

Evidence to Support Policies EQ1 and EQ10 of the Sefton Local Plan

This document is an extract of the evidence base included within Sefton Council's emerging 'Retail Uses with the Potential to Harm Health' SPD. It is intended to support policies EQ1 and EQ10 of the Plan itself, and question 7.4 raised in the Inspector's Matters, Issues and Questions document.

Health Concerns in Sefton

1.1 The rate of obesity is rising in Sefton and the Active People Survey (2012) indicated 19.6% of children in the Borough and 23.6% of adults were obese, the same study concluded that 68.7% of the Borough's adult population were overweight – all figures of which fare worse than national average¹. Life expectancies are also considerably lower than national average, although within Sefton itself, this figure fluctuates by up to 12.2 years between the Borough's most and least deprived locations¹.

1.2 Typical hot food takeaways provide energy-dense meals with high salt and low nutritional value that have been directly linked to obesity, high BMI and diabetes². It is estimated that health costs associated with overweight and obese individuals in the Borough is £85 million per year³. The density of hot food takeaways and general ease of access in certain areas has been proven to lead to increased levels of obesity - particularly when involving school premises and children². Addressing this significant health issue at an early stage is vital in order to support and encourage 'strong, vibrant and healthy communities'.

1.3 Studies have concluded that hot food takeaways are most likely to be concentrated in deprived areas, with The Royal Society for Public Health (RSPH) suggesting; 'this increased presence may be due to increased availability of premises, less resistance to new planning applications by the community and lower rental and purchasing cost as well as greater demand for inexpensive and calorie dense food'². This statement has relevance in regards to this SPD and Sefton where around 1 in 4 residents live in an area classed as within the 20% most deprived areas in the country¹. The highest number of hot food takeaways can be found in Church, Dukes, Derby, Linacre and Litherland wards, all of which are amongst the most deprived.

1.4 There is evidence of positive correlation between obesity rates and exposure to hot food takeaways in Sefton. This is strengthened when the percentage of overweight children are measured against the number of hot

food takeaways in a ward. This means that as the number hot food takeaways in a ward increases, there is an increase in the percentage of overweight children.

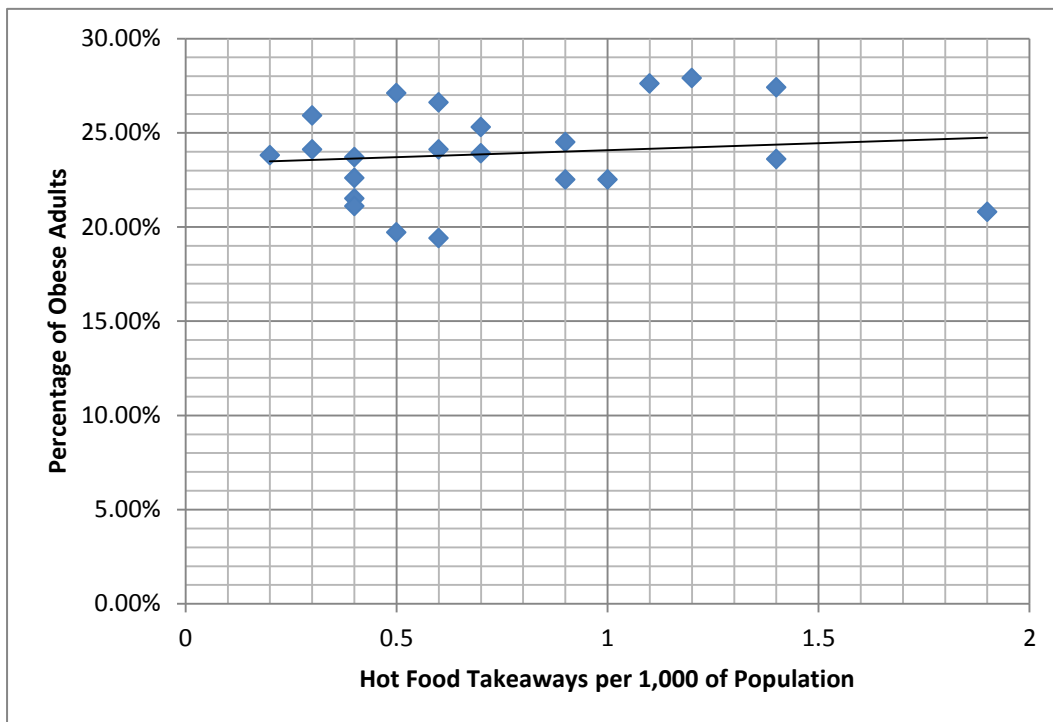


Figure 1: Graph detailing the moderate positive correlation between rates of obesity amongst adults in each of Sefton’s wards and the number of hot food takeaways in the ward.

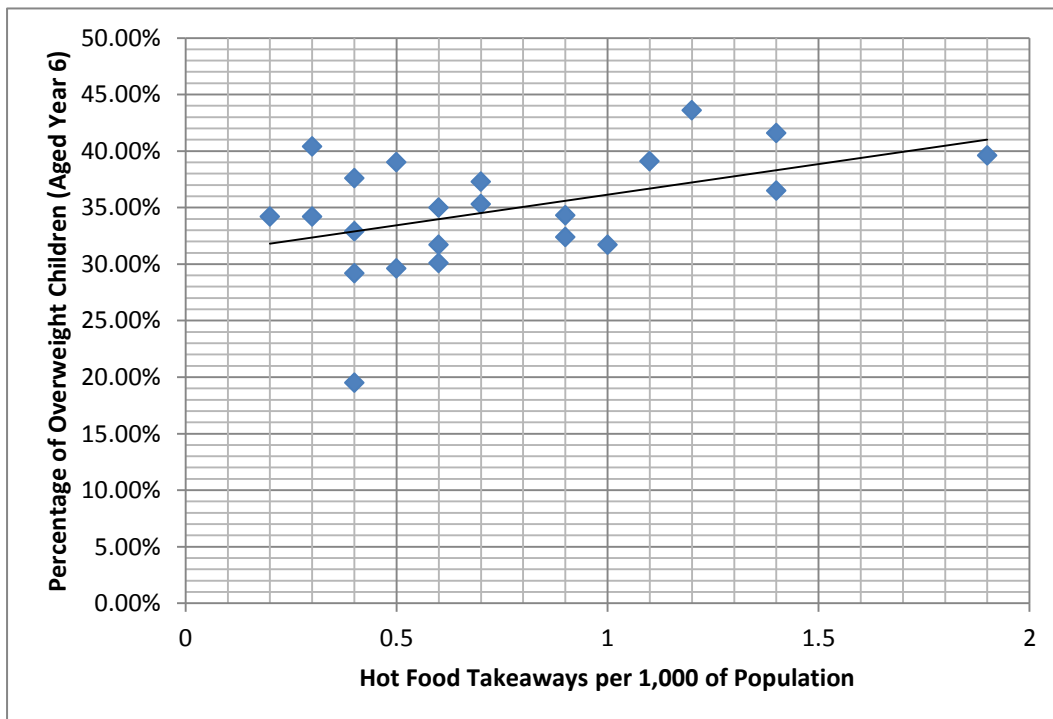


Figure 2: Graph detailing the moderate to strong positive correlation between rates of excess weight amongst children in each of Sefton’s wards and the number of hot food takeaways in the ward.

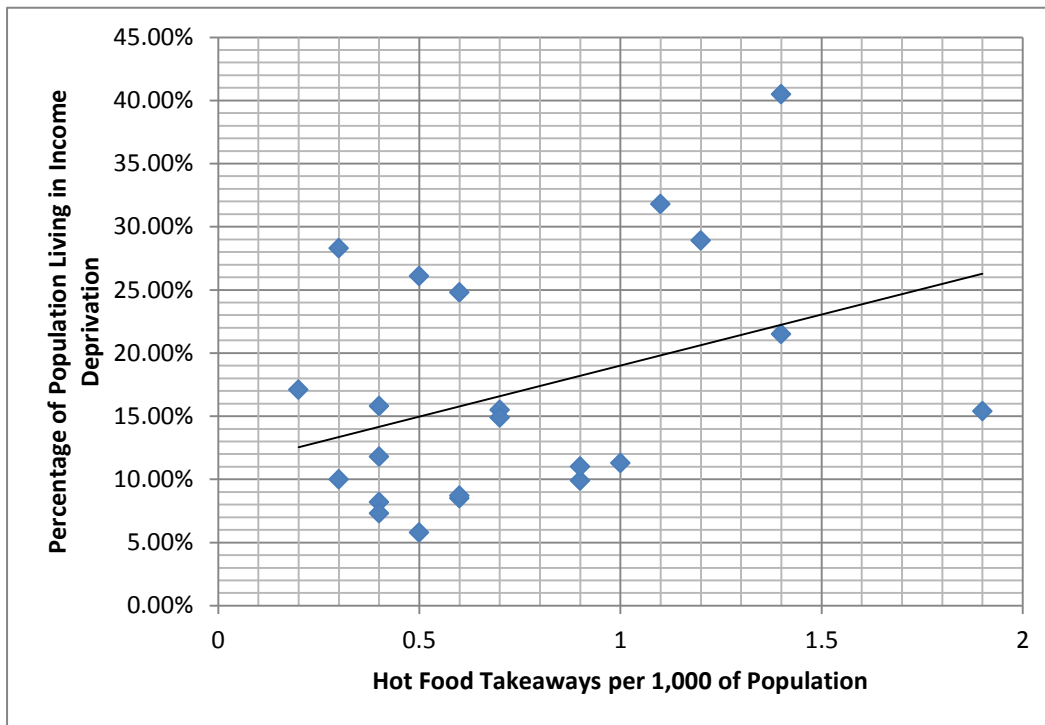


Figure 3: Graph detailing the moderate to strong positive correlation between rates of income deprivation in each of Sefton’s wards and the number of hot food takeaways in the ward.

1.5 Figures 1-3 and 5 provide evidence that hot food takeaways in Sefton tend to be concentrated in area with high rates of obesity and deprivation. A multi-disciplinary approach is therefore required to address this issue, including through planning and controlling any greater proliferation of hot food takeaways, especially for the benefit of children.

1.6 Addiction to gambling is classed as a psychological disorder, with over half a million estimated problem gamblers in the UK⁴. A 2010 Gambling prevalence study concluded rates of gambling addiction are highest in the country’s most deprived areas with the 16-24 male group being particularly vulnerable⁵. Furthermore, there is evidence that betting shops tend to be concentrated in these areas of deprivation targeting low income individuals and increasing the rate of problem gamblers as a result⁶. Fixed Odds Betting Terminals are especially noted for causing gambling addiction, the rise in popularity of such machines has seen them installed in betting shops across the country. There are widespread concerns over existing legislation allowing FOBTs to accept stakes of up to £100 a go. The highest number of betting shops in Sefton can be found clustered in deprived areas, while Sefton as a whole also has a significantly higher number of betting shops per head of the population than national average⁷.

1.7 There is a moderate to strong positive association between number of betting shops and percentage of ward population living in income deprivation. As the percentage of the ward in income deprivation increases, there is a significant increase in the number of betting shops. This supports national evidence and the need to control the proliferation of betting shops in deprived areas of Sefton. The relationship is detailed in the below figure.

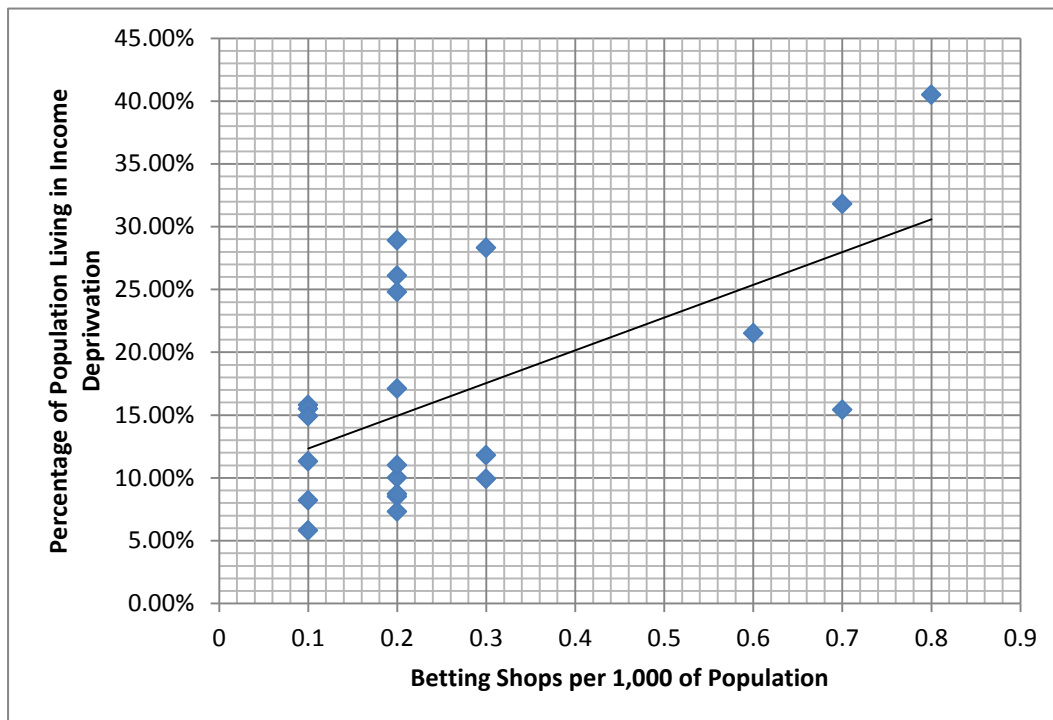


Figure 4: Graph detailing the moderate to strong positive correlation between rates of income deprivation in each of Sefton's wards and the number of betting shops in the ward.

1.8 There is evidence that the vast majority of sunbeds in England emit ultraviolet radiation levels that exceed current safety limits, with UV levels 10 times stronger than the sun during mid-day along the equator⁸. UV radiation causes DNA damage which can lead to skin cancer. Studies have linked high sunbed usage to the three main types of skin cancer⁹. With no licensing powers over tanning salons in Sefton it is important to control any such premises in the Borough.

1.9 Concerns over potentially harmful retail uses in Sefton have been addressed in a number of recent documents and campaigns. Sefton Council's overarching Health and Wellbeing Strategy aims to improve care, health and wellbeing and narrow the gap between those with the best and worst health

and wellbeing prospects. This SPD is considered a key supporting document of the strategy through its association with the Local Plan.

1.10 A report to the Shadow Health and Wellbeing Board in 2012 '*Childhood Obesity in Sefton*' identifies a number of approaches that could be pursued in order to reduce the rate of childhood obesity in the Borough; one suggestion being the introduction of greater controls over the establishment of hot food takeaways¹⁰.

1.11 The Liverpool Public Health Observatory published a report in 2014 '*Fixed Odds Betting Terminal Use and Problem Gambling Across the Liverpool City Region*', it was produced in partnership with Sefton Council's Public Health department and states that tackling 'problematic' FOBTs requires a coordinated response from local and national government, the NHS and the gambling industry as a whole¹¹. This SPD is therefore just one of many strategies being prepared to curb rates of problem gambling in the Borough.

1.12 In 2011 to coincide with new legislation banning the use of sunbeds for under-18s, Sefton Council undertook a Borough-wide inspection to assess safety in tanning salons. Neighbouring local authority Liverpool City Council is currently lobbying for greater licensing powers in regards to tanning salons due to the high and increasing rate of skin cancer diagnoses. In fact, Sefton has a higher incidence of malignant melanoma than Liverpool and a much higher figure than national average¹.

Existing Retail Premises with the Potential to Harm Health

1.13 The table below details existing hot food takeaways, betting shops and tanning salons within the Borough organised by ward (July 2015). Sefton has an abundance of potentially harmful retail uses, with 1.2 such premises per 1,000 of the population.

