

Charnwood Borough Council

# Charnwood Local Plan 2036 - Background Paper on Hot Food Takeaways

October 2019

## **1. Purpose**

- 1.1. This paper provides evidence on the distribution of hot food takeaway uses in Charnwood and examines whether there is a relationship between concentrations of hot food takeaways and town centre vitality, amenity and public health issues.

## **2. Introduction**

- 2.1. Supporting strong, vibrant and healthy communities forms part of the Government's social objective for delivering sustainable development as set out in the National Planning Policy Framework (the Framework). Section 8 of the Framework states that planning policies and decisions should 'aim to achieve healthy, inclusive and safe places, enabling and supporting healthier lifestyles, through providing access to healthier foods and providing layouts which encourage walking and cycling.' In addition, the Government's Planning Practice Guidance states that local planning authorities have a role in improving the health of local communities by limiting the proliferation of certain uses when appropriate.
- 2.2. Hot food takeaways are a common sight in urban environments, in particular within town centres and along high streets. They are often open into the evening and early hours of the morning and thus, can provide a level of footfall and vitality in centres at night when other shops and services are closed. However, hot food takeaways can also create a number of issues which impact negatively upon their surroundings, in particular food waste, littering, noise, odours and parking problems. These issues can detract from the appearance of town centres, as well as impact adversely upon neighbouring businesses and residents.
- 2.3. Section 4 sets out the current distributions of take aways in Charnwood, the evidence that these take aways have on amenity, and on public health in Charnwood.

## **3. Extent of Planning Powers over Hot Food Take Aways**

- 3.1. Hot food takeaways are classified as 'A5 Uses' under the Town and Country Planning (Use Classes) Order 1987 (as amended), which are uses involving the sale of hot food for consumption off the premises. Planning permission is required for the change to A5 Use from another use.
- 3.2. The planning system has control over what uses are permitted (where planning permission is required) and can include conditions on planning permissions where they are precise, reasonable and enforceable. However, planning cannot control the types of foods hot food takeaways sell, nor can it control issues arising from existing takeaway uses.

## **4. Distribution of Hot Food Takeaways in Charnwood**

- 4.1. The maps in Appendix A show the distribution of takeaways in Charnwood's main settlements. It shows that Loughborough contains significantly higher numbers of takeaways than other settlements in the Borough.
- 4.2. In Loughborough, take aways are mostly located within and around the town centre with concentrations along The Rushes, High Street and Ashby Road. There is a small concentration around Shelthorpe District Centre.
- 4.3. Elsewhere in the borough, take aways tend to be located within Local and District centres.

Settlement	Number of hot food takeaways (A5 uses)
Anstey	7
Barrow upon Soar	5
Birstall	8
East Goscote	1
Loughborough	50
Mountsorrel	6
Quorn	3
Rothley	3
Shepshed	8
Sileby	5
Syston	6
Thurmaston	11

Source: Charnwood Borough Council 2019

## 5. Evidence on Amenity

- 5.1. Hot food takeaway can give rise to litter, parking problems, noise and odours. Littering can cause further problems as discarded food waste attracts rodents and often hot food takeaways generate noise at night (Public Health England, 2014). Hot food takeaway uses can detract from the appearance of streets, as some tend to close during the daytime, which limits vitality.
- 5.2. High concentrations of hot food takeaways could exacerbate these issues. The Charnwood Retail and Town Centre Study was published in December 2018 and noted that the district centres at Birstall and Shelthorpe contained concentrations of hot food takeaways.
- 5.3. In Birstall, the district centre's focus on takeaways was cited as a 'weakness' in the SWOT analysis.
- 5.4. In Shelthorpe, the following recommendation was provided as a result of the centre's assessment:

*'The centre performs an important leisure service role, with almost a third of the units in the centre leisure service operators. However, over half of the leisure uses in the centre are takeaways. To ensure that the retail function and daytime vitality of the*

*centre is maintained and protected we recommend that the Council considers restricting the proportion of takeaway outlets in the centre. Limiting the proportion of takeaways in a centre also serves to encourage healthy food choices.’ (WYG, 2018)*

- 5.5. In addition, the Loughborough Town Centre Masterplan (March 2018) acknowledges that there are clusters of takeaways along Ashby Road and the Rushes.
- 5.6. In October 2019, evidence was supplied by Environmental Health officers at Charnwood Borough Council which showed all received complaints related to existing hot food takeaways between January 2018 and April 2019. With regard to planning considerations, the following numbers of complaints were received:

<b>Complaint type</b>	<b>Number of times reported</b>
Accumulation of refuse (food)	6
Noise	2
Air pollution (smoke)	1
Nuisance – smell complaint	2
<i>Total</i>	<i>11</i>

Source: Charnwood Borough Council 2019

## **6. Evidence on Health**

- 6.1. Obesity is a significant health issue in the UK and has been steadily increasing in both adults and children in recent years (Public Health England, 2017). The causes of obesity are complex and multifactorial however the accessibility of unhealthy foods sold in shops is cited as an important factor. Frequent consumption of foods with high contents of salt, sugar and saturated fat can increase the risk of an individual becoming obese, as well as developing type 2 diabetes and coronary heart disease (Donin et al, 2017).
- 6.2. According to the Local Authority Health Profile 2018 from Public Health England, the health of people in Charnwood Borough is varied compared to the average for England<sup>1</sup>. Life expectancy for both men and women is above the national average as are the indicators for child obesity, alcohol abuse and smoking. However adult obesity is significantly worse than the average for England. In terms of overall deprivation, the Borough ranks 237 out of 354 local authorities (where 354 is the least deprived authority)<sup>2</sup>.
- 2.1. Recent research has pointed to a link between the prevalence of hot food takeaways and levels of obesity. The basis for this research is that hot food takeaways

<sup>1</sup> Local Authority Health Profile – Charnwood (Public Health England, 2018)

<sup>2</sup> Index of Multiple Deprivation 2015

predominantly sell foods which are high in salt, sugar and saturated fat and that the regular consumption of these foods can increase an individual's risk of becoming obese (*Burgouine et al, 2014*).

- 2.2. Whilst there is some evidence at a national level that there is a link between concentrations of hot food takeaways and public health, no specific evidence has been prepared at a borough wide or local level which examines this relationship.

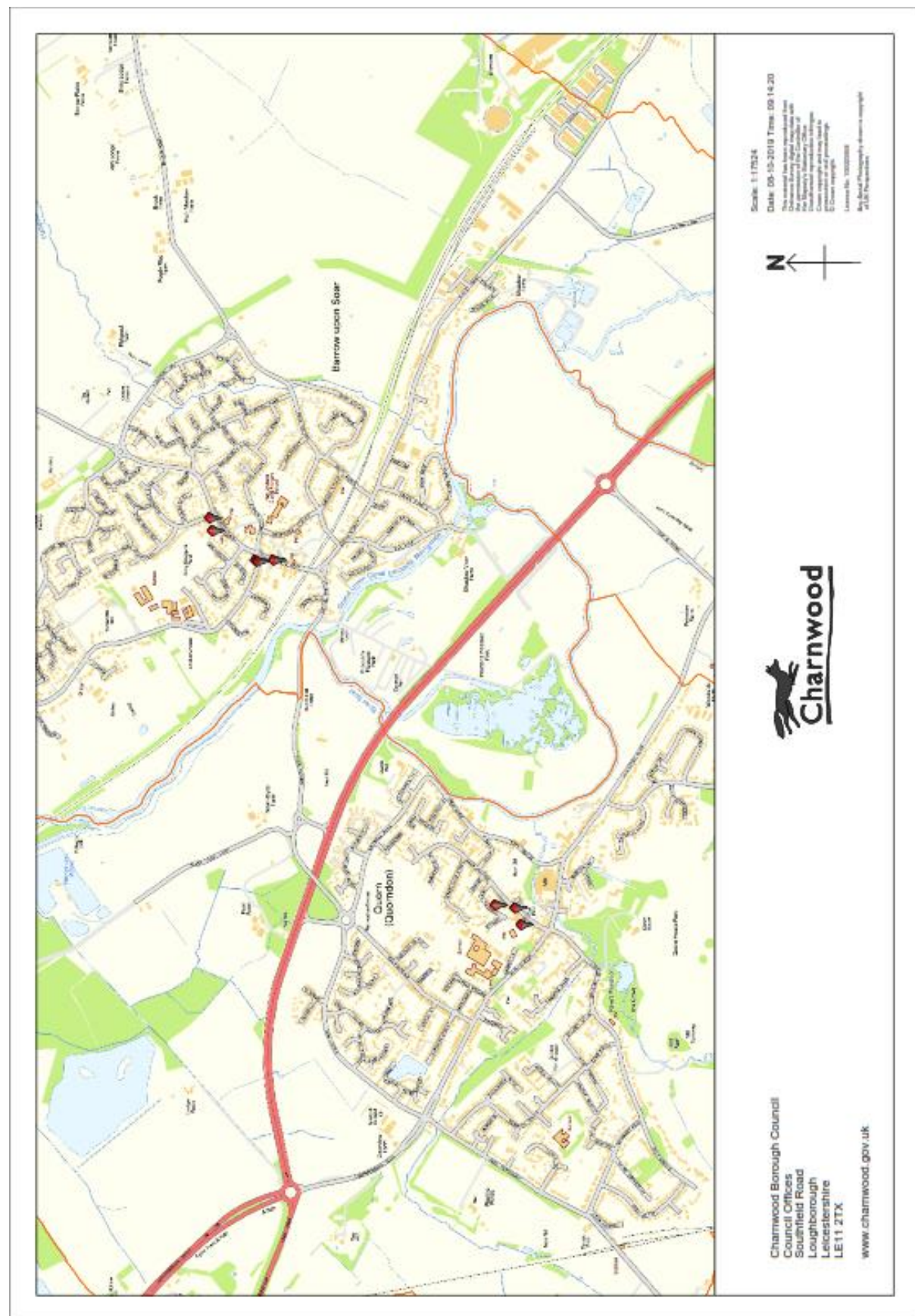
### **3. Conclusions**

- 3.1. Whilst there is some evidence at a national level that there is a link between concentrations of hot food takeaways and public health, particularly obesity, no specific evidence has been prepared at a borough wide or local level which examines this particular relationship. The primary link between hot food takeaways and obesity is the type of food that they tend to sell, which is something that the planning system is not able to control.
- 3.2. Evidence at a national level state that hot food takeaways are prone to cause amenity issues in local areas, particularly if they are concentrated in close proximity to each other. Concentrations of such uses can limit the diversity in town centres which can detract from vitality and viability.
- 3.3. A large majority of hot food take away uses in the Borough are within Loughborough. Some concentrations of hot food take away uses have been identified within