

**North Yorkshire County Council**  
**Harrogate and Knaresborough Area Constituency Committee**

**January 6<sup>th</sup> 2022**

### **Purpose of the Report**

- To update and inform Harrogate and Knaresborough Area Committee members of the work of the Public Health and Healthy Schools teams in North Yorkshire County Council. We are working to improve nutrition and promote a healthy weight in children, young people and families in North Yorkshire, and encourage healthy eating in schools and early years settings.
- This report has a particular focus on the Harrogate and Knaresborough constituency committee area and will answer the key questions the committee has raised, which are:
  - (a) What work is being done to promote healthy eating?
  - (b) What work is being done to target children from deprived backgrounds?
  - (c) What is going on in Harrogate and Knaresborough constituency area?
  - (d) What more could NYCC do?
  - (e) What is the role of the local Elected Member, as a community leader ie what can they do?

### **Responses to questions**

#### ***(a) What work is being done to promote healthy eating?***

##### **Background to healthy eating work in North Yorkshire**

There is a lot of work currently underway across North Yorkshire to promote healthy eating with children, young people and families. Much of this work is linked to efforts to tackle childhood obesity but of course, good nutrition is about much more than just healthy weight management.

A lot of the work happens at a county level, but staff and teams are available to support particular localities/ settings if needs arise.

In terms of childhood obesity, North Yorkshire's rates have seen a large increase since the start of the Covid pandemic, reflecting the alarming levels of around a 4.5% national increase in obesity rates. Furthermore, many North Yorkshire schools have reported concerns around the detrimental impact that the pandemic has had on children's weight and eating habits. Schools have seen a decline in the healthiness and quality of packed lunches and snacks being brought into schools, and have requested

support in terms of improving standards and with bringing the quality and healthiness of their own food provision and catering back to pre-pandemic levels.

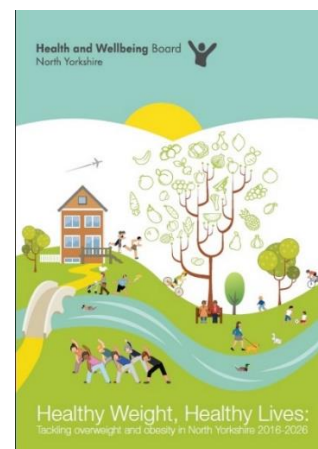
Below is a brief outline of some of the key NYCC initiatives, strategic work and individual programmes that are currently underway to promote healthy eating with children and families. We are happy to provide further details or answer any questions that the committee may have. We are also very keen to hear committee members' thoughts and feedback on these initiatives, and on any gaps and particular needs and how we can work with you in the Harrogate and Knaresborough districts.

## 1. Strategic overview and governance

### Healthy Weight, Healthy Lives strategy

North Yorkshire's Healthy Weight, Healthy Lives (HWHL) Strategy (2016-2026) has a number of priorities:

- *Supporting children's healthy growth and healthy weight (key objective to tackle Childhood Obesity)*
- *Promoting healthier food choices*
- *Building physical activity into our daily lives*
- *Providing the right personalised, accessible weight management services*
- *Ensuring people have access to the right information and resources to make healthy choices that support healthy weight loss*
- *Building healthier workplaces that support employees to manage their weight*



A number of partners form the HWHL Strategy Steering Group including: key directorates in North Yorkshire County Council, seven district councils, five clinical commissioning groups, Stronger Communities, hospital trusts, third sector, the local medical committee, local pharmacy committee, North Yorkshire Sport, Youth Sport Trust, the Local Enterprise Partnership and the national parks. Annual progress reports for the HWHL strategy can be found here:

<http://www.nypartnerships.org.uk/healthyweight>

### Child Healthy Weight Partnership Group

This is a sub group of the HWHL steering group, which oversees work to tackle childhood obesity and promote a healthy weight with families across the county. The group shares information, ensures joined-up working with key stakeholders across the county and develops work to tackle childhood obesity. This group is chaired by Helen Ingle, Health Improvement Manager, Public Health, NYCC.

The group is also overseeing work to explore best practice for weight management services and pathways for children and young people, and to look at different ways to offer support. NYCC Public Health are currently working with Leeds Beckett University to develop and test a new digital model for a child weight management service; called Back2Basics. A large focus of these services is on supporting families with healthy eating.