| Ward | Hot Food Takeaways | | Betting Shops | | Tanning Salons | | Total Harmful Retail | |
|--------------------|--------------------|--------------|---------------|--------------|----------------|--------------|----------------------|--------------|
| | No | No per 1,000 | No | No per 1,000 | No | No per 1,000 | No | No per 1,000 |
| Ainsdale | 5 | 0.4 | 3 | 0.3 | 1 | 0.1 | 9 | 0.7 |
| Birkdale | 13 | 1.0 | 1 | 0.1 | 0 | 0.0 | 14 | 1.1 |
| Blundellsands | 7 | 0.6 | 2 | 0.2 | 2 | 0.2 | 11 | 1.0 |
| Cambridge | 5 | 0.4 | 1 | 0.1 | 4 | 0.3 | 10 | 0.8 |
| Church | 17 | 1.4 | 7 | 0.6 | 5 | 0.4 | 29 | 2.4 |
| Derby | 14 | 1.1 | 9 | 0.7 | 5 | 0.4 | 28 | 2.3 |
| Dukes | 25 | 1.9 | 9 | 0.7 | 5 | 0.3 | 39 | 3.0 |
| Ford | 6 | 0.5 | 3 | 0.2 | 4 | 0.1 | 13 | 1.0 |
| Harington | 6 | 0.5 | 1 | 0.1 | 1 | 0.0 | 8 | 0.7 |
| Kew | 9 | 0.7 | 1 | 0.1 | 0 | 0.2 | 10 | 0.8 |
| Linacre | 17 | 1.4 | 10 | 0.8 | 3 | 0.2 | 30 | 2.4 |
| Litherland | 13 | 1.2 | 2 | 0.2 | 2 | 0.0 | 17 | 1.5 |
| Manor | 2 | 0.2 | 3 | 0.2 | 0 | 0.1 | 5 | 0.4 |
| Meols | 4 | 0.3 | 2 | 0.2 | 1 | 0.1 | 7 | 0.6 |
| Molyneux | 11 | 0.9 | 4 | 0.3 | 1 | 0.2 | 16 | 1.3 |
| Netherton & Orrell | 7 | 0.6 | 2 | 0.2 | 2 | 0.1 | 11 | 0.9 |
| Norwood | 11 | 0.7 | 2 | 0.1 | 1 | 0.1 | 14 | 0.9 |
| Park | 5 | 0.4 | 1 | 0.1 | 1 | 0.1 | 7 | 0.6 |
| Ravenmeols | 5 | 0.4 | 2 | 0.2 | 1 | 0.1 | 8 | 0.7 |
| St Oswald | 4 | 0.3 | 3 | 0.3 | 1 | 0.1 | 8 | 0.7 |
| Sudell | 8 | 0.6 | 3 | 0.2 | 4 | 0.3 | 15 | 1.2 |
| Victoria | 13 | 0.9 | 3 | 0.2 | 4 | 0.3 | 19 | 1.4 |
| Total | 206 | 0.8 | 74 | 0.3 | 48 | 0.2 | 329 | 1.2 |

Figure 5: Number and rate of existing harmful retail uses in Sefton per ward.

1.14 The following maps detail existing hot food takeaways, betting shops and tanning salons within the Borough and their concentration amongst areas of deprivation.

