

VALE OF GLAMORGAN
REPLACEMENT LOCAL DEVELOPMENT PLAN
2021 - 2036

Hot Food Takeaways

November 2025



BACKGROUND PAPER - BP35



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg

Executive Summary

- i. This background paper is one of a series produced by the Vale of Glamorgan Council and forms part of the evidence base to inform the policies and site allocations in the Deposit Replacement Local Development Plan (RLDP). Each background paper can be read in isolation or together with other background papers to gain a wider understanding of the land use issues facing the Vale of Glamorgan.
- ii. This paper sets out the Councils response to national policy that requires the Vale of Glamorgan to consider long-term impacts of decisions and prevent ongoing challenges including health inequality and poverty in order to achieve 'A Healthier Wales' as required by The Well-being of Future Generations Act (2015). Additionally, it is a response to the awareness of the impacts our diets have on our health, increased levels of obesity and the ambition to create stronger and more resilient, healthier food systems.
- iii. The paper reviews existing national and local policy regarding hot food takeaways, healthy eating and obesity to identify whether further guidance is required. It assesses the planning and health related issues regarding hot food takeaways in the Vale of Glamorgan, identifying the significance and extent of the issues.
- iv. The background paper then makes recommendations on the future management of hot food takeaways within the designated retail centres of the Vale of Glamorgan in the Local Authority region. A restriction on the percentage of hot food takeaways as a total of the number of units in a retail centre has been suggested. This varies across different types of retail centres in the hierarchy and the size of the centre by total units. A restriction to prevent clustering of units next to one another has also been suggested. Takeaway exclusion zones in relation to their proximity to secondary schools was assessed as part of this background paper but it has been concluded that it was not necessary for the Vale to include such a policy.

Contents

1. Introduction	1
2. Basis for Limiting Hot Food Takeaways.....	2
3. Policy Context	4
National policy	4
Local Policy	8
4. Health evidence.....	11
Impacts of obesity.....	11
National evidence	13
Local evidence.....	14
5. Hot food takeaway location evidence	18
6. Takeaway exclusion zones.....	28
7. Conclusions and Recommendations	30
8. Appendices.....	32

1. Introduction

- 1.1 This background paper has been prepared by the Vale of Glamorgan Council as part of the evidence base used to inform the policies and site allocations in the Replacement Local Development Plan (RLDP) 2021 – 2036 that relate to the location of hot food takeaways under use class A3.
- 1.2 One of the strategic objectives of the RLDP is 'Improving Mental and Physical Health and Well-being'. A proliferation of hot food takeaways selling high fat, salt and sugar foods, while not the only factor contributing to poor diets and obesity levels, is considered an important contributing factor. As such it should be addressed as part of the Vale of Glamorgan's overall approach to managing the problem of obesity and managing weight through planning policies.
- 1.3 This paper sets out the national and local policy context around hot food takeaways and their consumption. It then compiles a local evidence base in which the number and concentration of hot food takeaways are assessed and recommendations made based on this evidence for policies for the RLDP or Supplementary Planning Guidance (SPG).
- 1.4 Each background paper can be read in isolation or together with other background papers to gain a wider understanding of the issues facing the Vale of Glamorgan. Those that have are most pertinent to this paper include the Vale of Glamorgan's Retail Centre Assessment Paper, Planning Healthy Places Background Paper, Healthy Placemaking SPG and Retail and Town Centre Development SPG.
- 1.5 This paper considers evidence associated with two main factors that have been collected and assessed in this paper at national and local levels. The first being health related issues concerning healthy weight, obesity and promoting a healthy lifestyle. The second is locational issues of hot food takeaways including the relationship with more deprived areas, concentrations and clusters and proximity to schools. The findings from this evidence will support the policies included in the RLDP and the SPG that follows.

2. Basis for Limiting Hot Food Takeaways

- 2.1 The environment in which we live, work and travel can have varying effects on both our mental and physical health on a day-to-day basis. Hot food takeaways are part of the built environment that plays a part in impacting our health and well-being. Hot food takeaway meals are typically higher in fat, salt and sugar that come in large portion sizes with higher calories¹. Additionally, they are a quick and convenient source for hot meals. These factors can make it challenging for people to maintain a healthy diet. The neighbourhood food environment is an important modifiable determinant of dietary behaviour and obesity.
- 2.2 Research suggests that at least 25% of calories are now consumed outside the home and that this consumption has seen a dramatic increase over the past decade. This has led to an obesogenic environment being the default where the less healthy choices are the norm. Studies have shown that people exposed to the highest number of takeaways are 80% more likely to be obese and 20% more likely to have a higher BMI than those with the lowest numbers of takeaways exposed to them.²
- 2.3 The number off fast food outlets per 100,000 population is an indicator that has been added to the Wider Determinants of Health profile for February 2025 in England. This allows for analysis of the spatial distribution of fast-food outlets and hot food takeaways across local authorities but also demonstrates that these should be factored for when considering the determinants of individuals health and the role they play.
- 2.4 This paper focuses on hot food takeaways rather than all fast-food outlets of which hot food takeaways are a part of. Hot food takeaways exclude establishments that sell hot food for takeaway but primarily function as restaurants with a larger proportion of eat in customers compared to hot food takeaways. Fast food outlets include all takeaways where consumption takes place on or off the premises.
- 2.5 With the national planning policy framework in England supporting tighter control over hot food takeaways, and numerous local authorities in England

¹ Office for Health Improvement & Disparities (2025) 'Wider determinants of Health: statistical commentary on the location of fast food outlets, February 2025'. Available at [Wider Determinants of Health: statistical commentary on the location of fast food outlets, February 2025 - GOV.UK](https://www.gov.uk/government/statistics/wider-determinants-of-health-statistical-commentary-on-the-location-of-fast-food-outlets-february-2025)

² Burgoine, T., Forouhi, N.G., Griffin, S.J., Wareham, N.J. & Monsivais, P. (2014) 'Associations between exposure to takeaway food outlets, takeaway food consumption, and body weight in Cambridgeshire, UK: population based, cross sectional study' *BMJ* [online] Available at <https://www.bmjjournals.org/content/348/bmj.g1464>

having developed hot food takeaway papers and policies there is an identified need to address this factor that is shapes the health of people in Wales as well. With some local authorities considering and implementing hot food takeaway policies it is considered that a policy for the Vale of Glamorgan should be devised.

3. Policy Context

National policy

- 3.1 Making changes to the built environment is a necessary response to encourage behaviour changes and support healthier lifestyles. This works towards the process of improving sustainable development principles aimed at achieving Wales well-being goals.
- 3.2 It is necessary to take such actions at a local level in order to support the national population and work towards a healthier Wales.

The Well-being of Future Generations (Wales) Act 2015

- 3.3 This Act requires authorities in Wales to think about the long-term impact of their decisions to work better with the population and prevent ongoing challenges including health inequality and poverty. The Act puts in place seven well-being goals that public bodies should work towards achieving the following.
 - A Prosperous Wales
 - A Resilient Wales
 - A More Equal Wales
 - A Healthier Wales
 - A Wales of Cohesive Communities
 - A Wales of Vibrant Culture & Thriving
 - A Globally Responsible Wales
- 3.4 The goal 'A Healthier Wales' aims to create a society in which peoples physical and mental well-being is maximised and behaviours that benefit health are understood and promoted. Well-being indicators that form part of the framework for this goal include Healthy life expectancy, Healthy lifestyle for both children and adults and people's satisfaction about their access to local facilities and where they live. A healthy food environment helps achieve these well-being indicators that contribute to this goal ensuring that future generations grow up with healthier lifestyles.
- 3.5 These goals together work towards ensuring sustainable development. Public bodies must publish objectives in line with these goals and take steps towards achieving them, creating a better Wales.

Planning Policy Wales (Edition 12, February 2024)

- 3.6 Planning Policy Wales (PPW) sets out the land use planning policies of the Welsh Government and provides a planning framework for Wales. PPW identifies a number of key planning principles, including facilitating accessible and healthy environment. The policies contained in the document focus on creating vibrant and healthy places in Wales to live, work and spend time in.
- 3.7 Paragraph 3.19 recognises the planning system as having a significant role in shaping the various factors that impact a population's health and well-being in line with the Healthier Wales goals. There is an ambition to improve health through providing sustainable facilities and promoting lifestyles that ameliorate health and active travel.
- 3.8 Paragraph 3.22 states 'Planning authorities should develop and maintain places that support healthy, active lifestyles across all age and socio-economic groups' and provides the direction for how developments should be laid out and arranged in order to influence people's behaviours.
- 3.9 Night-time activities and the retail centre need to have a balanced relationship. PPW sets out to promote viable urban and rural retail and commercial centres as the most sustainable locations to live and work. It aims to sustain and enhance retail centres' vibrancy, viability and attractiveness as well as improving access to these centres through public transport and active travel. Paragraph 4.3.44 of PPW states:

'Where new uses incorporating evening and nighttime activities are established in retail and commercial centres, and are located near to existing residential accommodation, planning applicants should include appropriate mitigation measures to counter potential impacts to amenity'.

- 3.10 Local authorities are encouraged to reduce disruption to people's daily lives and seek environmental and physical improvements in the built environment that will instead have a positive impact on the population's health. This includes addressing factors such as the impact of litter, odour and noise on the street and surrounding uses. PPW highlights the importance of considering compatibility of uses particularly regarding primarily night-time uses and residential. Therefore, it recommends mitigation measures to minimise the impact on surrounding amenities and on residents should be included.

Future Wales - The National Plan 2040 (2021)

3.11 Future Wales – The National Plan 2040 is Wales' national development framework setting the direction for development in Wales until 2040 addressing key national priorities through planning. Future Wales focuses on solutions to national scale issues. It influences development plans at local authority level and works alongside the seven well-being goals of the Well-being of Future Generations (Wales) Act 2015. The plan sets out a number of policies in order to solve national issues faced in Wales, some of which the presence of hot food takeaways would play a key role in.

3.12 Policy 2 – Shaping urban growth and regeneration – Urban spaces should contribute towards building sustainable places that support active and healthy lives and making neighbourhoods and access to facilities walkable.

3.13 Policy 6 – Town Centre First – This approach puts the health and vibrancy of town centres as the start point of local decision making and centres should be the focus of regeneration and growth. It is important that local centres are integrated into mixed use neighbourhoods with good accessibility utilising existing transport facilities.

3.14 Through this strategy the Welsh Government wishes to see development in sustainable locations supported by active travel and public transport infrastructure and services that enable people to live active and healthy lives including reducing the levels of pollution.

Healthy Weight: Healthy Wales (2023)

3.15 This national strategy sets out a long-term approach to supporting people in achieving and maintaining a healthy weight. It recognises that excess weight is shaped by a complex mix of factors and aims to create healthier environments through legislation, regulation, funding and building programmes to drive change. A strategy is set that aims to bring people and communities together to make changes to create better, healthier lives for future generations.

3.16 The strategy sets out a vision through to 2030 to support people in achieving and maintaining a healthy weight, starting from the earliest stages of life. It focuses on creating supportive environments that make healthier options more available, accessible, and appealing to everyone. The programme aims to deliver change through four key themes:

- Healthy environments
- Healthy settings
- Leadership and enabling change

- Healthy people

3.17 Significant to the topic of hot food takeaways is the theme of healthy environments. By 2030, the strategy aims to create food environments where healthier food and drink options are widely available, appealing, and affordable to encourage and enable healthier options to be taken up. The theme acknowledges that this must not inadvertently impact people on lower incomes and in deprived areas. There is a need to balance any changes with the community to combat barriers to healthy eating. Specifically, the strategy includes in its work towards healthier environments by 2030 '*limits placed on the establishment of hot food takeaways around schools and communities*'. Shifting the balance of the food environment will reduce the consumption of food with a significant amount of saturated fat, salt and sugar and increase the number of people making the choice to purchase healthier food options.

Wales Community Food Strategy

3.18 The Wales Community Food Strategy seeks to improve the production and supply of locally sourced food and increase peoples access to healthy and sustainable food creating a stronger, more resilient community food system. The framework for this strategy is constructed from six objectives of which a couple have direct relationship with minimising the impacts of hot food takeaways.

- Objective 1: '*To continue connecting policy making across Welsh Government to address the diverse and complex nature of food related issues and establish a new ministerial advisory group to deliver on the ambitions of this strategy. To enable and support public bodies and Public Services Boards to embed food as a priority in strategic planning and delivery.*'
- Objective 3: '*To help address food-related issues facing communities in Wales, around tackling food poverty, diet related ill-health and reducing food waste.*'

3.19 The strategy will support Healthy Weight: Healthy Wales through improving provision and access to healthier meal options. It will encourage a better balance between healthier and less healthy options through public sector food provision, community growing and horticulture that also provide locally sourced produce.

Cymru Can: The strategy for the Future Generations Commissioner for Wales 2023- 203

3.20 Cymru Can's strategy outlines how to accelerate the implementation of the Well-being of Future Generations Act. The strategy sets five missions to ensure that the Act is applied effectively and focus work where it can be most effective and achieve the most positive impact. This is achieved through a 'Theory of Change' approach to delivering the missions that makes clear links between what is done and what the aims are.

3.21 Significantly Mission 3 focuses on health and well-being that aims to transform the way in which we maintain a healthy population with a stronger focus on prevention. Public bodies are working together to tackle the root causes of ill health and health inequalities across regions and neighbourhoods. The mission recognises the role that land use planning will play in working to understand the implications of future trends and developing future solutions.

Local Policy

Vale of Glamorgan Adopted Local Development Plan 2011 - 2026

3.22 Objective 6 of the adopted LDP is 'To reinforce the vitality, viability and attractiveness of the Vale of Glamorgan's town, district, local and neighbourhood shopping centres' achieved through maintaining a diversity of uses in the retail centres while making sure the viability of the centre is not harmed.

3.23 Guidance that controls hot food takeaways in the adopted plan is limited to Policy MG14 – Retail Uses within Town and District Retail Centres and MG15 – Retail uses within Local & Neighbourhood Retail Centres that control the percentage of non-A1 uses that would be permitted in their relevant retail centres in order to prevent an over concentration of uses that maintain a viable centre and an attractive shop frontage. Paragraph 6.78 also states:

'A3 food and drink uses such as cafés, wine bars and hot food takeaways can be complementary to existing retail centres helping to support their viability and diversity. However, an over concentration of such uses within a centre can also have a detrimental impact upon existing retail premises and the retail centre itself and such uses will therefore be carefully controlled.'

Vale of Glamorgan Well-being Plan 2023-2028

3.24 The Well-being Plan sets out three well-being objectives and priority areas that the Public Services Board will focus on improving over the course of the plan period. The Plan sets out its vision that aims for:

'Happy and healthy communities working together to create a fair and sustainable vale for everyone'

3.25 The second well-being objective – ‘A more active and healthier Vale’, is key for hot food takeaway policy and has been developed in response to evidence of the Assessment that informs the Well-being Plan. The Plan also echoes issues around the correlation between deprivation and eating behaviours with those in the more deprived Lower Super Output Areas (LSOA’s) less likely to engage in healthy behaviours and have poorer outcomes in categories such as life expectancy, exposure to pollution and other health related issues.

Vale of Glamorgan Replacement Local Development Plan 2021-2036

3.26 One of the key themes of the RLDP is ‘Improving mental and physical health and well-being’ which shapes the objectives and vision of the plan. Objective 2 – Improving Mental and Physical health and Well-being aims to *‘Enable residents to participate in active lifestyles’* which expands the RLDP’s vision which strives for a healthier Vale where *‘Development respects local character and sense of place is valued by residents and contributes positively towards health and well-being’*

3.27 Policy SP6 of the RLDP – Creating healthy and Inclusive Places and Spaces seeks to ensure all development creates healthy and inclusive places. One of the ways that this is achieved as stated in SP6 is through ‘Enabling opportunities for access to healthy food choices’ and ‘Protecting existing public health and well-being’.

3.28 Paragraph 6.38 identifies hot food takeaway establishments as a contributing factor to poor diet and health. It recognises the need to control and limit to these types of retail units in order to work towards the methods of creating healthy places stated in the previous paragraph.

The Good Food & Movement Framework

3.29 The Good Food and Movement (GF&M) Framework provides a local approach to creating healthier environments across Cardiff and the Vale. It aligns closely with Policy SP6 by promoting access to healthier food and opportunities for everyday movement. The Framework supports the use of planning levers, such

as controlling hot food takeaway density, to help shift environments towards health and well-being.

Vale Food Strategy 2025 – 2030

3.30 The Vale of Glamorgan's Food Strategy 2025-2030 provides an opportunity to build on existing work completed as part of the good food and movement network and sets out a trajectory towards a vision for the future through setting goals and actions. One of the outcomes set to be achieved is to deliver a greater proportion of healthy and sustainable food related messages. One of the three actions to work towards this in the strategy is to 'Work with partners to map and explore opportunities where appropriate to address the proliferations of fast food/takeaways across the Vale, with attention to how this correlates with broader deprivation data'.

4. Health evidence

Impacts of obesity

- 4.1 The number of hot food takeaway outlets in Wales has recently seen rapid increase with a 48% increase between 2010 and 2018 compared to the UK average increase of 34%³.
- 4.2 Public Health Wales previously estimated the cost of obesity to the NHS in Wales to be £73 million (2011). By 2050 this could rise to £465 million with a cost to society and the Welsh economy of potentially £2.4 billion by 2050⁴. There is significant evidence in respect of the leading factors and effects of excessive weight and the associated cost to the health service provided in Wales and the UK.
- 4.3 Excess weight increases risk of high blood pressure, high cholesterol, digestive disorders and type 2 diabetes as well as heart attacks and strokes. A healthy Body Mass Index is between 18.5 and 24.9. Around half of all deaths from excess weight or obesity in the UK are from heart and circulatory diseases with around 31,000 a year attributable to a BMI of 25 or more⁵.
- 4.4 Peoples diet also have significant effects upon the composition and functionality of the gut microbiome and dietary patterns contribute to potential microbiome-mediated disease development⁶. As diet impacts the gut microbiota it influences development of the diseases that are associated with gaining excess weight and thus understanding the dietary impacts on the gut microbiome allows the making of well-informed decisions in relation to eating. It demonstrates what diet compositions have what effect on the microbiome allowing for people to choose diets that result in healthier outcomes.
- 4.5 In addition to impacts that eating behaviours have physically on the human body and physical health there is evidence of impacts on people's general behaviour and mental health. The rise of processed foods, additives, fats and industrialised farming are partly responsible for the rise in mental health and behaviour problems including ADHD, depression and dementia.

³ Welsh Government Consultation Document (2022) 'Healthy Food Environment' Available at: https://www.gov.wales/sites/default/files/consultations/2022-05/consultation-document_1.pdf

⁴ Public Health Wales (2018) 'The case for action on obesity in Wales' [online] at <https://phw.nhs.wales/topics/overweight-and-obesity/the-case-for-action-on-obesity-in-wales/>

⁵ British Heart Foundation (2021) ' Around 31,000 heart and circulatory deaths attributed to excess weight and obesity every year' [online] at <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2021/april/31000-heart-and-circulatory-deaths-obesity-each-year>

⁶Ross, F.C. et al, (2024) 'The interplay between diet and the gut microbiome: implications for health and disease' In *Nature Reviews Microbiology* 22, pp. 671-686 [online] at <https://www.nature.com/articles/s41579-024-01068-4>

4.6 Children living with obesity are more likely to experience poorer health outcomes, including increased illness, school absence, health-related limitations, and more frequent GP appointments compared to children of a healthy weight⁷. They are also more likely to continue living with obesity into adulthood, making early intervention essential⁸. The concentration and availability of hot food takeaways near schools and in residential areas is one environmental factor that can influence children's dietary habits over time. Frequent exposure to energy-dense, nutrient-poor food options contributes to unhealthy eating patterns and makes it more difficult for children and families to maintain a healthy diet.

4.7 An analysis of the UK national diet and nutrition survey in 2015 found that in the UK more than a quarter of adults and more than a fifth of children ate meals out once per week or more. One fifth of adults and a quarter of children ate take away meals at home once per week or more. Of these, children living in less affluent households were more likely to eat take-away meals at home at least once per week.⁹

4.8 Currently, eating takeaway meals in replacement of meals cooked from home consumes a considerable portion of the total meals a person eats. Approximately 60% of us use the out of home sector at least once a week and 11% eat out once a day, this sector ultimately contributes, on average, 300 calories per person per day.¹⁰

4.9 A review of the impact of hot food takeaways near schools in the UK on childhood obesity found there was good evidence of more hot food takeaways in deprived areas and children who spend time in deprived neighbourhoods tend to eat more fast food and have higher BMI's¹¹.

4.10 Research by the Centre for Diet and Activity Research (CEDAR) analysed data produced by the Fenland Study looking at people's exposure to hot food takeaways and the relationship with being overweight and takeaway consumption. This was conducted by looking at the density of takeaway food outlets around people's home, places of work and their commuting routes. Key

⁷ Wijga, A. et al, (2010) 'Comorbidities of obesity in school children: a cross-sectional study in the PIAMA birth cohort' *BMC Public Health*; 10: 18

⁸ Simmonds, M. et al, (2016) 'Predicting adult obesity from childhood obesity: a systematic review and meta-analysis'

⁹ Adams, J. et al, (2015) 'frequency and socio-demographic correlates of eating meals out and take-away meals at home: Cross-sectional analysis of the UK national diet and nutrition survey, waves 1–4 (2008–12)', *International Journal of Behavioural Nutrition and Physical Activity*, Article: 51

¹⁰ Nesta (2024) 'How eating out contributes to our diets' [online] Available at [How eating out contributes to our diets | Nesta](https://www.nesta.org.uk/research/our-diets)

¹¹ Turbitt, C., Richardson, J., Pettinger, c. (2018) 'The impact of hot food takeaways near schools in the UK on childhood obesity: a systematic review of the evidence' *Journal of Public Health*

results from the analysis showed that takeaway exposure was associated with increased takeaway consumption and was also strongly associated with a greater Body Mass Index (BMI) with those with greater exposure having a BMI 1.21 units higher than those least exposed¹². Analysis also showed those with the highest takeaway exposure were almost twice as likely to be living with obesity compared to those with lower exposure.

4.11 There is evidence that hot food takeaways are a contributing factor to both the health of children and adults. However, the availability of evidence across the UK showing connections between exposure to takeaways, consumption and obesity is rare and does not necessarily show a strong correlation between these factors.

4.12 There are numerous reasons why the presence of takeaway outlets is undesirable from a public health perspective and as well as the health implications for people there are amenity issues on street and retail scenes. Hot food takeaways can generate food waste and food packaging litter, short term car parking outside the unit and subsequent traffic congestion as well as generation of noise during evening hours¹³. The nature of some types of takeaway units may also lead to the store being shuttered up during daytime hours. This creates dead street frontages damaging the liveliness of retailing areas or neighbourhood streets and impacting the viability of these areas.

National evidence

4.13 The British Psychological Society (BPS) states that while obesity is ultimately the result of an energy imbalance, behaviours that create this imbalance are influenced by a '*complex interaction of biological, psychological, sociological and environmental factors*'¹⁴. Changes in food systems have made it harder for the food industry to sell and promote healthy food and be more accessible. Healthy Weight: Healthy Wales recognises the factors contributing to obesity in Wales and sets out the strategy to prevent and reduce excess weight.

4.14 The National Survey for Wales 2024-25 results show that 62% of adults age 16+ in Wales are living with overweight or obesity with 25% living with obesity.

¹² Centre for Diet and Activity Research (CEDAR) (2014) 'Evidence Brief – Are takeaways adding pounds?' – MRC Epidemiology Unit (2014) 'Are takeaways adding pounds?' [online] Available at https://www.mrc-epid.cam.ac.uk/wp-content/uploads/2024/06/Evidence-Brief-Foodscapes-v1_0.pdf

¹³ Public Health England (2014) 'Obesity and the Environment: regulating the growth of fast-food outlets' [online] at https://www.mrc-epid.cam.ac.uk/wp-content/uploads/2024/06/Evidence-Brief-Foodscapes-v1_0.pdf

¹⁴ The British Psychological Society (2019) 'The causes of obesity – A complex interaction' BPS – British Psychological Society [Online] at <https://explore.bps.org.uk/content/report-guideline/bpsrep.2019.rep130/chapter/bpsrep.2019.rep130.4>

The survey also shows that only 33% of people aged 16 or over, eat five or more portions of fruit and vegetables a day. However, this data is entirely self-reported and is not adjusted to account for people making errors in the data they report, and so figures are likely to be higher than this. Among children more than a quarter aged 4 or 5 in Wales are measured as living with overweight or obesity, with around one in ten living with obesity. These childhood weight figures are concerning especially considering that children of these ages have not yet begun primary school.

- 4.15 A key factor behind both adult and child weight statistics is the deprivation gap. Children living in the most deprived fifth of postcode areas are far more likely to be living with overweight or obesity compared to those living in less deprived areas¹⁵. The impacts of poor diet are unevenly distributed, with rates of obesity in the most deprived communities around twice as high as those in the least deprived. This highlights the strong link between socioeconomic inequality and diet-related health outcomes.
- 4.16 The Vale Food Strategy 2025-2030 recognises the significance of health inequalities among different populations. The adverse impacts caused by food insecurity are disproportionately experienced amongst the most vulnerable groups in society resulting in health inequalities. Those more disadvantaged are often unable to avoid food insecurities and the type of food provision local to them. This is because food insecurity intersects with issues and inequalities of location, socio-economic status and issues of equality. These types of food inequalities are expected to rise.
- 4.17 Spatial planning provides an important opportunity to shape healthier places by improving access to nutritious and affordable food. A high concentration of hot food takeaways in town and local centres can dominate retail environments and limit opportunities for units that could offer healthier food options to influence people's eating habits over time¹⁶.

Local evidence

- 4.18 As of 2020-21 in the Vale of Glamorgan 57% of adults are living with excess weight or obesity, including 21% that are living with obesity¹⁷. While one of the

¹⁵ Rocio Cifuentes (2024) 'Obesity/Healthy Weight' *Children's commissioner for Wales* [online] at <https://www.childcomwales.org.uk/our-work/policy-positions/obesity-healthy-weight/>

¹⁶ Bristol City Council (2023) 'Bristol Local Plan' [online] at <https://www.bristol.gov.uk/files/documents/6894-bristol-local-plan-main-document-publication-version-nov-2023/file>

¹⁷ Welsh Government (2023) 'Adult lifestyles by local authority and health board 2020-21 onwards' *National Survey for Wales* [online] Available at <https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-Lifestyles/adultlifestyles-by-healthboard-from-202021>

lowest for regions in Wales this still means that more than 1 in 2 adults are overweight or obese. In terms of diet the Vale compares better than many local authorities across Wales however only 39% were measured as eating the recommended five portions of fruit and vegetables the previous day and many do not eat any. Worryingly 46% of children aged 11-16 report that they eat no fruit and veg at all each day¹⁸ but the percentage of children aged 3-7 years old reported to eat at least one portion of fruit and vegetables every day is 89% and 70% respectively¹⁹. Access to a food environment that promotes healthy food choices is essential to improve eating habits and diets and reduce the risk of long-term health conditions²⁰. The evidence regarding this suggests²⁰

- Increased access to healthy, affordable food for the general population is associated with improved healthier food purchasing behaviours and improved dietary behaviours.
- Increased access to unhealthier food retail outlets is associated with increased weight status in the general population and increased obesity and unhealthy eating behaviours among children living in low-income areas.
- Access to urban agriculture appears to improve attitudes to healthier food, increases opportunities for physical activity and social connectivity and increases fruit and vegetable consumption.

4.19 The Child Measurement Programme for 2023-24²¹ summarises the data collected across Wales during the school year surrounding the weight of children aged 4 – 5 years. The Cardiff and Vale University Health Board area data here identifies the proportion of children categorised as overweight or obese. In the Vale of Glamorgan, the proportion that are overweight not obese is 11.1% and those that are obese is 9.9%. These figures are calculated through dividing the Vale into regions called primary care clusters and calculating the percentage of children that are overweight and obese in each. These regions do however include a small portion of Cardiff East that crosses

¹⁸ Public Health Wales (2025) 'Secondary School Children's Health and Well-being Dashboard' *The School Health Research Network Survey data* [online] Available at https://publichealthwales.shinyapps.io/SHRN_Dashboard/

¹⁹ Welsh government (2019) 'Lifestyles of children aged 3-7 by health board' *National Survey for Wales* [online] Available at <https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Child-Lifestyles/childlifestyles-by-healthboard>

²⁰ Public Health England (2017) 'Spatial Planning for Health. An evidence resource for planning and designing healthier places' [online] at https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf.

²¹ Public Health Wales (2025) 'Child Measurement Programme 2023-2024' Available at: <https://phw.nhs.wales/services-and-teams/child-measurement-programme/cmp-2023-24/child-measurement-programme-annual-report-2023-2024/>

into the Vale around Wenvoe. Figure 1 shows a table of the percentage of children that are overweight and obese in each region of the Vale and

Region	Overweight (%)	Obese (%)
	2023/24	2023/24
Central Vale	12.7%	12.8%
Eastern Vale	12.4%	6.9%
Western Vale	12.5%	7.4%
Cardiff	12.5%	11.3%
Southwest*		

Figure 1: Percentage of children that are overweight and obese in each area of the Vale

*Cardiff Southwest mostly encompasses a section of Cardiff and only a very small segment of the Vale and therefore is not fully representative of the region's childhood weights

4.20 The average percentage of children of 4 – 5 years of age that are overweight not obese is 11.1% and the percentage that are obese is 9.9%. These figures have excluded the portion of the Vale included in Cardiff Southwest so statistics will be marginally higher than stated. The primary care clusters of the Vale of Glamorgan are mostly below the Welsh average for children being overweight or obese. The Western Vale however, does exceed the Welsh average for children that are overweight and not living with obese and Cardiff East exceeds both averages. To note, the Central Vale is only 0.1% off the Welsh average statistic for the overweight category. So, while the Vale of Glamorgan has lower levels of children aged 4 – 5 years that are overweight or obese its figures are still beyond optimal.

4.21 Levels of deprivation across the Vale of Glamorgan vary according to the Index of Multiple Deprivation (IMD) data where outside of Barry deprivation is low with only four LSOA's in the 30 - 50% most deprived range and the remainder in the 50% least deprived. In Barry however, there is a higher degree of deprivation with a higher proportion of LSOA's in the 50% most deprived including three that are in the top 10% most deprived in Vale and Seven in the 10 - 20% bracket.

4.22 With 72 of the 118 recorded takeaways in the Vale located in Barry many can be found in areas of higher deprivation. Figure X shows the location of hot food takeaways in Barry and the IMD data for its LSOA's. 6 of the takeaways are located in those areas that are in the 50% least deprived, 32 in the 30 - 50% most deprived, 24 in the 10 – 20% most deprived and 2 in the 10% most deprived. This shows most of the takeaways to be found in areas of higher deprivation in Barry showing a correlation although not necessarily a strong one with few in the highest bracket of deprivation.

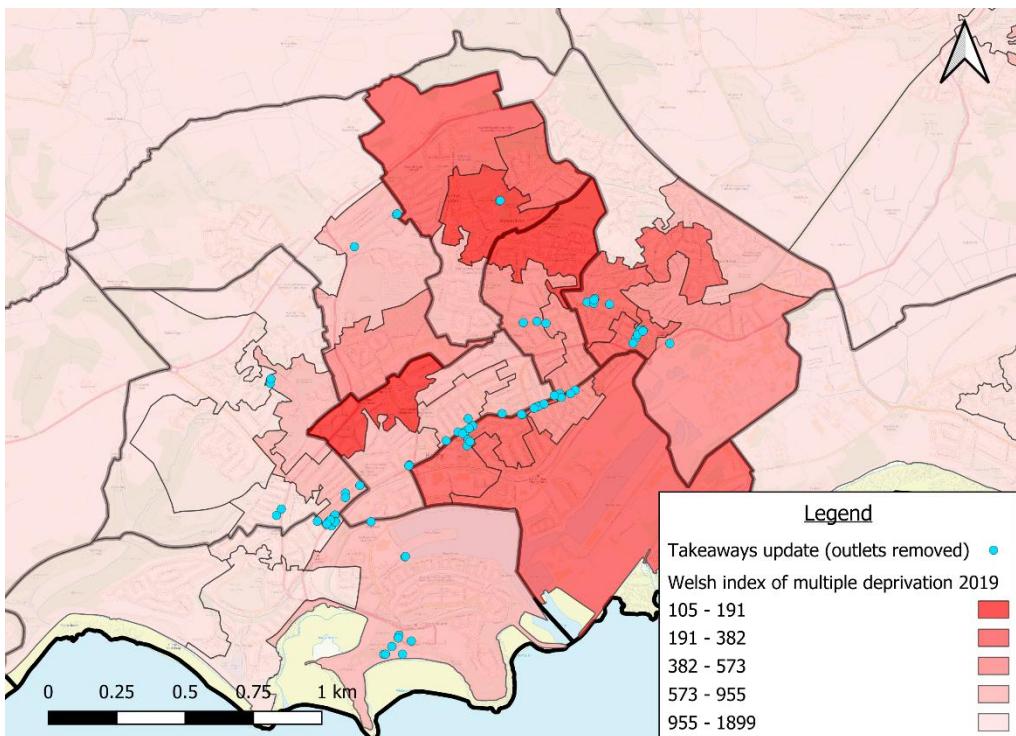


Figure 2: Map of hot food takeaways and deprivation data in Barry

4.23 Some of the residential neighbourhoods of Barry including Gibbonsdown, Buttrills, Cadoxton and Dyfan all fall into some of the most deprived deciles of the IMD and so takeaways both in and out of retail centres should be limited so those living in the most deprived areas have access to a range of food that include healthier options.

5. Hot food takeaway location evidence

- 5.1 The concentration or clustering of takeaway outlets in retail centres can result in units beginning to dominate the retail scene and occupy units that could otherwise be used for healthier or preferred retail use alternatives and instead increase exposure to unhealthy food options²².
- 5.2 There is evidence surrounding the association between exposure to hot food takeaways and subsequent consumption and poor health as identified in section 4. There is good evidence to also demonstrate the link between the presence of hot food takeaways and higher levels of deprivation. Children who spend more time in deprived neighbourhoods tend to eat more fast food and consequently are more likely to become overweight or obese²³. There is also a tendency for takeaways to be located alongside bars, betting shops, retailers selling alcohol and other types of takeaways which can further influence the health of the local community²⁴.
- 5.3 In 2022 the Welsh Government launched a Healthy Food Environment consultation to understand what solutions should be implemented to promote healthier foods and reduce childhood and adult obesity in Wales. The consultation put forward proposals under three themes and collected responses to the ideas put forward.
- 5.4 The third theme: Healthier Local Food Environments, Proposal 6 'Limiting hot food takeaways' notes that Wales has the highest density of hot food takeaways at 65 per 100,000 people when compared to the UK average of 61 per 100,000 people. In response to the proposal to review guidance and distribution of hot food takeaways of the 330 participants that answered the question across both the full length and easy read consultation 199 (60%) agreed with the proposal to review the distribution of takeaways and highlighted that people purchase what is readily available to them identifying a problem with the availability of these options and the lack of healthier alternatives at the same level of accessibility.
- 5.5 Those that supported the proposal also cited issues around the proximity of takeaways to schools and colleges with organisations agreeing that they should

²² Bristol City Council (2023) 'Bristol local Plan' [online] at <https://www.bristol.gov.uk/files/documents/6894-bristol-local-plan-main-document-publication-version-nov-2023/file>.

²³ Turbitt, C., Richardson, J., Pettinger, c. (2018) 'The impact of hot food takeaways near schools in the UK on childhood obesity: a systematic review of the evidence' *Journal of Public Health*

²⁴ Sustain (no date) 'Evidence - the health and wellbeing benefits of food growing' [online] at <https://www.sustainweb.org/growinghealth/evidence/#Evidence>

not be located within 400m of a school and some suggesting that this should be an 800m zone instead. In February 2023, the participants in Public Health Wales' Time to Talk survey were asked their opinion about food environments and what needs to change. 60% agreed or strongly agreed with the statement 'Planning laws should be used to restrict the number of unhealthy food takeaways and shops near schools'²⁵. This demonstrates there is a degree of public opinion in Wales that believe hot food takeaways should be controlled in areas easily accessible from a school or college.

- 5.6 The environment created by hot food takeaways often harms the amenity of the local area whereas PPW is clear that healthy environments are to be created particularly in retail centres to enhance their attractiveness. This includes odour, noise, litter and highway matters.
- 5.7 Dark kitchens are services that produce meals from a kitchen that is not publicly accessible and instead delivers the meals to customers. While not necessarily present in the Vale, these kitchens have seen a growth and are likely to become an important part of the food sector in the future²⁶. Dark kitchens that sell hot food high in fat, salt or sugar for customers to take away act in a similar vein to the standard hot food takeaway establishment. Changes of use from home kitchens and industrial units to this use should be monitored and applied against policies regarding hot food takeaways.
- 5.8 Hot food takeaways attract a high proportion of car-borne short-stay customers due to the nature of these establishments. Generation of such short stay parking often results in illegal parking, so customers can 'pop in', that poses a threat to both road and pedestrian safety and congestion and therefore creation of parking demand should be addressed. The Vale of Glamorgan's Parking Standards SPG (2019) states that '*Where and how cars are parked can be a major factor in the quality of Place*'. This SPG sets out the parking standards for new development including change of uses and what will be given consideration in order to deem if the level of parking provision proposed for a development is acceptable and if additional parking space should be provided. Detailed guidance regarding the need for parking for developments should be sought in the SPG.
- 5.9 The relationship between exposure to hot food takeaways and weight gain is most pronounced in groups with lower levels of education and is where

²⁵ Public Health Wales (2023) ;Time to Talk Public Health, February – March 2023 Panel Survey Findings' Available at: [Time to Talk Public Health Panel Publications - Public Health Wales](#)

²⁶ da Cunha, D.T., Hakim, M.P., Alves, M.M., Vicentini, M.S. and Wiśniewska, M.Z. (2024). 'Dark kitchens: Origin, definition, and perspectives of an emerging food sector.' *International Journal of Gastronomy and Food Science*, 35 [online] at <https://www.sciencedirect.com/science/article/pii/S1878450X24000179>

deprivation becomes a contributor to greater health inequalities²⁷. Areas that are more deprived have more fast-food outlets and hot food takeaways with the poorest in societies in England seeing up to five times more takeaways than the less deprived areas. Ultimately there is a need to explore locational issues surrounding hot food takeaways in the Vale.

- 5.10 The Food Environment Assessment Tool (FEAT)²⁸ can be used to look at the number of takeaways and food outlets across the UK. This tool displays food outlets under the Food Standards Agency's Food Hygiene Rating Scheme (Fhrs) that are identified as takeaway outlets and displays the data at six different geographical levels in which to explore the distribution and shows the change in the number of takeaway units over time.
- 5.11 While the FEAT tool is useful in showing the figures at the various geographic levels across Wales, the Vale of Glamorgan Council has prepared an evidence base that identifies the location of all takeaways in the Vale. The FEAT tool, while showing how many units there are per LSOA, does not specify the location of these units any further and so cannot be used to identify if the units specifically fall within any of the retail centre boundaries outlined in the Local Development Plan or if there are dense clusters of takeaways on a specific street.
- 5.12 The evidence base identifies the Vale to have a total of 118 takeaway units while the FEAT tool identifies 148 as of October 2025. The difference between these is likely down to the methodology used to conclude what units are included or excluded from the data. In preparing the Council's evidence, concession stands, and market stalls were excluded as well as units that did not fit the hot food takeaways category and were of a restaurant in nature where the product is primarily consumed on the premises. The methodology used by the MRC Epidemiology unit at the University of Cambridge to create the FEAT tool used a method by Public Health England. This identified relevant takeaway units through key descriptions and nine key search terms including 'fish bar' 'burger' and 'pizza'
- 5.13 The data collected by the Council identifies the exact location of every known takeaway within the Vale of Glamorgan allowing them to be identified as inside or outside of different retail boundaries. Planning policies can then be applied individually to units depending on whether they are in a town and district centre,

²⁷ Burgoine, T., C. Sarkar, C. Webster, and P. Monsivais, 'Examining the interaction of fast-food outlet exposure and income on diet and obesity: evidence from 51,361 UK Biobank participants' *International Journal of Behavioural Nutrition and Physical Activity* [online] at

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-018-0699-8>

²⁸ FEAT [online] available at <https://www.feat-tool.org.uk/feat2/>

a village, local or neighbourhood centre, an out of centre or outside of any retail boundary.

