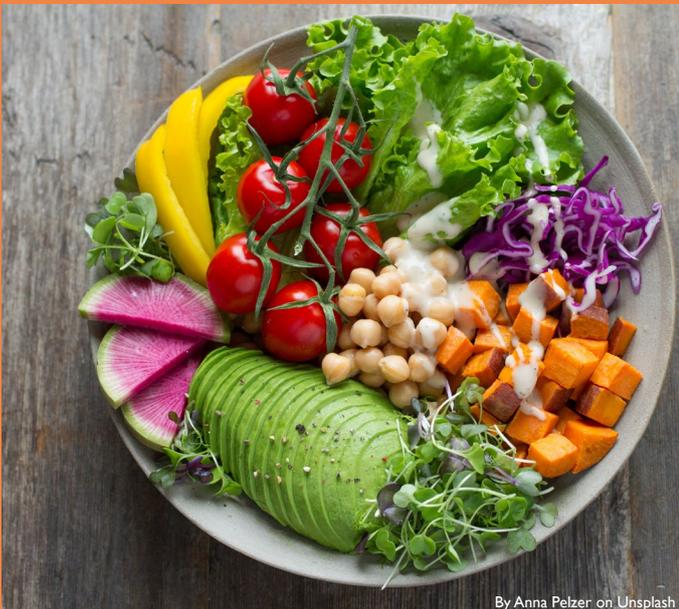


Newcastle City Council

Healthier Food Environments

Draft Supplementary Planning Document
October 2023



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Introduction and Background

1.0 Introduction

Newcastle City Council aims to tackle unhealthy lifestyles including unhealthy eating and obesity. Obesity and being overweight continues to be a major public health problem. The council want to support and encourage people to take up opportunities to improve their health and wellbeing through healthy eating and active lifestyles.

1.1 Purpose

Planning has an important role in shaping healthy communities. Hot food takeaways can provide a service to local people and add to the vitality and viability of defined centres but also have negative impacts on health and wellbeing. Newcastle currently has a high level of obesity. The numbers of people who are overweight or obese are projected to continue to rise in the future. Controlling the locations of hot food takeaways is important for tackling negative impacts, including obesity levels and adverse impacts on residential amenity

1.2 Application of SPD Policy

This SPD provides additional guidance to support Policies CS7, CS13, CS14 and NCI of the Core Strategy and Urban Core Plan, and Policies DM20, DM23, DM24, DM27 and DM30 of the DAP, in addition to the relevant national planning guidance.

The policy context is considered in greater detail in the Planning Policy Considerations section. This SPD sets out the council's approach in relation to planning control of hot food takeaways and will be a material consideration in the determination of planning applications for such uses.

This SPD includes guidance on the following 'Aspects' and 'Harms':

Aspects

- Locations where Children and Young People Congregate
- Over-Proliferation
- Over-Concentration
- Clustering
- Protection of Residential Amenity
- Highway Issues
- Hours of Operation

Harms

- Levels of Obesity
- Odours and Noise Abatement
- Disposal of Waste Products

I.3 Use Classes Order

Since the adoption of the Hot Food Takeaway SPD, the Town and Country Planning (Use Classes) Order 1987 has been amended. As a result, hot food takeaways now fall outside of any identified Use Class and are termed as “sui generis” (‘in a class of its own’). For this reason, any proposed material change in the use of a premises to one including a hot food takeaway will require planning permission.

For the purposes of this draft SPD, a hot food takeaway can be classified as a stand-alone unit (such as a fish and chip shop or pizza takeaway), and also as part of a mixed-use operation, for example where a premises is operated with indoor seating for the consumption of food, but also with a proportion of hot food takeaway sales which result in these takeaway sales not being purely incidental to its primary use as a restaurant (for example a drive through). The resultant mixed-use would not fall within an established Use Class. Determining when hot food takeaway sales cease to become incidental to another use requires information on a range of factors.

The term “hot food takeaway” shall therefore mean all sui generis takeaway uses and include any proposal where an element of hot food takeaway use removes it from a Use Class. It is the hot food takeaway element that this SPD is proposing to control. Use Class E covers several uses which would not be feasible to control.

I.4 Background

SPDs are used to provide more detail on policies and policy approaches in a higher tier plan. This SPD will therefore supplement the relevant policies in the CSUCP and DAP.

The Core Strategy and Urban Core Plan (CSUCP) produced jointly with Gateshead Council was adopted on the 26 March 2015 and reviewed in 2020. The CSUCP sets out the growth ambitions of Gateshead and Newcastle and will guide decisions on development until 2030. The plan sets out Part 1 of the Local Plan, covering strategic growth for key employment areas, retail-led development, housing growth and improving infrastructure to support development.

The CSUCP has numerous strategic objectives which will be delivered by the policies in the plan. With regards to this SPD, strategic objectives SO3, SO4 and SO10 are of particular relevance. SO3 and SO4 refer to Newcastle’s position as a regional retail centre, the role of which should be improved and expanded. The plan should ensure the provision of quality district and local centres with a diverse range of shops and services. Strategic objective SO10 aims to “provide the opportunity for a high quality of life for everyone and enhance the wellbeing of people to reduce all inequalities”.

Policies CS7 ‘Retail and Centres’ and CS14 ‘Wellbeing and Health’ will help to deliver this ambition. Policy CS7 aims to protect the vitality and viability of centres in the retail hierarchy by encouraging a balance of retail and supporting uses which are appropriate in scale to the relative position of each centre in the hierarchy. Policy CS14 aims to maintain and improve the wellbeing and health of communities by ensuring access to local employment opportunities, healthy housing, open space, cultural and community facilities, healthy food and care and health facilities. In particular, Policy CS14 details the council’s aims to control unhealthy eating outlets.

The Development and Allocations Plan (DAP) was adopted on 24 June 2020 and sets out Part 2 of the Local Plan for managing development in Newcastle to 2030. The DAP covers non-strategic, detailed policies to support the strategic policies of the CSUCP and contribute towards the delivery of the Local Plan’s growth ambitions.

The DAP policies of particular relevance include DM20, DM23, DM24, DM27 and DM30. Policy DM20 aims to ensure the delivery of high quality and sustainable design, including through the provision of spaces that promote active and healthy lifestyles. Policy DM23 requires development to have no unacceptable

adverse impacts on residential amenity. Policy DM24 expects development to demonstrate no unacceptable adverse environmental and health impacts. Policy DM27 requests the protection and enhancement of green infrastructure and refers to the opportunities for green space to improve health and wellbeing, including through the provision of communal food growing opportunities. Policy DM30 outlines the need for development to protect and provide open space, sports and recreational buildings and land and refers to its contribution to maintaining active and healthy communities.

I.5 Consultation

The council is strongly committed to involving as many people as possible to participate in the preparation of an SPD to ensure all stakeholders and the community have the opportunity to have their say. The council is legally required to do so, by Regulations 11 to 16 of the Town and Country Planning (Local Planning) (England) Regulation 2012. The Newcastle Statement of Community Involvement (SCI) also sets out that early engagement during the scoping exercise and formal consultation on the draft SPD is to be completed.

