

TAKEAWAYS EXCLUSION ZONES STUDY

PPI Newsletter 2, July 2022

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Welcome to the second newsletter for PPI contributors to the Takeaways Exclusion Zones Study.

We received some useful feedback on our first newsletter and would love to hear more from you now.

What do you think of our communications? Is there anything you would like to see included in our next newsletter?

You can contact us by replying to this email.

We are engaging people from a wide range of groups and communities. **We are grateful to all our PPI contributors for your input and support - thank you!**

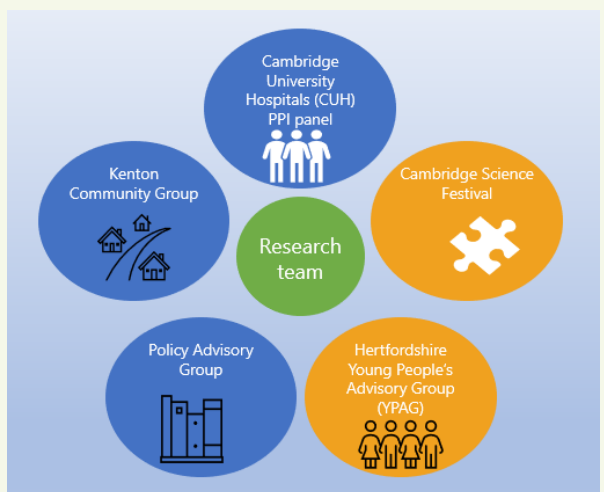
Working together we can improve understanding of how planning policy affects health, and contribute to evidence-based policy.

PPI, the story so far...

We are **all affected by our food environments**, the spaces and places in which we make decisions about food, so we have a large range of interested people who might want to get involved as PPI contributors. We are working with people from many different organisations and communities, including young people, who are perhaps most likely to feel the long-term health impacts of policies that affect the food environment and the types of foods that are available.

Our PPI contributors

The **Cambridge University Hospitals (CUH) Patient and Public Involvement (PPI) panel** consists of more than 70 adults living in and around Cambridge and who between them cover a range of ages, ethnicities, occupations, experiences with illness and the NHS, and research experience



The **Hertfordshire Young People's Advisory group (YPAG)** are a research advisory group for children and young people aged 8-18 years who live in Hertfordshire

The **Kenton Community Group** ran a successful campaign to stop McDonalds from opening a drive-thru restaurant just 500 metres from the second largest secondary school in the country

The **Cambridge Science Festival** is a science engagement event popular with families

Our **Policy Advisory Group (PAG)** is a group of seven people working in public health or planning-related roles in Local Authorities across the country

Our PPI activities

We have worked with PPI contributors on selecting our research methods and refining our causal model. As we move to the later stages of the study, we will be seeking PPI input to help us communicate and disseminate our results in ways that help our study to have impact.

Our PPI activities include online and face-to-face discussion groups and workshops.

Our future plans

- Annual online discussion groups with our regular adult PPI contributors
- Biannual online meetings with our Policy Advisory Group
- PPI event in Newcastle with members of the Kenton Community Group & others
- A stall at the Cambridge Science Festival

****Find out how you can get involved later in this newsletter****



Early findings from Work Package 4

Our Work Package 4 team interviewed 29 staff from 15 local authorities about their experiences of working with exclusion zone policies.

We asked them what they saw as the main barriers and facilitators to making the policy work.

Barriers

- Fear that the policy might be difficult to implement or restrict growth of the local economy
- Appeals from businesses who oppose the policy. Large takeaway chains have lots of resources to challenge local authorities and try and stop the policy going ahead
- Fear that dealing with these appeals will be expensive, time consuming, and will make the local authorities look bad. If the appeals work and the policy is blocked, all their work would be for nothing

Facilitators

- Having a good knowledge of, and confidence in, the research evidence that shows the policy can work well helps local authority staff to be optimistic about it and deal well with the challenges it brings
- Close partnership working between planning departments and public health departments in local authorities opens up new opportunities to work together successfully and build confidence in the policy
- Local authority employees are influenced by the views of those in positions of power and also by the public. Public campaigns against takeaways for example, may increase their confidence in the policy, and make them more likely to champion and use it effectively.

What next?

We are extremely grateful to all the local authority employees who kindly gave their time to be interviewed.

Dr Suzan Hassan, who featured in our last newsletter, is writing up the results into journal papers. We'll keep you posted...

Perhaps one of the most important messages for us as researchers is that local authority employees are asking for **high quality evidence and tools** to help them implement exclusion zone policies at local level.

Our next step is to work with local authority representatives to develop a toolkit to support them in this process.

Researcher profile: Dr John Rahilly

Role

Research Associate at the MRC Epidemiology Unit, University of Cambridge

Current work location

A combination of a home office and various local cafes

Background

I have been working in the field of health research since completing my PhD in 2020, in which I assessed the impact of national planning policy changes on green space in England. Having previously worked in local government I am interested in developing methods that support our understanding of how policies actually change environments and communities.



I believe in the value of practical research based on real world data and enjoy being part of a project analysing the effect of local government interventions on health.

Why I research takeaways

The number of takeaways physically located within communities has been associated with ill health, presenting a significant challenge to those seeking to reduce health inequalities. Understanding the effectiveness of measures to reduce takeaway proliferation is essential for supporting the public's health.

Project news

19th International Medical Geography Symposium (IMGS)

We were happy to catch up with colleagues old and new at the [IMGS conference in Edinburgh in June.](#)

Dr John Rahilly (featured above) presented his work on mapping changes to the food environment for Work Package 1.

Wider news / items of interest

Is 'place' the key to better and more equal population health?

Click the link below to view a recording of this talk by Professor Rich Mitchell from the University of Glasgow

www.mrc-epid.cam.ac.uk/past-seminars/place-key-better-more-equal-population-health/

Using time use and trajectory data to unpack the interrelated geographies of food, care and household labor

Click the link below to view a recording of this talk by Dr Michael Widener from the University of Toronto.

www.mrc-epid.cam.ac.uk/past-seminars/time-use-trajectory-data-geographies-food-care-household-labor/

Get Involved

As someone who has provided PPI input to our work in the past, you know the importance of patients and the public working together with researchers to face up to the public health challenges of our time.

We want to make sure that the findings of our study are communicated effectively and through the right channels so that our work can have impact.

Look out for your invitation to join us for our annual online discussion group in October.



We're looking to recruit more people to join our regular PPI contributors for annual discussion groups. **It would really help us if you could forward this newsletter to anyone in your network who you think might be interested in contributing to our work.**

You do not need to have any PPI experience to join a group, (although many of our contributors do) just an interest in public health research and a willingness to listen to others and share views constructively with researchers.

We are happy to offer a £25 Amazon voucher as a thank you for each PPI discussion session attended.

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The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

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