5.14 Objective 7 of the RLDP – Fostering Diverse, Vibrant and Connected

Communities aims to '*Enable diversification of uses within town and local commercial and service centres to offer a mix of retail, leisure, commercial and community uses*'. To achieve this and as mentioned in section 3, the RLDP sets out an updated retail hierarchy in Policy SP10 – Retail, Commercial and Service Centres and the boundaries for each type of retail centre in the appendices to the plan. The RLDP policy on Resilient Town Centres, lists A1, A2, A3 (excluding hot food takeaways), D1 and D2 uses as development types that will be supported. It states any change from these uses must adhere to a checklist of criteria stated in the policy and exclusion of takeaways from this policy means a requirement for a separate set of criteria for permission.

5.15 The over-concentration of hot food takeaways primarily in retail centres can exacerbate the impacts of these units to a point where it harms the viability and attractiveness of the retail centre. Many local authorities in England and Wales have implemented limits to the number of hot food takeaways permitted in a retail centre and control the concentration of this type of retail use. Table 1a shows how many hot food takeaways are located in each retail centre in the Vale of Glamorgan. It also states the proportion of each retail centres that are classed as hot food takeaways as a percentage of the total number of retail units. The percentage of takeaways each centre possesses as a proportion of the total number present throughout the Vale is also calculated. Table 1b shows what proportion of these are located within the two biggest settlements of Barry and Penarth. These figures can be used to assess the concentration of hot food takeaways in the Vale of Glamorgan.

Table 1a: Number and proportion of takeaways across the Vale of Glamorgan's retail centres (2025)

Retail Centre	Number of ground floor takeaways	Percentage of total takeaways	Total number of ground floor retail units in centre	Percentage of total retail units that are takeaways
Town and District Centres				
High Street, Barry	12	10.2	125	9.6
Holton Road, Barry	12	10.2	188	6.4
Llantwit Major	6	5.1	103	5.8
Penarth	13	11.0	179	7.3
Cowbridge	4	3.4	181	2.2
Local and Neighbourhood Centres				
Park Crescent, Barry	1	0.8	37	2.7
Upper Holton Road, Barry	5	4.2	35	14.3
Vere Street, Barry	3	2.5	12	25.0
Main Street, Barry	3	2.5	18	16.7

Barry Road, Barry	2	1.7	9	22.2
Skomer Road - Gibbonsdown	2	1.7	4	50.0
Cwm Talwg Centre, Barry	2	1.7	9	22.2
Fontygary, Rhoose	1	0.8	13	7.7
Dinas Powys Village	2	1.7	20	10.0
Cardiff Road, Dinas Powys	2	1.7	12	16.7
Castle Court, Dinas Powys	2	1.7	9	22.2
Cornerswell Road, Penarth	2	1.7	23	8.7
Tennyson Road, Penarth	2	1.7	6	33.3
Pill Street, Cogan	1	8.3	4	25.0
The Square, St. Athan	2	1.7	13	15.4
Boverton	1	0.8	7	14.3
Out of Centre retail areas				
Dockside Retail Park	3	2.5	31	9.7
Brooklands Retail Park	1	0.8	6	16.7
Penarth Road Retail Park	1	0.8	6	16.7
Tourist Centres (undesignated)				
Barry Island	8	6.8	-	-
Penarth Pier	4	3.4	-	-
Total	97	82.2	1069	-
Outside of all Centres				
Barry	19	16.1	-	-
Penarth	1	0.8	-	-
Rhoose	1	0.8	-	-
Total	21	17.8	-	-
Overall Totals	118	100.0	1069	

Table 1b: Number and proportion of takeaways in Barry and Penarth

	Barry	Penarth	Total
Number of takeaways	72	24	96
Percentage of total takeaways in the Vale	61.0	20.3	81.36

5.16 All of the hot food takeaways in the Vale of Glamorgan are located within or adjacent to a settlement boundary. Figure 4 shows that 81.36% of these are located in either Barry or Penarth, with 61% in Barry alone. A spatial representation showing where each takeaway is located can be seen on the map in Appendix 1 and the distribution in Barry and Penarth in Appendix 2. Figure 3 shows that in the Vale of Glamorgan's retail centres there are 97 of the total 118 hot food takeaways (82.2%) and outside of any retail centres are 21 takeaways (17.8%). Within retail centres, currently policies MG13, 14 and 15 of the Adopted LDP control the extent of non-A1 uses that are permitted, however outside these boundaries there is currently no policy that controls the use class of retail units. If guidance is implemented controlling the number of takeaways

permitted within retail centres there may be a subsequent effect of local businesses locating new takeaway establishments outside of these where possible. It is worth noting that such measures would restrict not restrict takeaways coming forward in units that were takeaways in their previous use and would only affect changes of use to an A3 hot food takeaway unit from another use. Accordingly, there should be guidance of some degree to control areas outside of designated retail centres.

5.17 Figure 3 also highlights the variation in the concentration of takeaways. There are retail areas with high proportions of takeaways including Barry High Street, Penarth Pier and many of the local and neighbourhood retail centres. Across all centres the lowest proportion of units that are takeaways is 2.2% in Cowbridge Town Centre and the highest is 50% at Skomer Road, Barry. These percentages do not necessarily imply a high number of takeaways but instead a high ratio when compared to the total number of retail units.

5.18 In town and district centres the total number of retail units are much higher (seen in Figure 3). Therefore, the number of hot food takeaways as a percentage of the total number of retail units is far lower compared to some of the local and neighbourhood centres. At these centres the percentage that are takeaways becomes much higher e.g. at Skomer Road. Because of these variations a single measure cannot be applied to all retail centres collectively due to differences in their nature.

5.19 Barry Island and Penarth Pier are tourist centres rather than retail centres and therefore restrictions controlling hot food takeaways needs to be balanced against the impact restrictions may have on their role in serving the tourism economy.

5.20 With 118 takeaways the Vale of Glamorgan and a population of 131,800 according to 2021 Census data, there are 0.89 hot food takeaways per 1,000 people. The FEAT tool states that the Vale of Glamorgan has 1.09 outlets per 1,000 people for October 2025, this including fast food outlets on top of hot food takeaways. In comparison this is below the Welsh average of 1.16 per 1,000 population for outlets. The number of takeaways however is still on the rise in some LSOA's as noted in section 4.

5.21 As identified, the Vale of Glamorgan has a range of retail centres that vary in nature and range in concentration. Ultimately there is a need to apply different limits to retail centres of different sizes (measured by total number of units) as having one limit will either be too restrictive and hinder opportunities to revitalise centres or will allow permission for numerous takeaways and render measures ineffective.

5.22 Town and district centres should be given one concentration limit that applies to all five of the centres since they are all of a similar scale in terms of total units. There are already numerous takeaways in these centres and further is deemed to have a negative impact upon the street scene so a tighter limit should be applied. A limit of 6% has been concluded as the most effective restriction for town and district centres having regard for existing proportions. This percentage would restrict all new takeaways in four of the five centres but would not place restrictions on the development of a limited number of additional hot food takeaways in Cowbridge Town Centre (currently having four). Cowbridge Town Centre is protected by a conservation area designation that encompasses the entirety of its retail centre and as consequence, the change of use of units to hot food takeaways will need to be balanced against the need to protect its unique character.

5.23 The variety in size of local and neighbourhood retail centres means that multiple limits will need to be applied to different sized centres. Various concentration percentage limits have therefore been tested at retail centres of three sizes: less than 10 units, 10-20 units and over 20 units. Various percentages of total unit limits were applied in each of these categories in three main tests and a fourth additional test using just two retail centre size categories. All four test tables can be viewed in Appendix 3. These tests looked at the impact that different limits would have and how many additional hot food takeaways they would permit should these different limits be applied. The final column in these tables in Table 3 and Appendix 3 shows the centres that could still have an additional number of takeaways that could be permitted in the future as a result of the applied concentration limit.

5.24 The four tests in Appendix 3 indicate the consequences of different limits on different sized local, neighbour and out of centre retailing areas. Each one has a different level of leniency on the number of takeaways that could be permitted in the future with Table A being the tightest restrictions, Table B moderate restrictions and Table C the least restrictive. Centres that were identified to have no hot food takeaways were not included in these four tables and instead the impact of various percentages calculated in table E in Appendix 3. All these had less than ten total units and Table F therefore compares the impact of each percentage used to test retail centres of under 10 units with hot food takeaways on these retail centres without any to ensure that the chosen concentration limit did not inadvertently allow for the permission of an unacceptable number of takeaways in these centres that are currently vacant of this use.

5.25 Table 2 is the final table constructed from the outcomes of test tables 1 – 5 in Appendix 3. The most suitable options from the first four tables have been

entered into this final table, the rows highlighted are the retail centres that do not have any hot food takeaways. It is deemed that village, local, neighbourhood and out of centre retail areas of less than 10 units should not have more than 30% of total units as hot food takeaways. Centres of 10 – 20 units should have no more than 20% and centres of over 20 units should have no more than 10% of their units as hot food takeaways. These limits should restrict the over-concentration of hot food takeaway establishments within retail centres without damaging the viability of the centres.

Table 2 – The suitable maximum number of takeaways as a percentage of the total number of units in different sized retail centre.

Type of Centre	Retail centre name	Retail centre size			Number of units until threshold
		Under 10 units	10-20 units	Over 20 units	
Local and Neighbourhood Centre	Park Crescent, Barry			10%	2
	Upper Holton Road, Barry		-	10%	-
	Vere Street, Barry		20%		-
	Main Street, Barry		20%		1
	Barry Road, Barry	30%			-
	Skomer Road - Gibbonsdown	30%			-
	Cwm Talwg Centre, Barry	30%			-
	Fontygary, Rhoose		20%		1
	Dinas Powys Village		20%		-
	Cardiff Road, Dinas Powys		20%		-
	Castle Court, Dinas Powys	30%			-
	Cornerswell Road, Penarth		-	10%	-
	Tennyson Road, Penarth	30%			-
	Pill Street, Cogan	30%			-
	The Square, St. Athan		20%		-
	Boverton	30%			1
	Crawshay Drive, Llantwit Major	30%			-
Out of Centre	Camms Corner, Dinas Powys	30%			2
	Park Road	30%			1
	Bron Y Mor	30%			1
	Barry Waterfront Retail Park		20%		-
	Dockside Retail Park			10%	-
	Palmerstone	30%			-
	Pencoedtre	30%			-
	Highlight Park	30%			-
	Terra Nova Way	30%			-
	Penarth Road Retail Park	30%			-

5.26 Table 1a showed that the number of hot food takeaways located outside of any retail centres totalling 25, 23 of which are within the Barry settlement. This demonstrates that takeaways outside retail centres are not a current or prevalent issue except from in Barry, which has the potential to add to the existing deprivation and obesity levels already experienced in some of the Vale's most deprived areas.

5.27 Takeaway establishments outside of retail centres can have large implications on the surrounding areas. They can damage the amenity value and character of residential areas, create significant disturbance to residents and also heighten access to unhealthy meal options. In the Vale of Glamorgan there are only two takeaways, outside of Barry, that are outside of retail centres demonstrating that in these areas this isn't a typical issue whereas Barry, containing the more deprived neighbourhoods in the Vale, would be most affected by the presence of hot food takeaways. Ultimately there should be a presumption against permitting hot food takeaways outside of retail centres especially if any of these impacts could cause considerable damage to local character or amenity.

5.28 Clustering of hot food takeaways can damage the vitality and attractiveness of retail centres as they break up the shopping frontage especially where some of these outlets have only evening opening hours and are closed throughout the day. Clusters of this use may generate a focal point for disturbances such as litter and noise that further detract from the appeal of the centres and their streets.

5.29 In order to reduce clusters of takeaways there should be policy to prevent clusters of more than two adjacent A3 hot food takeaway units being permitted in town, district, village/local and neighbourhood centres. While this would prevent clusters of adjacent takeaways forming it does not prevent one non A3 takeaway unit being able to separate two different identified takeaway clusters and in practice would render such measures largely ineffective. This level and proximity of the clusters of takeaway units does not currently occur in the Vale of Glamorgan although should be prevented for the future. Therefore, the proximity of a hot food takeaway unit to an existing cluster of two should be taken into consideration during the planning application stage for a new hot food takeaway and at least three non-A3 units should separate existing clusters. Figure 6 demonstrates what could exist without a buffer between clusters compared to the separation with a three-unit buffer.