The council prepared a Healthier Food Environments Scoping Report in October 2022. Public consultation on this scoping report was carried out between 6 October 2022 and 17 November 2022. In total 23 responses were received.

All responses received during the consultation process for the scoping report informed the preparation of this draft SPD.

I.6 Monitoring

The successful implementation of the HFE SPD will be monitored through the council's Authority Monitoring Report (AMR). Indicators will be used to collect data on hot food takeaways in Newcastle. For example, 'the use of the HFE SPD in determining planning applications' and 'the number of new hot food takeaway premises granted'.

Policy Context

National and local planning policy has a vital role in tackling unhealthy lifestyles, including unhealthy eating and increasing levels of obesity, to develop vital and viable locations which achieve an appropriate balance of uses.

2.0 National Planning Policy Context

National Planning Policy (NPPF)

The NPPF, revised in July 2021, sets out the government’s planning policies for England and aims to contribute to sustainable development and growth. The NPPF is a material consideration in the determination of planning applications. There are three dimensions to sustainable development of – economic, social and environment. The social component states, “to support strong, vibrant and healthy communities, by ensuring that a sufficient number and range of homes can be provided to meet the needs of present and future generations; and by fostering well-designed, beautiful and safe places, with accessible services and open spaces that reflect current and future needs and support communities’ health, social and cultural well-being”¹.

The NPPF states the purpose of the planning system in creating healthy and inclusive communities. Paragraph 92 of the NPPF focuses on enabling and supporting “healthy lifestyles”, especially where local health and wellbeing needs would be addressed - for example through access to “healthier food”².

Section 7 of the NPPF aims to ensure that planning policies protect the vitality and viability of town centre environments and encourages local authorities to create policies that make clear the uses permitted in certain locations³. Section 8 of the NPPF states that planning should, amongst other things, promote strong neighbourhood centres and active street frontages⁴. This section also requires planning decisions to consider and support the delivery of local strategies to improve health, social and cultural wellbeing for all sections of the community, in addition to guarding against the unnecessary loss of valued facilities and services.

Planning Practice Guidance (PPG)

The PPG was published in March 2014. The guidance is an online planning tool that provides more clarity on the interpretation of the NPPF and makes planning guidance more accessible. Revised in August 2022, the PPG provides guidance on “Healthy and safe communities”, identifying that planning policies and SPDs can, where justified, limit the proliferation of particular uses to create a healthier food environment⁵. The guidance also helps councils put controls on litter when considering applications for takeaway food businesses. The guidance states that planning policies and proposals may regard:



Proximity to locations where children and young people congregate such as schools, community centres and playgrounds

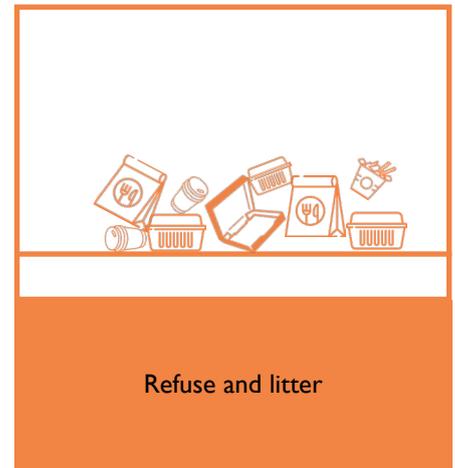


Evidence indicating high levels of obesity, deprivation, health inequalities and general poor health in specific locations



Over-concentration of certain uses within a specified area

¹ National Planning Policy Framework (2021), page 5
² National Planning Policy Framework (2021), page 27
³ National Planning Policy Framework (2021), page 25
⁴ National Planning Policy Framework (2021), page 27
⁵ Planning Practice Guidance Healthy and safe communities (2022)



2.1 Local Planning Policy Context

Core Strategy and Urban Core Plan (CSUCP)

This SPD supplements CSUCP Policy CS14 Wellbeing and Health. Policy CS14 sets out a strategic approach to planning for the wellbeing and health of our communities, recognising that planning has an important role to play in creating healthy environments. This includes having the opportunity to earn a reasonable wage, live an active lifestyle and have access to local employment opportunities, healthy housing, open space, cultural and community facilities, healthy food and care and health facilities and adhering to the principles of equality and fairness. Policy CS14 is outlined below.

The wellbeing and health of communities will be maintained and improved by:

- I. Requiring development to contribute to creating an age friendly, healthy and equitable living environment through:
 - i. Creating an inclusive built and natural environment,
 - ii. Promoting and facilitating active and healthy lifestyles,
 - iii. Preventing negative impacts on residential amenity and wider public safety from noise, ground instability, ground and water contamination, vibration and air quality,
 - iv. Providing good access for all to health and social care facilities, and
 - v. Promoting access for all to green spaces, sports facilities, play and recreation opportunities.
2. Promoting allotments and gardens for exercise, recreation and for healthy locally produced food.
3. Controlling the location of, and access to, unhealthy eating outlets⁶.

Policy CS7 Retail and Centres recognises the important role of centres in the day to day lives of its residents and the local economy⁷. Centres provide shopping and services, are places of employment and leisure, and are a focus for community activity that provide character and identity to local areas. The success of Newcastle's centres is strongly influenced by the variety and choice of shops, services and other uses within them. In addition to retail uses, a range of non-retail services will be considered provided these would not harm the overall vitality or viability of the centres. With regards to the acceptability of hot food takeaways in centres, this SPD explains how the vitality and viability of centres will be considered and protected.

⁶ Planning for the Future Core Strategy and Urban Core Plan for Gateshead and Newcastle upon Tyne 2010-2030 (2015), page 94

⁷ Planning for the Future Core Strategy and Urban Core Plan for Gateshead and Newcastle upon Tyne 2010-2030 (2015), page 65

Development and Allocations Plan (DAP)

This SPD also supplements several policies within the DAP. Policy DM20 assists efforts to make environments healthier and more capable of supporting behaviours and choices that encourage weight loss and active lifestyles through design, by “*providing high quality inclusive spaces and buildings which promote active and healthy lifestyles*”⁸.

Policy DM23 aims to ensure that development is of high quality and a good standard of residential amenity for existing and future occupants. This requires development to have no “*unacceptable adverse impact on the residential amenity*”⁹. This includes avoiding traffic or parking intrusion, noise and disturbance, and smells and fumes that would result in unacceptable adverse impacts.

The environmental and health impacts of development are considered in Policy DM24, requiring proposals to mitigate impacts including air quality, noise and odours. This ensures there would be no unacceptable adverse impacts to amenity¹⁰.

Policy DM27 requires development to optimise the benefits and to enhance existing green infrastructure assets. It is important that green infrastructure resources are optimised as their benefits enable people to use natural spaces for active travel and exercise, improving the health of local communities and encouraging active lifestyles. Green infrastructure space also promotes community involvement and education through food growing opportunities. This offers improvements to the health and wellbeing of communities¹¹.