Loughborough town centre and in local centres at Birstall and Shelthorpe. Evidence supplied by Environmental Health officers at Charnwood Borough Council shows that there have been 11 complaints regarding amenity issues at existing hot food takeaways in the Borough from January 2018 to April 2019, which suggests that whilst there are issues associated with hot food take aways in terms of noise, odour or public nuisance, this is not a significant issue.
- 3.4. The Charnwood Retail and Town Centre Study 2018 indicate that hot food takeaways detract from the vitality of Birstall and Shelthorpe District Centres. For Shelthorpe District Centre, the Study recommends restricting the proportion of take away uses to enable a greater diversity of uses. This indicates that there is a link between concentrations of take aways and town centre vitality in Charnwood.

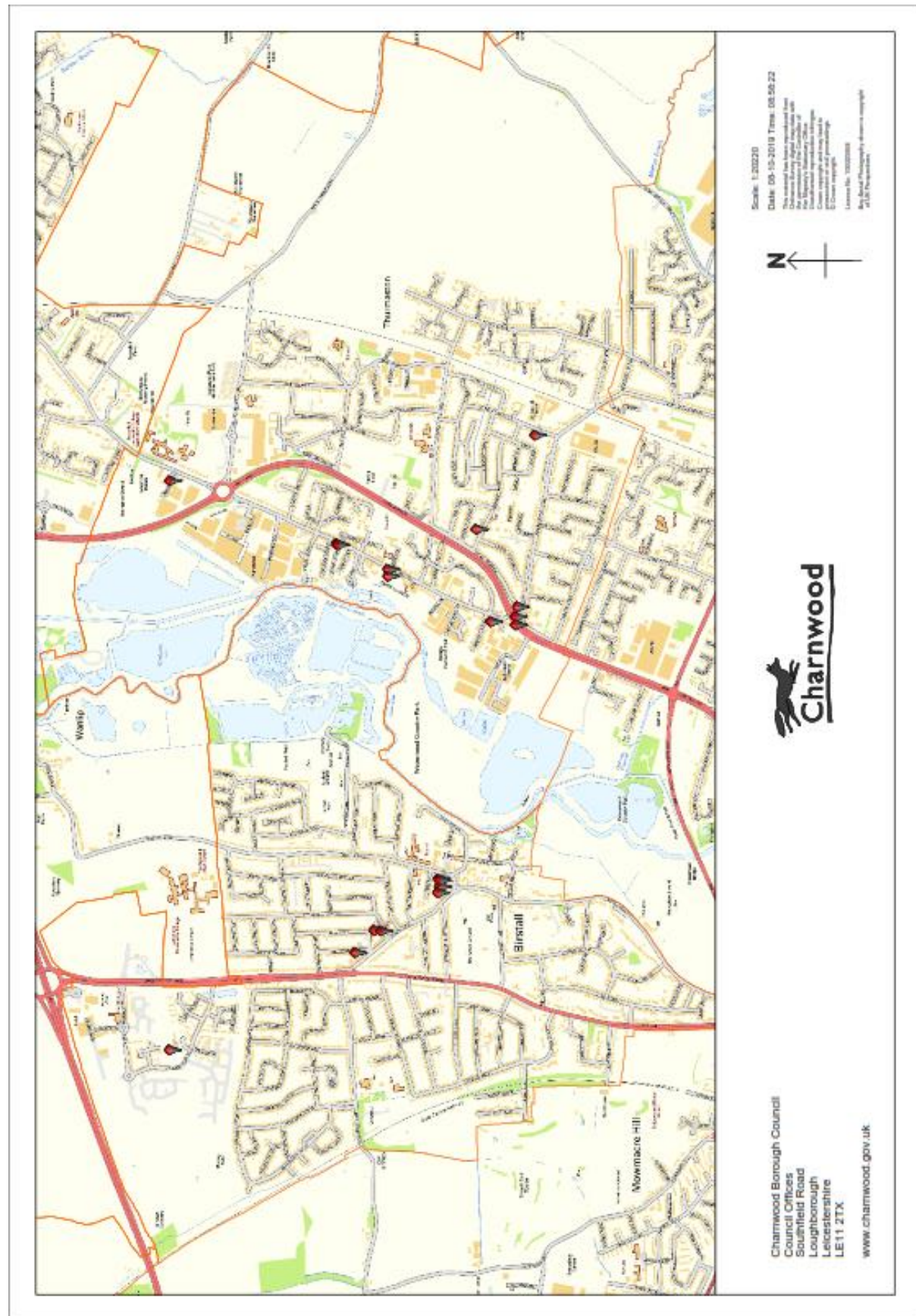
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## Barrow and Quorn