## Healthy Catering in Schools & Early Years group

This is a partnership group that was established in 2018/19 to oversee work around healthy catering in schools and early years settings. The group is a sub group of the HWHL Strategy steering group, and includes North Yorkshire County Council Catering team, Healthy Schools team, Early Years, Public Health team, and Trading Standards.

## Healthy Weight Declaration (HWD)

The HWD is a national initiative which aims to support local authorities with working on a whole systems approach to promoting a healthy weight in their localities. The declaration is a set of 16 standards, which local authorities can map themselves against, and identify gaps or areas for improvement. NYCC has recently started working on the HWD and has undertaken a mapping exercise to identify gaps; which are now being looked at.



## 2. North Yorkshire Healthy Schools & Healthy Early Years award scheme

NYCC developed the scheme in response to schools asking for support around issues such as healthy eating and pupil mental health. The scheme launched in October 2019, and is free of charge to all North Yorkshire schools, primary, secondary, special schools and academies through funding by Public Health. We have recently launched (November'21) a new bespoke Healthy Early Years award to widen our reach.

The scheme provides a framework based on evidence-based best practice around four key themes:

- Active Lives
- Emotional Health & Wellbeing
- Food in Schools
- Personal, Social, Health Education (PSHE) which includes RSHE

The scheme recognises achievement and good practice: by celebrating schools gaining Bronze, Silver and Gold level awards and provides a framework around staff wellbeing and pupil voice.

Over 60% of North Yorkshire schools are taking part and 35% have achieved an award.

### Harrogate area

- 43 schools are registered, which is 50% of the district's schools
- 13 schools have achieved awards, including 2 Gold level for Kirby Hill and Dacre Braithwaite primaries

It is an online scheme based around our [Home - Healthy Schools North Yorkshire](#) where schools and early years providers can log in and download action plans and criteria

Schools map themselves against criteria and submit action plans (showing what they have put in place to address gaps) along with evidence such as policies, curriculum documents and photographs.

A partnership group was set up to quality assure submissions from schools and early years settings. Submissions are assessed termly. Current awarded schools can be viewed at: [Hall of Fame - Healthy Schools North Yorkshire](#)

During the pandemic, teacher training moved online which has continued to run throughout to support schools to apply for an award and to focus in-depth on each theme.

**Food in Schools theme** – is one of the four key themes of the Healthy Schools award (along with Healthy Food for the Early Years award)

**Criteria include:**

- Developing a whole school food policy
- Appointing a governor to oversee school food
- Teaching about and developing cooking and growing in school
- Encouraging school meal, especially free school meal, uptake
- Ensuring school meals meet National School Food Standards

We have run in depth staff training to support schools working on the Food in Schools theme, working in partnership with North Yorkshire County Council NYCC Catering (school meals) along with cookery skills and growing skills training for primary teachers.



*Teaching primary teachers cookery skills training (2019) and Growing teacher training (2019) at Yorkshire Agricultural Society showground, Harrogate; currently being delivered online during COVID.*

### **3. Food in Schools Work**

#### **New Healthy Packed Lunch Leaflet**

NYCC Public Health and Healthy schools team (with support and input from the Catering team) have developed healthy packed lunch guidance for primary schools in the form of a leaflet for parents/carers

(see images below). It is currently being piloted with NY schools and families, and when finalised will be sent out to all North Yorkshire schools to use with their families in the New Year.

## Food in Schools Survey (October 2021)

We recently undertook a 'Food in Schools' online survey with school staff to ascertain the levels of need and priorities for schools in terms of food and healthy eating. It also gave us the opportunity to get some feedback on the draft healthy packed lunch guidance. Findings were:

- 26% of staff felt that healthiness of school food has reduced since Covid
- 80% wanted to improve the healthiness of food in school.
- The main reason children don't eat healthily at school is bringing unhealthy food from home (unhealthy packed lunches, snacks etc.)
- Unhealthy packed lunches were the main thing school staff wanted to improve
- Main reason children don't have school meals is that they don't like the food/ are picky eaters

## Food in Schools Letter (October 2021)

We also sent a letter to all North Yorkshire schools (from the Directors of Public Health and CYPS), with links and resources (e.g. national food standards) to help improve their catering offer and create healthier food environments. We are offering additional support for target schools e.g. in deprived areas.