Policy DM30 promotes the protection and provision of open space, sports and recreational buildings and land. This includes the “*sporting benefits, good quality and accessible playing fields that contribute to maintaining active and healthy communities*”¹².

2.2 National Health Policy Context

Unhealthy eating, a poor diet and being overweight or obese has a significant impact on health. People who are overweight or obese have a higher risk of getting type 2 diabetes, heart disease and certain cancers. Being overweight or obese can also affect self-esteem, mental health and lead to many other adverse impacts.

Tackling Obesities: future choices

In 2007 the UK government published the Foresight report “Tackling Obesities: future choices” (Butland, B, Jebb, S, Kopelman 2007)¹³. This document outlined how obesity develops through unhealthy eating and the complex relationship between the social, physical and economic environments which leads to an increase in obesity. The Foresight report outlined the complex relationships between the social, physical and environmental aspects which can lead to obesity. It shows that the food environment is an important element in the development of obesity. Planning has a vital role in ensuring that the food environment can promote healthy lifestyles and dietary choice.

Healthy lives, Healthy people: a call to action on obesity in England

“Healthy lives, Healthy people: a call to action on obesity in England” (Department of Health 2011) outlined the scale of the problem facing England, with most people in the country being either overweight or obese. The report shows that the food environment is an important element in the development of obesity and has a vital role in promoting healthy lifestyles and wellbeing¹⁴.

⁸ Newcastle upon Tyne Development and Allocations Plan 2015-2030 (2020), page 55, 56

⁹ Newcastle upon Tyne Development and Allocations Plan 2015-2030 (2020), page 60

¹⁰ Newcastle upon Tyne Development and Allocations Plan 2015-2030 (2020), page 62

¹¹ Newcastle upon Tyne Development and Allocations Plan 2015-2030 (2020), pages 69, 70

¹² Newcastle upon Tyne Development and Allocations Plan 2015-2030 (2020), pages 77, 78

¹³ Government Office for Science Tackling Obesities: Future Choices – Project Report (2007)

¹⁴ HM Government Department of Health – Healthy Lives, Healthy People: A call to action on obesity in England (2011)

Childhood Obesity: a plan for action (chapter 2)

The UK Government's Childhood Obesity Plan Chapter 2 was published in June 2018 and sets a target to halve childhood obesity and to reduce the gap in obesity prevalence between children living in the most and least deprived areas by 2030¹⁵. The plan focuses on product reformulation, labelling, procurement, advertising and promotions, school food, and supporting local authorities to improve food environments through planning so the healthiest choices become the easiest choices. The plan specifically encourages wider use of planning powers to control over-concentration of hot food takeaways and announced the launch of Childhood Obesity Trailblazers Programme for local authorities to test approaches, including via the planning system.

Government Food Strategy

The Government Food Strategy was published in June 2022¹⁶. The strategy focuses on longer-term measures to support a resilient, healthier food system and healthier, more sustainable diets. The document reiterates the ambition to halve childhood obesity by 2030, reduce the healthy life expectancy (HLE) gap between local areas where it is highest and lowest by 2030, adding 5 years to HLE by 2035 and reduce the proportion of the population living with diet-related illnesses. The strategy states that there has been an exponential growth in the takeaway sector, with online aggregators (food delivery apps) and delivery companies offering easier access for all population demographics to often more calorie-dense food. This has been driven by more people using takeaways.

National Food Strategy: The Plan

The National Food Strategy: The Plan was commissioned by the government and published in July 2021¹⁷. The strategy sets out recommendations to address the major issues facing the food system, including diet-related disease and health inequality. The strategy identifies that there is a clear correlation between poverty and the density of hot food takeaways, with almost twice as many in the most deprived areas compared to the least.

Using the planning system to promote healthy weight environments

Public Health England produced the "Using the planning system to promote healthy weight environments" document in February 2020. This guidance supports local authority public health and planning teams to promote healthy weight environments through the powers of the planning system. Guidance on "Healthier food environments" sets out the implementation of takeaway food outlet exclusion zones to limit the proliferation of certain unhealthy uses within specified areas¹⁸. This includes exclusion zones of often 400 metres (5-minute walk) or 800 metres (10-minute walk) around locations frequented by children and families. These locations are typically schools, but also parks and leisure centres and to prevent clustering on high streets and local shopping parades. This principle includes primary schools, as those in year 6 may walk to and from school independently in preparation for the transfer to secondary school. Additionally, it is recognised the families may use hot food takeaways on the way home from school and the presence of an adult does not necessarily mean hot food takeaway foods will not be purchased and consumed by children.

It may be appropriate to restrict new hot food takeaway premises just beyond 400m subject to local circumstances, such as:

- childhood obesity levels
- main school routes used by majority of children
- density of existing food retail uses

¹⁵ HM Government Department of Health - Childhood obesity: a plan for action Chapter 2 (2018)

¹⁶ Department for Environment Food & Rural Affairs – Government food strategy (2022)

¹⁷ National Food Strategy Independent Review The Plan (2021)

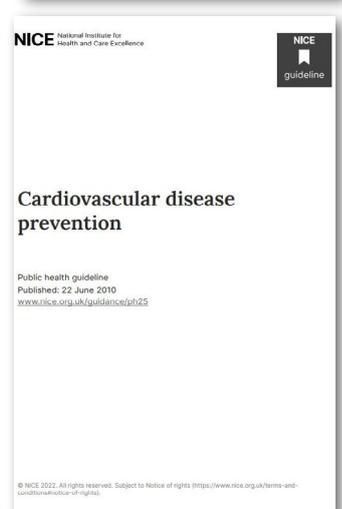
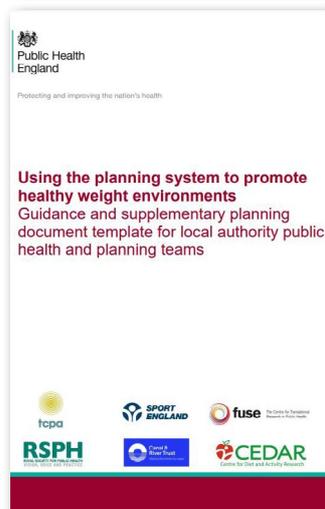
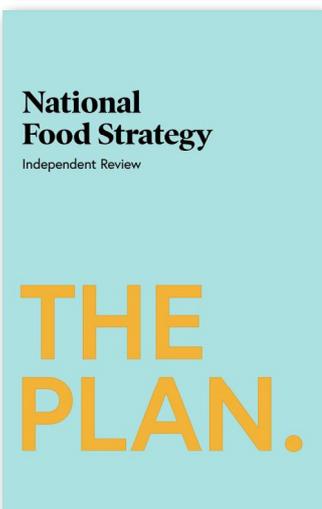
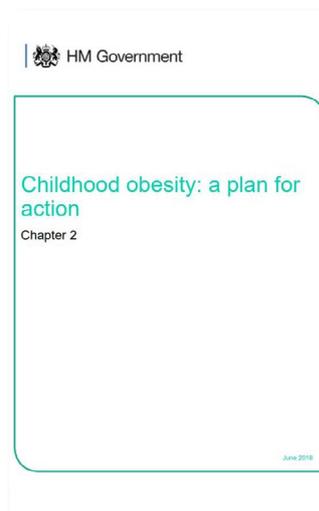
¹⁸ Public Health England Using the planning system to promote healthy weight environments (2020), pages 13, 14

Health Matters: obesity and the food environment

“Health Matters: obesity and the food environment”, published by Public Health England in 2017, focuses on rising obesity rates, the health and economic impacts of obesity, and inequalities in obesity rates between those living in the most and least socio-economically deprived areas¹⁹. It shows the association between hot-food takeaway outlet density and deprivation and highlights increasing out-of-home food consumption in typical diets as a contributor to rising obesity rates. It recommends approaches including restricting over-concentration of hot-food takeaways as well as approaches to work with small businesses.

