

# 'Pilot Superzone' Arundel Court Primary Academy Portsmouth

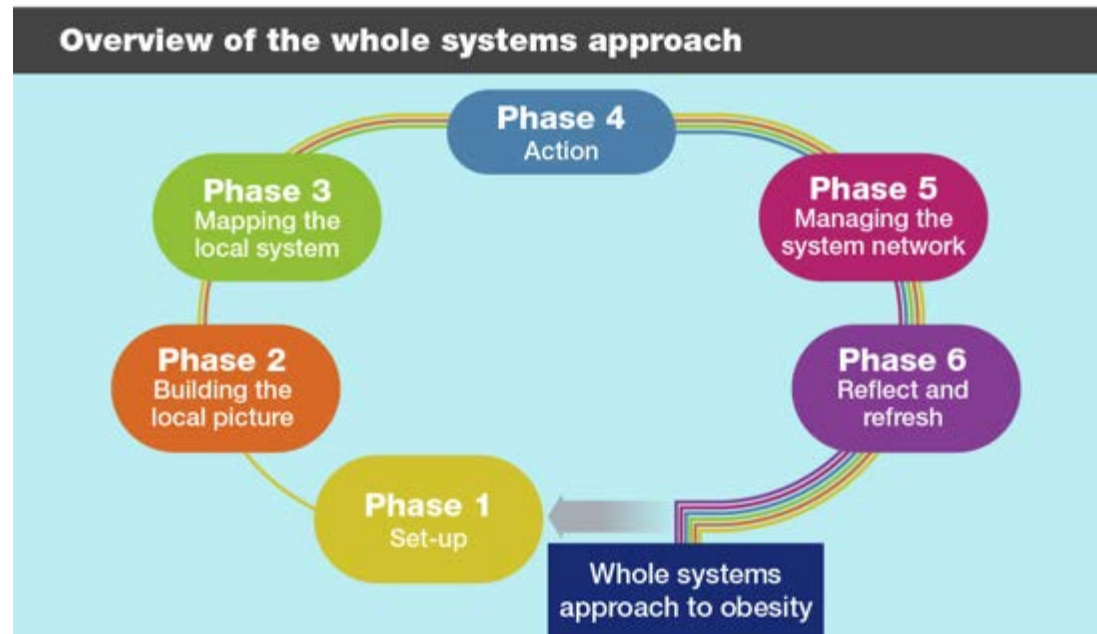
Presenter: Andrea Wright – Public Health Portsmouth  
[andrea.wright@portsmouthcc.gov.uk](mailto:andrea.wright@portsmouthcc.gov.uk)

