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# Compassionate Approach Doncaster Talks Findings

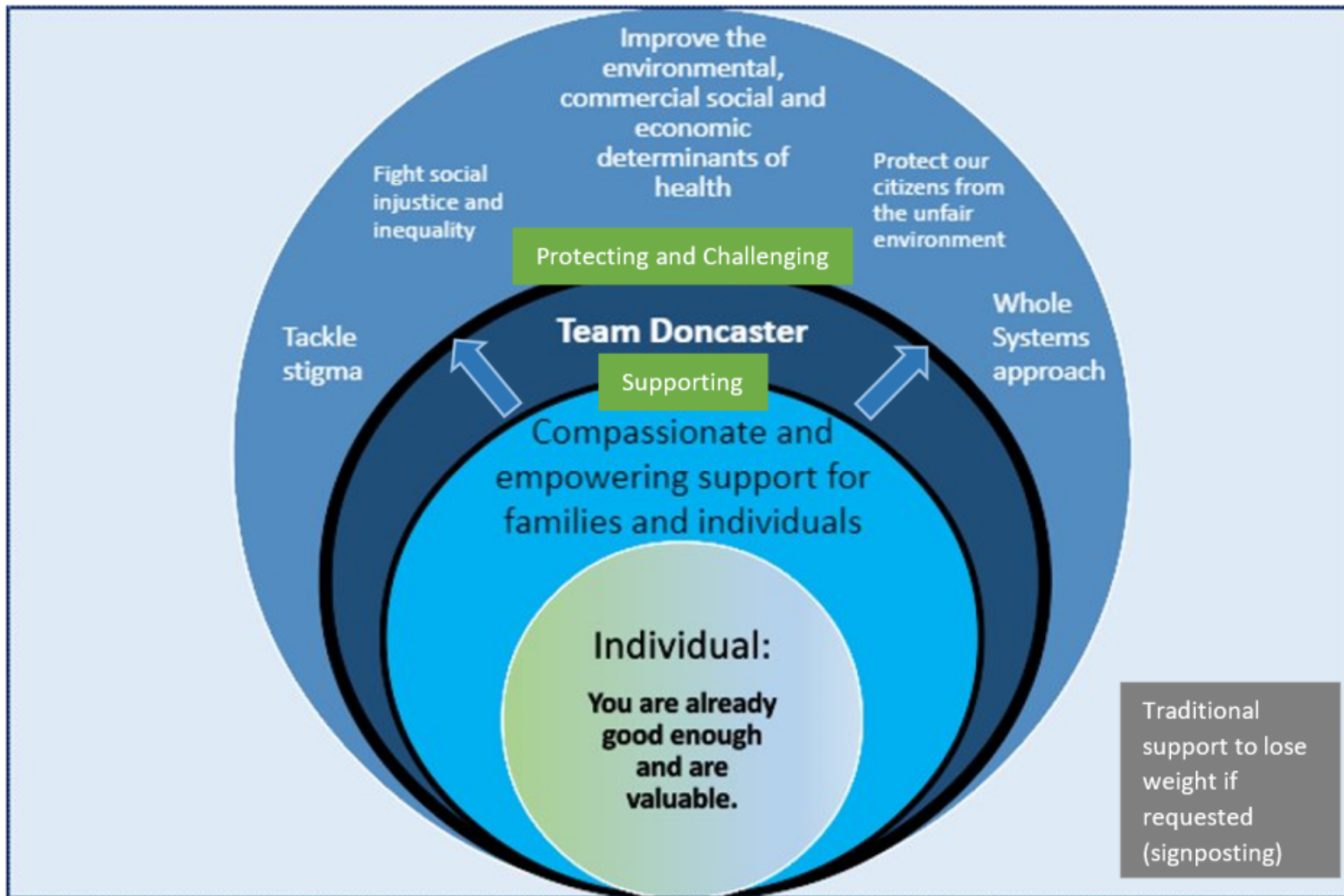
Health & Wellbeing Board  
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# Doncaster's Compassionate Approach to Weight



# Scope of Consultation



## Survey 1

- Open to all Doncaster residents, and had a total of 562 participants
- To understand the different factors locally that influence diet quality, physical activity levels, and how decisions are made regarding health and wellbeing.
- To gain a better understanding of how local families experience food, weight and activity, including family and feeding dynamic, attitudes to food and meals, parenting and barriers experienced.