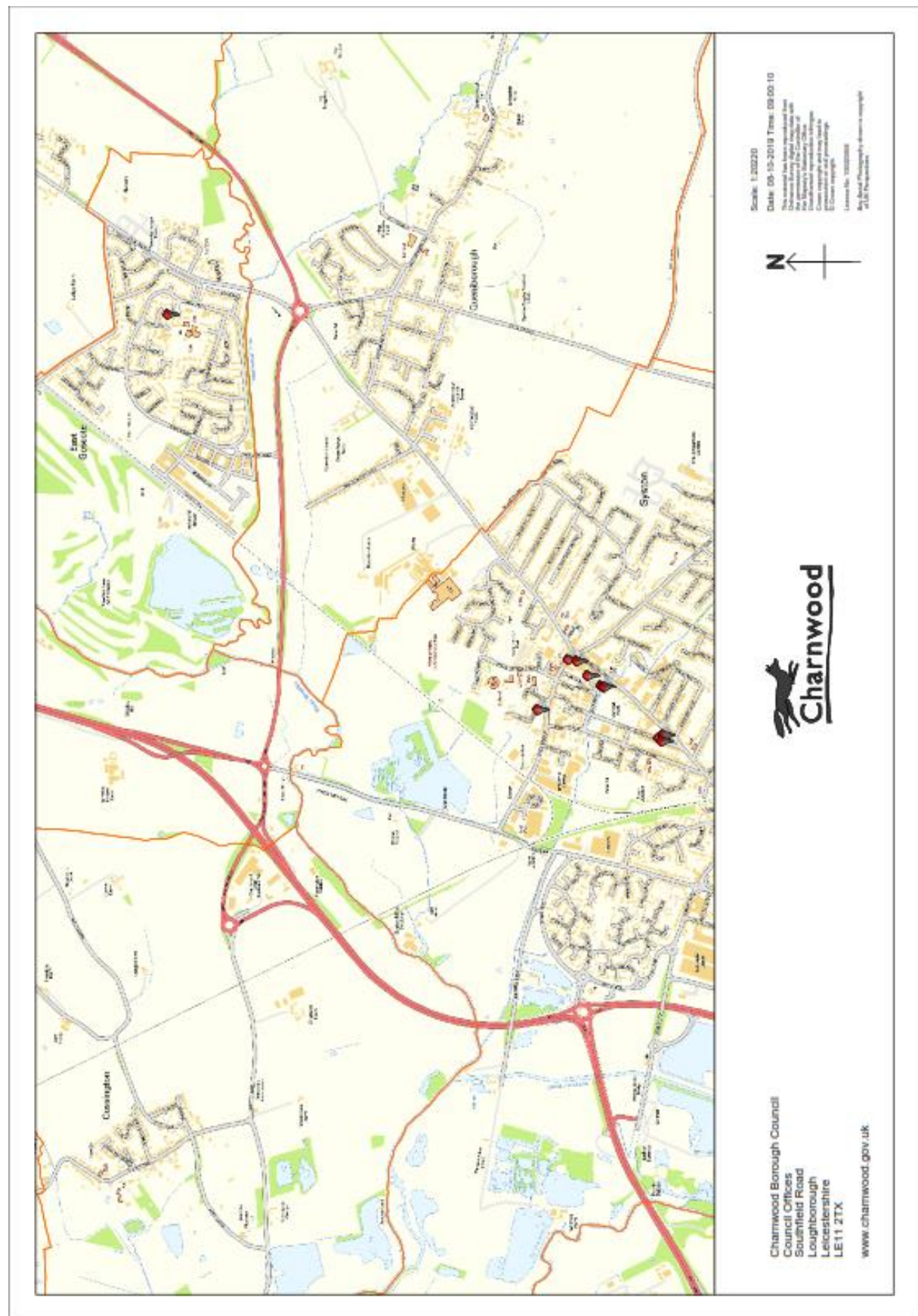


# Birstall and Thurmaston

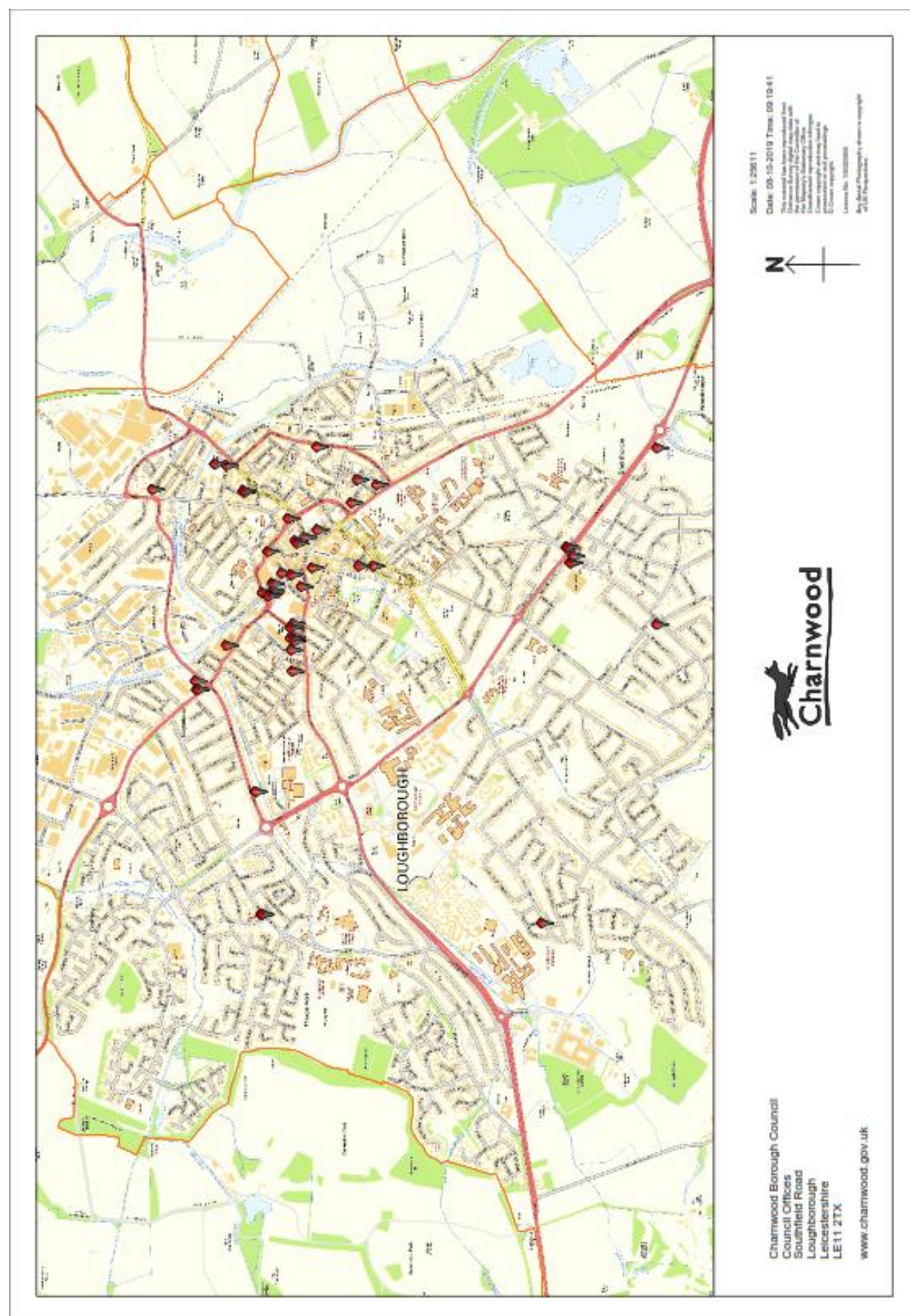