Using the  
Whole  
Systems  
Obesity  
approach

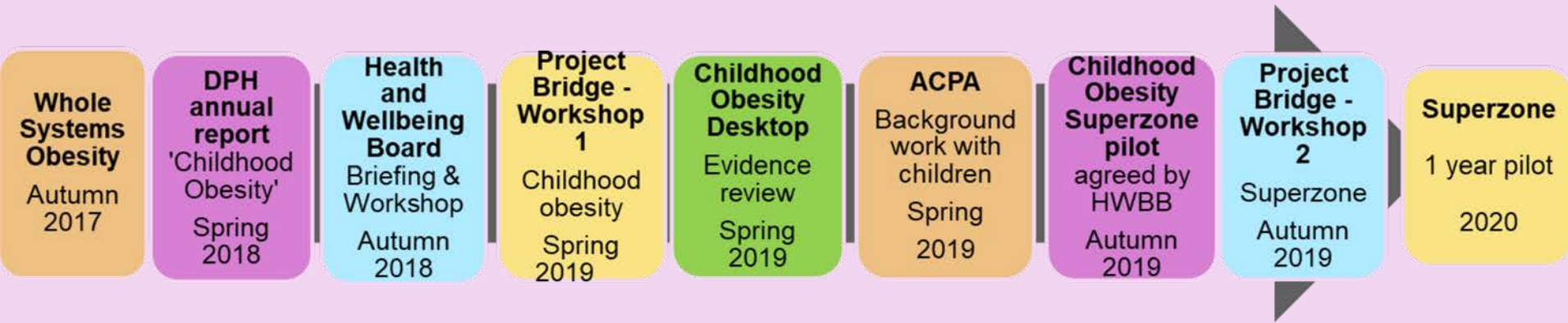
Public Health England

Health Matters

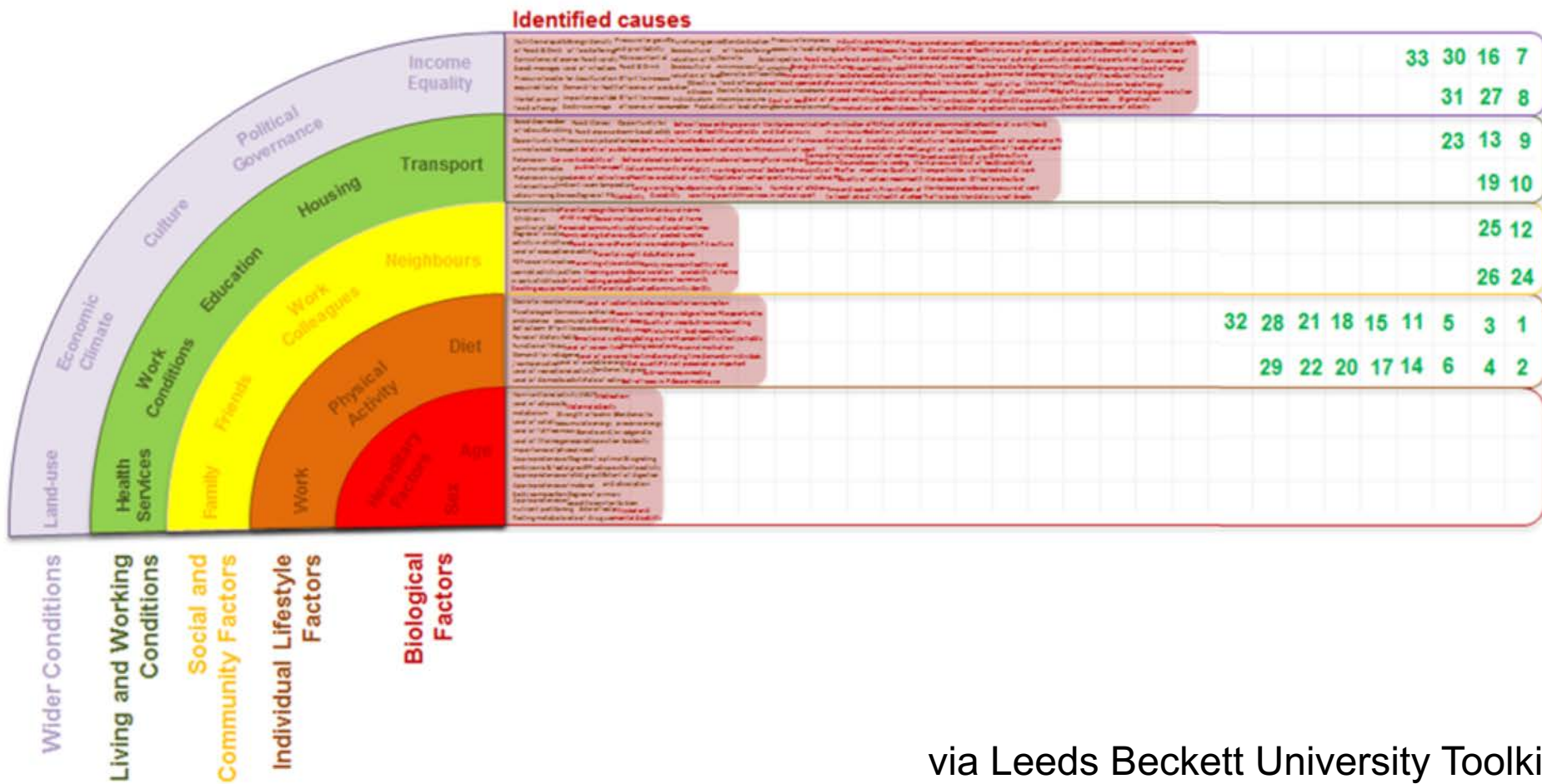
## Overview of the whole systems approach