NICE Guidance (2010 & 2015)

The National Institute for Health and Care Excellence’s (NICE) overarching role is to improve health outcomes for people using the NHS, social care and public health services. This is achieved through a variety of means including producing guidance for practitioners. These are evidence based and make a range of recommendations for practice. NICE guidance NG7 “Maintaining a healthy weight and preventing excess weight gain among adults and children, March 2015” provides recommendations on behaviours that will enable people to prevent excess weight gain and maintain a healthy weight²⁰. The guidance promotes following healthy eating advice and also limiting consumption of energy dense food and drinks prepared outside the home, particularly ‘fast’ or ‘takeaway’ foods.” NICE Guidance PH25 Cardiovascular Disease Prevention has a specific recommendation relating to takeaways and food outlets: “Food from take-aways and other outlets (the ‘informal eating out sector’) comprises a significant part of many people’s diet. Local planning authorities have powers to control fast-food outlets”²¹.



¹⁹Public Health England Health matters: obesity and the food environment (2017)

²⁰National Institute for Health and Care Excellence Preventing excess weight gain (2015)

²¹National Institute for Health and Care Excellence (2010) Cardiovascular disease prevention (2010)

2.3 Local Health Policy Context

This SPD also supplements the 'Health and Wellbeing Strategy 2023-28' document. Newcastle City Council is one of the partners on the Wellbeing for Life Board made up of organisations and people working together to improve the wellbeing and health of everyone in Newcastle. The overarching ambition of the document is - 'A healthy, happy and prosperous Newcastle'. The strategy strives to reduce health inequalities through improving health and wellbeing outcomes and the approach to tackling this over the coming years. One of the themes within the strategy, 'Strengthen the role and impact of ill health prevention', focuses on the importance of people having a healthier diet to minimise the risk factors associated with disease risk and social deprivation, referencing the importance of the 'access to good food'²².

Public Health are approaching issues of obesity through a whole systems approach to healthy weight, physical activity and nutrition. This process involves engaging with a wide range of stakeholders to look at enabling people to make healthier choices and engage in positive behaviour change by looking at the 'obesogenic environment'. This will involve links with transport, housing, the NHS, the community and voluntary sector and businesses across the city to help us all understand our role in making the city more supportive of enabling people to maintain a healthy weight.

Developing joint working with planning colleagues will be a central part of the whole system approach to see what opportunities we can find to address the obesogenic environment through planning processes and legislation. Developing an updated Hot Food Takeaway Supplementary Planning Document is part of this process and will be one element of the aim to allow people to make healthier food and drink choices.

2.4 City Council Aim

Having an unhealthy lifestyle can increase the risk of being overweight or obese. This can increase the chances of having poor health and developing long-term health implications. Obesity is also associated with more severe COVID-19 outcomes. The risks of developing long-term conditions earlier in life and living more years with poor health are increased due to being overweight or obese. In addition to the physical health impacts, obesity is associated with having a lower quality of life, experiences of stigma, social isolation and mental health issues for both children and adults.

The council's whole systems approach to healthy weight, physical activity and nutrition aims to support individuals, families and communities to access, adopt and sustain healthier diets. Improving the food environment, including by limiting further growth of hot food takeaways, and the availability of typically high in fat, salt and sugar foods, is part of this approach. The approach aims to make it easier for our whole population to access a healthy diet, be physically active and maintain a healthy weight, while adopting targeted measures for specific populations most impacted by obesity.

Hot food takeaways are recognised as a popular choice in the food offer and also contribute towards economic and employment opportunities. Notwithstanding this, compared to other retail uses, hot food takeaways have greater potential to have a detrimental impact on residential amenity and environmental quality. Where concentrations of hot food takeaways are present, this can result in adverse impacts on the vitality and viability of a retail centre and limit investment of other retail uses.

Evidence

3.0 Active Lives and Healthy Communities

The local environment can encourage unhealthy lifestyle choices, such as relating to food purchases and the level of physical activity undertaken. In particular, hot food takeaways offer unhealthy foods and drink which are easy to access and typically energy dense, being high in sugar, salt and fat and low in micronutrients. Food high in fat, salt and sugar also tend to be cheaper per calorie than healthier foods (National Food Strategy: the plan, 2021). For adults, obesity can lead to Type 2 diabetes, heart disease, cancer, musculoskeletal problems, mental health issues and poor quality of life. As well as impacting on the health of the population, being overweight or obese has an economic impact as well – often impacting on a person's ability to remain in work or to continue to be economically active. The high numbers of people who are overweight or obese means that this is an important public health issue.

3.1 National Child Measurement Programme Data

The causes of a person being overweight and obese are multi-factorial, including the environments in which they live, as well as genetics, behaviour and psycho-social factors. In England, a quarter of adults are classed as obese; this has risen from only 15% in 1993²³. In 1990 in England 5% of 10–11-year-olds were classed as obese, stated in the Report of the Chief Medical Officer 2019²⁴.

Today around two-thirds of adults in Newcastle upon Tyne (66.6%) are overweight or obese (Active Lives Survey)²⁵. This is projected to continue to rise in the future. The number of children in Year 6 (age 10 to 11) who are classified as obese is 28%, worse than the average for England (23.4%) (Fingertips Obesity Profile, 2021-22). Children living in the most socio-economically deprived areas of the city are twice as likely to be overweight or obese when compared to their peers in the least deprived areas²⁶.

3.2 Ward Data

The association between obesity rates and socioeconomic deprivation has been consistently evidenced. It shows that obesity rates are highest for children in the most deprived areas. Amongst children aged 5, those who are from the poorest income groups are twice as likely to be obese when compared to children from the highest income groups, and by the age of 11, they are three times as likely to be obese.

The Index of Multiple Deprivation (IMD) 2019 provides an overall deprivation score for small areas known as 'lower layer super output areas' (LSOAs)²⁷.

Newcastle is the 74th most deprived authority out of 317 in the country (IMD 2019) but this hides significant differences in deprivation across the city. Almost 26% of Newcastle's LSOAs are in the most deprived nationally, with approximately 10% of Newcastle's LSOAs falling into the 10th decile (least deprived nationally).