## Survey 2

- Open to all Doncaster residents, and had a total of 417 participants
- To understand local attitudes and opinions of weight, health, and wellbeing.
- To understand the factors that influence weight stigma and stereotypes.

## Survey 3

- Open to health & wellbeing professionals, and had a total of 35 participants
- To understand the current level of knowledge and attitudes towards weight-neutral/inclusive approaches to health, and the type and level of training/support required by the workforce
- To understand current beliefs around the relationship between weight and health, and potential levels of weight stigma within the sector

## What does good health mean to you?

*'Able to undertake normal living activities and care for myself and support myself with a quality of life'*

*'The absence of illness, both mental and physical. The ability to do all the things I want to do.'*

*'Good mental health, being happy with yourself mentally and physically'*

*'Eating a healthy diet, sleeping and exercising enough'*

*'Being able to lead an active life'*

*'Managing a healthy weight, being able to walk without struggling to breathe, having energy'*

## What does good wellbeing mean to you?

*'Good mental health. Being calm and happy.'*

*'Ensuring in happy and content within my own being'*

*'When my physical and mental health are both stable, good balance of family, friends and work commitments.'*

# Access and Availability of Food

**78%** are easily able to get the foods they want to include in their diet.

**95%** have access to fresh fruit and vegetables near their home.

- *"Time to shop, prepare, cook and eat it",*
- *"New baby. Busy family life. Commuting to university. Too tired",*
- *"How expensive fresh fruit and vegetables are, the price of meat and lack of options in store"*
- *"Other family members likes and dislikes of different foods",*
- *"Too much temptation of unhealthy high sugar foods"*

## Feeding children

When asked how respondents felt preparing, cooking and feeding children, the top answers were 'enjoyable' (18%) and 'structured' (20%). These were followed by 'stressful' (16%) and 'chaotic' (13%)

How respondents felt changed depending on the type of meal (43%). Why?:

- **Breakfasts can be stressful due to time limitations and people needing to get out of the house for school or work**

*"Breakfast is usually a rush to get out of the house on time so needs to be quick to prepare..."*

*"Some meals pre school are more stressful ie breakfast due to time pressures"*

- **Breakfast food is generally easier in terms of preparation and more acceptable to children; potentially less focus on nutrition/balance?**

*"Breakfast is easier as it's quick and there are the usual choices"*

*"breakfast normally same, i know she likes it"*

- **Evening meals can be stressful due to**

- Making something that everyone likes

*"Main meal is hard as everyone likes different things"*

- Different members of the household eating at different times

*"dinner needs to be ready earlier than adults eat as they're very hungry"*

- More effort to prepare the food

*"dinner time is harder as I want to provide variety but my child is very fussy"*

- Not all the food is eaten

*"dinner lots more effort and its not always eaten"*

- **Some participants like to use additional time in evening to try and provide more variety and ensure children are 'getting what they need'**

*"At tea time I want to make sure he is getting what he needs to grow and learn"*

- **Some participants state planning or preparing meals in advance can help evening meals to be more enjoyable**

*"Evening meals are more relaxed to prepare and can be more enjoyable if meal planning and food shopping has been properly thought out"*

Feelings also change depending on whether feeding children on weekday or weekend **(55%)**. Why?:

- **Meals times less structured, more relaxed at weekends**

*"Less time restrictions on a weekend"*

*"More time on a weekend so its more enjoyable"*

- **More 'treat' food, less healthy food, takeaways eaten at weekend**

*"We eat more healthily mon-fri and have more treats at weekends"*

*"usually a take away on Saturday"*

- **Changes to physical eating environment at weekend – eating with extended family members; mixed response - for some, it means sitting with family, whereas other children are allowed to sit in other rooms engaging in media on the ipad for example:**

*"Kids can sit in a different room and watch iPads while eating on a weekend for teatime"*

- **More time to include children in preparation and cooking at weekends**

*"We can take a lot more time over breakfast on weekends i.e. make pancakes together"*



# What would your child have as a snack?

- Fruit was the most popular snack offered to children, followed by crisps then biscuits. In most responses, a variety of snacks seemed to be offered to children:

*"Banana, apple or a biscuit"*

*"Fruit, bread sticks, crackers, biscuits, crisps, sweets"*

*"Crisps or cheese and crackers"*



**70%** participants gave their children 1-2 snacks per day

- The main reason for giving snacks was hunger (62%), but 29% gave snacks as part of routine

