

On average people consume too much sugar and this is increasing levels of tooth decay, obesity and Type 2 diabetes. Sugar Smart City is a joint initiative from Brighton & Hove City Council, Brighton & Hove Food Partnership and Jamie Oliver Food Foundation that looks at what we can all do at home, in schools and in shops, restaurants, cafes and takeaways to tackle this.

**SUGAR SMART Action Plan**

**Aim:** To reduce sugar intake across all ages

**Outcome/impact:** To contribute towards an improvement in healthy weight and a reduction in diet-related ill health and dental caries

- **Healthy weight:** Further improvement in the proportion of children with a healthy weight (81.1% of 4-5 year olds, 71.9% of 10-11 year olds)
- **Dental caries:** Improvements in children's dental health with reductions in hospital admissions (289 under 18s admitted for dental caries in 2011/12)

**Tools:**

- **Raise awareness**
- **Increase skills** and knowledge
- **Change our environment** to support healthier choices

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Settings and actions	Timescales	Lead(s) Support(s)
<p><b>Education</b></p> <p><u>Early years</u> All early years setting invited to a nutrition workshop including Sugar Smart information</p> <p><u>Primary schools</u></p> <p>A. Sugar Smart activities delivered by Public Health Schools Programme or partners in all 52 primaries, promoting messages to pupils, parents and staff</p> <p>B. Share good practice, developing a Sugar Smart snack policy template</p> <p>C. 10 parent workshops</p>	<p>July 2016</p> <p>July 2016</p>	<p><b>Louisa Scanlon</b></p> <p>Jo Lewin</p> <p>-</p> <p>- Jo Lewin</p>

<p><u>Secondary schools</u>                  A. Deliver information events in four secondary schools                  B. Develop age-appropriate materials with input from pupils</p>	<p>January 2018</p>	<p>- -</p>
<p><u>Higher education</u>                  A. Deliver information events in both Universities and in at least 2 colleges                  B. Develop age-appropriate materials with input from students                  C. Support changes to catering environment for healthier food and drink choices</p>	<p>January 2018</p>	<p>Harriet Knights - Harriet Knights</p>
<p><b>Catering and Outlets</b></p> <p>Sugar Smart workshop for Good Food Procurement Group (15 organisations serving more than 40,000 meals a day)</p> <p>All cafe, restaurant and takeaway owners to be invited to a Sugar Smart workshop</p> <p>Set up 'Refill' initiative encouraging outlets to offer and promote free drinking tap water to customers</p> <p>100 outlets making Sugar Smart Commitments including promoting tap water, changing recipes, putting up sugary content information, promoting healthier options and adopting a sugar levy.</p>	<p>July 2016  July 2016  January 2017  July 2017</p>	<p><b>Harriet Knights</b></p> <p>Chloe Clarke</p> <p>-</p> <p>-</p> <p>-</p>
<p><b>Retailers</b></p> <p>Pilot local activities such as awareness raising, Sugar Smart checkouts and healthy promotions with at least one key retailer in the city</p>	<p>July 2017</p>	<p><b>Harriet Knights</b></p> <p>Jo Ralling</p>
<p><b>Communities</b></p> <p>Change4Life Sugar Smart information, and One You materials, shared and events delivered</p>	<p>Ongoing</p>	<p><b>Vic B. / Jo L.</b></p> <p>Harriet Knights</p>

[INCLUDE SUGAR SMART LOGO]

Sugar Smart adult information booklet developed by Food Partnership	July 2016	-
Sugar Smart messages included in current Food Partnership programmes including Shape Up, cookery classes, healthy weight clinics and Eatwell workshops	July 2016	-
Four public Sugar Smart information events delivered	July 2017	Harriet Knights
<b>Workplaces</b>		<b>Jannette Smith</b>
Promote the Healthy Choice Award	Ongoing	Harriet Knights
Develop four Sugar Smart challenges, and pilot in at least one organisation	July 2016	Jo Lewin
Deliver workplace information events and challenges in a further four organisations	July 2017	Jo Lewin
<b>Council</b>		<b>Harriet Knights</b>
Sugar content posters to be displayed in existing council staff canteens	July 2016	-
New café at Hove Town Hall to adopt Sugar Smart Commitments	January 2017	-
Staff rewards (promotions) to consider health and wellbeing	Ongoing	-
<b>Hospitals</b>		<b>Katie Cuming</b>
Support changes to catering environment for healthier food and drink choices in three Hospital sites	January 2017	Harriet Knights
RVS to pilot new healthy café model in Brighton & Hove	January 2017	Jo Ralling
<b>Sport and leisure</b>		<b>Tory Lawrence</b>
Council leisure provider to survey members about vending machine provision	July 2016	-

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[INCLUDE SUGAR SMART LOGO]

Council leisure provider to display sugar content information on vending machines	July 2016	-
At least 10 park cafes, three outlets in sport and activities centres, two library outlets and two independent cinemas to make Sugar Smart Commitments	July 2017	Harriet Knights
<b>Events and tourist attractions</b>		<b>Harriet Knights</b>
All key tourist attractions invited to Sugar Smart catering workshop	July 2016	Chloe Clarke
Healthy food concessions at one 2016 city event and Sugar Smart information at two 2016 city events	July 2016	Jo Lewin / Jo Ralling / Louisa
Healthy food concessions at two 2017 city events Sugar Smart information at three 2017 city events	July 2017	Jo Lewin / Jo Ralling / Louisa

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