

HEALTH AND WELLBEING BOARD: 23RD MAY 2024

REPORT OF THE DIRECTOR OF PUBLIC HEALTH

2023/24 PROGRESS REPORT ON THE IMPLEMENTATION OF THE HEALTHY WEIGHT STRATEGY FOR LEICESTERSHIRE 2021-2026

Purpose of report

1. The purpose of the report is to provide an update to the Health and Wellbeing Board on the progress of the implementation of the Healthy Weight Strategy for Leicestershire 2021-2026.
2. The Health and Wellbeing Board is required to act as sponsor for this work.

Recommendation

3. It is recommended that the Board:
 - a. **notes** the progress made to date,
 - b. **provides comment** and discuss any areas of future focus.

Policy Framework and Previous Decision

4. The Leicestershire Healthy Weight Strategy was approved by Leicestershire County Council Cabinet in March 2021. The vision set out is for a future where everyone in Leicestershire can eat well, be physically active and develop in a way which facilitates a healthy weight.

Background

5. In Leicestershire nearly 65% of adults are above a healthy weight and 1 in 5 children start school above a healthy weight. This proportion rises to 2 in 5 at year 6 of Primary School. Maintaining a healthy weight can improve our health-related quality of life and reduce the risk of health conditions such as heart disease, stroke, type 2 diabetes, liver disease, and some cancers.
6. However, obesity is a complex and multifaceted problem that requires coordinated, effective action to change the food, physical activity, and social environments from 'obesogenic' to ones which promote a healthy weight. To take effective action, and to reverse obesity at a population level, it will be important to work closely together with partners through a 'whole systems approach'. Creating an environment that facilitates healthy choices,

supporting individuals to be physically active to achieve and maintain a healthy weight.

7. This report sets out progress against the objectives and details a range of case studies showcasing work undertaken. Actions for the coming year are currently being developed.

Background papers

8. The Healthy Weight Strategy for Leicestershire can be found here <https://www.leicestershire.gov.uk/health-and-wellbeing/healthy-weight>

Circulation under the Local Issues Alert Procedure

No.

Appendices

Appendix 1 – Leicestershire Resident Survey – Weight Management Summary

Appendix 2 – Healthy Weight Strategy Annual Report 2023/24

Officer to contact

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Relevant Impact Assessments

Equality and Human Rights Implications

9. An equality and human rights impact assessment on the strategy was undertaken in 2021 when the strategy was approved by Leicestershire County Council Cabinet and can be found here <https://democracy.leics.gov.uk/documents/g6441/Public%20reports%20pack%20Tuesday%2023-Mar-2021%2014.00%20Cabinet.pdf?T=10>

Crime and Disorder Implications and Environmental Implications

10.n/a

Partnership Working and associated issues

11. Following the approval of the strategy, a strategy implementation group convened in October 2021 co-chaired by a Consultant in Public Health and district council Health and Wellbeing Team Leader and with membership from a wide range of partners including:

- Leicestershire County Council (Public Health, Trading Standards, Adult Social Care, Children and Families);
- District councils (Health, Culture and Leisure, Planning, Environmental Health);
- Active Together (formerly LRS)
- LLR ICB.

12. Membership of the implementation group is wide and aims to maximise engagement with subject experts and other interested parties across organisations. Actions also encourage partnership working and improved communication between system partners.

Risk Assessment

13.n/a

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