In Newcastle:

- In 2021, there were 17,122 children living in relative low-income families (32.2% of the population). This figure has been gradually increasing since 2015, when there were 9,887 (19.8% of the population).
- In 2021, there were 15,881 children living in absolute low-income families (29.9% of the population). This figure has also been increasing since 2015, when there were 10,596 (21.2% of the population).

²³Public Health England (2017) Statistics on Obesity, Physical Activity and [Diet PowerPoint Presentation \(digital.nhs.uk\)](#)

²⁴Annual Report of the Chief Medical Officer Health, our global asset – partnering for progress (2019)

²⁵Office for Health Improvement & Disparities (2023) Fingertips | Public health data. Available from: [Local Authority Health Profiles - Data - OHID \(phe.org.uk\)](#)

²⁶NHS 75 Digital (2021) National Child Measurement Programme, England 2020/21 School Year. Available from: [Part 4: Deprivation - NDRS \(digital.nhs.uk\)](#)

²⁷Ministry of Housing, Communities & Local Government English indices of deprivation 2019

- In the Autumn term of the 2020/21 academic year, there were 14,467 children eligible for free school meals who attend a state funded nursery, primary, secondary or a special school or pupil referral unit, which accounts for 35% of the population and is substantially worse than the national average for England, which shows that 19.7% of children are eligible for free school meals.

3.3 Prevalence of Obesity at Ward Level

The NCMP data allows us to look at the prevalence of obesity from several perspectives, including deprivation levels and Ward level. This enables us to look at the level of inequality that exists around childhood obesity in Newcastle as well as potential key geographical areas where higher levels of obesity are present.

3.4 Deprivation

For Reception and Year 6 children, there is a clear link between obesity and deprivation, with the most deprived areas having the highest prevalence of obesity. Postcode information from the participating children is used to obtain the IMD (Index of Multiple Deprivation) decile, which shows that there is a strong statistical correlation between both. Deprivation is an indicator for obesity and yet obesity exists across the social spectrum. Consequently, it is worth considering the other covariates which lead to the disproportionate levels of obesity in more deprived communities. Covariates such as vegetables consumption²⁸.

3.5 Ward Variation

There are also clear differences at ward level when looking at the prevalence of childhood obesity in Newcastle. Obesity prevalence is lowest in North Jesmond, Gosforth, and South Jesmond, whereas prevalence is highest in Benwell & Scotswood, Blakelaw, and Walker.

When comparing the prevalence of obesity and overweight across the Newcastle wards, against the 2019 IMD Deprivation Score for each ward, it can be seen that the higher the IMD score (indicating higher deprivation), the higher the prevalence of obesity and overweight.

3.6 Public Health Framework Data

Public Health England (now Office for Health Inequalities and Disparities) developed a Whole System Approach to obesity, physical activity and nutrition²⁹. This framework accounts for the complex interaction of factors that enables or disables a healthy weight, specifically the consumption of excess calories and physical inactivity. This shift in approach to healthy weight, physical activity and nutrition has been developed in response to the growing understanding that diets with short term restriction in the calories consumed is not sustainable by individuals, and often leads to the lost weight (and sometimes more) being regained within the short to mid-term. Instead, by preventing further hot food takeaway outlets opening in localities with a high concentration already, there is opportunity instead to create more choice in what is available, for example, healthier eating options, physical activity options or arts and cultural opportunities which contribute to wellbeing. Across communities, regardless of level of deprivation, perceived access to supermarkets and leisure facilities have been identified as covariates for childhood obesity. The Whole System Approach and tools such as the SPD can therefore improve the perceived and objective availability of supermarkets and leisure facilities³⁰.

²⁸Edwards KL, Clarke GP, Ransley JK, et al. The neighbourhood matters: studying exposures relevant to childhood obesity and the policy implications in Leeds, UK *Journal of Epidemiology & Community Health* 2010;64:194-201

²⁹Public Health England Whole systems approach to obesity: A guide to support local approaches (publishing.service.gov.uk) (2019)

³⁰Edwards KL, Clarke GP, Ransley JK, et al. The neighbourhood matters: studying exposures relevant to childhood obesity and the policy implications in Leeds, UK *Journal of Epidemiology & Community Health* 2010;64:194-201.

3.7 Assessing Proximity and Exposure to Food Outlets (close to schools, youth centres and community centres, leisure centres and parks)

Evidence suggests that reducing exposure to the food environment along routes to school would improve the estimated exposure and consequent impact on health measures such as waist circumference. Considering the exposure of pedestrians to hot food takeaways through analysing the routes taken was identified as helpful in estimating exposure to unhealthy food choices in the food environment. For example, for each fast food/ hot food takeaway outlet along a route, waist circumference has been shown to increase, with the effect increasing by the number of outlets on the route and thus rapidly becoming clinically significant³¹.

The use of travel and mobility data provides us with a robust methodology for estimating exposure to unhealthy food outlets in the food environment. Within Newcastle, when assessing the provision (type and frequency) of food outlets within 400m of primary schools there were more food outlets within reach of primary schools in the more deprived quintiles.

This was predominantly made up of convenience stores and fast-food outlets. This should provide us with a more accurate measure of exposure to potential unhealthy food outlets³². While there is a robust and growing evidence base for impacting on the proximity and exposure to hot food takeaway/food outlets in areas where young people may congregate, or travel through, it should be noted that a key way for young people to develop their autonomy and a facilitator of their social world is in the opportunity to walk with friends to and from school and also to buy lunch away from the school premises. Identifying other offers that would still enable this social developmental process but support a healthy weight, and indeed, health and wellbeing amongst young people more broadly is critical³³.

3.8 Vitality and Viability of Centres

The CSUCP details the important role of centres in Newcastle for the day to day lives of its residents and the local economy. These centres offer key services from shopping, places of employment and leisure and provide community activity, character and identity to local areas. This is addressed in Policy CS7 which supports a network of accessible centres, to act as the key focus for retail and leisure investment and seeks to promote their vitality and viability. Vitality relates to how busy a centre is, whereas viability refers to the capacity of the centre to attract continuing investment.

Outside of Newcastle's Retail Centre, the city has 45 centres in total, including 8 district centres and 37 local centres. District centres primarily allow for the access of local residents to a wide range of retail and services, reflecting the specific needs and character of their local community. Local centres consist of a smaller variety of shops and services in supporting the day to day needs of a smaller catchment area. Retail health checks for all district and local centres were prepared to inform the CSUCP and DAP, consisting of individual indicators to collate data on vitality and viability of these centres. The health checks concluded that centres are continuing to perform their role as a retail and service hub well, with concerns of the number of hot food takeaways and the percentage of occupied units within these centres. Shields Road and West Road have a higher number of hot food takeaways than other centres.

³¹ Fast food outlets on school route resulting in slight increase in waist circumference - 0.21 (95% CI but increased by 0.21 for every added outlet - argument being if there are 10 fast food outlets that becomes clinically significant. Reference: Green, M.A., Radley, D., Lomax, N. et al. Is adolescent body mass index and waist circumference associated with the food environments surrounding schools and homes? A longitudinal analysis. *BMC Public Health* 18, 482 (2018). <https://doi.org/10.1186/s12889-018-5383-z>

³² G. Gallo, R., Barrett, L. and A. Lake, A. (2014), "The food environment within the primary school fringe", *British Food Journal*, Vol. 116 No. 8, pp. 1259-1275.