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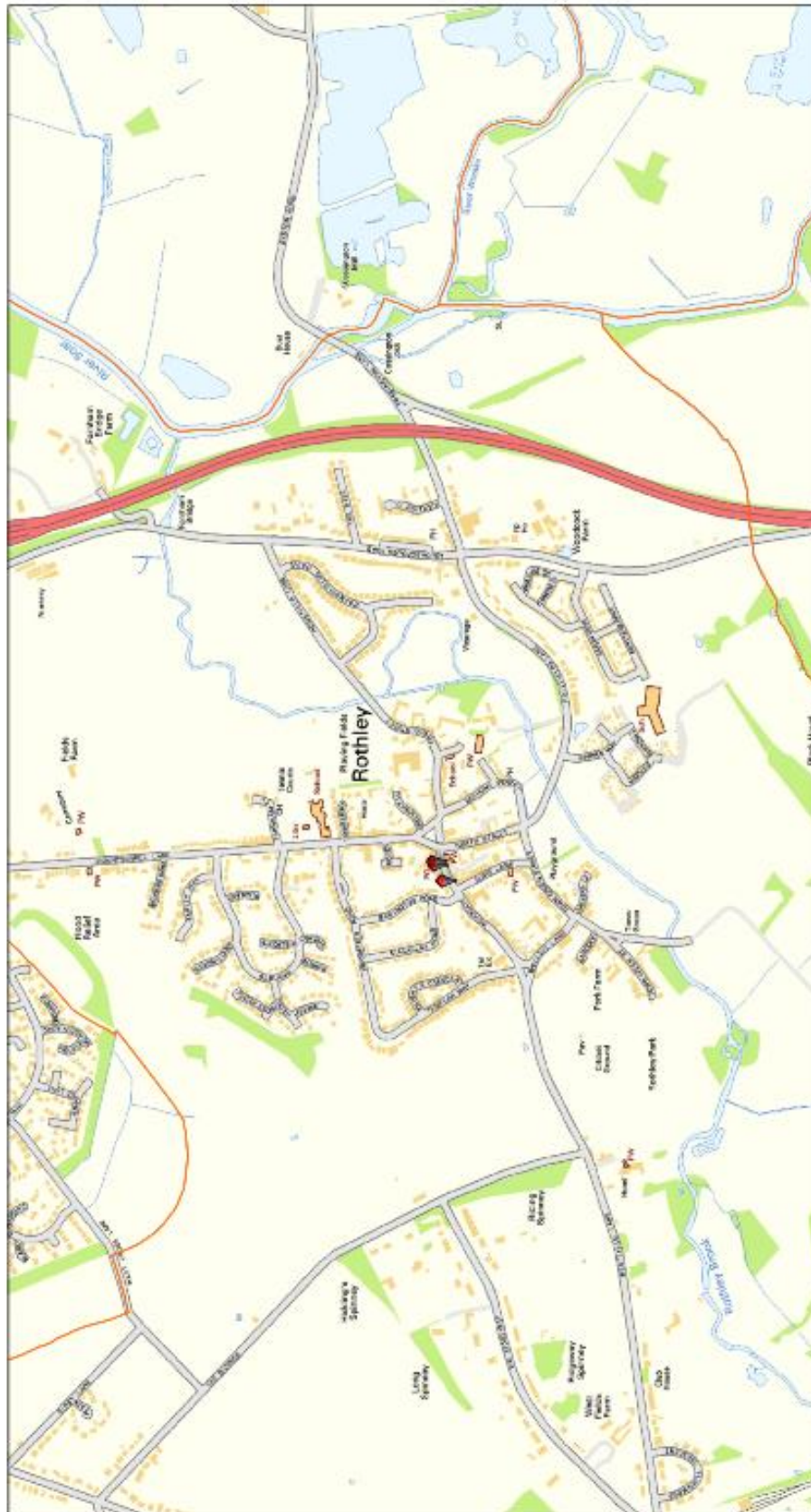


