

**Priority 1: Building strong foundations**  
**Health in All Policies**  
**Healthy Placemaking**

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**Health and equity in all policies:** We will prioritise a health & equity in all policies approach to all we do.

## Health in All Policies approach:

- Systematically embedding health and equity considerations upstream in decisions, policies, and strategies
- Strengthening the use of Health Impact Assessments (HIA) as a practical tool across decision-making
- Enabling earlier intervention and helping to prevent avoidable impacts on health and services
- Supporting better consideration of the wider determinants of health, including how decisions influence inequalities
- Enabling a more joined-up and consistent approach across services and organisations, helping to align activity and reduce the risk of unintended consequences



## Leicestershire Programme implementation and progress:

A structured programme combining training, learning and practical application has been delivered across Leicestershire County Council. Health considerations are now routinely reflected within decision-making processes, including reports to Scrutiny and Cabinet, embedding a more consistent approach to considering health and inequalities within policy development.

Over 260 staff have been trained, resulting in improved understanding of health inequalities and the wider determinants of health, alongside increased confidence in applying a health lens within day-to-day roles.

## Evidence of change:

There is stronger integration of health and equity considerations across policy areas, alongside increasing use of Health Impact Assessments within Local Plans and strategic policy development, including transport. This is supporting earlier and more informed decision-making.



## Impact – why this matters:

Health is increasingly shaping decision-making across the system, supporting a shift towards prevention and reducing the risk of avoidable future demand on services. There is a stronger focus on the wider determinants of health and inequalities, enabling more aligned and informed decision-making across organisations. The approach is expanding beyond LCC into district councils, recognising their key role in shaping these determinants, and is gaining national recognition, with learning influencing guidance and supporting wider adoption.

## Next steps:


The next phase will focus on building capacity through the development of HiAP champions, strengthening case studies and shared learning, and continuing to support district rollout and evaluation to inform wider system adoption.

*'I thought the training was really interesting and it definitely made me think about things I hadn't before. I didn't realise how many opportunities within our team there were to consider health inequalities'*

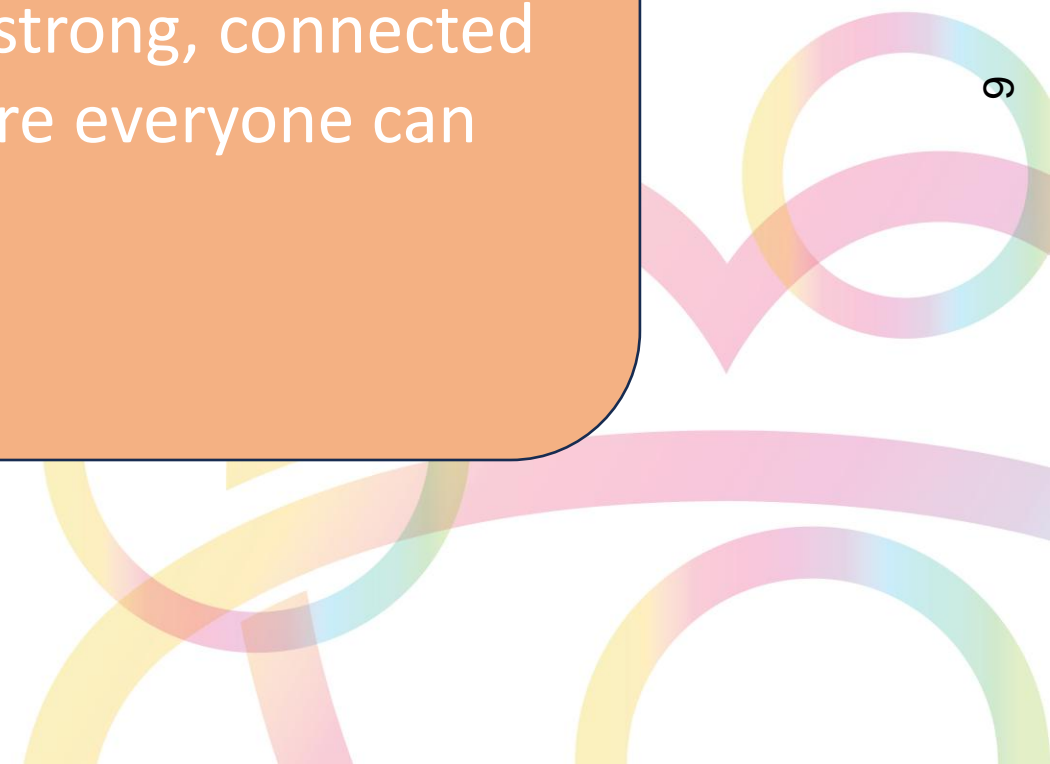
Chief Executive's colleague  
Leicestershire County Council

*"I feel able to apply the health lens to policies and programmes I have responsibility for delivering"*

Growth colleague  
Leicestershire County Council



**Healthy placemaking:** We will work together to shape healthy places and create strong, connected and resilient communities where everyone can thrive.