# Whole System Obesity - Timeline to the 'superzone'

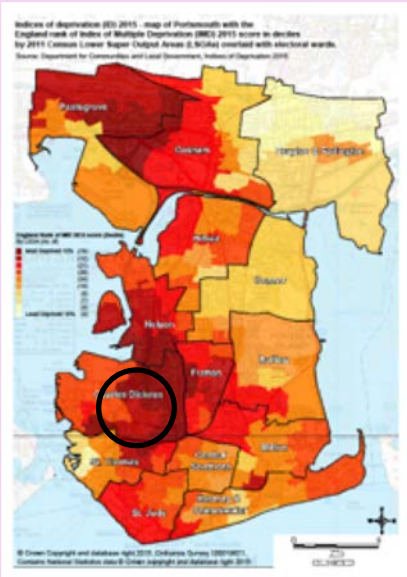


# Whole Systems Obesity mapping

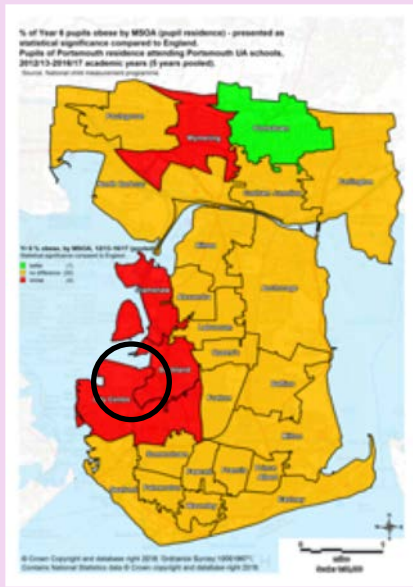


via Leeds Beckett University Toolkit

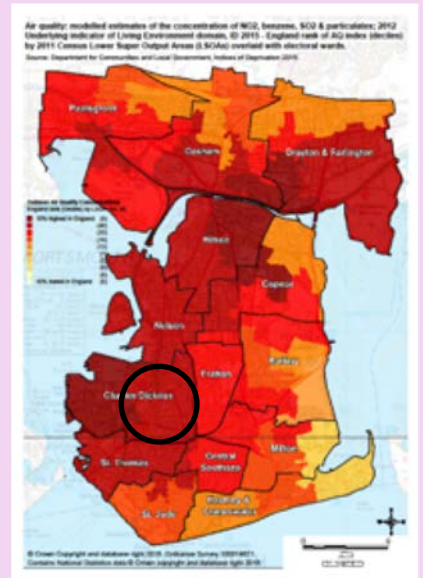
# Why this area?



One of the most deprived areas in Portsmouth



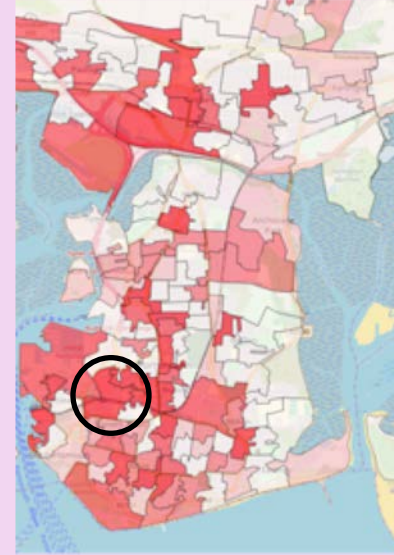
Obesity in Year 6 significantly above national average



Ward in highest 20% in England for concentrations of air pollutants



Less access to green space



High concentration of fast food outlets

# Arundel Court Primary Academy – Children's project

## What children liked/helped them be healthy:

- Portsmouth skyline at sunset
- The Spinnaker Tower
- Birds chirping in the park
- Fun games in the park
- Opportunities to exercise including walking and cycling
- The seafront
- Pompey supporters chanting on match days
- The smell of pinecones in April Square
- Beautiful gardens with wonderful plants
- Places to buy fruit and vegetables
- Parks and adventure playgrounds

In the summer there is always something going on

In general a great place to live

I feel proud to come from Portsmouth

## What children didn't like/were unhealthy:

We need people to stop smoking... it effects our lungs badly

The litter on the street is disgusting ..... We would like clean open space

I feel scared where I live... I see [men] throwing up on the floor and leaving bottles about

To have a healthy environment we need healthier restaurants

### Unpleasant environment:

Bad smells from dog poo, drains, bins, cigarette smoke and pollution from cars; men and dogs urinating (including in lift and on stairs), offensive graffiti, litter/rubbish, mould in house, dogs barking, plastic in the ocean, global warming.

### Not feeling safe:

People arguing/fighting/ swearing in street, people drunk and throwing up on street and leaving bottles around, people using drugs, the amount of people living in the area.