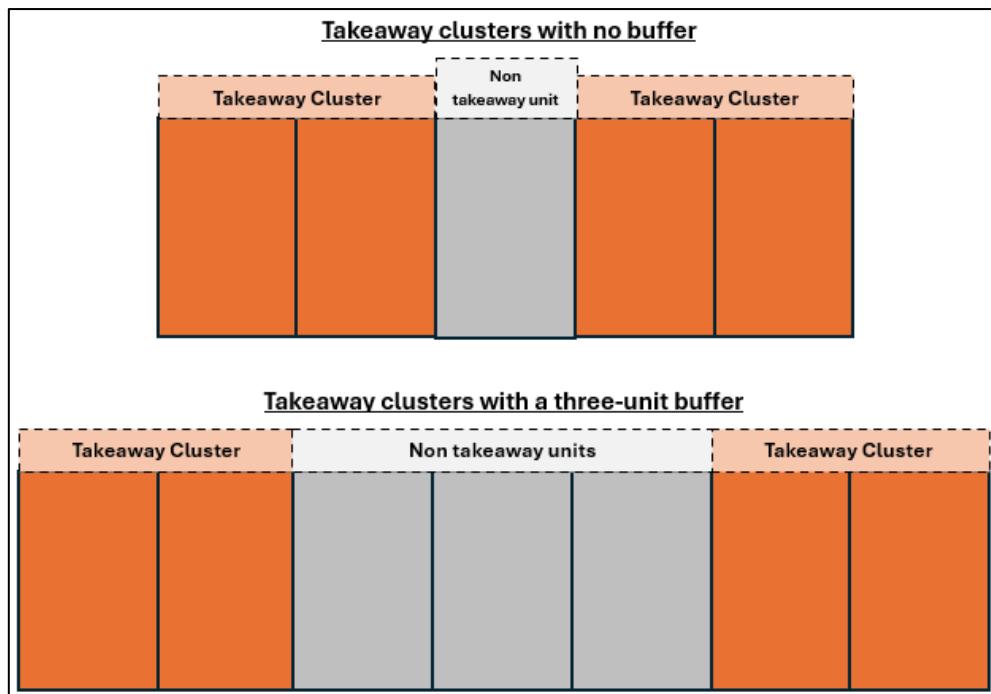


Figure 6: Potential takeaway clusters without a buffer and with proposed buffer

6. Takeaway exclusion zones

- 6.1 Where there is sufficient evidence to, Local Planning Authorities can limit the provision of hot food takeaways in regard to certain aspects such as proximity to schools where there are substantial populations of children. Introducing such a measure around schools therefore has the potential to improve children's health and wellbeing by limiting access to unhealthy meals at lunchtime or after school.
- 6.2 The policy benchmark of a 400m radius from the main entrance to the school has been tested and implemented by a number of local authorities in England. This distance is considered to be the furthest distance that the majority of school pupils would be willing to walk to get food from their school. Exclusion zones of this distance therefore intend to refuse planning permission to any new hot food takeaways proposed within this radius to deter pupils from walking to takeaways.
- 6.3 In light of local health policies aiming to reduce obesity and improve the population's health at both a local and national scale, management zones around schools have been considered. The Vale of Glamorgan Council have tested 400m exclusion zones around its secondary schools to deem whether there is an issue in takeaways proximity to secondary schools and whether a policy including exclusion zones around them is necessary. Only secondary schools have been considered for exclusion zones as secondary school children are regarded as the only students who will independently walk to a takeaway to get food during time outside of learning hours. A test regarding the location of hot food takeaways in relation to primary schools in the Vale of Glamorgan was conducted however the 400m exclusion zones covered the majority of settlements such as Barry, Penarth, Llantwit Major and Dinas Powys and their retail centres. This would ultimately mean no takeaways would be permitted in most of the centre or its retailing areas which while this paper aims to limit these A3 uses such a measure could leave vacant units empty and harm the centres and render the concentration limits purposeless.
- 6.4 The 400m exclusion zone test around the Vale of Glamorgan's secondary schools can be viewed in Appendix 4. From this test it is visible that out of the nine secondary schools in the Vale of Glamorgan only one has hot food takeaway units within a 400m radius of the front gates. This one is Westbourne Private School and is located on the edge of the Penarth Town Centre retail boundary encompassing eleven takeaway units. However, the nature of Westbourne is different from typical secondary schools in that it is a campus for students of 2-18 years old where students spend much less time on the school

site. Being adjacent to the Town Centre Boundary, refusing any takeaway applications in the future would also potentially compromise the viability of the designated Penarth Town Centre contrary to PPW.

- 6.5 It is evident therefore that proximity of takeaway units to schools is not necessarily a prevalent issue in the Vale of the Glamorgan. Additionally, there is no childhood obesity statistics for Local Authorities in Wales for secondary school aged children. Because of these reasons 400m exclusion zones around secondary schools are not required. However, the location of hot food takeaways to secondary schools should be a material consideration during the determination of a planning application for a new unit to improve the health of children.

7. Conclusions and Recommendations

- 7.1 The Vale of Glamorgan's RLDP recognises the importance of improving the populations health through 'improving mental and physical health and well-being' as one of the key strategic objectives of the plan. Data and evidence produced by Public Health Wales and Wales Health Impact Assessment Support Unit (WHIASU) alongside the RLDP objectives support and justify the approach towards restrictions on the number and concentrations of hot food takeaways in the Vale of Glamorgan.
- 7.2 Based on evidence and reasoning provided in this paper the Vale of Glamorgan Council should adopt planning policy to restrict the locations of hot food takeaways, their concentrations and clustering. A hot food takeaway Supplementary Planning Guidance (SPG) should present specific measures and principles that will support the RLDP based on the evidence exhibited in this background paper.
- 7.3 It is proposed that the policy and supporting text be worded as follows:

Hot Food Takeaways

In order to promote healthier communities and protect the viability and attractiveness of retail, commercial and service centres and local neighbourhoods, proposals for new A3 Hot Food Takeaways will only be permitted where:

- A. The proposal is within a defined retail, commercial and service centre, edge of centre or out of centre retail park and does not cause or exacerbate an over-concentration of A3 hot food takeaway uses in that centre. An over-concentration is defined as exceeding the specific proportion of units that will be permitted as hot food takeaways in each defined retail centre as follows:**
 - Town and District Centres – 6%**
 - All other retail centre types with over 20 total units – 10%**
 - All other retail centre types with between 10 - 20 total units – 20%**
 - All other retail centre types with under 10 total units – 30%**
- B. The proposal does not result in the unacceptable clustering of hot food takeaways, defined as no more than two adjacent takeaway units and at least 3 non A3 takeaway units separating clusters.**

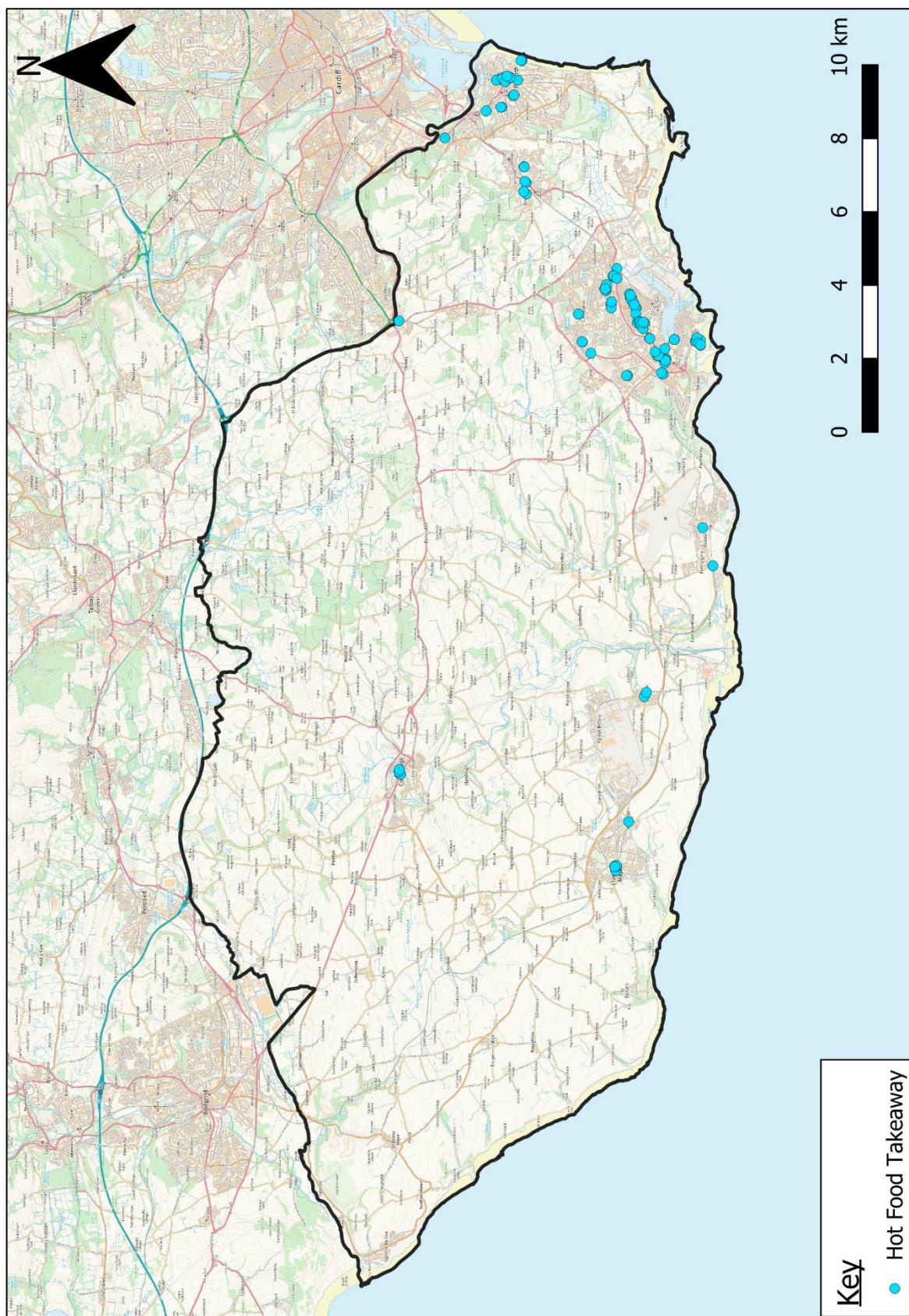
C. The proposal does not harm the amenity, character, viability or attractiveness of the surrounding area and neighbourhood.

Proposals for new A3 Hot Food Takeaways outside of the above defined retail areas will not be acceptable.

- 7.4 It is recognised that a proliferation of hot food takeaway establishments selling foods that are high in fat, salt and sugar has the potential to impact on the health of residents, contrary to the objective of the RLDP to improve mental and physical health. Limiting the number and location of these establishments can assist in improving meal choices and the general health of the population. An over-concentration of A3 hot food takeaway uses within defined centres can significantly also damage the centre's vibrancy, viability and attractiveness, as promoted through section 4.3 of PPW.
- 7.5 Hot food takeaways can harm the amenity and attractiveness of areas both within and outside of retail centres due to a number of factors that these types of establishments commonly generate. Takeaway units often produce odours, litter and noise during evening hours as well as impacting on parking and highway safety.
- 7.6 The Hot Food Takeaway Background Paper has identified a total of 128 hot food takeaways located in the Vale of Glamorgan with 104 of these within retail centres. Hot food takeaways are also more frequently found within the larger settlements, with specific concentrations in Barry, where over 30% of its Lower Super Output Areas (LSOA's) are in the top 20% most deprived areas in Wales in terms of income as shown in the Welsh Index of Multiple Deprivation (WIMD).
- 7.7 There is evidence of existing clusters of hot food takeaways in settlements in the Vale of Glamorgan and it is important that hot food takeaways are controlled in a manner that does not damage the vibrancy of the area. The town and district centres referred to in the Policy are those centres specified within Policy SP11 on Retail, Commercial and Service Centres. 'All other retail centres' relates to village and local centres, neighbourhood centres (also in Policy SP11) and Edge of Centre and Out of Centre areas specified in Policy RCS2.
- 7.8 Supplementary Planning Guidance will be prepared which sets out further clarification on how A3 hot food takeaways will be defined and how this policy will apply in practice.