# Healthy Placemaking- Progress

Healthy Placemaking aims to transform the way that the built environment is designed and created to ensure that our places support and promote the health and wellbeing of our residents.

## Strategic engagement and forum development:

A Healthy Placemaking event (February 2026) brought together around 50 partners from across planning, public health, transport, housing, the NHS, district councils and the voluntary sector. Discussions focused on how placemaking and the built environment can improve health and reduce inequalities, alongside identifying shared priorities for action- what does good look like for Leicestershire? The Healthy Placemaking Forum has been re-established to support shared learning and promote more consistent and aligned policy approaches across the county.



Feedback was overwhelmingly positive: 97% reported the event met or exceeded expectations and 94% agreed it would inform future work and decisions.

# Healthy Placemaking - Progress

## Embedding Health Impact Assessment in planning and policy:

Pilot work has been undertaken with planners in a number of district councils to embed Health Impact Assessment requirements within Local Plan policy .

Health Impact Assessment Appraisal Tool: LCC Public Health					
	Nature	Likelihood	Scale / distribution?	Timing	Severity
	How will the proposal affect health? Positive or Negative?  <i>Please take in to account the health profile of the local population using links given on this site.</i>	Possible/ Probable/ Definite  <i>Are there any external factors that could affect this out of the control of the plan?</i>	Will different groups of people be impacted in different ways?  <i>Impact on inequalities – how severe/beneficial?</i>  <i>What can be done to negate this?</i>	Short/ medium/ long term	Minor/ moderate/ major  <i>Are there any external factors that could affect this out of the control of the plan?</i>
<b>Direct influences on health and behaviour</b>  <i>Factors to consider:</i> Diet					

These policies set out expectations for developments, where appropriate, to assess and address potential health impacts.

Strategic Health Impact Assessments have also been undertaken on emerging Local Plans within the county, supported by locally informed data packs and multi-agency workshops to ensure consideration of specific health challenges and priorities within each area.

This has been supported by close working with planners to shape locally relevant, health-specific policies that reflect place-based needs and priorities.



# Healthy Placemaking- Early Indicators of Impact and next steps

## Early impact and application:

Health considerations are increasingly embedded in planning processes, including Nationally Significant Infrastructure Projects, supporting more proportionate and robust assessment in applications and examinations.

## Proactive engagement:

Developers are engaging earlier with Public Health to support health impact assessment and healthy place design, enabling a more collaborative, multi-agency approach.

## System-wide alignment:

This is building a shared understanding of effective healthy placemaking across Leicestershire, reflecting evidence on improving health, reducing inequalities, and delivering wider social and economic benefits.

## Next steps:

Support Local Plan examinations to secure robust policies, develop guidance for proportionate and consistent use of health impact assessment, and strengthen partnership working through the Healthy Placemaking Forum.



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Whole Systems Approach and  
Gold Sustainable Food Places

Hollie Hutchinson – Public Health Specialist  
Francesca Barney – Strategic Lead, Health  
Improvement Systems