³³ Macdiarmid, J.I., Wills, W.J., Masson, L.F. et al. Food and drink purchasing habits out of school at lunchtime: a national survey of secondary school pupils in Scotland. *International Journal of Behavioural Nutritional Physical Activity* 12, 98 (2015).

Over-Concentration

It is recognised that hot food takeaway uses provide convenience in the food offer, particularly in town centres. However, when compared to other uses, there is an increased likelihood that they will have an adverse impact on amenity, character and function of the retail centre. A high concentration of hot food takeaway uses in centres and the clustering of these uses together may lead to harmful impacts, resulting from increased incidences of littering, odours, noise, anti-social behaviour and general disturbance, in addition to parking problems and increased traffic congestion. Hot food takeaways may be shuttered up during daylight hours, leading to 'dead frontages' that could lead to negative impacts on town centre vitality and viability. It is therefore important that these centres retain their vitality and viability and remain viable in attracting investment opportunities.

Over-Proliferation

Hot food takeaways in centres across different wards that are neighbouring one another, therefore being within close proximity, can result in the over-proliferation of these uses within a wider area. Evidence shows that hot food takeaways predominantly offer unhealthier food options³⁴. The proliferation of hot food takeaways in centres increases the availability and access to unhealthy food options and may lead to a reduction in the choice to healthier food items. The negative impacts of hot food takeaways, including increased noise, odour, litter, anti-social behaviour and traffic problems may be intensified when these uses are clustered together within walkable distances. Therefore, an over-proliferation of hot food takeaways within an area can exacerbate these issues and adversely impact the vitality of an area, making it less appealing to visitors and residents.

3.9 Residential Amenity

As of October 2022, there are approximately 1,250 takeaway food shops and mobile food shops in Newcastle. Since the adoption of the Hot Food Takeaway SPD, published in October 2016, there have been 37 planning applications for hot food takeaway uses determined: 29 were granted (21 of these were in local centres), 8 were refused and 3 were appealed.

Hot food takeaways can cause levels of noise, odours and traffic which can result in disturbance to neighbouring residents which negatively impacts their amenity. The development of new hot food takeaway uses must also not contribute to or increase the levels of crime, perceived crime and anti-social behaviour. It is necessary for measures to be taken through this SPD to protect the amenity of surrounding residential occupiers to ensure that new development interacts harmoniously with residential uses.

Significant adverse impacts can be increased where a hot food takeaway shares a party wall with a residential property. The development of new hot food takeaways must not prejudice existing residential uses and should be designed to mitigate harm towards its residents. The harm caused as a result of increased levels of noise, odours and traffic is reduced for neighbouring occupiers where hot food takeaways are not directly adjacent to residential uses.

The presence of hot food takeaways within an area can contribute to increased amounts of waste, and as a result, the amount of litter generated. Waste and litter can create harm to the visual amenity of an area, in addition to causing risks to public health. The requirement for the submission of a Litter Management Plan as part of the planning application for hot food takeaway proposals is therefore necessary to demonstrate appropriate measures are in place to mitigate these negative impacts.

³⁴ Estrade, M., Dick, S., Crawford, F. et al. A qualitative study of independent fast food vendors near secondary schools in disadvantaged Scottish neighbourhoods. BMC Public Health 14, 793 (2014).

Determination of Planning Applications

4.0 Is planning permission required?

The SPD applies to planning applications for new-build and changes of use, covering hot food takeaways and mixed-use premises where takeaway food sales are not incidental to the main use.

Planning permission is required to build new premises for use as a hot food takeaway or change the existing use of a premises to a hot food takeaway. Where a property currently has permission for use as a hot food takeaway, planning permission will not be required. However, any conditions attached to the original planning permission would remain in force.

Separate advertisement consent may be required to display shop advertisements, for example illuminated signs of any kind.

For further information on planning permission please contact Planning via email at planning.control@newcastle.gov.uk. To obtain advice on the likelihood of gaining planning permission submit a pre-application through the council's pre-application advice service. The necessary forms and correct fee can be viewed on the pre-application advice page on the council's website.

4.1 Planning Policy Considerations

The below policies will be considered when determining planning applications. For the avoidance of doubt "hot food takeaway" shall therefore mean all sui generis takeaway uses and include any proposal where an element of hot food takeaway use removes it from a Use Class. The policies supplement the council's Local Plan policies used to determine planning applications and will be used as a material consideration.

HFE 1: Locations where Children and Young People Congregate

Hot food takeaways, which lie outside of Newcastle's Retail Centre, which are located within a 400m radius or equivalent to 10-minute walking time of entry points to primary and secondary schools, youth centres and community centres, leisure centres, parks and play spaces will not be permitted.

Parks and play space are defined in the DAP under the 'Open Space Typologies'. These include 'Park and Recreation Grounds'; 'Play Space (Children)' and; 'Play Space (Youth)'. These Open Spaces are areas in which children and young people will frequently access for play, health and wellbeing activities.

Reasoned Justification:

The council considers that for premises which lie outside of Newcastle's Retail Centre, planning permission will not be granted for hot food takeaways which are located within a 400m radius or equivalent to 10-minute walking time of the entrance points of primary and secondary schools, youth centres and community centres, leisure centres, parks and play spaces.

The council have considered the exposure of pedestrians to hot food takeaways through analysing walking routes taken to the locations identified above. This involved considering walking routes frequently taken by children and young people, including to and from school, youth centres, leisure centres, parks and play spaces. Children and young people may use these routes more often and therefore there is an increased likelihood of them interacting with unhealthy food establishments along these routes.

Entrance points of primary schools and secondary schools have been included. In the UK, 1 in 7 children (14.4%) in reception year and 1 in 4 children (25.5%) in year 6 were classified as obese in 2020/21 (NCMP)³⁵. For children of reception age, obesity prevalence was gradually decreasing from 2006/07 to 2014/15, before increasing again since 2014/15. However, for Year 6 children, obesity prevalence has

³⁵ NHS 75 Digital (2021) National Child Measurement Programme, England 2020/21 School Year. Available from: [Part 1: Age, time series and sex - NDRS \(digital.nhs.uk\)](#)

increased over time. Provisional data for 2021/22 suggests that obesity prevalence for children of reception age was 10.4% and 23.5% for children in Year 6. Despite the fact that the sample sizes were reduced for 2020/21 and data is provisional for 2021/22, the overall findings show that current childhood obesity prevalence is substantially higher than it was pre-pandemic.

Obesity prevalence also varies across different populations. Rates have been known to vary by ethnicity as obesity prevalence in 2020/21 was highest for Black children in both reception and year 6, and lowest for Chinese children in reception and White and Chinese children in year 6.

