to schools.

There are high levels of deprivation in Doncaster, alongside high obesity levels and high numbers of takeaways. At a population level in the UK, increased access to fast food outlets has shown to amplify inequalities.

These factors combined give rise to serious concern at a local level regarding the impact of hot food takeaways on human health.

The Council will be working towards implementing healthier eating schemes in the borough and at the same time will seek to manage, through Local Plan policy, the development of new hot food takeaways and fast food premises particularly where they:

- Lie in close proximity to a school
- Are in areas of high deprivation
- Where there is a proliferation of Hot Food Takeaways
- Where ward area year 6 childhood obesity levels exceed 10% of the age group as measured through the National Childhood Measurement Programme.
References


Child obesity and socioeconomic status. National Obesity Observatory data briefing. October 2010


Doncaster Council (2016) Health and Wellbeing Strategy

Doncaster Council (2017) Joint Strategic Needs Assessment 2017/2018


Hobbs, M., et al. (2016): How different data sources and definitions of neighbourhood influence the association between food outlet availability and body


Healthy Urban Development Unit Planning for Health, Using the planning system to control hot food takeaways (2013)


James, P., et al. (2104): Effects of buffer size and shape on associations between the built environment and energy balance.


NICE (2011) Preventing type 2 diabetes – population and community interventions PH35


Sport England (2015) Active People Survey


Team Doncaster (2017) Doncaster Children and Young People’s Plan 2017-2020


Appendix 1

Hot Food Takeaways – availability within 400m of secondary schools.

Health is improving in Doncaster and life expectancy is increasing, however for both men and women it is lower than the England average and inequalities remain in the life expectancy of those living in the most deprived areas and those living in the least deprived areas of Doncaster. Deprivation is higher than average and approximately 23.8% (13,500) children live in poverty (Doncaster Health Profile 2015).

Childhood obesity is a growing threat to children’s health and Doncaster’s proportion of children identified at risk of obesity is a cause for concern. Obesity in school children in Doncaster is higher than the England average and results for 2014/15 show that 9.4% of Reception children and 20.2% of children in Year 6 are obese in Doncaster, compared to 9.0% of Reception children and 19% of Year 6 children in England.

Unhealthy weight gradually increases throughout the life course and almost three quarters (74.8%) of Doncaster’s adult population have an unhealthy weight which is the second highest in England. Data also shows that only 52% of adults in Doncaster have a healthy diet as measured by consumption of five or more portions of fruit and vegetables a day (Sport England, 2015).

There are 260 Hot Food Take-away shops across the borough with 89.3% of the population within 1km of a takeaway (DMBC, 2015).

To determine access to Hot Food Takeaways by secondary pupils at lunchtimes a review of the number of Hot Food Takeaways was undertaken in the 6 highest ranking areas (see table below).

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<th>Living close to a takeaway 2015 (1km) – Doncaster = 89.3%</th>
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The schools included in the survey were:
Town Ward
- Hallcross Upper School
- The Hub

Hexthorpe Ward
- Balby Carr
- Hall Cross Upper School

Wheatley Ward
- Hungerhill School
- Armthorpe Academy
- Danum Academy

Conisbrough Ward
- DeWarrene Academy

Edlington Ward
- Sir Thomas Wharton

Mexborough Ward
- Mexborough School Specialist Science College

A 400 metre radius was applied around the location of the school and the survey included all Hot Food Takeaways that sit within that zone. A 400 metre restriction is generally considered to be a reasonable distance given that it broadly represents a 10 minute walk, taking into account physical barriers on any route.

At the time of the research each school only allowed 6th Form students to leave the premises over the lunch period.

Summary of the secondary schools that fall within the highest wards in the above table

Of the ten schools, only The Hub, Hallcross Upper School and Balby Carr had Hot Food Takeaway outlets within the 400 metre perimeter. Two of the sites (The Hub and Hallcross Upper) are located near to the Town Centre offering access to a number of eating establishments. However, within the 400 metre zone there were only 3 Hot Food Takeaways in the 400m perimeter of The Hub and 2 within 400m perimeter of Hallcross Upper.