## Healthier Choices for a Healthier You – healthy catering award scheme for businesses and schools

- North Yorkshire County Council's Trading Standards team lead on delivering the Healthier Choices Award. This is a free certification scheme aimed at supporting organisations that provide healthier options to their customers.
- To date, over 125 organisations have registered, including; bed and breakfasts, work canteens, care homes, hospital providers, independent cafes, tourist spots, takeaways and school canteens.
- Participating organisations are assessed against a range of criteria to determine whether they have achieved the gold, silver or bronze award.
- Previously focused predominantly on businesses, the scheme is looking to increase its focus on secondary schools, so as to support the efforts to tackle childhood obesity and promote healthy eating across the county. The scheme is not currently working with any Harrogate or Knaresborough District secondary schools but does work with local businesses in the district: [Harrogate and Ripon | North Yorkshire County Council](#)

## **NYCC School Meals**

All menus served in school should comply with the Government's National School Food Standards. North Yorkshire County Council's NYES Catering hold the Soil Association's Food For Life Bronze award which recognises that:

- Our menus are designed to make the best use of seasonal ingredients
- Our eggs are always free range eggs
- We serve more of the good stuff – our meals are free from undesirable additives, colouring and sweeteners.

We are a 'fresh food' organisation. North Yorkshire County Council's food procurement strategy is based on local and regional sourcing of food; which supports local business, provides traceability of produce and contributes to the health and wellbeing of its children and young people. For more information on the food policy and a sample school meals menu, see appendices 1 and 2, pages 9 and 10.

## **4. Healthy Child Programme work (infant feeding)**

As part of the Healthy Child Programme recommissioning and transformation, three main work streams have been developed, each focusing on a different Healthy Child Programme pillar. These are:

- Infant feeding, family diet and nutrition
- Emotional health and resilience
- Developing different ways of working

The infant feeding, family diet and nutrition work stream is concerned with nutrition across the life course, looking at individuals as well as families as a whole. Due to the breadth of the work stream, task and finish groups are formed to focus on specific areas of concern or where additional work is required to develop programmes.

One of the recently formed working groups is the "Early infant feeding" group which brings together partners from HDFT and NYCC and is chaired by a colleague in Early Help in CYPS. The group works on:

- ensuring our accreditation with the Breastfeeding Friendly Initiative (BFI) is up to date
- ensuring breastfeeding support is provided to all families with young children
- promoting the Breastfeeding Friendly Venues scheme (where businesses sign up to the scheme to show that breastfeeding is welcome in their premises)
- promoting Healthy Start vitamins to eligible people
- overseeing anything else around infant feeding as appropriate

This working group will ensure that all families will have the right infant feeding support, therefore facilitating the best start in life for all children.

## **Nutrition in Early Years (previously HENRY)**

Following on from previous work by the Early infant feeding working group, and as part of the Infant feeding, family diet and nutrition work stream, a task and finish group called "Nutrition in Early Years" has just been established. This group aims to develop an early years nutrition and activity programme to target

families with children 0-4 years old. The programme will replace what used to be the national HENRY programme (Health, Exercise and Nutrition in the Really Young). The group has started to develop the content of the programme which will be based on examples of good practice from other local authorities. Partners from the health visiting service, dietetic service, public health, early help and early years will contribute to different aspects of the programme. Broadly, the programme will cover:

- Nutrition and healthy eating (weaning, portion sizes, food labels, calories, Eatwell guide)
- Physical activity
- Maintaining good oral health
- Emotional health and wellbeing
- Parenting support

It is planned that the programme will be offered both in person and virtually and it is hoped that delivery will start in Spring 2022.

### ***b. What work is being done to target children from deprived backgrounds?***

- We use the NCMP (National Child Measurement Programme) data to identify areas with higher levels of childhood obesity than the county or national average. Based on this data 15 target schools identified to work on through the Healthy Schools programme, – including one in the Harrogate area.
- Target schools are encouraged to take up additional support from the Healthy Schools team, North Yorkshire Sport and to participate in healthy eating programmes, such as the one run by Phunky Foods (see below section c).

### **Free School Meals Uptake**

Work is planned to explore and improve the uptake of free school meals with families across North Yorkshire. This will be done with a particular focus on deprived areas and low-income families.

