

Appendix 5

Overweight and Obesity

(Year 1 priority for NWL Community Health and Wellbeing Plan)

- **Promoting a healthy weight environment**

Support required for residents living in poverty, areas of deprivation or have a reliance on food banks

High numbers/clusters of takeaways

Understanding support already in place and utilised

Support required for residents who; experience transport barriers; live rurally; are isolated; homebound and receiving care; living with long term health conditions and are home schooled and are SEND

- **Support people to achieve and maintain a healthy weight**

Communications is of high importance and requires a clear comms strategy/plan

Need to understand public and private offer within the District

- **Prioritise healthy weight through systems leadership**

Ensure LCC Healthy Workplaces programme is widely utilised by businesses/employers

Ensure MECC is embedded

- ▶ What did you do and what were the outcomes?

All actions are linked to the Leicestershire Healthy Weight Strategy Implementation.

- A draft Takeaway Policy has been developed and consulted on it has not yet been implemented and is dependent on Local Plan timescales.
- A food poverty action plan was created and delivered and is ongoing that considered quality of food, education of cooking and nutrition and white goods/utensils.
- A comprehensive Holiday Activities and Food (HAF) offer and low-cost holiday day schemes with a healthy snack was developed for families that do not qualify for (HAF) but cannot afford private provision.
- A Local Cycling and Walking Infrastructure plan was developed to support commuter and recreational walking and cycling opportunities. This is specifically a NWLDC project that links into this work stream.

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