The Hub

Name: Quayside Fish and Chip Shop Date of Visit: 25 Feb 2016

Distance: Approximately 317 metres

Type of Food: Mainly fish and chips

Opening times: From 11am weekdays

Lunchtime offers: Snack box £1.95 (which included sausage or fishcake, chips and peas), pie, chips, peas and gravy plus a drink for £4.50. Neither offer directly targeted students. The offers were available all day.

At the time of the survey there were no students using the premises.

Name: Rothwells (Baxtergate) Date of Visit: 25 Feb 2016

Distance: Approximately 370 metres
Type of Food: Mainly fish and chips
Opening times: From 11am weekdays
Lunchtime offers: There were no specific lunchtime offers.
At the time of the survey there were no students using the premises.

Name: Rothwells (corner of Copley Road) Date of Visit: 25 Feb 2016
Distance: Approximately 312 metres
Type of Food: Mainly fish and chips
Opening times: From 11am weekdays
Lunchtime offers: There were no specific lunchtime offers
At the time of the survey there were no students using the premises.

Hallcross Upper School
Name: East Gate Fish and Chips Date of Visit: 24 Feb 2016
Distance: Approximately 237m
Type of food: fish, chips, kebabs, burgers, wraps
Opening times: 11:30 until 19:00
Lunchtime offers: Student menu plus 10% off all other menu items for students.
At the time of the survey few students were using the premises, however the following day (25 Feb 16) students were queuing out of the door.

Name: KFC Date of Visit: 24 Feb 2016
Distance: Approximately 400m
Type of Food: KFC menu
Opening times: 11am until midnight (weekdays)
Lunchtime offers: There are no specific lunchtime offers just general meal deals, etc.
On the date visited this appeared a popular choice for students.
The only other school surveyed that had a Hot Food Takeaway within the 400m perimeter was Balby Carr.

Balby Carr
Name: Weston Fish Bar and Grill Date of Visit: 30 Mar 2016
Distance: Approximately 400m
Type of Food: fish, chips, wraps, jacket potatoes, pizza, burgers, kebabs

Opening times: 11am until 9pm

Lunchtime offers: various meal deals available throughout day

Other secondary schools

A desk top survey was conducted on the remainder of the secondary schools in Doncaster. There are two where Hot Food Takeaways are within the 400m vicinity: Outwood Academy in Woodlands and Hayfield School in Auckley.

Outwood Academy

Name: 5 Flavours          Date of Visit: 30 June 2016

Distance: Approximately 400m

Type of food: Fish, chips, pizza, calzone, kebabs, Southern fried chicken, burgers

Opening times: 11:30am until 10pm

Lunchtime offers: various all day deals plus lunchtime specials (mini fish and chips with sausage or fishcake £3.00, Lunchtime special pizza £3.90, they also do a cheesy chip wrap £3.00). However, healthier options are available: they serve side salad as an option, salad in pitta or wrap, jacket potatoes which come with free salad and there are healthier choice fillings, burgers come with salad (chips at an additional cost) and chicken or salad kebabs in pitta or wrap without chips).

Hayfield School

Name: Emilio’s Pizzeria          Date of Visit: 30 June 2016

Distance: Approximately 400m

Type of food: Pizza, pasta, burgers and chicken nuggets

Opening times: Lunchtimes Monday to Friday 12noon until 2pm

Lunchtime offers: extensive choice

Name: Golden Cod          Date of Visit: 30 June 2016

Distance: Approximately 400m

Type of food: Fish and chips

Opening times:

Lunchtime offers: Fish bites £2.20, Chips and cheese £2.20

Summary
Findings from this short survey confirm that nine out of the 13 Hot Food Takeaways that open weekday lunchtimes fall on or within the 400m radius of secondary schools in Doncaster.

Of the nine, five fall within the Town Centre, two are in Auckley (Finningley Ward), one is in Woodlands (Adwick Ward) and one is in Balby.

