



HEALTH AND WELLBEING BOARD: 26 NOVEMBER 2020

REPORT OF THE DIRECTOR OF PUBLIC HEALTH

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

Purpose of report

1. The purpose of this report is to seek the views of the Health and Wellbeing Board on the new proposed healthy weight strategy for Leicestershire as part of the consultation process.

Link to the local Health and Care System

2. This Healthy Weight strategy adopts a 'Whole Systems' approach, which is consistent with the Health and Wellbeing Board's principles of influencing a wide range of agendas (e.g. economy, planning and transport), supporting people to avoid ill-health, working in partnership to deliver positive support for people, being clear about role and responsibilities across partner organisations and listening to the population.
3. 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.
4. The strategy is a response to a recommendation in the 2019 Joint Strategic Needs Assessment chapter on Obesity: Physical Activity, