

JSNA Health and Wellbeing Profile 2023/24

Healthy Eating

Summary points

- Local data indicates that just under half of Bristol residents are eating the recommended 5 portions of fruit and vegetables per day.
- 3.7% of households bought more food high in sugar / fat / salt in the past year and 42.6% bought less.
- The number of hot food takeaway outlets is increasing in Bristol and are more likely to be in wards of higher deprivation.
- A variety of strategies and programmes are working to improve and influence the food environment in Bristol and to increase the availability of healthier and more sustainable food in the city.

Fruit & Vegetable consumption (5-a-day)

Bristol's Quality of Life Survey¹ in 2023/24 indicates 48.8% of adults in Bristol are meeting the recommended "5 or more portions of fruit and vegetables a day", similar to the previous year (48.3%). By sub locality this ranges from 43.3% in Inner City to 55.1% in North and West (Inner).

Modelled national survey estimates² indicate that a significantly higher proportion of Bristol residents are eating 5-a-day (36.6%) than the national average (32.5%) (2021/22).

By ward, people consuming 5 fruit & veg a day ranges from 32.1% in Lawrence Hill, to 65.4% in Westbury-on-Trym & Henleaze (Figure 1).

The association between this indicator and deprivation is not entirely consistent across the range of deprivation, but the proportion of adults eating 5-a-day tends to rise where deprivation is less acute. e.g. 35.5% in the most deprived 10% of the city, 57.8% in the least deprived 10% of the city.

Quality of Life survey responses indicate that the following are significantly less likely to be eating 5-a-day fruit and veg than the city average:

- Young people aged 16 to 24 years old (41.6%)
- Black residents (34.3%)
- Asian residents (30.7%)
- Disabled residents (41.0%.)

¹ Source: Bristol Quality of Life survey 2022/23 www.bristol.gov.uk/qualityoflife

² Source: Public Health Outcome Framework: <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

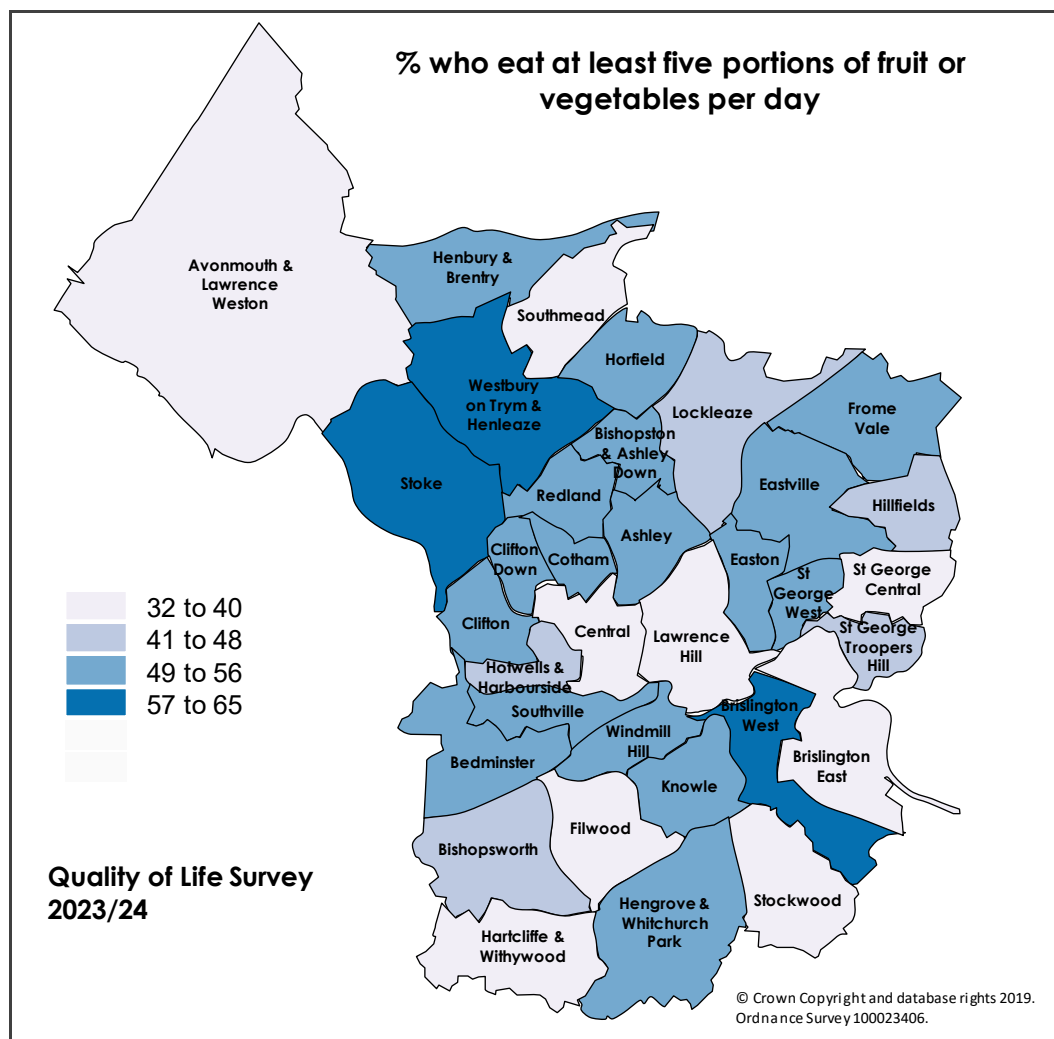


Figure 1: Bristol ward map: % adults eating 5 portions of fruit and/or vegetables a day. Source: QoL survey 2023/24

Purchasing Healthy Food

The 2023/24 Quality of Life survey found that 3.7% of households bought more food high in sugar / fat / salt in the past year and 42.6% bought less. This was an improvement on the previous year when 7.5% of households bought more unhealthy food and 39.5% bought less. This could be as a result of the cost of living crisis and people buying less food and becoming more food insecure in the more deprived areas of the city (see [Food Insecurity](#) JSNA section).

Nearly 5% of people living in the 10% most deprived areas of Bristol bought more food high in sugar / fat / salt in the previous year, compared to less than 1% living in the 10% least deprived areas. By sub-locality, people living in East Bristol (5%) are three times more likely to buy more food high in sugar / fat / salt than those living in North and West (Inner) (1.6%). In St George Central nearly 1 in 10 households (9.7%) bought more unhealthy food than the previous year, followed by 8.9% of households in Brislington East and 7.1% of households in Brislington West (Figure 2).

By ethnicity, 13.2% of Black / Black British people and 10% of Asian people bought more food high in salt / fat/ sugar in the past year, significantly higher than the city average. People aged

65 and over (10.5%) and single parents (9.4%) are also more than twice as likely to have bought more unhealthy food in the past year compared to the city average.

