

# Food Delivery Apps and Young Peoples' Health

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## Intro

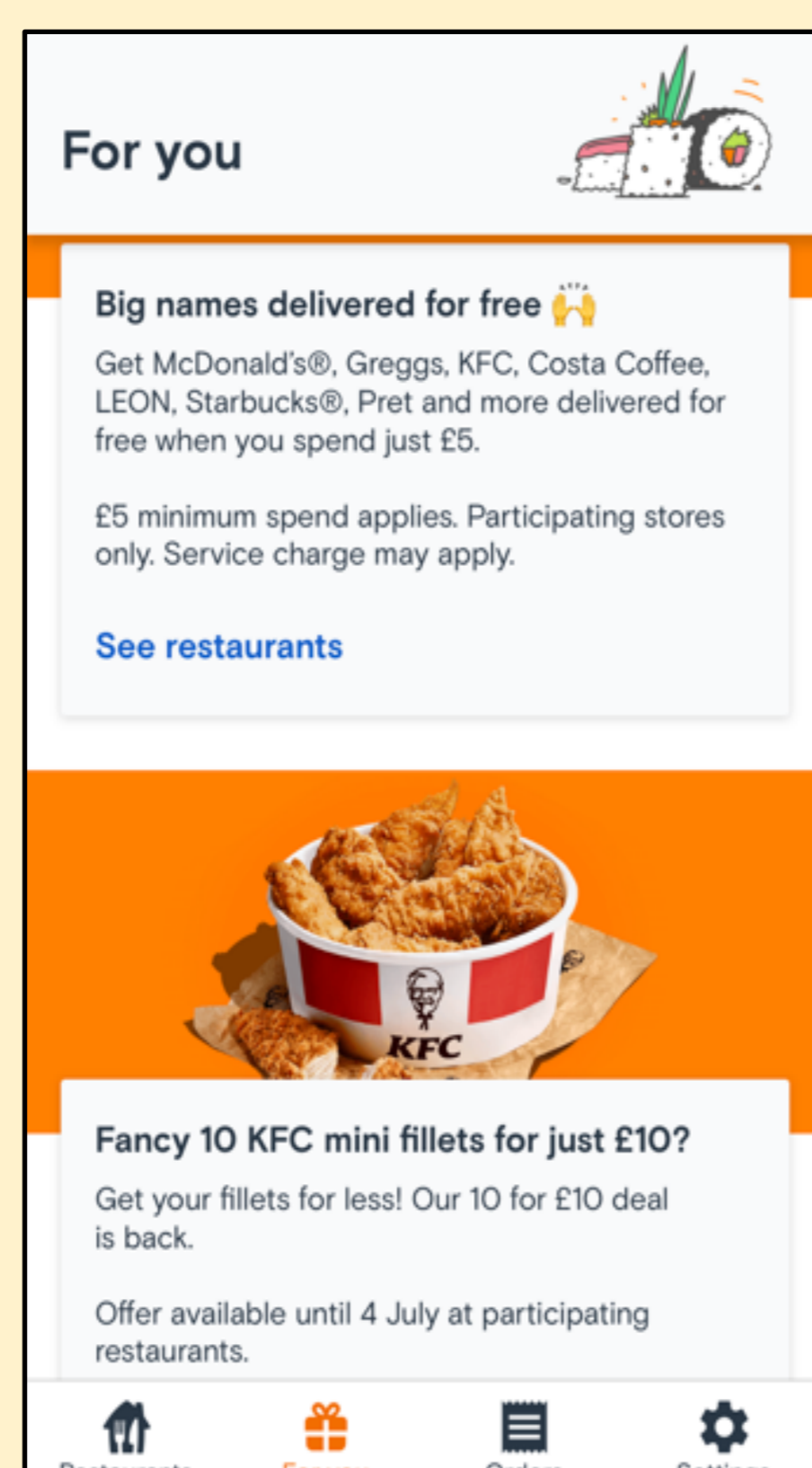
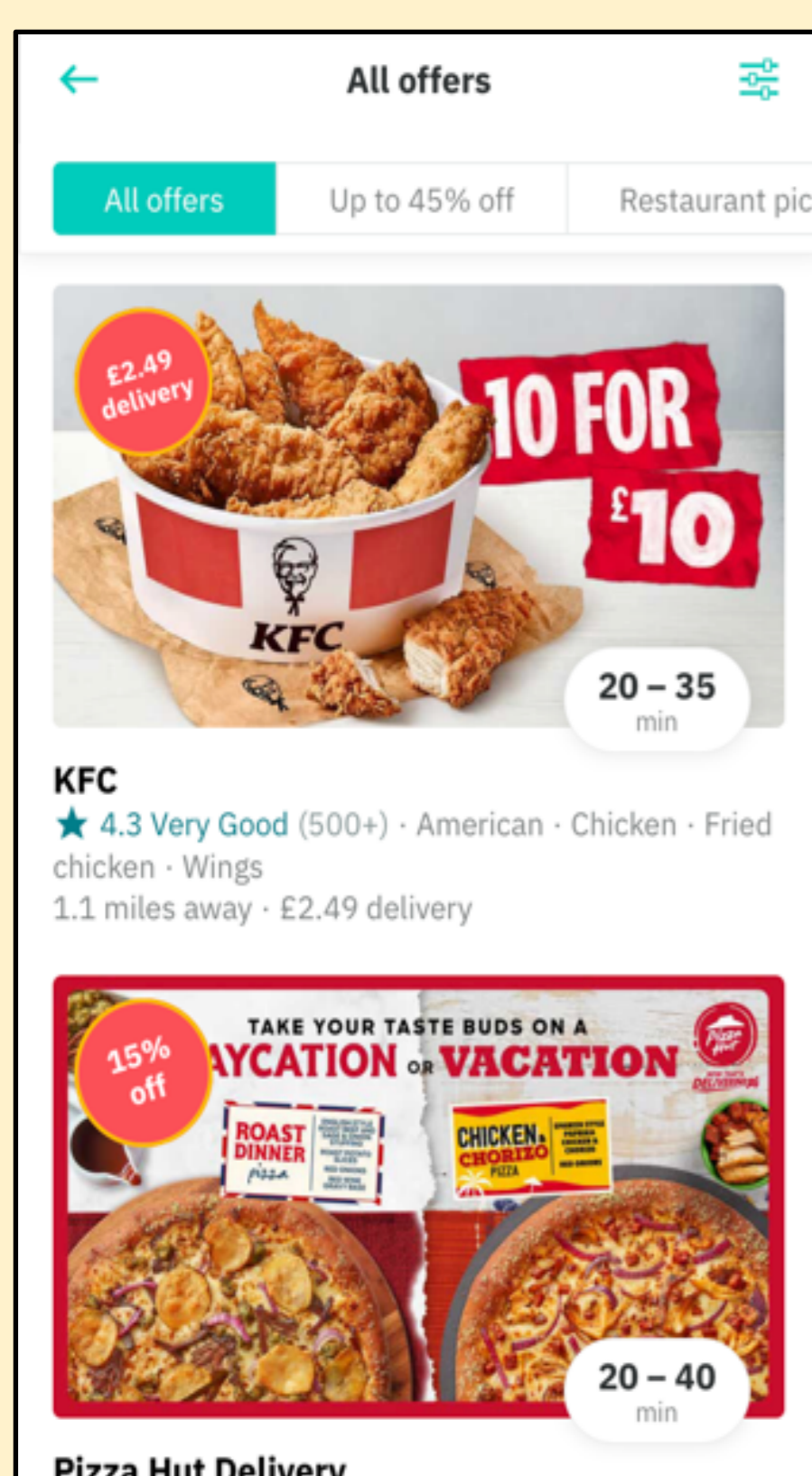
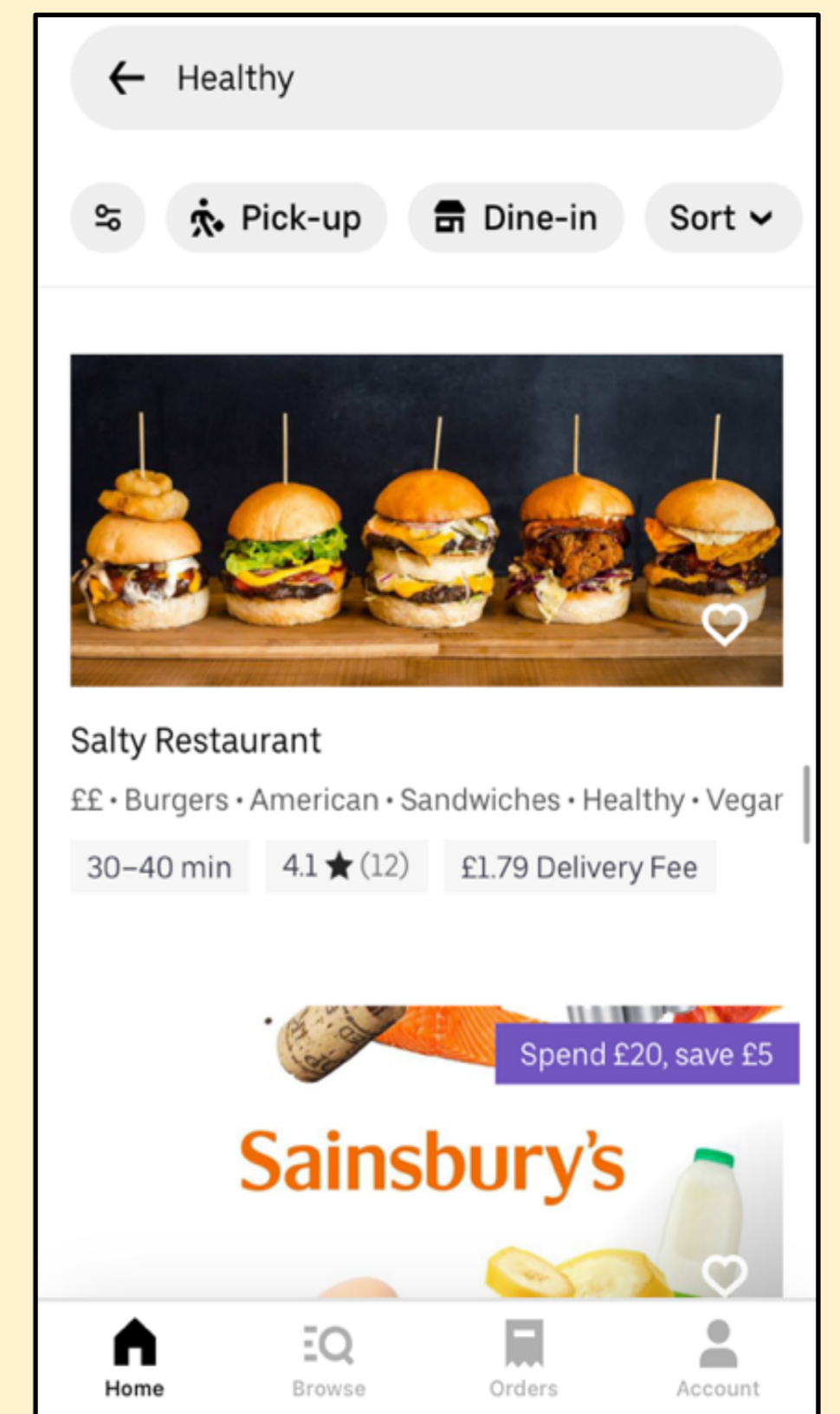
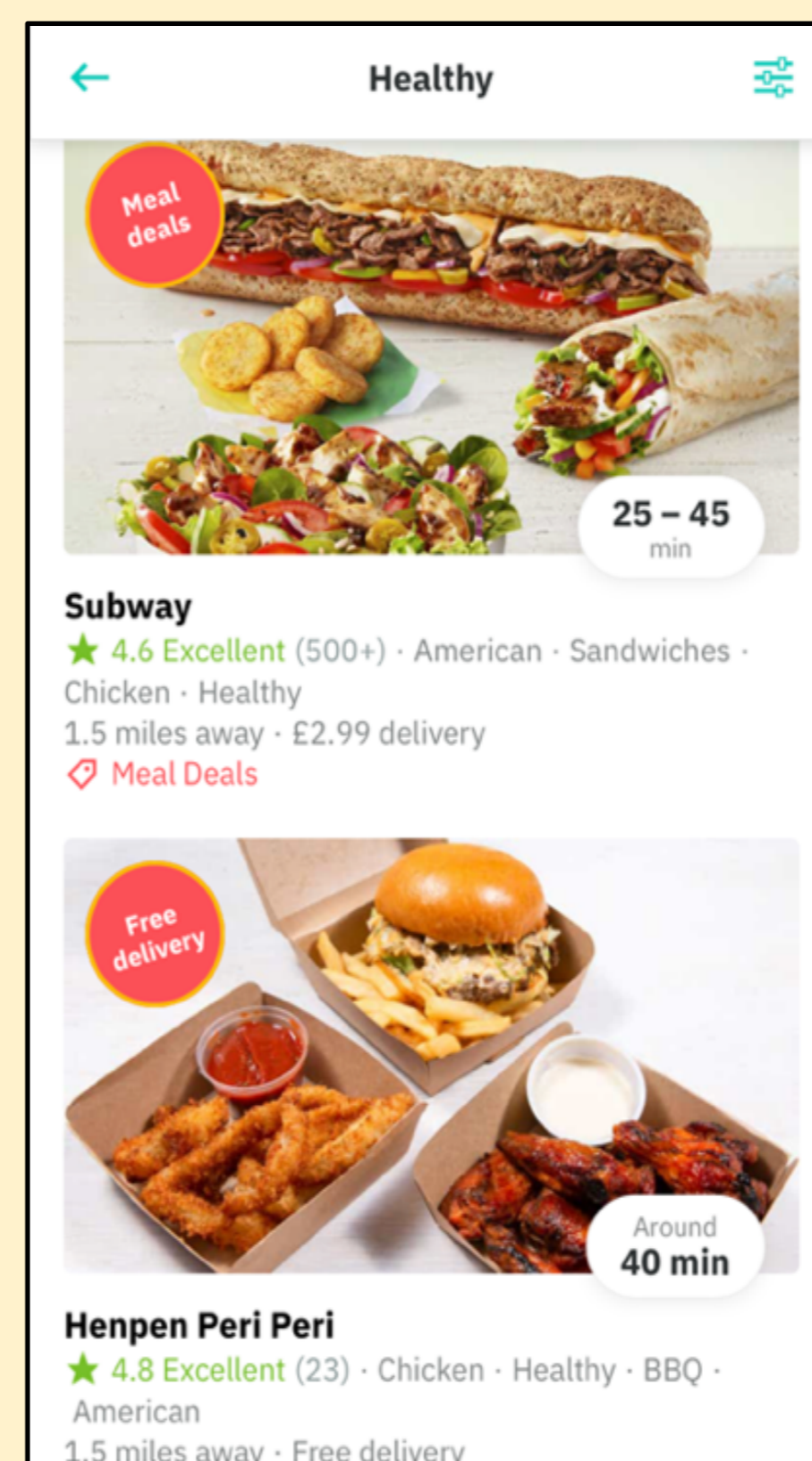
My research focuses on the issues that food delivery apps (FDAs) are causing for young peoples' health and how these can be mitigated. The 11-18 or secondary school age group is highlighted as they are more independent than younger children so are more likely to be engaging with this technology. As these apps have only become widely used in recent years there is a significant lack of research in this area. I worked with London based children's' health charity Bite Back 2030 to complete this.