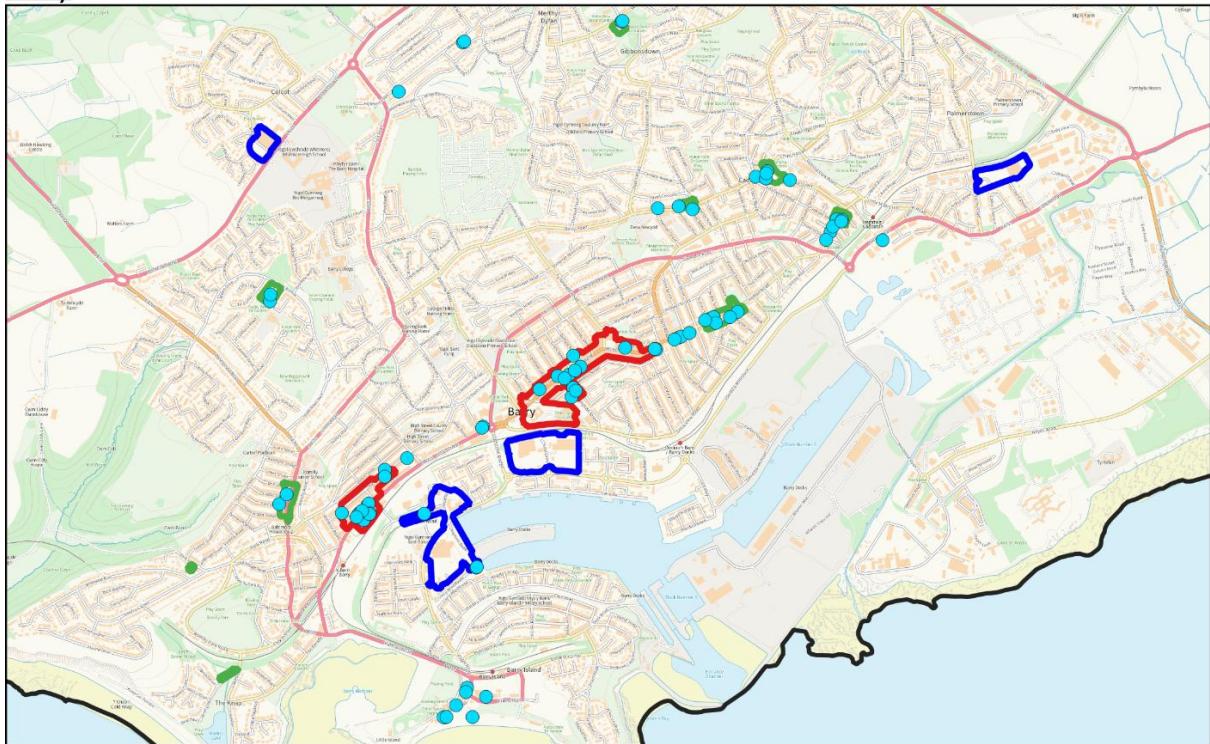
8. Appendices

Appendix 1: Takeaway distribution across the Vale of Glamorgan

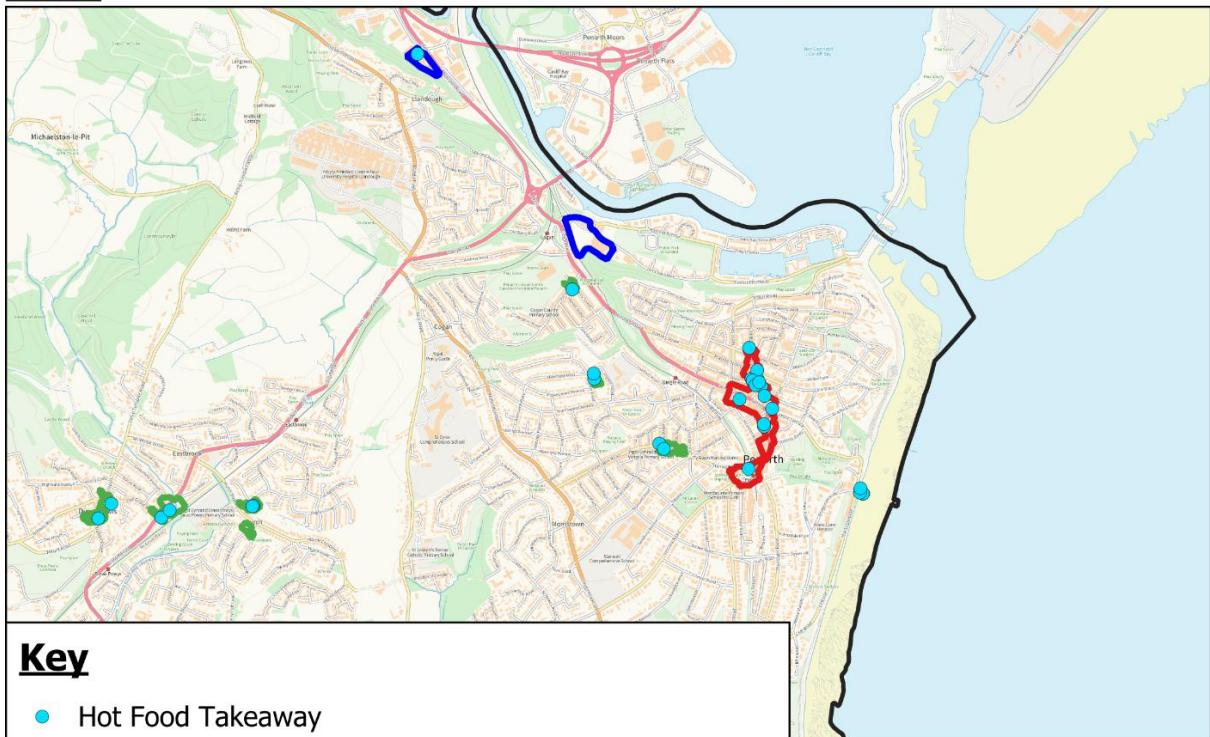


Appendix 2: Hot Food Takeaways and Retail Centres in Barry and Penarth

Barry



Penarth



Key

- Hot Food Takeaway

Retail Boundaries

- RLDP Town and District Centre Boundary
- RLDP Village, Local and Neighbourhood Centre Boundary
- RLDP Out of Centre Retail Area Boundary

Table A: Most restrictive concentration limits

Type of Centre	Retail centre name	Retail centre size			Number of units until threshold
		Under 10 units	10-20 units	Over 20 units	
Local and Neighbourhood Centre	Park Crescent, Barry			10%	2
	Upper Holton Road, Barry		-	10%	
	Vere Street, Barry		15%		
	Main Street, Barry		15%		
	Barry Road, Barry	25%			
	Skomer Road - Gibbonsdown	25%			
	Cwm Talwg Centre, Barry	25%			
	Fontygary, Rhoose		15%		
	Dinas Powys Village		15%		
	Cardiff Road, Dinas Powys		15%		
	Castle Court, Dinas Powys	25%			
	Cornerswell Road, Penarth		-	10%	
	Tennyson Road, Penarth	25%			
	Pill Street, Cogan	25%			
Out of Centre	The Square, St. Athan		15%		
	Bovertown	25%			
	Barry Waterfront Retail Park		15%		
	Dockside Retail Park			10%	
	Penarth Road Retail Park	25%			
	Brooklands Retail Park	25%			
	Valegate Retail Park	25%			1

Table B: Moderate restriction concentration limits

Type of Centre	Retail centre name	Retail centre size			Number of units until threshold
		Under 10 units	10-20 units	Over 20 units	
Local and Neighbourhood Centre	Park Crescent, Barry			6%	1
	Upper Holton Road, Barry		-	6%	
	Vere Street, Barry		20%		
	Main Street, Barry		20%		1
	Barry Road, Barry	30%			
	Skomer Road, Barry	30%			
	Cwm Talwg Centre, Barry	30%			
	Fontygary, Rhoose		20%		1
	Dinas Powys Village		20%		1
	Cardiff Road, Dinas Powys		20%		1
	Castle Court, Dinas Powys	30%			
	Cornerswell Road, Penarth		-	6%	
	Tennyson Road, Penarth	30%			
	Pill Street, Cogan	30%			

	The Square, St. Athan		20%		
	Boverton	30%			1
Out of Centre	Barry Waterfront Retail Park		20%		
	Dockside Retail Park			6%	
	Penarth Road Retail Park	30%			
	Brooklands Retail Park	30%			
	Valegate Retail Park	30%			1

Table C: Least restrictive concentration limits

Type of Centre	Retail centre name	Retail centre size			Number of units until threshold
		Under 10 units	10-20 units	Over 20 units	
Local and Neighbourhood Centre	Park Crescent, Barry			7%	1
	Upper Holton Road, Barry		-	7%	
	Vere Street, Barry		25%		1
	Main Street, Barry		25%		2
	Barry Road, Barry	35%			1
	Skomer Road - Gibbonsdown	35%			
	Cwm Talwg Centre, Barry	35%			1
	Fontygary, Rhoose		25%		2
	Dinas Powys Village		25%		1
	Cardiff Road, Dinas Powys		25%		2
	Castle Court, Dinas Powys	35%			
	Cornerswell Road, Penarth		-	7%	
	Tennyson Road, Penarth	35%			
	Pill Street, Cogan	35%			
Out of Centre	The Square, St. Athan		25%		1
	Boverton	35%			1
	Barry Waterfront Retail Park		25%		
	Dockside Retail Park			7%	
	Penarth Road Retail Park	35%			1
	Brooklands Retail Park	35%			
	Valegate Retail Park	35%			1

Table D: Testing the potential of using two retail centre sizes

Type of Centre	Retail centre name	Retail centre size		Number of units until threshold
		Under 20 units	Over 20 units	
Local and Neighbourhood Centre	Park Crescent, Barry		10%	2
	Upper Holton Road, Barry		10%	
	Vere Street, Barry	20%		
	Main Street, Barry	20%		
	Barry Road, Barry	20%		
	Skomer Road - Gibbonsdown	20%		
	Cwm Talwg Centre, Barry	20%		
	Fontygary, Rhoose	20%		
	Dinas Powys Village	20%		
	Cardiff Road, Dinas Powys	20%		
	Castle Court, Dinas Powys	20%		
	Cornerswell Road, Penarth		10%	
	Tennyson Road, Penarth	20%		
	Pill Street, Cogan	20%		
	The Square, St. Athan	20%		
	Boverton	20%		
Out of Centre	Barry Waterfront Retail Park	20%		
	Dockside Retail Park		10%	
	Penarth Road Retail Park	20%		
	Brooklands Retail Park	20%		
	Valegate Retail Park	20%		

Table E: Impact of different concentration limits on retail centres with no identified takeaways

Type of centre	Retail Centre	Total no. of units	Number of units until threshold at each percentage		
			35%	30%	25%
Local and neighbourhood centres	Crawshay drive, Llantwit Major	2	0	0	0
	Camms Corner, Dinas Powys	8	2	2	2
	Park Road	5	1	1	1
	Bron Y Mor	5	1	1	1
Out of centres	Palmerstone	2	0	0	0
	Pencoedtre	1	0	0	0
	Highlight Park	2	0	0	0
	Terra Nova Way	3	1	1	0
	Culverhouse Retail Park	5	1	1	1

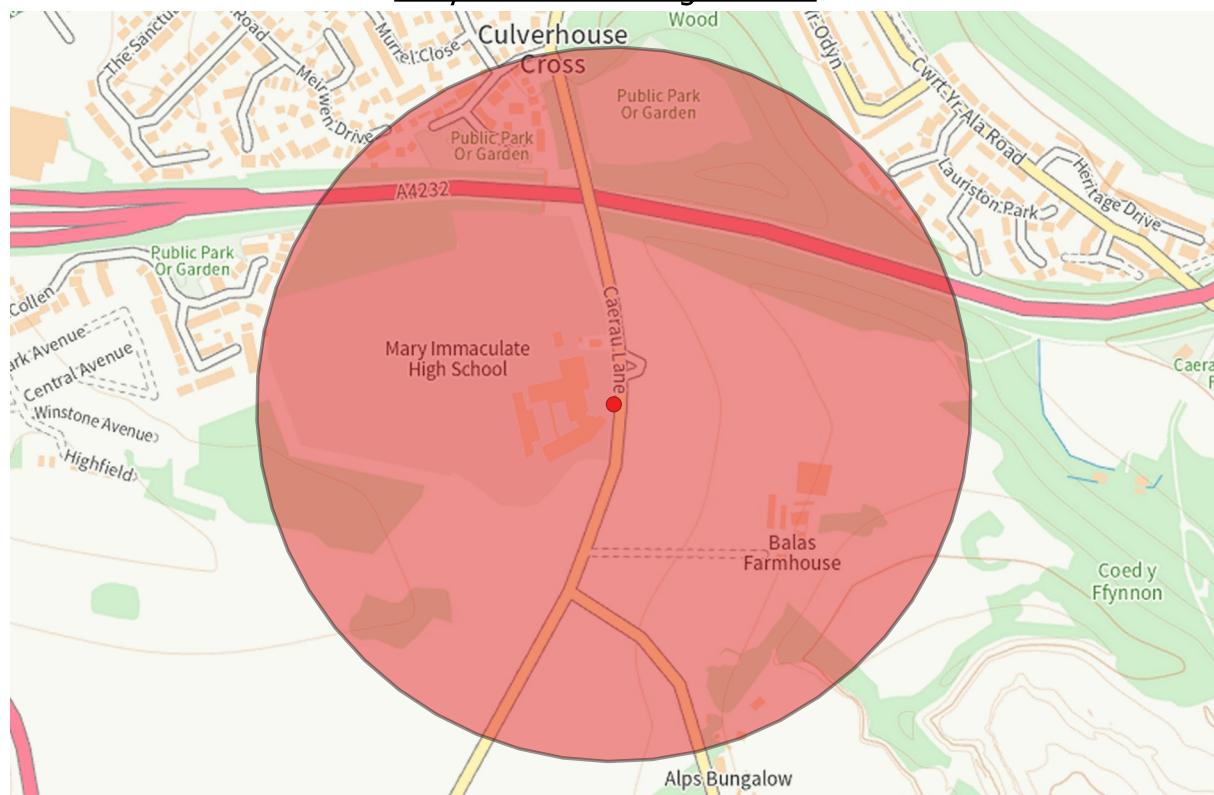
Table F: Finalised table of concentration limits for different sizes of retail centres

Type of Centre	Retail centre name	Retail centre size			Number of units until threshold
		Under 10 units	10-20 units	Over 20 units	
Local and Neighbourhood Centre	Park Crescent, Barry			10%	2
	Upper Holton Road, Barry		-	10%	
	Vere Street, Barry		20%		
	Main Street, Barry		20%		1
	Barry Road, Barry	30%			
	Skomer Road - Gibbonsdown	30%			
	Cwm Talwg Centre, Barry	30%			
	Fontygary, Rhoose		20%		1
	Dinas Powys Village		20%		1
	Cardiff Road, Dinas Powys		20%		1
	Castle Court, Dinas Powys	30%			
	Cornerswell Road, Penarth		-	10%	
	Tennyson Road, Penarth	30%			
	Pill Street, Cogan	30%			
	The Square, St. Athan		20%		
	Boverton	30%			1
	Crawshay Drive, Llantwit Major	30%			
Out of Centre	Camms Corner, Dinas Powys	30%			2
	Park Road	30%			1
	Bron Y Mor	30%			1
	Barry Waterfront Retail Park		20%		
	Dockside Retail Park			10%	
	Palmerstone	30%			
	Pencoedtre	30%			
	Highlight Park	30%			
	Terra Nova Way	30%			1
	Penarth Road Retail Park	30%			
	Brooklands Retail Park	30%			
	Valegate Retail Park	30%			1
	Culverhouse Retail Park	30%			1