Five sites offered lunchtime offers but only one (East Gate in the Town Centre) specifically targeted students by advertising student deals. However the pricing of meal deals in all of the Hot Food Takeaways included in the survey probably means they are an affordable option. According to The University of Stirling “price based promotions and advertising are the most salient forms of marketing for young people (respectively 36 and 21 percent of all reported observations were attributed to these 2 marketing methods)” (University of Stirling, Institute for Social Marketing, Sept 2015).

In general it did appear that if there is a Hot Food Takeaway in the vicinity of a school then it was open at lunchtimes. The main exception to this was the Town Centre as there are many that only open in the evening, but these are most likely attracting a different client group (night time economy).

It must be noted that not all food outlets are registered as class A5 and therefore haven’t been included in this short survey. Cafés, bakeries, sandwich shops, etc. often offer unhealthy takeaway foods at low prices and thus should be considered in the wider debate on obesity. During the period of this survey the researchers reported that a number of students were using alternatives to Hot Food Takeaways to purchase food; most noticeably, Cooplands on East Laith Gate.

Recommendations

Restrict planning approval for Hot Food Takeaways within the 400m zone of secondary schools by either declining approval (proliferation) or restricting opening times (5pm onwards).

Work with current Hot Food Takeaways to ensure healthy options are available and are comparative in price.

Work with providers of other food outlets to ensure healthy options are available and are comparative in price (sandwich shops, cafes, bakeries, etc).
Appendix 2

Hot Food Takeaways Survey Findings

Key Findings

- 94% of adults use takeaways. 43% of children buy takeaways for themselves.
- The most common reasons for using takeaways are:
  - 39% of adults consider there to be too many takeaways in their local area. Only 7% expressed the opinion that they would welcome more.
- 38% of adult respondents buy takeaways for children; 94% of child respondents stated that their parents buy them takeaways.
- 46% of children stated that their school is within a 5-minute walk of a takeaway; 45% live within a 5-minute walk of a takeaway.
- The most common reasons for using takeaways are that ‘it’s easy’ and for ‘a special occasion’.
- The main opinions given on local takeaways from adults (but largely reflected by children as well) are that:
  - The proximity and proliferation of takeaways is detrimental to health.
  - There are too many takeaways and they produce litter.
  - Takeaways are of poor quality/ have poor hygiene standards.
  - There is not enough variety.
  - Takeaways have a negative influence on children.

Adults HFT Survey

Demographics

A total of 549 people completed the survey, and responses were given by a relatively even spread of people living across all of the ward areas:

There was also a relatively even spread of respondents across all age groups; with the biggest proportion within the 26-35 age bracket (25%):
A significant majority of respondents identified as female (73%); 26% identified as male, and a small proportion (1%) preferred not to answer this question. 45% of respondents stated that they usually get their ‘5 a day’, and 30% stated that they sometimes get their ‘5 a day’. 23% of respondents do not eat at least five portions of fruit and vegetables a day.

Use of Takeaways

- An overwhelming majority of survey respondents (94%) stated that they used takeaways; 6% stated that they don’t use takeaways at all.
- A significant majority of respondents (90%) stated that they buy takeaways for themselves; 38% buy takeaways for children, and 24% buy takeaways for friends and partners respectively.
- A significant majority of respondents buy takeaways in the evenings (85%); a large minority buy takeaways at weekends (43%); a small minority (5%) buy takeaways at lunchtimes, and a very small minority (1%) buy takeaways before work.
- A relatively small minority of respondents use active travel as their main means of collecting their takeaways (11%); 22% use a motor vehicle, and 55% get it delivered.
- When asked how often they buy takeaways, 24% of people surveyed answered ‘once a week’, 23% answered ‘once every two weeks’ and ‘once a month’ respectively. 2% of respondents buy takeaways ‘most days’.

How often do you buy takeaways?

Answered: 592  Skipped: 57
- When asked how much they spend on takeaways, the biggest proportion of respondents stated that they spend between £10 and £20 a week.

