

**DRAFT MINUTES OF THE HEALTH OVERVIEW AND SCRUTINY COMMITTEE –**  
**11 NOVEMBER 2019**

**Annual Report of the Director of Public Health**

The Committee considered the Annual Report of the Director of Public Health for 2019. A copy of the report, marked 'Agenda Item 11', is filed with these minutes.

The Committee thanked the Director of Public Health for a good report which was easy to read, visually attractive and clearly set out the actions that needed to be taken to improve the health of the population of Leicestershire.

Arising from discussions the following points were noted:

- (i) A member emphasised that walking was an effective way of keeping fit and easier on the body than other types of exercise such as running and therefore the images in the report should promote walking as well. Consideration also needed to be given to the images used in the report with regard to ensuring they did not perpetuate gender stereotypes.
- (ii) With regards to the statistics in the diagram at section 4 of the report it was clarified that 16% of girls aged 5-15 achieved the recommended levels of physical activity but when the data was narrowed down to girls aged 13-15 only 8% of those met the recommended levels of physical activity.
- (iii) The Active Families scheme helped low-income families get active with their children. In response to a member's concerns that more needed to be done to make it safer for children to walk to school, the Director of Public Health informed members of the Active Travel Campaign which aimed to increase the number of children travelling to school by walking and cycling. Work was also taking place to provide more cycle lanes in Leicestershire and make junction design more accessible to pedestrians and cyclists. The Lubbenham and Lutterworth housing developments presented an opportunity to incorporate features into the design of the developments which promoted healthy lifestyles.
- (iv) The Public Health department also led on initiatives to improve the diet of Leicestershire residents including the weight management service, the Food for Life programme, and sessions in schools as part of the Healthy Schools programme. First Contact Plus were also able to give advice on diet. The Leicestershire County Council Cabinet approved the Good Food Leicestershire Charter at its meeting on 18 December 2018. Leicestershire was the only county to be part of the Sustainable Food Cities Network which helped people and places share challenges, explore practical solutions and develop best practice on key food issues.

RESOLVED:

- (a) That the Annual Report of the Director of Public Health be welcomed;

- (b) That the comments now made be submitted to the Cabinet for consideration at its meeting on 22 November 2019.