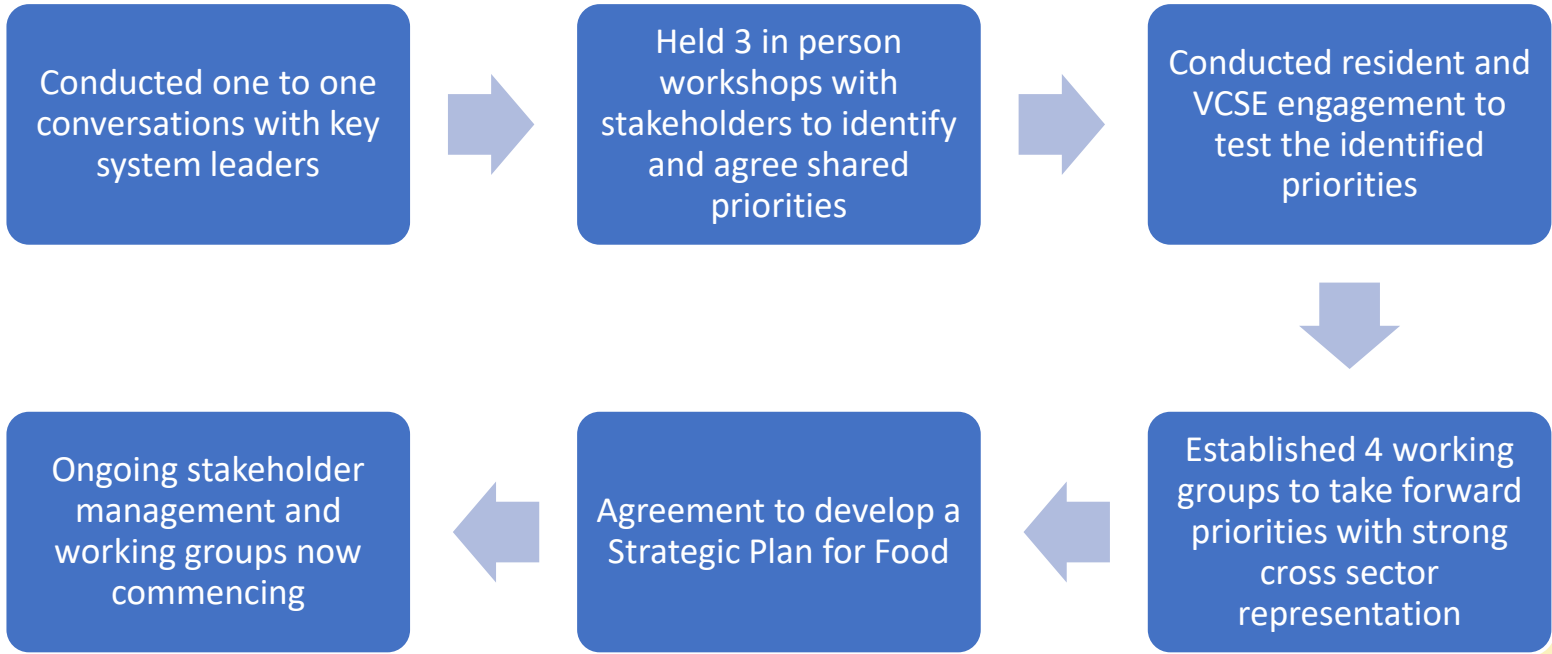
# Joint Leicestershire Health and Wellbeing Strategy commitment E2.1

“We will continue to strengthen and expand the Whole System Approach for Healthy Weight, Food and Nutrition (including the role of physical activity) by engaging the most appropriate stakeholders”

# Introduction to the Whole Systems Approach for Healthy Weight, Food and Nutrition

- The Whole System Approach (WSA) Healthy Weight, Food and Nutrition recognises food as a system rather than a set of disconnected issues
- Through collective action of partners, strong academic backing and resident engagement, the WSA can create the opportunities for long term change
- WSA has a clear governance framework in place comprising a Steering Group, supported by 4 sub groups which bring together relevant partners under a coherent systems approach

# WSA progress to date





# Key Whole System Approach programmes of activity

- Strategic Plan for Food
- Academic Research
- Resident and VCSE Insight
- Food Provision within Short Breaks service



# Joint Leicestershire Health and Wellbeing Strategy commitment E2.2

“We will work together with partners, businesses and communities to achieve Gold Sustainable Food Places status for Leicestershire”

# Going for Gold

- Awarded to the place – Leicestershire – partner activity contributes towards award
- Awarded Silver SFP in 2023
- Launched our Gold bid in summer 2025 - [Leicestershire County Council Going for Gold](#)
- Demonstration of 2 exceptional areas
- Award submission includes a visit from national SFP team
- Winning Gold is not the end!



# Key Gold programmes of activity



- The Allerton Project – farming cluster project
- Resident insight through Food conversations and Grass Roots Food Plan
- Food Insecurity
- Life course approach – where are the touchpoints for conversations around food

# Next steps for the WSA and Gold award



- Maintain momentum and strengthen commitment from strategic leadership and the wider partnership
- Embed resident and community insights into programme design and delivery
- Continued development of the Strategic Plan for Food
- Continued preparation for the SFP visit in the Autumn and subsequent Gold award submission



# Active Together

## Physical Activity Framework (2022-2031)

Leicestershire Health & Wellbeing Board: June 2026

[active-together.org](https://active-together.org)



# ACTIVE TOGETHER

- Local Active Partnership for Leicestershire, Leicester & Rutland.
- Active Partnerships have been set up as the delivery system for physical activity to ensure national resources have local reach.
- Active Together is here to make physical activity and sport more accessible.
- Strategic work, delivery through local partners.