Loughborough

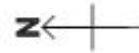




# Rothley

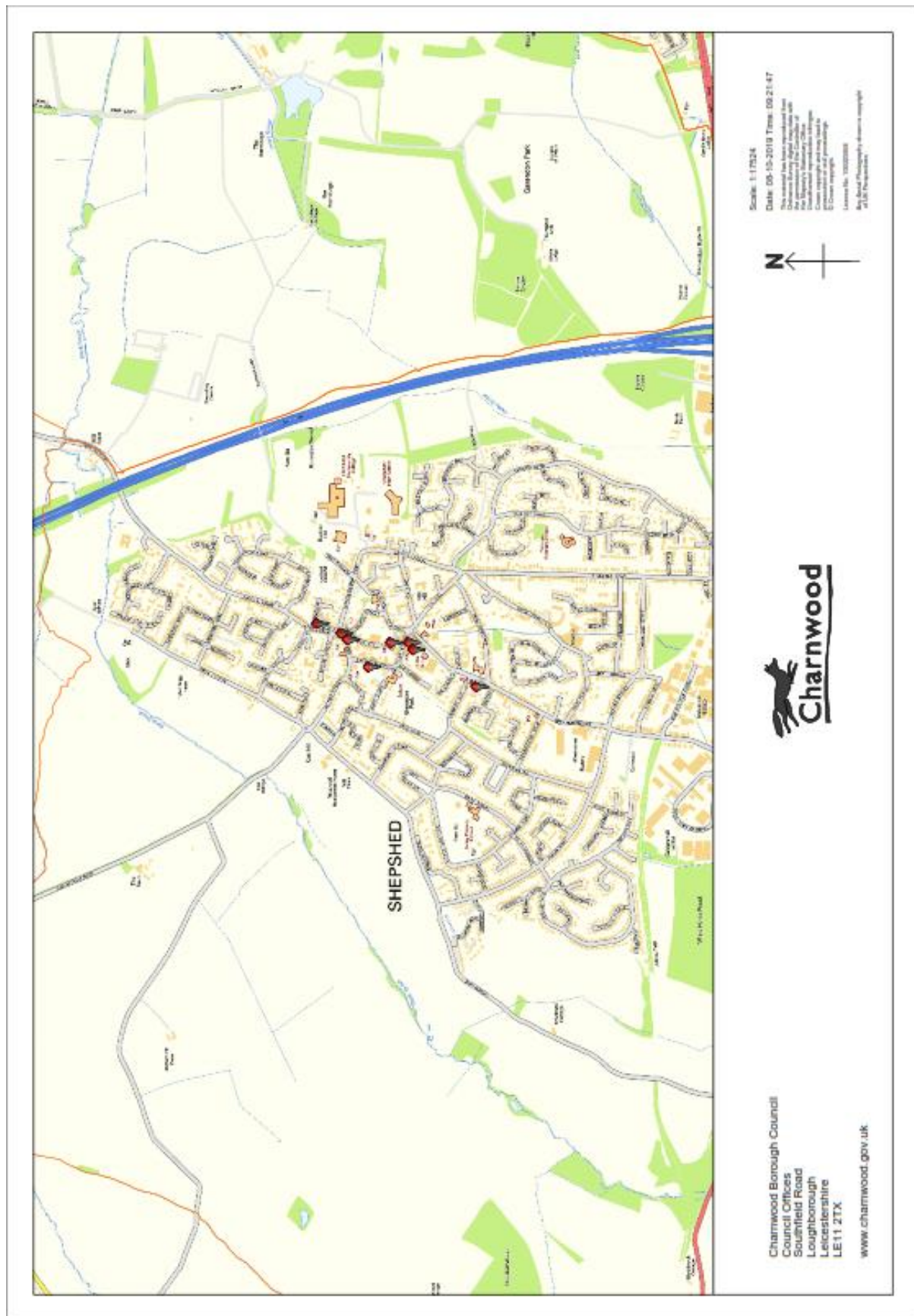


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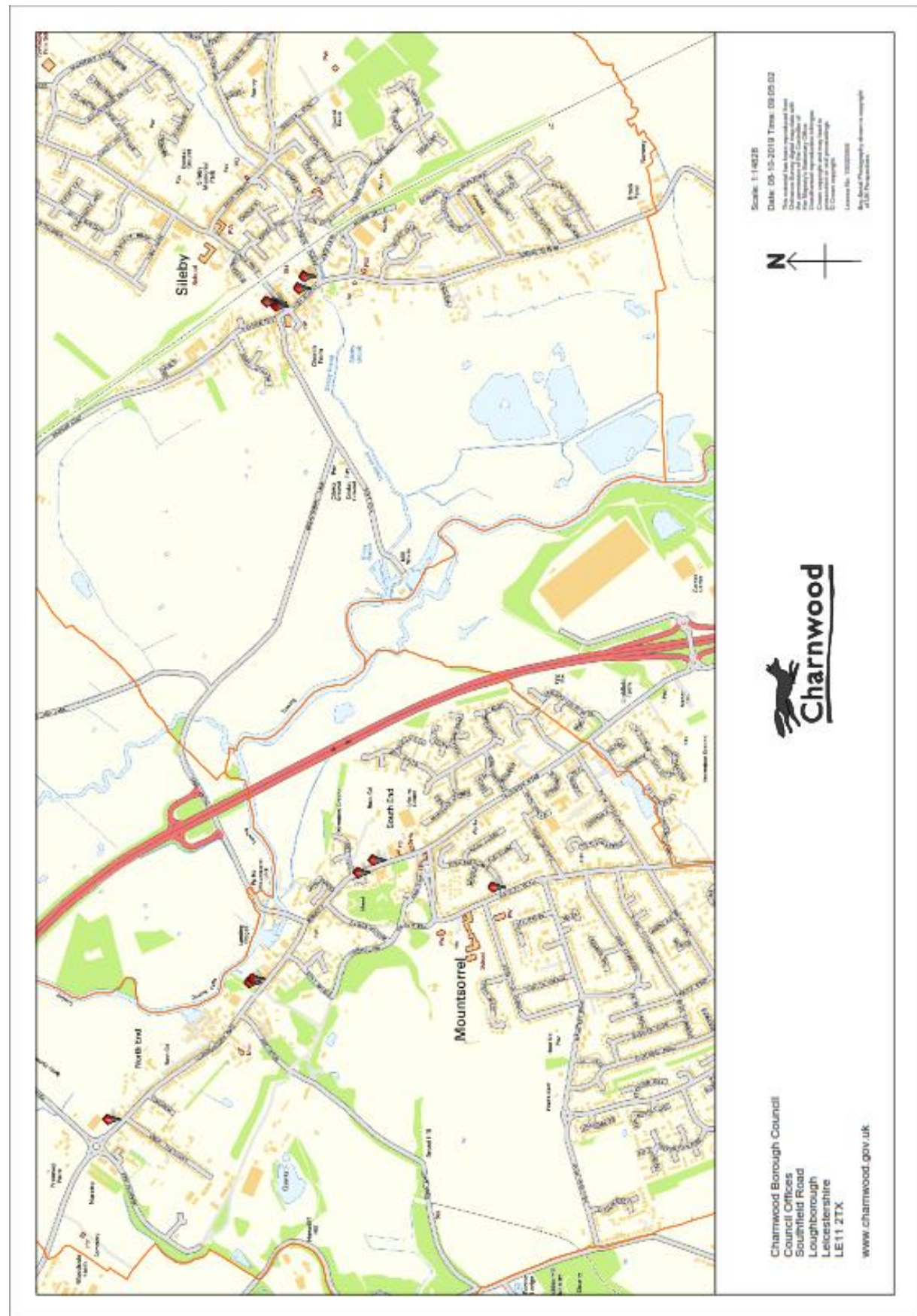
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# Shepshed





# Sileby and Mountsorrel





## **Appendix B: Reference list**

Public Health England (2014) '*Obesity and the environment: regulating the growth of fast food outlets*'

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/296248/Obesity\\_and\\_environment\\_March2014.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/296248/Obesity_and_environment_March2014.pdf)

Public Health England (2017) '*Strategies for Encouraging Healthier 'Out of Home' Food Provision: A toolkit for local councils working with small food businesses*'

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/832910/Encouraging\\_healthier\\_out\\_of\\_home\\_food\\_provision\\_toolkit\\_for\\_local\\_councils.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832910/Encouraging_healthier_out_of_home_food_provision_toolkit_for_local_councils.pdf)

Donin AS, Nightingale CM, Owen CG *et al* (2017) '*Takeaway meal consumption and risk markers for coronary heart disease, type 2 diabetes and obesity in children aged 9-10 years: a cross sectional study*' <https://www.ncbi.nlm.nih.gov/pubmed/29199181>

Burgoine T, Forouhi NG, Griffin SJ, *et al* (2014) '*Associations between exposure to takeaway food outlets, takeaway food consumption, and body weight in Cambridgeshire, UK: population based, cross sectional study*' <https://www.bmj.com/content/348/bmj.g1464>