



# **Healthy Weight Strategy for Leicestershire**

## **Progress Report 2023/2024**

**Elizabeth Orton, Consultant in Public Health, Leicestershire County Council**

**Emma Knight, Health and Wellbeing Team Leader, North West Leicestershire District Council**

## Vision

Our vision is a future where everyone in Leicestershire can eat well, be physically active and develop in a way which facilitates a healthy weight.

## Key Themes

Promoting a Healthy Weight Environment

Support For People to Achieve and Maintain a Healthy Weight

Prioritise Healthy Weight Through Systems Leadership

Improve the awareness and availability of healthy and sustainable food and drink in all sectors

Support settings to prevent obesity and increase healthy weight in adults, children, and families

Co-ordinate a healthy weight pathway which includes prevention, self-management, and weight management support

Develop workforces that are confident and competent having a conversation about and promoting healthy weight

Working with partners and stakeholders to support the development of a whole systems approach to healthy weight

# Theme 1: Promoting a Healthy Weight Environment

## Improving the awareness and availability of healthy and sustainable food and drink in all sectors

**Action:** Mapping exercise - Where are our food schemes and are they meeting the needs of residents?

**Outcome:** Detailed analysis of food provision and gaps, informing future provision and co-ordination

**Action:** Scoping review - What powers do we have that support healthy planning policy?

**Action:** Review of schemes to encourage healthier out-of-home eating options

**Outcome:** Development of a draft planning policy in NWL Local Plan (TC2)

## Supporting Settings to Prevent Obesity and Increase Healthy Weight in Adults, Children, and Families

**Action:** Documenting local authority food provision

**Outcome:** Improvement in healthy food options and action to promote active travel among staff

**Outcome:** New healthy vending machines contract, Leicestershire County Council (tbc)

**Outcome:** Informed the Healthy Workplaces program survey for businesses

**Action:** Consultation on food available in FE colleges and sixth forms

**Outcome:** identified need for healthy food initiatives in these settings

**Outcome:** Collaboration with the Teen Health Service aims to support adolescent health in educational settings.

## Theme 2: Support for People to Achieve and Maintain a Healthy Weight

Co-ordinate a healthy weight pathway which includes prevention, self-management and weight management support

**Action:** Review weight management services for children in Leicestershire

**Outcome:** Gaps in support for children with learning disabilities and children who are malnourished or underweight

**Outcome:** Updated National Child Measurement Programme letters to facilitate direct engagement with weight management services.

**Action:** Resident survey on barriers and motivators for physical activity

**Outcome:** Insight document to inform future communications

**Action:** Review of referral pathways for weight management

**Outcome:** Improved guidance for referrers

**Outcome:** New tier 3 weight management service being piloted provided

## Theme 3: Prioritise healthy weight through systems leadership.

### Support leadership across the system

**Action:** Advocate for system-wide Healthy Conversation Skills (HCS) training

**Outcome:** System training delivered; end of current funding

**Outcome:** Webinar for Primary Care Networks (PCNs) delivered to ~300 primary care staff

**Outcome:** Bespoke healthy weight resources are being developed for MECC+/HCS training, accessible via the MECC+ website

**Action:** Identify gaps in weight management service provision

**Outcome:** post-pregnancy care – provision of healthy food boxes

**Action:** Health in all policies

**Outcome:** agreed policies for Public Health support to planning decisions and school designs

**Outcome:** Training sessions target staff across departments to integrate health considerations into decision-making processes.

**Action:** Identify PCNs with weight in their DES plans

**Outcome:** PCNs identified, work in progress to support them

## Next Steps

- Reduce to 2 implementation groups
  - Healthy weight environment
  - Healthy weight services and pathways
- Developing actions for 2024/25
  - Focus on implementation of interventions/programmes/policy
- Continue to monitor ongoing actions and outcomes
  - Tier 3 weight management service pilot
  - PCN DES plan support
  - Impact of support to planning and policy