

Council: Tuesday, 16 December 2014

Administration Motion: Councillor Caroline Stock

Mayor's Primary School Fitness Award

Council is concerned that obesity is a rapidly growing problem nationally among children of primary school age, noting that 1 in 5 10-11 year olds are obese and 1 in 3 are overweight. Council further notes that obesity leads to a range of health problems including the premature development of cardiovascular disease, stroke, heart attacks and heart failure, which together are the most prevalent causes of death and disability in the UK. The health costs of obesity and Type 2 diabetes currently stand at over £29 billion annually and are continuing to rise.

Council believes obesity in primary age children is preventable and that we must try to help curb its rise. Council notes that by the age of 7 most children have decided if they enjoy being active. The council can encourage this choice and work to help reverse the current trend of limited exercise.

Council also notes that the borough has some of the best areas of open space in all of London and believes they comprise a great resource and opportunity in getting people active.

Council therefore calls for the introduction of a Mayor's Primary School Fitness Award to encourage Barnet's 92 primary schools to make the most of local open spaces in promoting outdoor exercise. Pupils would walk to their nearest park or open space, be introduced to what it has to offer – including play / suitable gym equipment, marked and measured routes and other features – and tasked with devising an exercise circuit of at least 500m for each year group to complete. It is also an opportunity to help children experience all the excitement and stimulation that our parks and open spaces have to offer. The best ideas and programmes would win the award.

Under Full Council Procedure Rule 23.5: if my item is not dealt with by the end of the meeting I ask that it be voted upon at the Council meeting.