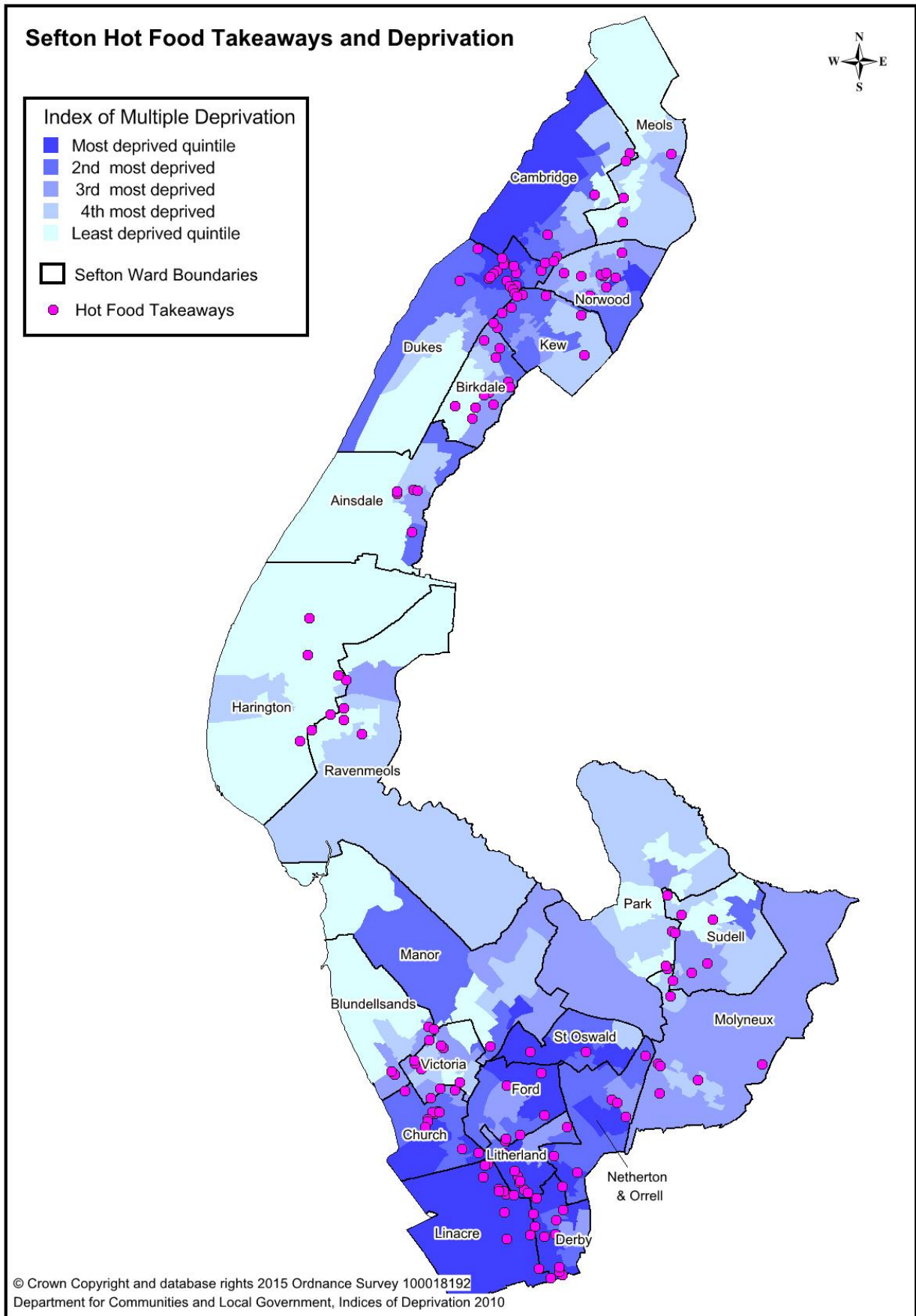


Figure 6: Maps Detailing Existing Hot Food Takeaways in Sefton against Deprivation