**How much do you spend on takeaways?**

- There are a number of different reasons for using takeaways. The most common are that ‘it’s easy’ (61% of respondents), and for ‘a special occasion’ (43% of respondents). Other reasons cited in the comments not given as an option are poor mental health and tiredness.

**What are your reasons for using takeaways? (Tick all that apply)**

- It’s easy
- Taste
- Price
- Variety of options
- Location
- Limited time for cooking
- Limited cooking skills
- Special occasion
- Other (please specify)
Perceptions of Takeaways

42% of residents live within a five-minute walk of a takeaway and 33% within a five to ten-minute walk. Only a quarter of residents would have to walk for more than ten minutes to reach their nearest takeaway. When asked what they thought about the number of takeaways in their local area, only 7% of respondents answered that there were ‘not enough’. 54% of people answered that they considered there to be ‘just the right amount’ and 39% that there are ‘too many’.

Respondents were asked about their perceptions in general of the takeaways available in the local area. There was a mixed response given in a total of 425 free-text comments. Some of the common themes (both positive and negative) are evidenced below:

| The proximity and proliferation of takeaways is detrimental to health. | “There would be less temptation to order if they weren't nearby, (though I generally don't use the ones closest to me) as I regret having takeaways as the amount needed to spend (for delivery) means I always overeat.”
| | “Far too many especially round Lakeside where we often walk. Encourage litter bins not emptied enough. Can't understand why you supposedly promote healthy living e.g. five a day and then encourage people use takeaways by allowing more and more to be opened. Doncaster is quoted in newspapers as having an obese unhealthy lifestyle. Expensive to use swimming baths exercise gyms etc.”
| | “There are far too many takeaways in my area but also across Doncaster. There needs to be a limit of how many in an area - if they aren't there then people don’t have the choice to get them and will cook themselves. Our health is suffering because of this and we need to remove the temptation because of ease, price and busier lives but people can’t stop themselves. It’s far too convenient. It would be great if we could encourage healthy fast food places instead like they do in city centres like Manchester, fresh salads, vegan food etc on the go. If it’s there people will eat it - I hate the fact that in one area there is 2 Chinese, 2pizza and a chippy in 2 mins from each other. There used to be 2chippies. It’s too much, it’s bad for everyone and puts strain on our health services. Young people go to them all the time because it’s cheap and quick but an investment is organic, tasty food as an alternative would go down really well. It would be great if Doncaster could jump on the vegan hype as it’s coming round quick and we don’t want to look outdated with kebab shops everywhere and a Greggs everywhere you turn. I think we should be innovative and put a limit on them - that would really make a positive difference”
| There are too many takeaways and they produce litter | “Far too many and they are not careful about cleaning up their areas of packaging.”
| | “too many for a small estate like Intake. Too many leaflets from lots of other places in Doncaster should stop these being delivered.”
| | “Too many. Nearly every other shop in village is takeaway and litter outside some of them is poor” |
"There are far too many in our town. The amount of discarded packaging and uneaten food lying around is a health hazard and disgrace. The number of takeaways reflects the obesity and health issues that Doncaster has."

**Takeaways are of poor quality/ have poor hygiene standards**

"Too many poor quality attracting youngsters who should be eating meals cooked at home. Deliveries are a pest and continually knock on wrong doors sometimes late at night. They shouldn’t be able to stay open as late as they do"

"Too many with a low hygiene rating. I only use Our nearest chippy now because the others are too dirty"

"Some I avoid due to hygiene ratings and I make periodic checks on scores on the doors to make sure they stay clean! Really only use 2 who are clean and decent quality. I would like more healthy takeaways as whichever you choose is not a good for you health wise- full of fat and MSG"

**Not enough variety**

"4 takeaways in local area (Scawsby/Cusworth) 3 of which sell the same items which is quite boring. Would be better if there was more variety."

"Too many actual establishments but not enough variety"

"Ok, but all similar. Would like more variety e.g. Italian (not just pizza), traditional British food (not just fish and chips), etc."