## Aims

I produced a report that investigates the ways in which the increasing popularity of FDAs such as Just Eat, Deliveroo and Uber Eats are affecting young people and their health in the UK. I also aimed to research and suggest solutions to these problems. This document is now being used by Bite Back to inform conversations they are undertaking with Deliveroo. The aim of the work is in line with Bite Back 2030's mission to halve childhood obesity in the UK by 2030.

## Research Methodology

I split my research into three areas: 'Issues', 'Status quo regarding FDAs' and 'Possible solutions'. I used sources such as policy documents, journal articles and newspapers to research the topics as well as conducting a survey of Bite Back 2030's youth board. Up to date sources such as news websites and the government website were especially useful because the subject is extremely current with related legislation being announced while I was doing my research. I also looked directly at the top three apps to find examples of which eateries they classified as healthy (right) and what sort of foods were being promoted in the offers sections of the apps (below). Using my research, I decided on the main points for Issues and Status Quo then came up with some of my own possible solutions based on these. I also included possible solutions from other sources.



## Results

Summary of Recommendations:

- Use deals to incentivise customers to buy healthy options on the apps
- Revamp app layouts to spotlight healthy meals
- Enforce more transparency from apps about the nutritional value of food
- Create stricter criteria for food options which are labelled as healthy
- Change business classification of food delivery apps
- Prevent all apps from delivering to school gates
- Enforce age limits to use apps more strictly
- Support the National Food Strategy