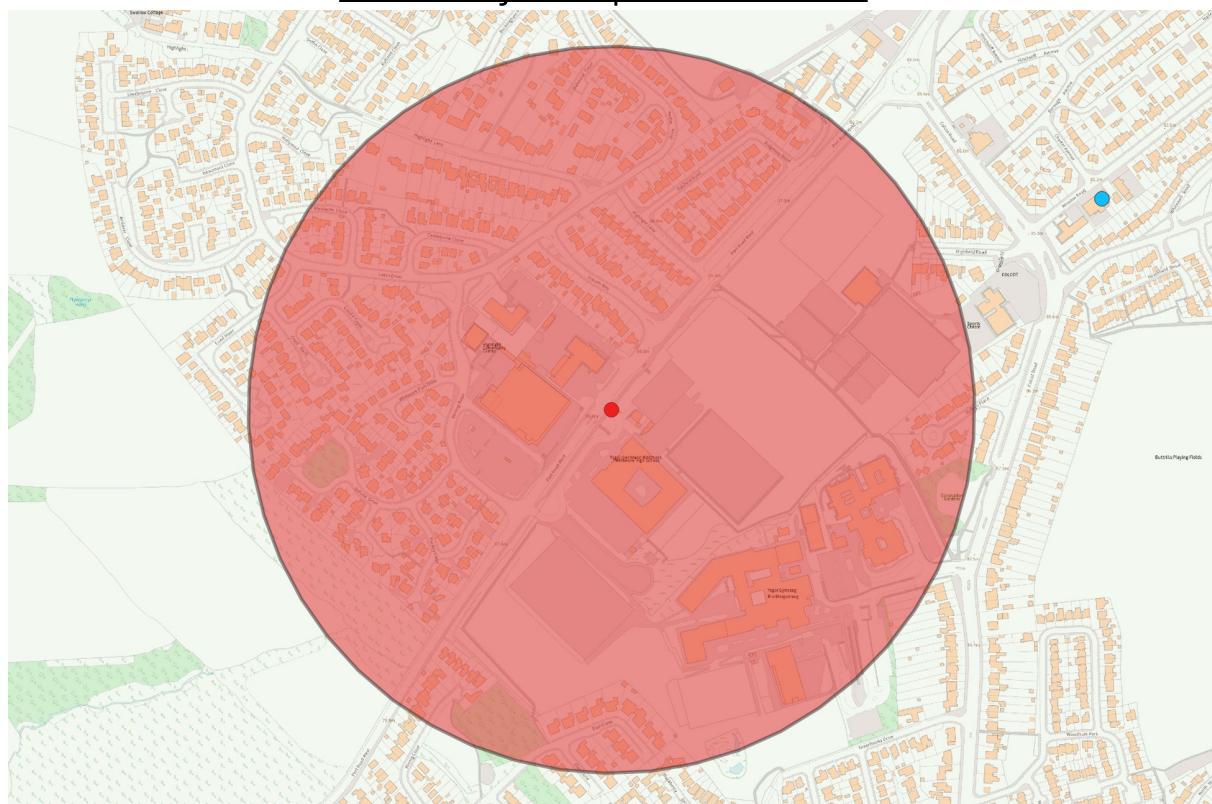
*Rows highlighted are retail centres that currently do not have any hot food takeaway units.

Appendix 4 - Secondary School 400m Exclusion Zones compared to Location of Takeaways

Mary Immaculate High School



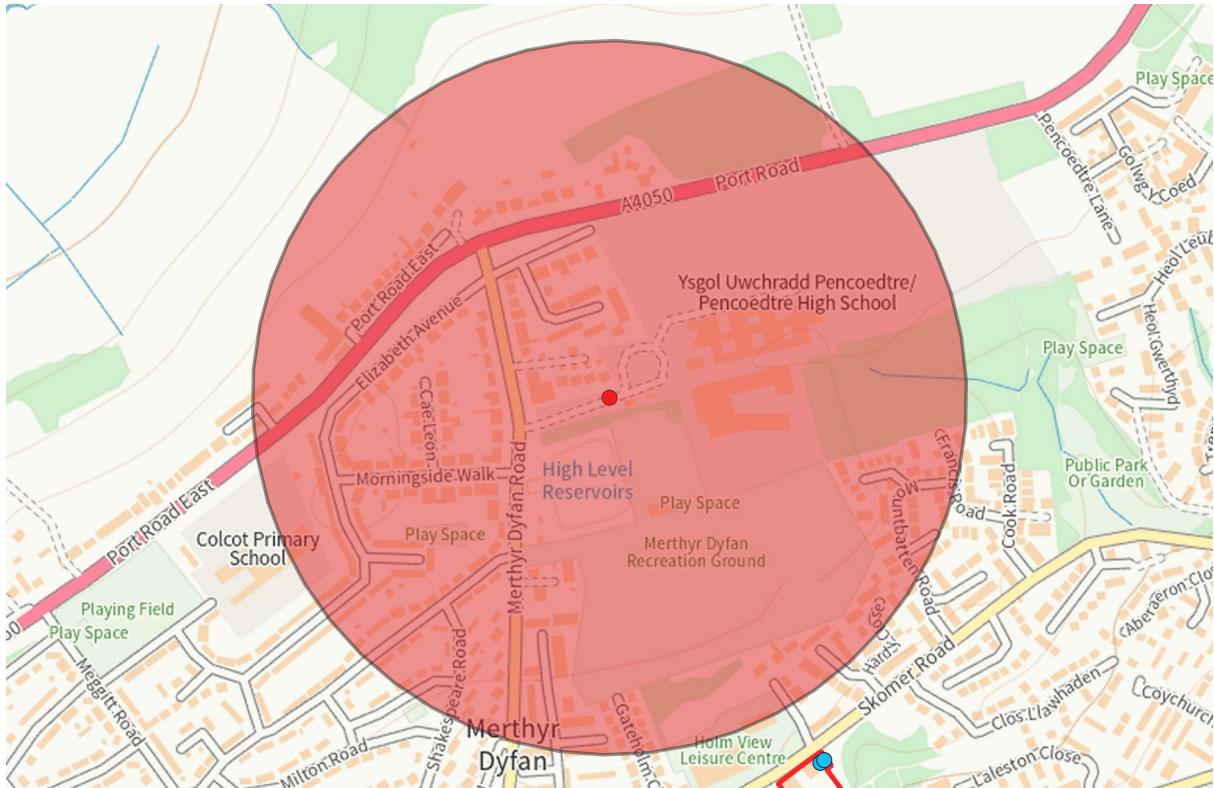
Llantwit Major Comprehensive School



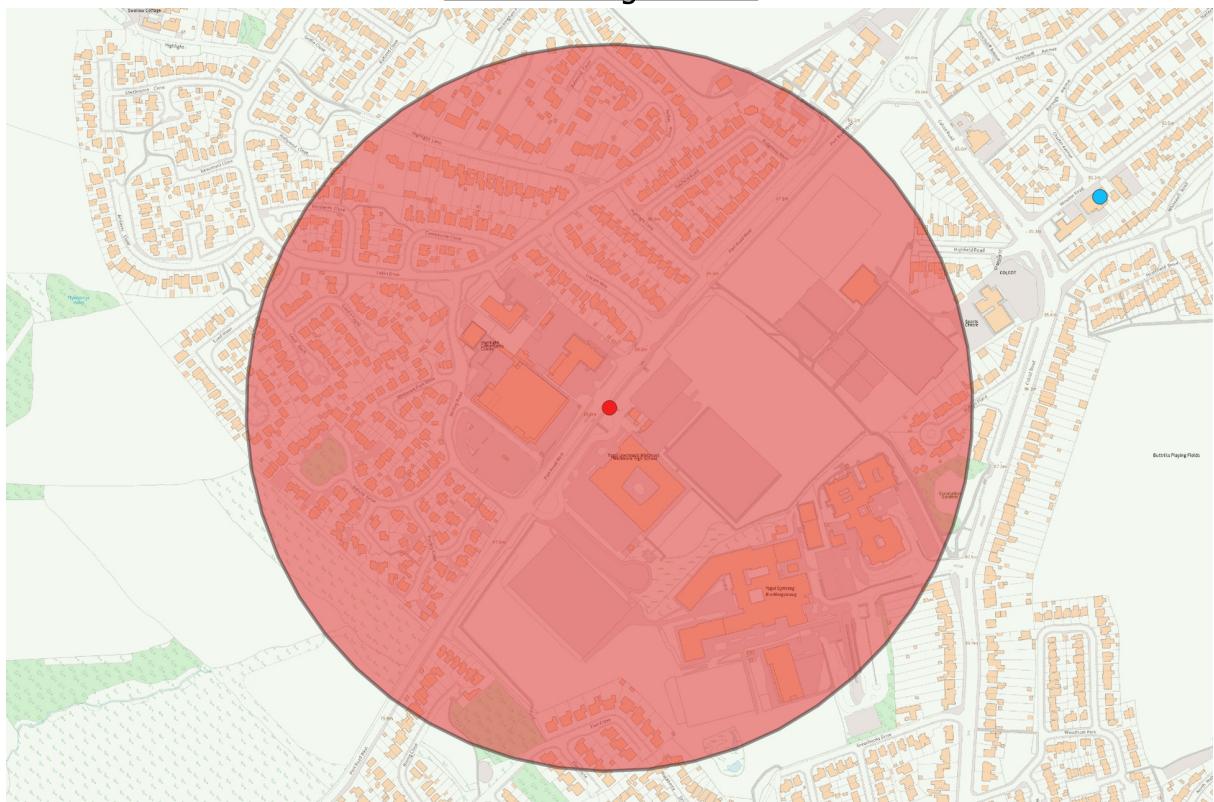
Key

- 400m Takeaway Exclusion Zone
- Secondary School Front Gate
- Fast Food Takeaways