# Food and advertising

**40%** have purchased a product because it carries a child-friendly character or their child asked for it

**82%** have bought products because they think they are better/healthier for their child

**88%** would support restricting junk food advertisements outdoors

## Describe why you would support restricting junk food advertisements

*"it encourages kids to ask = pester power!"*

*"Children need a healthy start in life"*

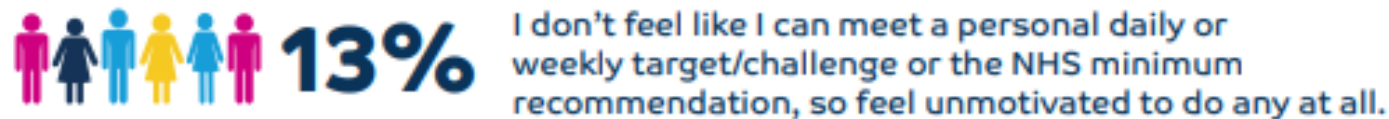
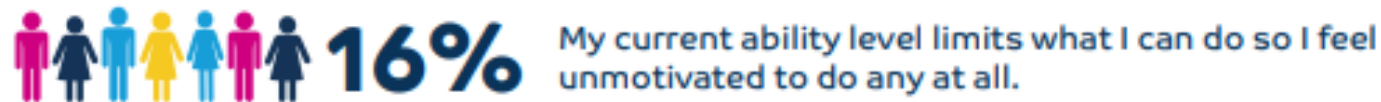
*"...they advertise to children- they have the right not to be advertised to"*

*"Children are heavily involved with TV and media They are the ones who are most influenced"*

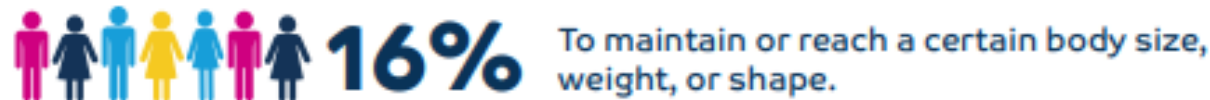
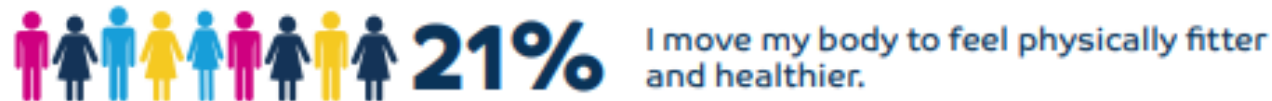
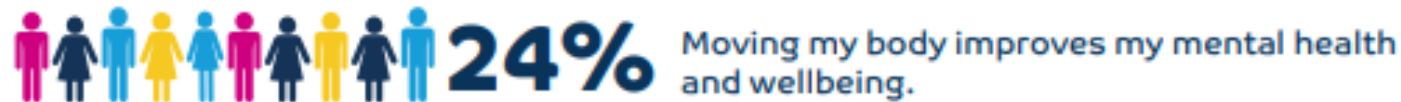
*"Adults are responsible for themselves. Targeted advertising aimed at kids is wrong"*

# Physical Activity COM-B

## Top 3 barriers to participating in physical activity:



## Top 3 motivations for participating in physical activity:



## Experiences of Weight Management

**78%**

of respondents were currently trying to lose weight.



**67% Male**

**80% Female**

**94%**

had tried to lose weight in the past (equal for Female/Male respondents)

**90%**

had lost weight in the past

**45%**

had tried to lose weight 10 or more times

## Weight Stigma

**55%** believe there is a stigma to attending weight management services.

**32%** of participants have experienced negative or hurtful behaviour 'fairly' or 'very' often in the last year because of their weight

**78%** believe people who are overweight or obese are discriminated against.

**83%** believe that people should not feel stigmatised about their weight.

# Acceptability amongst Professionals

- **100%** of health & wellbeing professionals surveyed are open to exploring weight-neutral approaches as opposed to traditional weight-centric interventions.
- **94%** of professionals surveyed agreed that steps should be taken to reduce weight stigma.
- Only **35%** of professionals surveyed had received training on weight stigma.
- Of those who had received weight stigma training, **100%** said that it made a difference to their role.





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# Thank you!

## Any questions?

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