In early November 2021, NYCC Catering, Healthy Schools and Public Health teams visited a primary school in Scarborough to run a school meals tasting event, to promote school meals and talk to parents about their views. This will feed into more work around this area in the future.

One of the criteria for the Healthy Schools award is ensuring schools monitor and promote free school meal uptake, including universal infant free school meals, to parents and carers.

### ***c. What is going on in Harrogate and Knaresborough constituency area?***

#### **Harrogate area school meals uptake**

NYCC cater for 14 primary and special schools in the district. A total of 17,865 school meals were provided/ each day using the last data collection figures (6<sup>th</sup> September- 28<sup>th</sup> November 2021).

12,039 of those meals are free school meals – either universal infant free school meals or pupil premium free school meals (for families entitled to claim them).

## Growing Up in North Yorkshire Survey

This survey is commissioned every two years by North Yorkshire's Children and Young People's Service (CYPS); with funding from CYPS, Public Health and NY Police. The survey collects reliable information about young people's learning, health and wellbeing. This is the eighth survey completed in North Yorkshire, following seven studies between 2006 and 2018. Children in Years 2, 6, 8, 10 and 12 take part in the survey. Children are asked questions about food, drink and for their views on lessons around healthy eating and lifestyles as part of the survey. The results attached in appendix 3 are the compilation of data collected from children and young people in the Harrogate district during the Autumn Term 2020. A brief summary of key findings around healthy eating is included below:

### **Question: What pupils had to eat and drink in the morning of the survey**

Harrogate District data (North Yorkshire average in brackets)

<b>The morning of the survey</b>	<b>Year 2</b>	<b>Year 6</b>	<b>Year 8 / year 10</b>
Nothing to eat or drink for breakfast	3% (3%)	5% (5%)	15% (18%)
They had a drink before lessons	82% (81%)	58% (64%)	67% (64%)
They had something to eat before lessons	93% (92%)	89% (89%)	76% (69%)

### **Harrogate District specific data:**

#### **Positive:**

- Year 2 pupils 'never' drink fizzy drinks (23% in 2018 vs 32% in 2020)

#### **Emerging areas of concern:**

- Year 2 eat fresh fruit on 'most days' (64% in 2018 vs 54% in 2020)
- Secondary school pupils had something to drink for lunch on the day before (85% in 2018 vs 78% in 2020)

### **Healthy Eating Projects**

A brand new healthy eating research project has been launched for primary schools in Harrogate and Selby areas in partnership with [PhunkyFoods Phunky Foods - Healthy Lifestyle Curriculum Activities](#) and Leeds University. They are currently recruiting 30 primary schools to join the project who will be entitled to fully funded classroom support around healthy eating and support to work with parents and families. If anyone is interested in finding out more or referring on their local primary school, please email Karen Vaughan at: [mc17kv@leeds.ac.uk](mailto:mc17kv@leeds.ac.uk)

### **d. What more could NYCC do?**

- Support further work around improving school food, particularly in secondary schools.



- Work further to promote free school meal and school dinner uptake across North Yorkshire
- Develop a healthy weight pathway (with the CCGs) – to provide services and support to children, young people and families who are already struggling with their weight.
- Look at tackling food poverty and supporting low-income families with access to food e.g. food banks, community fridges. We can learn from the work of the Craven Food Partnership.
- Workforce development – training and resources for a whole range of staff and frontline workers to ensure consistency in messages to families around healthy eating and healthy weight.

***e. What is the role of the local Elected Member, as a community leader ie what can they do?***

- Act as a champion for promoting healthy eating and healthy weight with children, young people and families.
- Support, promote and input ideas to the local initiatives working to promote healthy eating and healthy weight.
- Encourage their local area schools to register with the Healthy Schools Award programme ([Register - Healthy Schools North Yorkshire](#) ) and to work on the Food in Schools theme in particular.
- Feedback to us if any particular issues around food and nutrition come up in their communities.
- Could share a meal (covid restrictions permitting) with the children at school, which would help with promoting healthy eating and raising the profile of school meal uptake, including free school meals.