National



Local



# PHYSICAL ACTIVITY: THE WHY

“If physical activity was a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.” [C<sup>7</sup>MO]

## Health and Long-Term Health Conditions



Physical inactivity is associated with 1 in 6 deaths in the UK and costs society more than £7 billion each year.<sup>5</sup>



• 5 - Office for Health Improvement & Disparities: Physical activity: applying All Our Health [OHID] (2022).

Living an active life is essential for preventing and managing chronic conditions:<sup>6</sup>



- |   |   |  |
|---|---|--|
| All causes of death                         | Stroke- up to 30% reduction                 | Cancer- up to 25% reduction              |
| Type 2 diabetes- up to 50% reduction        | Depression- up to 30% reduction             | Joint and back pain- up to 25% reduction |
| Hypertension- up to 50% reduction           | Cardiovascular Disease- up to 25% reduction | Falls and frailty- up to 21% reduction   |
| Coronary Heart Disease- up to 30% reduction |   | Obesity- up to 10% reduction             |

# PHYSICAL ACTIVITY: THE CHALLENGE

## Physical Activity Trends

Sport England Active Lives Physical Activity Data

Adults

65.2%  
Active

11.7%  
Fairly  
Active

23.1%  
Inactive

CYP

50.2%  
Active

21.4%  
Fairly  
Active

28.4%  
Inactive

# OUR RESPONSE: PHYSICAL ACTIVITY FRAMEWORK



## PHYSICAL ACTIVITY FRAMEWORK

2022 - 2031

Working across Leicestershire, Leicester & Rutland  
to reduce inequalities in Physical Activity



Sets out our collective message about importance of physical activity

We will work collaboratively use physical activity as a tool to improve wider societal outcomes

A clear ambition to reach those people who find it most difficult to be physically active

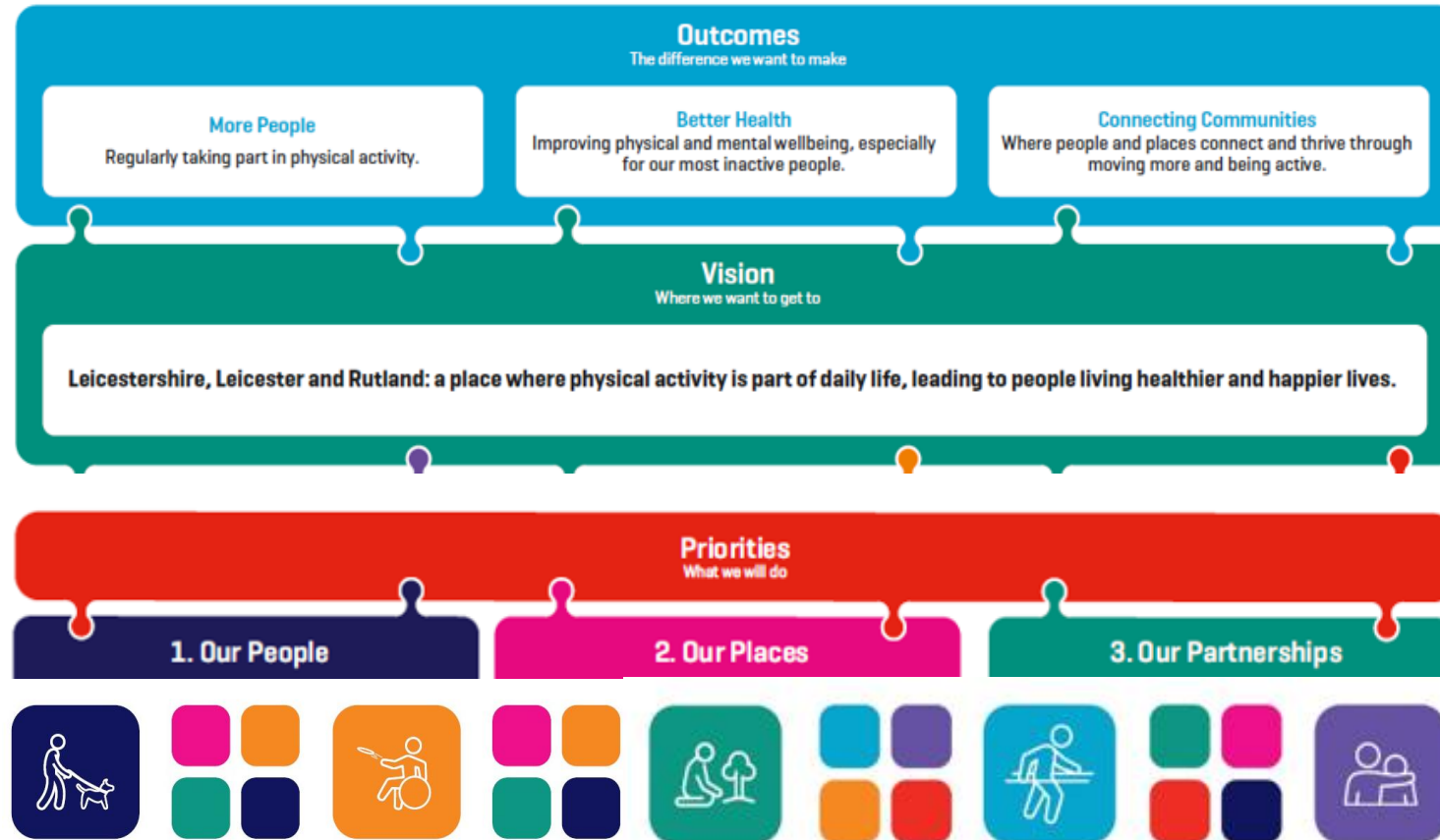
It is explicit about reducing inequality of access to physical activity and tackling physical inactivity