There is also an association between obesity and deprivation, with higher rates of childhood obesity generally seen in more deprived areas. Obesity prevalence was over twice as high for children living in the most deprived area in the UK (20.3%) than for those living in the least deprived area (7.8%). Obesity prevalence for Year 6 children living in the most deprived areas was 33.8%, compared to 14.3% of children living in the least deprived areas, which is again over twice as high.

This policy supplements CSUCP Policy CS14.

HFE 2: Levels of Obesity

Hot food takeaways in wards where there are more than 10% of year 6 pupils classified as obese will not be permitted.

Reasoned Justification:

Children who live with obesity are more likely to remain obese as adults, increasing their risk of developing long-term conditions, leading to poor health and earlier mortality. Rates of childhood obesity are higher than regional and national averages in Newcastle and are projected to increase (Integrated Impact Assessment (IIA) on Public Health's Approach on Healthy weight and Obesity, December 2020). More deprived wards have higher obesity levels than more affluent areas but Newcastle in entirety has greater levels of overweight and obesity than is beneficial to population health.

The National Child Measurement Programme allows us to monitor the obesity rates by ward and compare each to the regional and local averages. The council will monitor these averages to determine if wards or the city as a whole are seen to improve or get worse.

This policy supplements CSUCP Policy CS14.

HFE 3: Over-Proliferation

Where the number of approved hot food takeaway uses, within the ward, equals or exceeds the UK national average, per 1000 population, planning permission will not be granted.

Reasoned Justification:

It is necessary to consider the number of hot food takeaways within wards to minimise an over-proliferation of hot food takeaways per ward area. An over-proliferation of hot food takeaways uses situated within close proximity may result in harmful impacts on residential amenity, as well as displace other uses and reduce options for healthier food choices. This could lead to negative outcomes on the vitality and viability of a centre or parade.

This policy supplements CSUCP Policy CS7 and NC1.

HFE 4: Over-Concentration

Within a designated centre of <30 units, planning permission will not be granted where the percentage of hot food takeaways exceeds 15%. For centres >30 units the percentage of hot food takeaways should not exceed 8%.

Reasoned Justification:

Some areas of the city have an over-concentration of hot food takeaways which can result in unacceptable adverse impacts on the built environment, residential amenity and the access to healthy food options.

This percentage limit is designed to manage the over-concentration of hot food takeaway uses to a level that will not alter the viability of the centre to provide services. Where the percentage limit stated above has been met, will be met or will be exceeded by a new hot food takeaway proposal, then the planning proposal will not be permitted. These percentages are supported by our Health Check Data for 2023 and are based on the average number of hot food takeaways located in district and local centres at this time.

This policy supplements CSUCP Policy CS7 and NCI.

HFE 5: Clustering

To prevent the clustering of hot food takeaways planning permission will only be granted for this use where the following criteria are satisfied:

- *No more than two consecutive hot food takeaways should be located adjacent to each other;*
- *Between an individual or multiple, adjacent hot food takeaways, there should be at least a separation of 3 non-hot food takeaway units.*

Reasoned Justification:

The clustering of hot food takeaways can detract from the primary retail function of a centre and parades by having an unacceptably adverse impact on its vitality and viability and residential amenity.

Increased numbers of customers congregating around hot food takeaways, particularly in the evenings, can lead to problems of increased noise, disturbance and crime levels, fear of crime or anti-social behaviour. These impacts can be intensified where hot food takeaway uses are clustered together.

This policy supplements CSUCP Policy CS7 and NCI.

HFE 6: Protection of Residential Amenity

The development of new hot food takeaways or the expansion of existing units which would result in an unacceptable adverse impact on residential amenity from noise disturbance, vibrations from plant and equipment, odours or impact upon highway safety, and parking and traffic flows will not be permitted.

Any new application for a hot food takeaway, whether sui generis or where there is an ancillary element of hot food takeaway shall include submission of a Litter Management Plan.

Reasoned Justification:

The impacts of hot food takeaways on residential amenity are an important consideration when determining planning applications. Hot food takeaways can result in unacceptable levels of noise, odours and traffic problems. Outside of allocated retail centres, particularly in predominately residential areas, the need to protect residential amenity is paramount.

Often, the activities of hot food takeaway establishments tend to peak at times when the surrounding background noise levels are considered to be low, such as in the late evenings. Noise and vibrations generated both from the cooking activities and the essential extraction used in these premises, along with increased levels of customer movement in and out of the premises, can cause intolerable levels of disturbance to residents. Hot food takeaways with late night opening hours can continue to exacerbate the problem, attracting higher numbers of customers in the afternoon and late evenings.

This policy supplements CSUCP Policy CS14 and DAP Policy DM23.

HFE 7: Highway Issues

Applications for hot food takeaways will be refused where the proposal is considered to have unacceptable adverse impacts on highway safety, parking and traffic flows. When considering the impact, regard will be had to:

- *Access should be safe for all users and easy and attractive for pedestrians and cyclists;*
- *Existing traffic conditions;*
- *Accessibility of the site by public transport, cycling and walking;*
- *Availability of public parking provision in close proximity to the site;*
- *Proximity of proposals to traffic controls, junctions, crossings, bus bays and bus stops;*
- *Availability of accessible private parking provision;*
- *Provision for safe loading/unloading and service vehicles.*

Reasoned Justification:

CSUCP Policy CS13 seeks to ensure that highway safety is not prejudiced by development and the promotion of safe sustainable travel choices. The level of impact in terms of proximity to traffic controls and potential for traffic congestion are dependent on the location of the proposal. Hot food takeaways can generate a high proportion of car borne trade that requires short stay parking. If the existing parking arrangements in the vicinity of the hot food takeaways, or new arrangements proposed as part of any planning application, do not lend themselves to safely accommodate this need for short term parking, or the proposed hot food takeaways is in an area where there is a lack of available parking spaces, this can lead to patrons choosing to park for short periods in inappropriate locations which can be detrimental to road safety.

Delivery vehicles connected with hot food takeaways can also contribute to increased traffic flow in the vicinity of takeaways, add to existing parking pressures and increase highway safety issues. Hot food takeaways need to ensure the provision for appropriate parking facilities if the premises offers a delivery service. Where a proposed hot food takeaway use cannot readily demonstrate that servicing arrangements would not result in dangerous parking due to a lack of suitable areas for servicing to be carried out safely, or that vehicle manoeuvres would not be prejudicial to highway safety, then the application would be refused permission.

This policy supplements CSUCP Policy CS13 and DAP Policies DM10 and DM12.

HFE 8: Odours and Noise Abatement

Hot food takeaways must demonstrate that appropriate extraction systems would effectively disperse odours and fumes. Scaled plans showing the entirety of the layout of the extraction system internally and externally are submitted with the application. Such systems must have:

- *An acceptable impact on amenity, including location and external finish;*
- *Be satisfactorily acoustically attenuated by ensuring noise from extraction systems is addressed both internally and externally;*
- *Not adversely impact on residential amenity by virtue of vibration, noise and odour;*
- *Provide appropriate odour protection to prevent the passage of smells penetrating through the building into neighbouring properties.*

New guidance relating to odour management including via use of gas cooking ranges; use of charcoals and controls where a business chooses to only use electrically operated cooking appliances

Reasoned Justification:

It is typically considered unacceptable to locate a hot food takeaway directly adjacent to residential properties, regardless of the nature or proposed effectiveness of the extraction system installed.