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*Appendix 1: North Yorkshire County Council school food policy*

*Appendix 2: Autumn term school meals menu*

*Appendix 3: Growing up in North Yorkshire Harrogate District Council Data 2020*

# Food policy



We are a 'fresh food' organisation! North Yorkshire County Council's food procurement strategy is based on local and regional sourcing of food which supports local business, provides traceability of produce and contributes to the health and wellbeing of its children and young people. Our service is accredited by the Soil Association under the Food for Life Award scheme.

- Food served will be compliant with The Requirements for School Food Regulations 2014 England, which came into force 1 January 2015.
- Meals are prepared fresh each day by caring and committed staff.
- Local and regionally produced Farm Assured /Red Tractor fresh meat and poultry are used in the preparation of meals.
- Meals are prepared using basic ingredients wherever possible which shall not contain any additive associated with health problems in children and young people including sweeteners, colourings, emulsifiers and thickeners.
- Salt is not used in cooking, sugar is being reduced in all recipes.
- Only non-hydrogenated fats are used in the preparation of food.
- Local and regionally produced free range eggs are used.
- Meals provide at least three of the five fruit and vegetables a day.
- Food is free from genetically modified ingredients or derivatives.
- Meals provide plenty of plant based fibre and slow release carbohydrate.
- Meals provide zinc, calcium and vitamins and more iron than the average packed lunch.
- Water is always available.
- Milk will be low in fat.
- Meals are prepared safely in clean, hygienic kitchens by trained catering staff following the HACCP Food Safety Management System.
- In consultation with our customers and chefs, menus are carefully formulated to provide optimum levels of nutrients.





Catering

# AUTUMN 2021 MENU

Bread served with every meal



If your child has an allergy or special dietary requirements, please inform the school and our catering team so we can discuss their needs.

Please note, we are unable to guarantee a completely food allergen free environment as foods containing allergens are used in our kitchens.



All main meals are served with vegetables or salad.  
Our menus comply with Government School Food Standards.

	WEEK 1	WEEK 2	WEEK 3
	Served w/c 6th & 27th Sept, 18th Oct, 15th Nov, 1st Dec	Served w/c 13th Sept, 2nd Oct, 1st & 22nd Nov, 13th Dec	Served w/c 20th Sept, 11th Oct, 8th & 29th Nov
Monday	Beefburger in a Bun ■ Vegetable Sausage in a Bun Chipped Potatoes Sticky Date & Apple Bars with Custard Fresh Fruit or Fruit Yoghurt	Connie's Chicken Quesadilla & Rice ■ 5 Veggie Pasta Sultana & Oat Cookie Fresh Fruit or Fruit Yoghurt	Minced Beef & Dumpling ■ Bean & Veggie Tortilla Boots ½ Jacket Potatoes Chocolate Crispy Fresh Fruit or Yoghurt
Tuesday	<b>Vegetarian</b> Rainbow Cottage Pie ■ Macaroni Cheese Cheese & Crackers Fresh Fruit or Fruit Yoghurt	Pasta Bolognaise ■ Crunchy Topped Cauliflower & Broccoli Cheese Cheese & Crackers Fresh Fruit or Fruit Yoghurt	<b>Vegetarian</b> Dippers & Potato Wedges with Tomato Ketchup ■ Cheese & Tomato Pasta Cheese & Crackers Fresh Fruit or Yoghurt
Wednesday	Roast Chicken with Sage & Onion Stuffing and Gravy ■ Vegetable Roast with Sage & Onion Stuffing and Gravy Fruit Muffin Fresh Fruit or Yoghurt	Sausage Toot in the Hole with Onion Gravy ■ Vegetable Casserole & Dumplings Creamy Mashed Potatoes Fruit Mousse Fresh Fruit or Yoghurt	Roast Loin of Pork with Apple Sauce ■ Falafel Burger Creamy Mashed Potatoes and Gravy Forest Fruit Roll & Custard Fresh Fruit or Yoghurt
Thursday	Mexican Tortilla Boots ■ Vegetable Curry Savoury Rice Fresh Fruit or Fruit Yoghurt	■ Cheese & Tomato Pizza ■ Veggie Fajita Diced Potatoes Apple & Berry Crumble & Custard Fresh Fruit or Fruit Yoghurt	Chicken Korma & Rice ■ Cheese, Leek & Potato Bake Fresh Fruit or Fruit Yoghurt
Friday	Fishcake ■ Cheese & Onion Quiche ½ Jacket Potato Chocolate Banana Sponge & Chocolate Sauce Fresh Fruit or Fruit Yoghurt	Fish Fingers ■ Cheesy Pastry Tomato Ketchup Chipped Potatoes Fruit Shortcake Fresh Fruit or Fruit Yoghurt	Harry Ramsdens Battered Fish ■ Roast Vegetable Parcel Chipped Potatoes Load Swiss Bun Fresh Fruit or Yoghurt