Pencoedtre High School



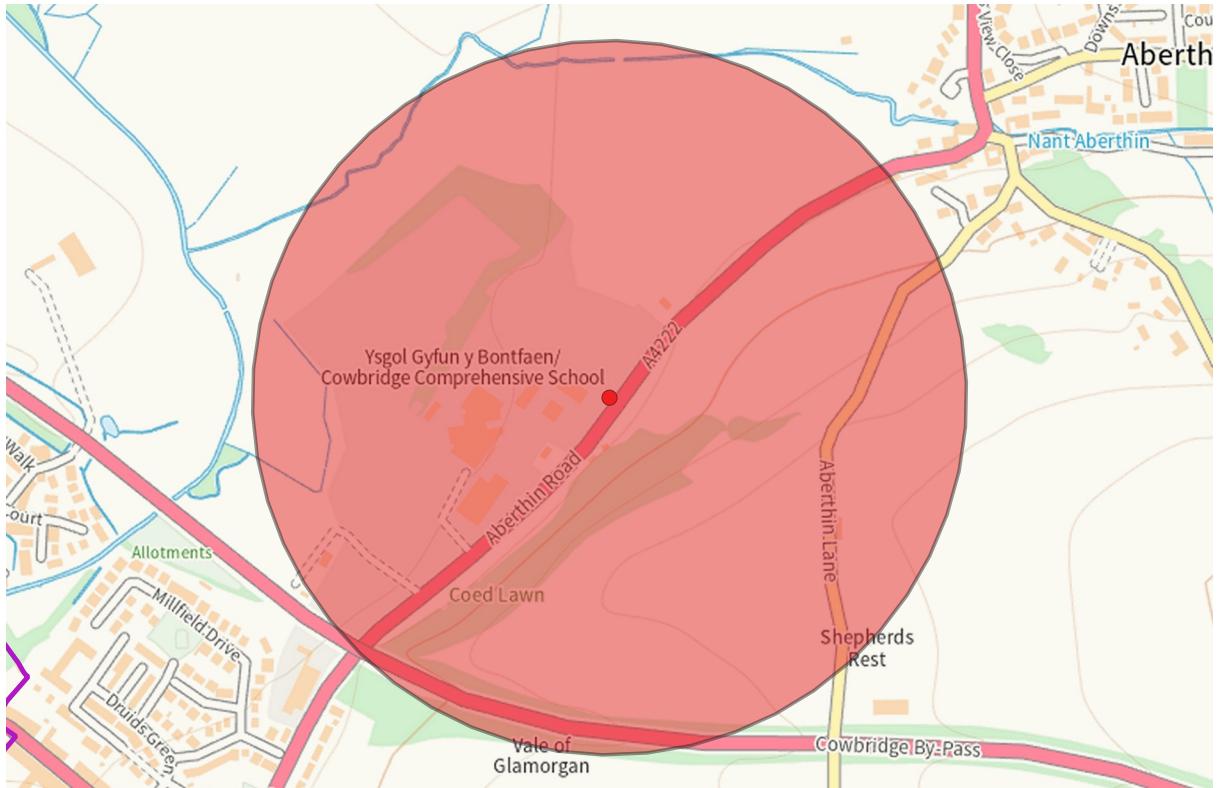
Whitmore High School



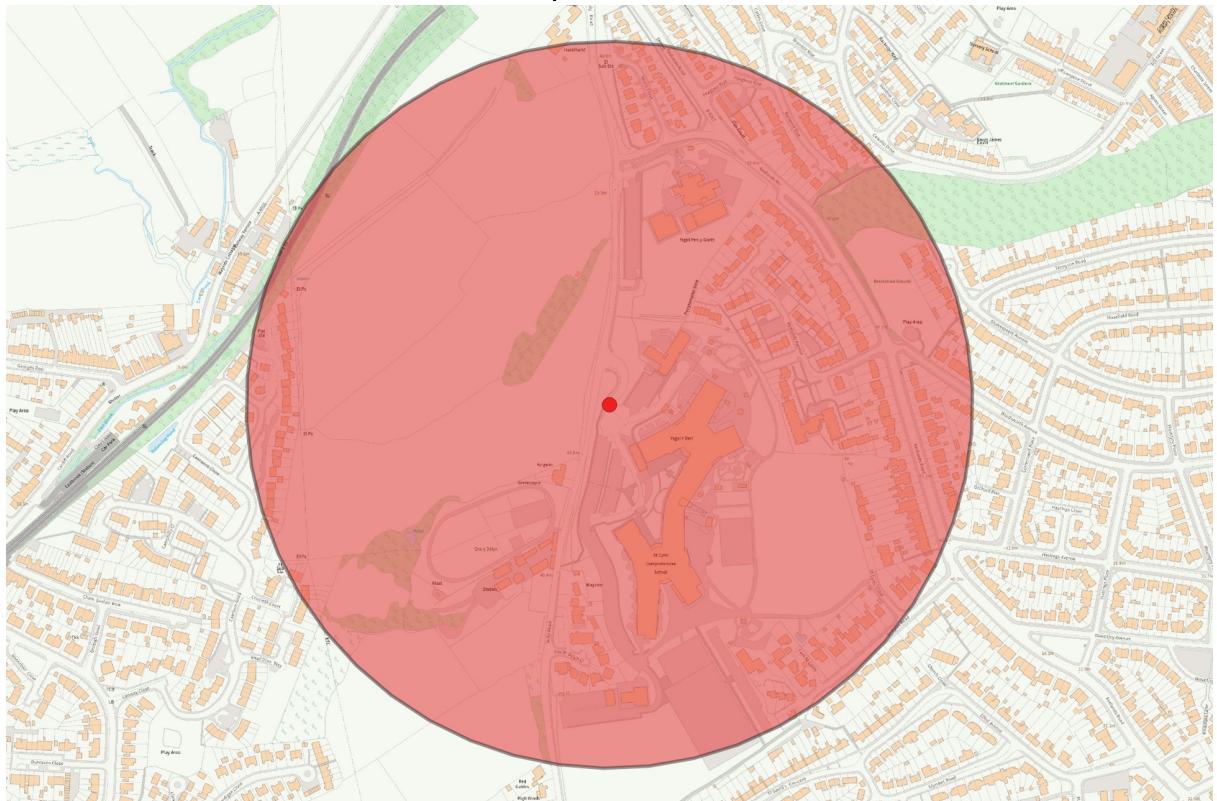
Key

- 400m Takeaway Exclusion Zone
- Secondary School Front Gate
- Fast Food Takeaways

Cowbridge Comprehensive School



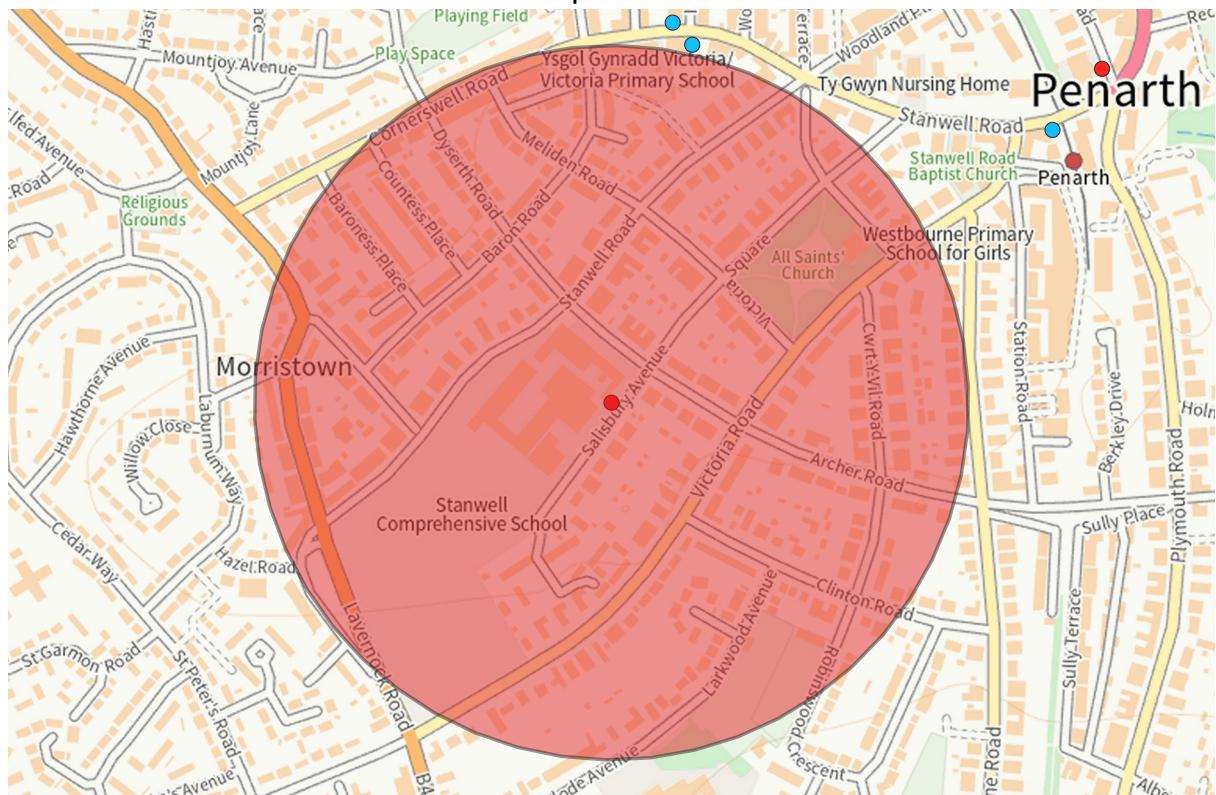
St Cyres School



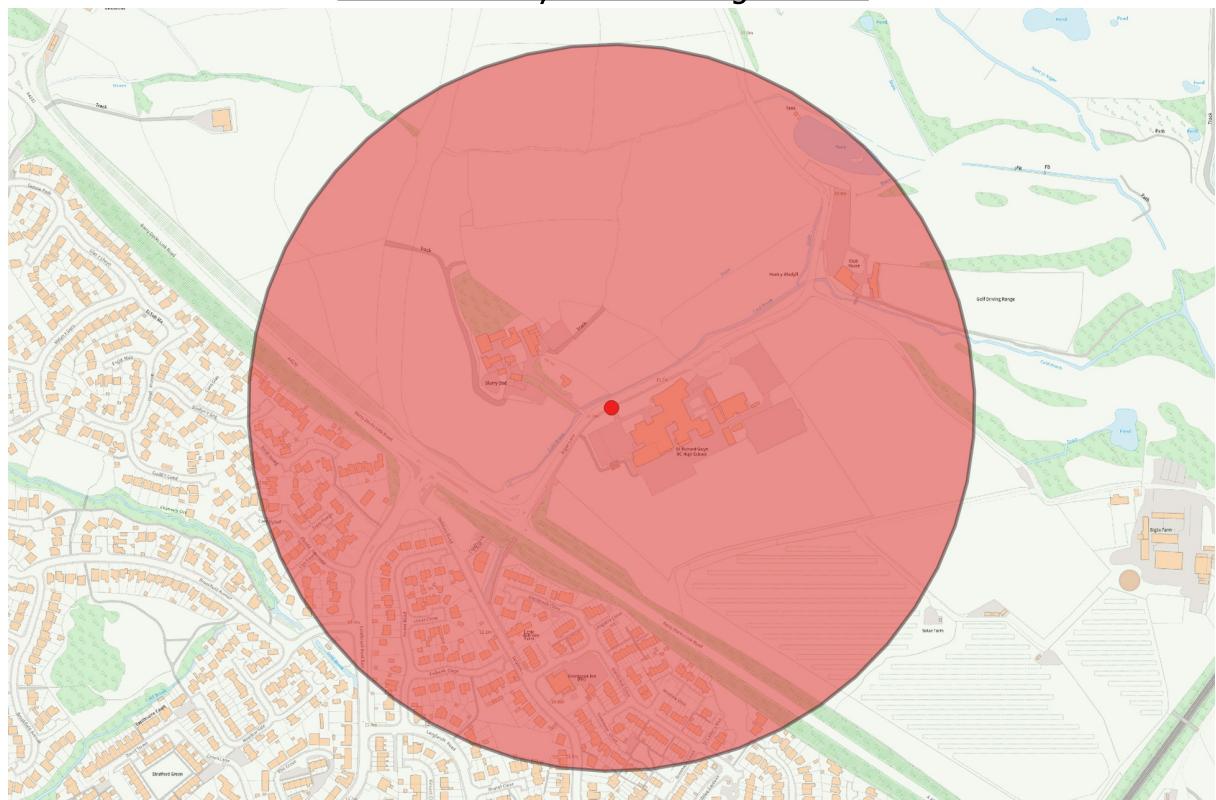
Key

- 400m Takeaway Exclusion Zone
- Secondary School Front Gate
- Fast Food Takeaways

Stanwell Comprehensive School



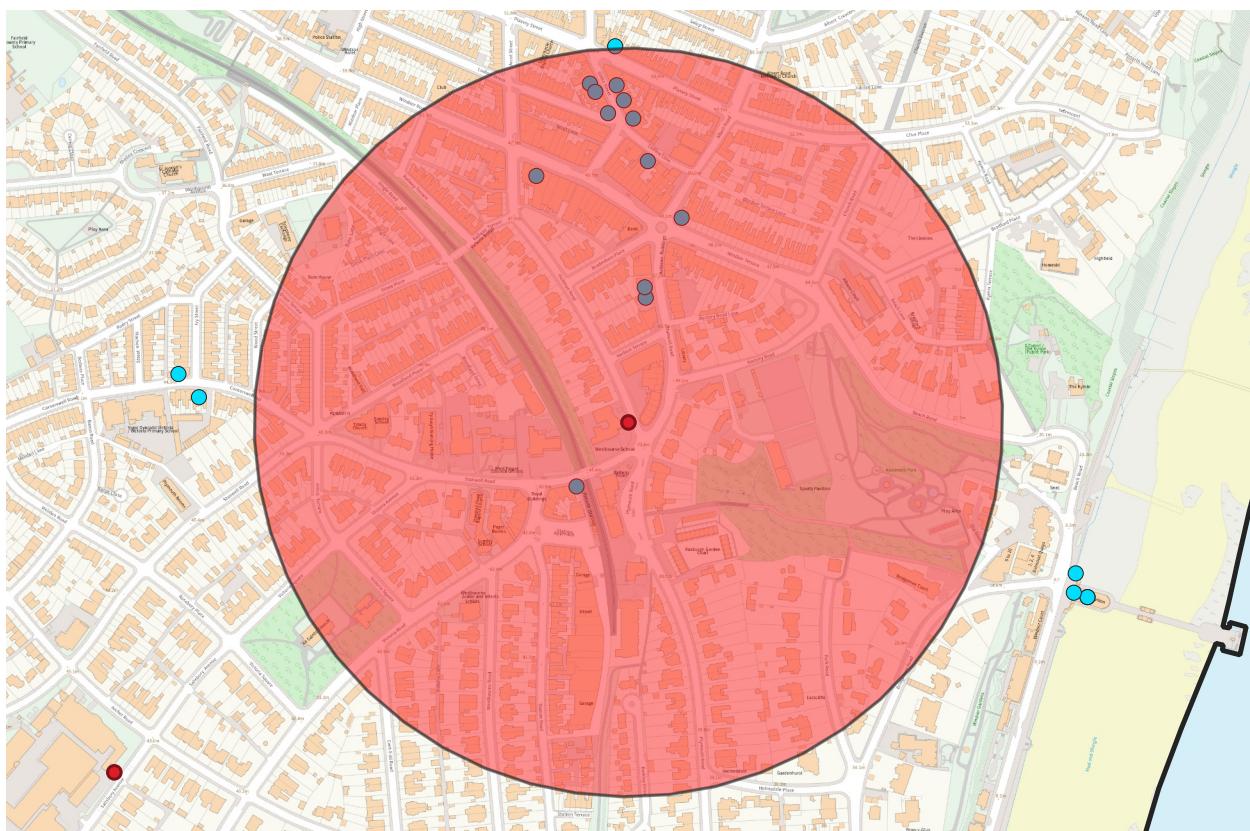
St Richard Gwyn Catholic High School



Key

- 400m Takeaway Exclusion Zone
- Secondary School Front Gate
- Fast Food Takeaways

Westbourne Private School



Key

- Secondary School Front Gate
- 400m Takeaway Exclusion Zone
- Fast Food Takeaway



The Vale of Glamorgan Council
Directorate of Place
Civic Office
Holton Road
Barry CF63 4RU

LDP@valeofglamorgan.gov.uk
www.valeofglamorgan.gov.uk