Planning Practice Guidance (PPG) on Noise advises that “some commercial developments including restaurants, hot food takeaways...can have particular impacts, not least because activities are often at their peak in the evening and late at night. Local planning authorities will wish to bear in mind not only the noise that is generated within the premises but also the noise that may be made by customers in the vicinity”.

Odours from cooking smells from hot food takeaways can result in amenity problems, especially if there are residential properties nearby. An effective internal and external system for the extraction and dispersal of cooking odours must be demonstrated. Natural ventilation is insufficient and a high-level extraction stack with fan and filters is required to ventilate cooking fumes and remove odours without causing an unacceptable adverse impact to neighbouring properties.

The design of internal and external fume extraction and ventilation equipment should ensure that odours, fumes or noise cause no nuisance or disturbance to nearby properties. Full detailed scaled plans showing the entirety of the proposed internal and external extraction system must be submitted as part of the planning application. Noise from plant and equipment associated with hot food takeaways will also be assessed when determining planning applications.

This policy supplements CSUCP Policy CS14 and DAP Policy DM24.

HFE 9: Hours of Operation

When determining the appropriate hours of operation for hot food takeaways consideration will be given to:

- *The likely impacts on residential amenity;*
- *The existence of an established late-night economy in the area;*
- *The character and function of the immediate area, including existing levels of night-time activity and noise.*

Reasoned Justification:

Late night opening hours can cause intolerable levels of disturbance to residents, attracting higher customer numbers in the afternoon and late evenings. It is necessary to consider planning conditions on the planning permission for a hot food takeaway proposal to control the nature of the use and the impacts on the surrounding area.

This policy supplements CSUCP Policy CS14 and DAP Policy DM23.

HFE 10: Disposal of Waste Products

Hot food takeaways must have space on the site to store all refuse containers associated with the use in a secure and screened area. Internal refuse storage facilities must be of sufficient size commensurate with the nature of the business and including suitable means of access and egress.

Refuse storage areas should be located where odour nuisance to residential or commercial properties will not be caused. Storage areas must be specified for food waste bins and packaging waste.

Appropriate fat traps must be installed to prevent fats reaching the water system that may cause blockages and the flooding of properties.

Reasoned Justification:

The council published a Waste Strategy in 2019 with the vision for Newcastle to be “a clean, green and sustainable city that wastes less and recycles more”. High volumes of waste can be produced from hot food takeaway uses and the disposal of waste products is necessary to consider in all planning applications. Inadequate facilities for the storage and disposal of litter and waste can result in harm to visual amenity and can pose a risk to public health. It is therefore important that hot food takeaways allow waste to be managed sustainably and safely without having an adverse impact on environment and human health. Adequate space to accommodate waste and recycling facilities within the site boundary within appropriately sized wheeled bins is therefore important. The council’s Bin Collection Strategy sets out the requirements for wheeled refuse containers per unit.

Poorly designed or located waste and recycling facilities can negatively impact visual amenity with regards to odours and obstruction of the highway. Inadequate storage facilities may result in waste containers

located outside the premises and encroachment onto the highway. This can result in insufficient road access for the provision of refuse servicing arrangements for residents. This is not considered an acceptable solution. Therefore, internal refuse storage facilities of sufficient size commensurate with the nature of the business and including suitable means of access and egress are required.

Businesses have a legal duty to secure their waste, prevent it escaping from their control and to transfer it only to authorised persons. Disposing of waste or litter inappropriately is illegal. The accumulation of litter and refuse on public and private land continually degrades an area and can have a detrimental impact on local amenity. Every occupier or owner of land has a responsibility for its upkeep and the safety of employees and visitors. Persons who illegally dispose of waste or deposit litter can be prosecuted, but action can also be taken against businesses where their activities contribute to littering, and against occupiers or landowners who frequently allow their premises to be defaced by litter and refuse.

This policy supplements CSUCP Policy CS21 and DAP Policies DM20 and DM34.

4.2 Future Demands

Dark kitchens are catering venues typically located in employment areas with the sole purpose of providing takeaways for delivery only with no visiting patrons. These units are often without a shopfront and are optimised for food delivery services. Food ordering phone applications (such as Deliveroo and Uber Eats) and delivery options also contribute to the distribution and consumption of fast foods. These services have accelerated in use during the COVID-19 pandemic and the transition towards digitalisation.

Although emerging research indicates that industrial scale 'dark kitchens,' which fulfil multiple takeaway businesses' orders, are only a small fraction of the total market, it is important that the spread and potential increase of these venues is appropriately considered. Many takeaways supplied via meal delivery platforms are prepared in physical hot food takeaway outlets, which remain more concentrated in deprived neighbourhoods with higher obesity rates. There is potential for the number of dark kitchens to increase and therefore it is necessary to consider how these premises can be controlled and monitored through planning in the future.

Mobile applications, including food delivery platforms, and websites have contributed to the increase in food delivery services and access to unhealthy food options. There are challenges with controlling and managing the availability of hot food takeaway foods through these easily accessible digital platforms.

Drive-thru cafes are a popular choice for motorists wanting to access food and drink services when travelling to and from places. It is important to acknowledge how future drive-thru cafés can provide an offer as a café and not as a hot food takeaway drive-thru. In addition, it is recognised that there is an increase in electric vehicle charge stations with drive thru services. Again, consideration needs to be given to provide café services that are not limited to hot food takeaway uses.

Hot food takeaways often serve foods that are calorie-dense and high in fats, salt and sugar. Consuming unhealthy food can result in negative long-term health implications.

4.3 Summary

The Local Plan for Newcastle, consisting of the CSUCP and the DAP, details policies which seek to support active and healthy lifestyles and wellbeing, liveable neighbourhoods, and vital and viable centres through planning. Hot food takeaways tend to offer unhealthy foods and drink which are easy to access, energy dense and high in fat. Consumption of calorie-dense foods contributes to unhealthier diets which can increase the likelihood of experiencing adverse impacts of one's health and wellbeing.

The NPPF and PPG identify the importance of planning policies and decisions to achieve healthy, inclusive and safe places that support access to healthier foods and improve the wellbeing of its residents. In accordance with CSUCP Policy CS14, this SPD updates the council's priorities and objectives in relation to managing future applications for hot food takeaways. The council acknowledges that unhealthy lifestyles can consist of a wider range of factors than the impacts of hot food takeaways alone, however this SPD is one of the ways in which planning can mitigate potential adverse impacts, particularly with regards to overweight and obesity levels of adults and children facilitated by the provision of unhealthy food.

Planning continues to have a vital role in ensuring that the food environment can promote active and healthy lifestyles, wellbeing and balanced dietary choice. The implementation of this SPD will ensure the policies outlined in the CSUCP, DAP, NPPF and PPG are met.



