



**CABINET 20 OCTOBER 2020**

**DEVELOPMENT OF A HEALTHY WEIGHT STRATEGY FOR  
LEICESTERSHIRE**

**REPORT OF THE DIRECTOR OF PUBLIC HEALTH**

**PART A**

**Purpose of the Report**

1. The purpose of this report is to seek the Cabinet's approval to consult on the draft Healthy Weight Strategy for Leicestershire, appended to this report.

**Recommendations**

2. It is recommended that:
  - (a) The draft Healthy Weight Strategy, appended to the report, be agreed for consultation;
  - (b) A further report be presented to the Cabinet in spring 2021 regarding the outcome of the consultation and seeking approval for the revised draft Healthy Weight Strategy.

**Reasons for Recommendation**

3. The County Council has a statutory duty to take appropriate steps to improve the health of people living in Leicestershire. This includes creating the conditions necessary to support people to achieve a healthy weight.
4. With two thirds of adults and one third of children in Leicestershire being overweight or obese, it is important that action is taken to address this important issue. Public consultation and partner engagement will be crucial in developing an effective healthy weight strategy.

**Timetable for Decisions (including Scrutiny)**

5. The public consultation will run from the beginning of November until end of December 2020.
6. The draft Strategy will be presented to the Health Overview and Scrutiny Committee at its meeting on the 11 November 2020 and the Health and

Wellbeing Board at its meeting on 26 November 2020, as part of the consultation.

7. A report presenting the final draft for approval will be submitted to the Cabinet in Spring 2021. Subject to approval, the Strategy will be launched in April 2021.

### **Policy Framework and Previous Decisions**

8. The Healthy Weight Strategy supports the Council's Strategic Plan 2018-2022 'Working Together for the Benefit of Everyone' regarding Wellbeing Opportunities. It will help Leicestershire's population lead healthier lives, reduce inequalities associated with health and increase healthy life expectancy.
9. The Leicestershire Joint Strategic Needs Assessment chapter on Obesity: Physical Activity, Healthy Weight and Nutrition was published in September 2019. One of the recommendations was to develop an obesity strategy for Leicestershire that adopts a whole systems approach across the life-course.
10. The Healthy Weight Strategy also forms part of the Leicestershire Food Plan which was approved by the Cabinet on the 18 December 2018.

### **Resource Implications**

11. There are no additional resource implications arising from the recommendations in this report. Delivery of actions arising from the strategy will be met by existing budgets and action taken by partner organisations. Minor costs associated with the delivery of the consultation exercise will be met using existing budgets.
12. The Director of Corporate Resources and the Director of Law and Governance have been consulted on the content of this report.

### **Circulation under the Local Issues Alert Procedure**

13. None.

### **Officer(s) to Contact**

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## **PART B**

### **Background**

14. More than half (61%) of Leicestershire's adult population are overweight or obese and 30% of year 6 primary school children are overweight or obese. Being overweight and obesity is more common in socio-economically disadvantaged communities and is associated with many long-term conditions. There is also emerging evidence that people with a high body mass index are more at risk of developing complications of Covid-19.
15. The economic burden of overweight/obesity is significant across England. The NHS spends £6.1bn on obesity-related ill health, local government spends an estimated £0.35bn in social care costs and the cost to the wider UK economy is around £27bn.
16. There is considerable evidence that obesity is a complex issue that requires a complex system response. The draft Healthy Weight Strategy outlines a whole systems approach to tackling obesity and helping people maintain a healthy weight.

### **The Draft Healthy Weight Strategy**

17. The draft Healthy Weight Strategy, which is appended to this report, will cover the whole of Leicestershire and will run over a 5-year period, from 2021-2026. It is divided into three themes and 5 objectives as follows:
  - i. Theme 1 addresses action that tackles the food environment that we live in and includes:
    - Strategic Objective 1: to improve the availability of healthy and sustainable food and drink in all sectors. For example, promoting the accreditation of food and catering business through 'Food For Life Served Here';
    - Strategic Objective 2: to support settings to prevent obesity and increase healthy weight across the life course. For example, through the Leicestershire Healthy Schools programme;
  - ii. Theme 2 addresses action that focuses on providing individuals with the information and support they need to manage their own weight and that of their families and includes
    - Strategic Objective 3: to co-ordinate a healthy weight pathway including prevention, self-management and supported weight management. For example, increasing uptake of the Leicestershire Weight Management Service;

- iii. Theme 3 addresses leadership by partner organisations (for example, the NHS and district councils) to ensure that the wider workforce is equipped to promote healthy weight and that policies are conducive to healthy weight and includes
- Strategic Objective 4: develop a workforce that is confident and competent talking about and promoting healthy weight. For example training more professionals in Making Every Contact Count;
  - Strategic Objective 5: lead partners and stakeholders in developing healthy weight policies using for example the Leicestershire Food plan partnership work.

### **Consultation**

18. An 8-week public consultation will take place from the 2 November until the 27 December. This will include a series of targeted online focus groups with weight management service users and members of the Equalities Challenge Group and a public online questionnaire-based consultation, advertised through the Council's website and social media channels.
19. The Health Overview and Scrutiny Committee will consider a report at its meeting on 11 November 2020, as will the Health and Wellbeing Board on 26 November 2020, as part of the consultation.
20. Findings from the consultation will be used to inform the development of the final draft Strategy that will be presented to the Cabinet for approval in Spring 2021.

### **Equality and Human Rights Implications**

21. An Equality and Human Rights Impact Assessment Group has been established and will run alongside the development of the Strategy. An Equality and Human Rights Impact Assessment (EHRIA) screening was undertaken and concluded that there are several positive impacts on protected characteristic groups including age, pregnancy and maternity, community cohesion and deprived communities.
22. However, there were three protected characteristics groups identified as having possible barriers to benefits from the Strategy:
- i. Disability: people with disabilities (including those with learning disabilities, dementia and cognitive impairment) may have additional communication needs. Adaptations may be needed to enable these groups to access services outlined in this strategy. This is particularly relevant given the high levels of obesity in those with learning disabilities. Physical disabilities may also limit people engaging in active travel.

- ii. Race and also religion or belief: people will be supported in this strategy regardless of race and religion or belief. However, culture/ethnicity-specific diets need to be considered. Barriers to accessing support and services may include language/communication difficulties and cultural acceptability. Some groups e.g. South Asian communities have a higher risk of diabetes and these additional needs require consideration. Additional interventions and considerations may be needed when engaging with some of our communities.
21. These are key areas of development for the Strategy and consultation will enable a better understanding of any potential barriers/disadvantages in these groups, help to identify ways to mitigate these, and strengthen support for these groups in the Strategy. A full EHRIA will also be completed during the development of the final Strategy.

### **Background Papers**

Leicestershire County Council Strategic Plan 2018-22

<https://www.leicestershire.gov.uk/about-the-council/council-plans/the-strategic-plan>

Joint Strategic Needs Assessment 2018:21 Obesity: physical activity, healthy weight and nutrition.

<https://www.lsr-online.org/uploads/obesity-physical-activity-healthy-weight-and-nutrition.pdf?v=1568369427>

Leicestershire Good Food Plan and Good Food Leicestershire Charter

<http://politics.leics.gov.uk/documents/s143186/LCC%20Cabinet%20report%20Leicestershire%20Food%20Charter.pdf>

### **Appendix**

Draft Healthy Weight Strategy 2021-26.

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