**Takeaways have a negative influence on children**

"The fish and chip shop is fine, I think we should not allow new take always to open close to secondary schools and I think we need to do more to encourage take away to promote the healthiest options on their menus."

"It’s ok but my children spend there spare money there even though we have food in and they are of an age where they should have pocket money (15 years old) so it hard to educate them despite my attempts that takeaways are not good for your health and a waste of money"

**Positive comments**

"Convenient and a tasty treat"

"Getting better now nicer restaurants deliver instead of greasy takeaway food"

"Nice variety close by"

"Convenient as I can't cook so it gives me a hot meal"

"They offer good value and are relatively good quality, plenty of choice in the area"

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**Childrens HFT Survey**

**Demographics**

A total of 53 children aged between 13 and 18 completed the survey, and responses were given by a relatively even spread of people living across all of the ward areas (with all ward areas represented except Hatfield):
The biggest proportions of children who answered the survey were 17-year olds (28%), and 18-year olds (23%):

A large majority of survey respondents identified as female (68%); 28% identified as male; 2% identified as other, and 2% preferred not to say. 29% of children stated they did not think they regularly or semi-regularly consumed five portions of fruit or vegetables a day; 29% considered themselves to either regularly or semi-regularly get their ‘5 a day’, respectively.

**Use of Takeaways**

- A significant majority of children stated that they bought takeaways for themselves (81%).
- Of those who buy takeaways for themselves, 76% buy them at weekends; 50% buy takeaways after school/college, and 12% buy takeaways at lunchtimes.
Of those who buy takeaways for themselves, a large majority get their food delivered (71%), 19% use active travel to collect it themselves, and 10% use a motor vehicle. Those who buy takeaways for themselves most often do so either weekly or fortnightly (24% respectively):

How often do you buy takeaways for yourself?

Answered: 42   Skipped: 11

The main reasons children gave for buying takeaways were that they’re tasty (76%), and that it’s easy (74%):

What are your reasons for using takeaways (tick all that apply)?

Answered: 42   Skipped: 11

Children mostly tend to spend between £5 and £10 a week on takeaways (26%), or between £10 and £20 a week (24%):
94% of respondents stated that their parents buy them takeaways. Of that 94%, 36% stated that they were bought takeaways every fortnight; 26% are bought takeaways on a weekly basis, 15% less than once a month, and 4% weekly.

**Location of Takeaways**

- 45% of children live within a five-minute walk of a takeaway; 32% live within a ten-minute walk, and 23% would have to walk for more than ten minutes to get to their nearest takeaway.
- 46% of children go to a school which is located within a five-minute walk of a takeaway, 35% within a ten-minute walk. Just 19% of children would have to walk for more than ten minutes to reach a takeaway.
- The majority of children consider there to be just the right amount of takeaways in their local area (52%).

**How do you feel about how many takeaways there are near you?**

- Not enough
- Just about the right amount
- Too many
Perceptions of Takeaways

Perceptions of takeaways were mixed, with a balanced split between positive and negative comments. The positive comments expressed were that there is a good number and variety of takeaways that are easily available:

- “There’s a wide variety which makes it nice”
- “There is a reasonable amount for the area in which I live in, and therefore allows choice. I do wish however that the choice was slightly larger to reduce travel times etc.”
- “Convenient and quick, I mainly stick to the same 4 takeaways although more are available. I would prefer seeing more independent cafes that serve more healthier food options as this is difficult to find not only in my area but throughout Doncaster.”
- “Good business for our local area, 1 or 2 of each different type of food so good choice”

Negative comments expressed a dissatisfaction with the un-healthiness of the food options, the litter, and the poor food quality and hygiene standards:

- “Litters the ground”
- “I only have one in norton but many in Askern of which I don’t usually use, I’d travel or pay more for better quality food”
- “There are too many that makes junk food readily available. They are constantly posting menus and leaflets through the door (daily basis near enough).”
- “Alright, just sometimes food hygiene needs to be more kept up to date with.”
- “There’s too many”
- “They look dirty”