Targeting our resources where they are most needed

A call to action for our partners

# OUR RESPONSE: PHYSICAL ACTIVITY FRAMEWORK

## 2022 to 2031 – Framework Summary

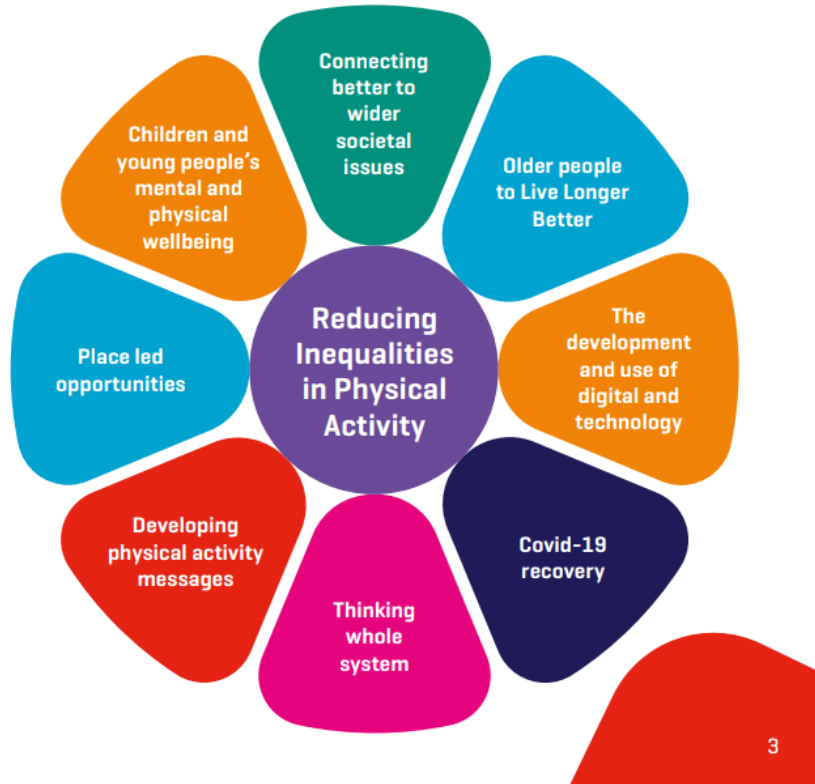


# PHYSICAL ACTIVITY FRAMEWORK REVIEW

## Our Partners Priorities

From listening to our partners and communities we have developed a better understanding of what is important and what priorities we should focus on to make a difference to people's lives.

Our key priorities for the next decade are to encourage people to move more by supporting:



# THE ASKS



Physical activity isn't a 'nice to have' - it is essential to support people to live healthier and happier lives.

Physical activity can positively change the lives of people of all ages and backgrounds across Leicestershire, Leicester and Rutland. Getting people to move more is not just the responsibility of the physical activity sector, physical activity can contribute to positive outcomes linked to health and wellbeing, climate change, planning and economic growth.