- This recognises that:
- Our Menus are designed to make the best use of Seasonal Ingredients
  - Our Eggs are always Free Range Eggs
  - We serve more of the good stuff - our meals are free from undesirable additives, colouring and sweeteners

Some of our larger schools also like to offer Pasta Pots, Sandwiches and Jacket Potatoes.

- Some of our yummy options include:
- Cheese
  - Egg
  - Tuna Mayo
  - Ham
  - Chicken Mayo
  - Baked Beans



Please check with you catering team if these are available, and what the options are each day.



■ = Vegetarian

To find out more information about food/menus/recipes please contact our Technical Support Team:  
 Email: [facilitiesmanagement@northyorks.gov.uk](mailto:facilitiesmanagement@northyorks.gov.uk) Telephone: (01609) 535324 Website: [www.northyorks.gov.uk/schoolmeals](http://www.northyorks.gov.uk/schoolmeals)  
 Very occasionally, due to circumstances beyond our control, it may be necessary to change from the menu.



## Appendix 3

### Growing up in North Yorkshire Harrogate District Council Data 2020

Harrogate Data (North Yorkshire average in brackets)

#### What pupils had to eat and drink in the morning of the survey

Harrogate District data (North Yorkshire average in brackets)

The morning of the survey	Year 2	Year 6	Year 8 / year 10
Nothing to eat or drink for breakfast	3% (3%)	5% (5%)	15% (18%)
They had a drink before lessons	82% (81%)	58% (64%)	67% (64%)
They had something to eat before lessons	93% (92%)	89% (89%)	76% (69%)

#### Year 2 pupils

When asked about what they had to eat or drink before lessons on the morning of the survey:

- 3% (3%) said they had nothing before lessons
- 82% (81%) responded that they had a drink
- 93% (92%) said that they had something to eat

The foods and drinks most commonly consumed on 'most days' were:

- 54% (53%) fresh fruit
- 71% (64%) water
- 47% (47%) milk
- 48% (45%) vegetables
- 37% (41%) sweets or chocolate

Harrogate District specific data:

Positive:

- Year 2 pupils 'never' drink fizzy drinks (23% in 2018 vs 32% in 2020)

Emerging area of concern:

- Year 2 eat fresh fruit on 'most days' (64% in 2018 vs 54% in 2020)

#### Year 6 pupils

- 5% (5%) had nothing to eat or drink for breakfast on the day of the survey
- 58% (64%) of pupils responded that they had a drink before lessons on the morning of the survey
- 89% (89%) said that they had something to eat before lessons on the morning of the survey

Healthy Eating and drinking water

- 23% (25%) of boys and 21% (26%) of girls responded that they ate at least 5 portions of fruit or vegetables on the day before the survey
- 11% (10%) of boys and 5% (5%) of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey
- 96% (95%) of pupils responded that they can get water at school, while 2% (3%) said 'not easily'
- 

#### Education on Healthy Eating

- 72% (72%) of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful

#### Year 8 and 10

- 15% (18%) had nothing to eat or drink before lessons on the day of the survey
- 67% (64%) of pupils had a drink before lessons on the day of the survey
- 76% (69%) responded that they had something to eat.
- 6% (6%) of pupils in the survey had no lunch on the day before the survey. 78%, (75%) had a drink and 89% (89%) had something to eat.

#### Healthy Eating and drinking water

- 9% (11%) of pupils responded that they ate at least 5 snacks on the day before the survey.
- 3% (3%) of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.
- 21% (18%) of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 7% (9%) had none at all
- 68% (64%) of pupils responded that they can get water at school, while 27% (29%) said 'not easily'.

#### Education on healthy eating

- 55% (56%) of pupils found school lessons about healthy eating 'quite' or 'very' useful.

#### Harrogate District specific data

#### Emerging area of concern:

- Secondary school pupils had something to drink for lunch on the day before (85% in 2018 vs 78% in 2020)