

Hot Food Takeaway Note

Obesity

In the UK, 27% of adults and 19% of children eat meals out of the home at least once a week, and takeaway food consumption peaks in young adults aged 19-29 years. Takeaway foods tend to contain high levels of fat, saturated fats, sugar, and salt, and lower levels of micronutrients, and therefore regular consumption of takeaway food over time has been linked to weight gain severely.¹

This impact is worsened by high exposure to hot food takeaways. Adults with increased exposure to hot food takeaways have increased takeaway consumption, and as such have a higher average body weight. This relationship is especially pronounced in groups with lower levels of education², as therefore is a contributor to health inequalities.

More deprived areas have higher rates of fast-food outlets, with the poorest areas seeing 5 times more takeaways than the most affluent areas³.

Obesity Rates

In the period 2020/21 – 22/23⁴, the proportion of overweight children (including those who are obese) in Sandwell was 25.2% at reception age, compared to 45.9% at Year 6. This is a 21 % difference and compares to a 15% point difference for England and a 16% point difference for West Midlands in the same period.

In the period 2020/21 – 22/23, the proportion of children with obesity (including severe obesity) in Sandwell was 13.2% at reception compared to 31.1% at Year 6. This is an 18% point difference and compares to a 13% point difference for England and a 14% point difference for the West Midlands.

Hot Food Takeaways

Sandwell has a higher-than average concentration of hot food takeaways compared to England overall.

Across England as a whole, there were 116 fast food outlets per 100,000 population in 2024, up from 98 per 100,000 in 2017.⁵ In Sandwell there were 136.1 per 100,000 population in 2024 (up from 116.8 in 2017) which is significantly higher than the national average.

¹ PHE (2020) “Using the Planning system to promote healthy weight environments”

² Burgoine, T., C. Sarkar, C. Webster, and P. Monsivais, Examining the interaction of fastfood outlet exposure and income on diet and obesity: evidence from 51,361 UK Biobank participants. International Journal of Behavioral Nutrition and Physical Activity, 2018. 15(71): p. 1-12.

³https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/741555/Fast_Food_map.pdf

⁴ <https://www.sandwelltrends.info/wp-content/uploads/sites/5/2024/09/JSNA-Chapter2a-Starting-Well-Apr-24.pdf>

⁵ <https://www.gov.uk/government/statistics/wider-determinants-of-health-february-2025-update/wider-determinants-of-health-statistical-commentary-february-2025>

2024 data below show the percentage of hot food takeaways per centre and whether they are in breach of the % threshold.

The table highlights that there are 24 out of the total 41 centres that have breached the centre percentage threshold, and 8 centres that would breach the threshold with the addition of one more hot food takeaway.

In drafting the 2012 SPD surveys were undertaken to identify how many HFT's there were in each centre and what this translated to as a percentage.

This was compared to how well a centre was perceived to be performing and how this impacted on the retail element of the centre.

With Sandwell having a greater problem with obesity than many other boroughs, this needed to be reflected in the figures.

When the document was updated in 2016, the figures were reduced to 12% (under 40 units) and 7% (40 units or more). This was done as all HFT units were now being compared to all units/use classes within a centre, not just those classed as retail. This approach removed some of the variables and was more in line with other authorities.

Hot Food Takeaway Data Sheet 2024

Centre	Total No. of Units	HFT Units	Percentage HFT	In breach now	In breach with one more
Town Centre					
West Bromwich Strategic Centre	436	27	6.0%	No	No
Bearwood	311	20	6.4%	No	No
Blackheath	146	9	6.2%	No	No
Cape Hill	221	17	7.7%	Yes	Yes
Cradley Heath	140	13	9.3%	Yes	Yes
Great Bridge	96	7	7.3%	Yes	Yes
Oldbury	106	5	4.7%	No	No
Wednesbury	189	12	6.3%	No	No
District Centre					
Carter's Green	110	12	10.9%	Yes	Yes
Hamstead	15	4	26.7%	Yes	Yes

Centre	Total No. of Units	HFT Units	Percentage HFT	In breach now	In breach with one more
Owen's Street, Tipton	54	4	7.0%	No	Yes
Princes End	24	3	13.0%	Yes	Yes
Queens Head	30	4	13.3%	Yes	Yes
Quinton (Asda)	18	3	16.7%	Yes	Yes
Rood End	43	4	9.3%	Yes	Yes
Scott Arms	45	8	18.0%	Yes	Yes
Smethwick High Street (Lower)	34	5	14.7%	Yes	Yes
Smethwick High Street District Centre Blue Ball	90	5	5.6%	No	No
Stone Cross	48	8	17.0%	Yes	Yes
Tividale	13	1	7.7%	No	Yes
Local Centre					
Bearwood, Abbey Road***	24	3	12.5%	Yes	Yes
Brandhall	16	1	6.3%	No	No
Brisnall (The Plough)	19	2	11.0%	No	Yes
Causeway Green	29	4	14.0%	Yes	Yes
Charlemont	11	3	27.3%	Yes	Yes
Crankhall Lane	35	3	9.0%	No	No
Dudley Port	28	5	17.9%	Yes	Yes
Hagley Road/Wolverhampton Road Junction	10	0	0.0%	No	No
Hill Top	28	4	14.3%	Yes	Yes
Langley	37	4	11.0%	No	Yes
Lion Farm	13	1	7.7%	No	Yes
Old Hill	74	7	9.5%	Yes	Yes

Centre	Total No. of Units	HFT Units	Percentage HFT	In breach now	In breach with one more
Park Lane	6	1	17.0%	Yes	Yes
Poplar Rise (City Road) – None resi only	6	2	33.3%	Yes	Yes
Poplar Rise (City Road) – Including resi	19	2	10.5%	No	Yes
St Marks Road	10	1	10.0%	No	Yes
Vicarage Road	7	2	28.6%	Yes	Yes
West Cross	20	3	15.0%	Yes	Yes
Whiteheath Gate	21	5	23.8%	Yes	Yes
Yew Tree	17	2	11.1%	No	Yes
Centre between Hagley Rd and Quinton (Holybush) ***	40	8	20.0%	Yes	Yes

Key	
Under the limit	
Will be in breach with an additional unit	
Already in breach	
Proposed new centres in the Sandwell Local Plan	***

Proximity to Schools

Planning policy restricting hot food takeaways commonly use 400m exclusion zones around places where there are likely to be high numbers of children. This always includes secondary schools, often includes primary schools, and sometimes includes other youth-centric locations, such as youth centres.

As noted above, exposure to hot food takeaways is associated with increased consumption and body weight. Where hot food takeaways are located near to schools, especially on key routes to and from the school, children and their parents may be influenced to purchase and consume less healthy food options.