Reducing levels of inactivity is a complex challenge and it is the collective power of collaboration across multiple partners that will enable us to make a difference.

## Ask of the Health & Wellbeing Board Members is to:

- Note the approach to reviewing and refreshing the Physical Activity Framework.
- Support the Physical Activity Framework and the collaborative approach to delivery of its priorities.
- Champion physical activity within their respective organisations and partnerships.
- Promote and engage with the Physical Activity and Wellbeing Residents Survey.



# Active Together

## Further Information

For further information on the Active Together Partnership: Physical Activity Framework 2022-2031 and Active Together Partnership: Annual Review, please visit: <https://www.active-together.org/framework>

For further information on the support provided to local partners, please visit: [Partners | Active Together](#)

For further information on the support provided to local residents, please visit: [Let's Get Moving | Active Together](#)

For further information on the Physical Activity and Wellbeing Residents' Survey 2026, please visit: [www.active-together.org/toolsandresources-residentssurvey](http://www.active-together.org/toolsandresources-residentssurvey) and [www.active-together.org/pasurvey](http://www.active-together.org/pasurvey)



[active-together.org](http://active-together.org)

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# VVA

Helping people change their lives for the better



# Supporting the local voluntary sector

VAL's Voluntary Sector Support team provides training, resources and support for voluntary, community and social enterprise (VCSE) organisations across Leicester and Leicestershire.



# VAL Sector Support



£710,698

MONEY RAISED FOR VCSE  
GROUPS IN LEICESTERSHIRE



791

GROUPS SUPPORTED IN  
LEICESTERSHIRE



3557

SUBSCRIBERS TO OUR  
VAL NEWSLETTERS



485

HELPLINE ENQUIRIES



48

VAL EVENTS & TRAINING

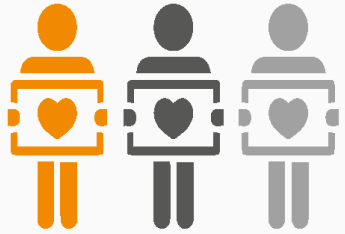


429

DELEGATES ATTENDED



# VAL Volunteering



**3089**  
VOLUNTEERING  
ENQUIRIES



**354**  
ORGANISATIONS  
REGISTERED TO  
THE WEBSITE



**2076**  
VOLUNTEERING  
OPPORTUNITIES AVAILABLE



**33%**  
CONVERSION RATE OF  
PEOPLE VOLUNTEERING



**94%**  
OF VOLUNTEERS WERE  
HAPPY WITH THEIR ROLES



[www.volunteer.valonline.org.uk](http://www.volunteer.valonline.org.uk)

 **VAL** Helping people change  
their lives for the better

# Partnerships and Meetings

- ▶ **Health and Wellbeing Board**
- ▶ **Children and Families Partnership**
- ▶ **County Health Neighbourhood Place Group**
- ▶ **Joint Health and Wellbeing Strategy – task group**
- ▶ **North West Leicestershire Pilot**
- ▶ **Staying Healthy Partnership**
- ▶ **Neighbourhood Health Programme Board**
- ▶ **Learning Disabilities Partnership Board**
- ▶ **LLR Joined up Care Network CYP Transition to Adult Services**
- ▶ **Integration Executive Board**
- ▶ **Better Care Fund**
- ▶ **HDRC Leicestershire**
- ▶ **Leicester and Leicestershire Business and Skills Board**
- ▶ **District and Borough Community Health and Wellbeing Partnerships**
- ▶ **Leicestershire Mental Health Subgroup**
- ▶ **Whole Systems Approach for Healthy Weight, Food and Nutrition Steering Group**
- ▶ **Public Advisory Group**
- ▶ **VCSE Alliance**
- ▶ **Better Mental Health 4 All**

# Key areas VAL are involved in

**Health and Wellbeing Strategy**

**Transitions to Neighbourhood Working**

**Neighbourhood Plans**

**District and County Health and Wellbeing Plans**

**Healthy Placemaking**

**Neighbourhood Mental Health Cafes**

# Getting the VCSE Voice



**E-  
Newsletters**



**Network  
and  
Forums**



**Specific  
sessions  
on key  
health  
topics**



**Annual  
Conference**



**CEO Peer  
Network**

# Current Priorities and Challenges



**Neighbourhood Working**



**Local Government Reorganisation**

**NHS**  
Leicester, Leicestershire  
and Rutland  
Integrated Care Board

**Changes to the ICB**



**Changes to NHS England**



**Healthwatch and Public Voice**