Sefton Betting Shops and Deprivation

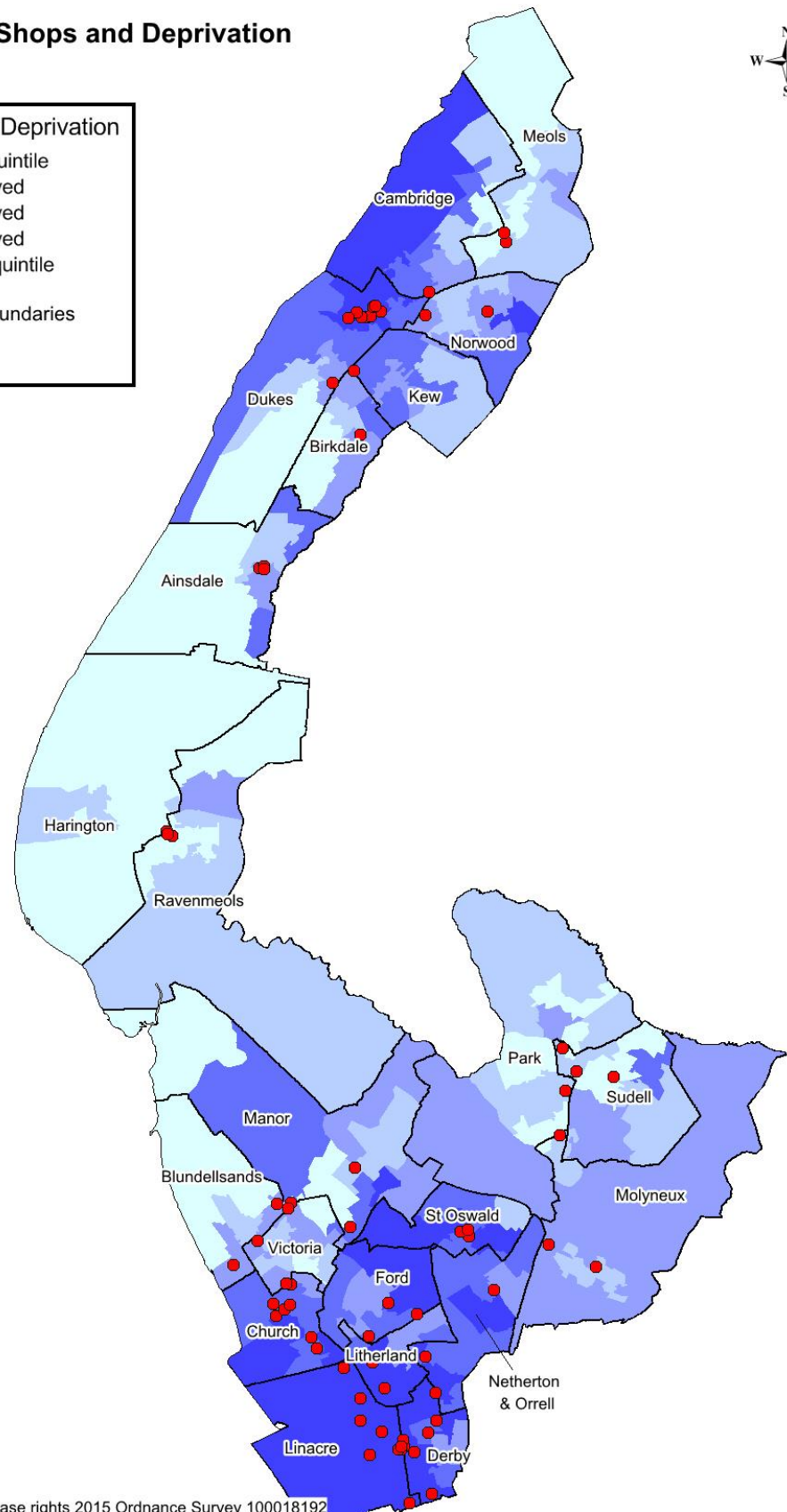


Index of Multiple Deprivation

- Most deprived quintile
- 2nd most deprived
- 3rd most deprived
- 4th most deprived
- Least deprived quintile

Sefton Ward Boundaries

Betting Shops



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Department for Communities and Local Government, Indices of Deprivation 2010

Figure 7: Maps Detailing Existing Betting Shops in Sefton against Deprivation

References

- ¹ Public Health England. Health Profile for Sefton. Available online at: <http://www.apho.org.uk/resource/view.aspx?RID=171641> (accessed 07/07/2015)
- ² RSPH, Health on the High Street, March 2015, P.11-12.
- ³ Sefton MBC, Discussion Paper on Childhood Obesity, March 2012, p.1.
- ⁴ NHS. Gambling addiction. Available online at: <http://www.nhs.uk/LiveWell/addiction/Pages/gamblingaddiction.aspx> (accessed 07/07/2015)
- ⁵ Wardle, et al, National Centre for Social Research, British Gambling Prevalence Survey, 2010, p.89-111
- ⁶ Wardle, et al, National Centre for Social Research, 'Risky Places?': *Mapping Gambling Machine Density and Socio-Economic Deprivation*, 2014
- ⁷ Campaign for Fairer Gambling, Betting shops cluster in more deprived areas. Available online at: <http://www.newham.gov.uk/Documents/Campaigns/BettingShopsClustered.pdf> (accessed 10/08/2015)
- ⁸ NHS, Tanning cancer risk Q&A, Available online at: <http://www.nhs.uk/news/2009/04April/Pages/TanningCancerRiskQandA.aspx> (accessed 07/07/2015)
- ⁹ RSPH, Health on the High Street, March 2015, P.13-14.
- ¹⁰ Sefton Council, Childhood Obesity in Sefton, Available online at: <http://modgov.sefton.gov.uk/moderngov/documents/s38128/Childhood%20obesity%20050312.pdf> (accessed 27/08/2015)
- ¹¹ Liverpool Public Health Observatory, Fixed Odds Betting Terminal Use and Problem Gambling Across the Liverpool City Region, Available online at: <http://www.liv.ac.uk/media/livacuk/instituteofpsychology/publichealthobservatory/Problem,gambling,and,FOBT,use,across,the,Liverpool,City,Region.pdf> (accessed 27/08/2015)