### Food:

Too many fast food restaurants in a small area and recognition that it's easy to be tempted

# Pilot Superzone area



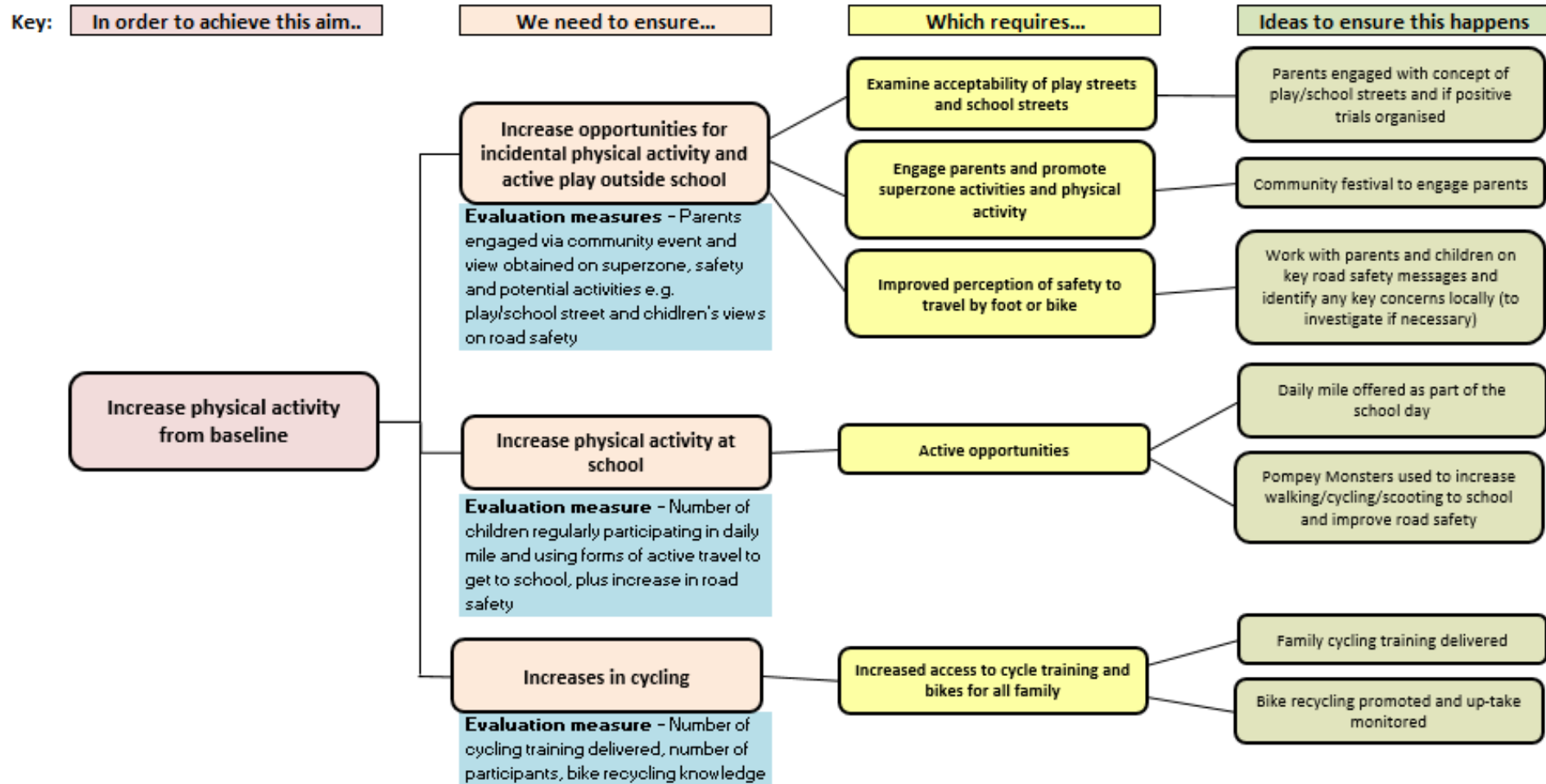
- **‘Superzone’** – a place based approach
- Multi-agency involvement
- Co-designed actions based on the issues highlighted by children
- Aims:
  - reducing childhood obesity
  - clearer air
  - promoting a safe environment

# Superzone set-up and activities

- **Steering Group** (workstream leads and task leads)
- **4 workstreams** (multi-agency, plus community engaged with particular activities)
  - Healthy Food Environment
  - Active Places
  - Cleaner Air
  - Community and Safety

# Driver diagrams to inform action plans

## Example from the Active Places theme





# Challenges and learning to date

## Challenges:

- Tight timeframe from agreement to start
- School new building (5 months behind)
- Capturing baseline pre activities

## Learning to date:

- Political buy-in is vital
- Work to academic year with school