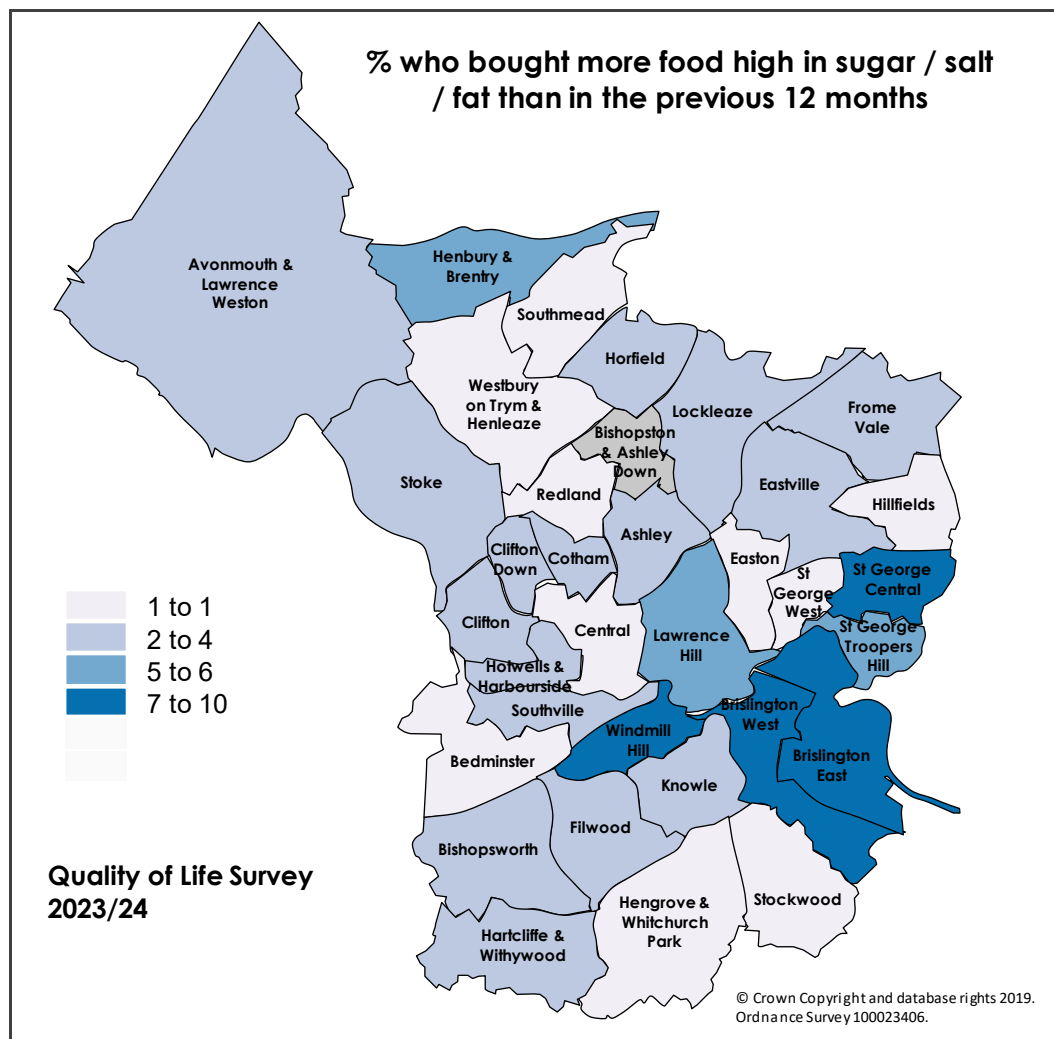


Figure 2: Bristol ward map: % households who bought more food high in sugar / fat /salt than in the past year. Source: QoL survey 2023/24

Food outlets

Food Premises data³ indicates there are approximately 471 hot takeaway outlets in Bristol. Although this is a slight reduction on the previous report, it is probably hiding the number of businesses which continue to extend their business model to include online sales and delivery via the platforms. These may have registered as restaurants or retailers and would not be picked up by the report.

Nationally, there is an association between obesity rates, deprivation and areas with the highest densities of fast food outlets⁴. Locally, Central, Lawrence Hill, Southville, Ashley and Easton wards have the highest number of hot food takeaways but they also have high numbers of food businesses so the percentage of takeaways is close to the overall city percentage of about

³ BCC Registration of Food Premises data (Civica database 2024)

⁴ PHE Density of fast food outlets in England. Summary LA Data (2018)

10%, whereas in Southmead (18%), Knowle (15%), Hengrove and Whitchurch Park (14%) and St George Troopers Hill (14%) it's a bit higher.

How are we supporting healthy eating?

Healthy eating links very closely to the prevention of excess weight in the city. The Office of Health Improvement & Disparities (OHID), formally known as Public Health England, recommends a 'whole system approach'⁵ which is developing in the Communities and Public Health team with One City partners. Work is ongoing to support changes to the food environment and encourage healthier food consumption which is a priority across many services and programmes in the city.

Examples of work in Bristol that promotes healthy eating

Bristol Good Food 2030: A One City Framework for Action

A legacy from the achieving the Gold Sustainable Food City Status, the Bristol Good Food 2030 framework sets out priorities and initiatives which aim to make Bristol's food system better for people and communities, climate and nature, workers and businesses.

<https://bristolgoodfood.org/>

One City Food Equality Strategy

In June 2022, Bristol published its first Food Equality Strategy. [One-City-Food-Equality-Strategy-2022-2032.pdf \(bristolonecity.com\)](#) Co-produced with over 70 stakeholders across the city, the strategy sets out a vision for how the city can work towards creating an equitable food system. The first 3-year action plan was published in June 2023 and sets out the steps that need to be taken by stakeholders in various sectors to help achieve food equality in Bristol.. [A One City Food Equality Action Plan for Bristol \(bristolonecity.com\)](#)

Work in Early Years

Health Visitors can help families with infants and young children with healthy eating, and offer advice for parents and carers.

Healthy Start work is developing to support those eligible to buy healthy foods like milk or fruit; and distribution of free vitamins. Healthy Start - GOV.UK (www.gov.uk)

The Bristol Eating Better Award supports early years settings to meet the nutritional requirements outlined in the Voluntary Food and Drink Guidelines for Early Years settings.

Family Hubs and Children's Centres in partnership with local organisations offer a wide range of different family activities focused on healthy eating and physical activity and can connect families to support.

Bristol FOOD Clubs (Food On Your Doorstep) are weekly clubs which provide local families with a range of quality food at a low cost and aim to reduce food wastage. There are 7 clubs run in community locations, three of which are in children's centres. Food On Our Doorstep - Family Action (family-action.org.uk)

⁵ [Public Health England 2019 Whole System Approach to Obesity](#)

The Children's Kitchen is a city-wide project working in Early Years Childrens Centres and runs alongside the Bristol FOOD clubs. The project builds a strong foundation in fresh healthy food for young children and their families, encouraging children under 5 years old to explore fresh produce and grow their own herbs, fruit and vegetables on site.

Work in schools

School nurses can help children, young people with healthy eating, and offer advice for parents and school staff, including using webinars on healthy eating

Infant Free School Meals in England are offered to all children in government funded schools and in Reception class, Year 1 and Year 2.

Free School Meals in England are also offered to children of any age in school whose parents or carers are receiving qualifying benefits.

Bristol Healthy Schools Programme- the 'Healthy Schools Essential Award' acts as a framework to support schools to encourage healthy food and drinks, physical activity, and mental wellbeing across the whole school. The Food Environment Specialist award supports schools to take a whole-school approach to encouraging healthy food and drinks, with a focus on cooking and growing healthy and more sustainable foods. [Bristol Healthy Schools Awards](#)

Healthy eating in the curriculum is supported with a training resource (commissioned by Public Health) for teachers and school staff to support the healthy eating element of the National Curriculum (for RSHE)

<https://www.youtube.com/watch?v=J5PyjHqEQ8c&feature=youtu.be>

Bristol Eating Better Award supports schools to meet the requirements of the school food and BEBA requirements.

Work with out of home food providers

The Bristol Eating Better Award is a healthy catering award, which supports healthy eating and sustainable food provision across all the city's catering. The award is embedded in the healthy and sustainable procurement policy and provides a framework for healthy catering in both public and wider settings. Information on the business, schools and early years awards is available: [Bristol Eating Better Award](#)

Community projects

Bristol Children's Centre Infant Feeding Team provide a 1:1 proactive antenatal and early postnatal targeted service for families in 8 wards of the city with the lowest breastfeeding rates. This service also supports city-wide infant feeding support groups which are universal and provide ongoing breastfeeding support to mothers.

The [Bristol Breastfeeding Welcome Scheme](#) aims to support mothers to breastfeed when they're out and about with their babies. Hundreds of local venues and services including cafes, restaurants, buses, visitor attractions and community settings have signed up to the Bristol Breastfeeding Welcome Scheme to demonstrate that they're breastfeeding friendly.

A Type 2 **Diabetes prevention network** of professionals is being set up to improve communication and networking opportunities in the city. It will include conversations around what healthy eating support is given to people at risk of developing Type 2 Diabetes.

Policy

As part of Bristol's vision of becoming a fairer, healthier and safer city, healthier food has been embedded in various policies, including:

- BCC Advertising and Sponsorship to prevent the advertising of foods high in fat, salt and sugar where the council is an advertiser or sponsor; or owner of an advertising platform or sponsorship opportunity.
- Local Plan: Policy DM10 currently prevents advertising of unhealthy foods within 400m of a school or education setting. DM14 Planning Policy makes it a requirement for a Health Impact Assessment to be completed for new developments over 100 dwellings.
- Embedding a ban on unhealthy food advertising within the healthy schools award.
- BCC's Healthy and Sustainable Procurement Policy requires all food and catering in public settings (contracts and concessions) and under the control/influence of the council to achieve the Bristol Eating Better Award standard.
- BCC Market policy states all market traders for St Nicks Market are required to have the Bristol Eating Better Award before they can trade.

Further data / links / consultations:

- The [Eatwell Guide](#) details the government's recommendations for achieving a healthy diet.
- Online interactive map that gives visibility to what essential food is offered in the city. Map can be viewed here <http://bcc.maps.arcgis.com/apps/webappviewer/index.html?id=036a7c6838f64548a960ae4bc96ac2fd>

There are numerous other JSNA profiles that link to healthy eating. They can all be found on the following link: [JSNA Data Profiles - bristol.gov.uk](#)

- Food Poverty/ Insecurity
- Healthy Weight
- Diabetes
- Dental health (Children and Youth people)
- Dental health
- Breast Feeding
- Lifestyle behaviours of Young People
- Promoting Healthy Urban Environments
- Fuel Poverty

Impact of Covid-19:

The eating-out food sector has been particularly hard hit following the pandemic, the impact of Brexit on food prices and staff availability and now the Cost-of-Living crisis where fuel and food prices are increasing, and people have less disposable income to spend on eating out.

These will have further negative impact on food businesses over the next 12 months.

Date updated: March 2024

Next update due: March 2025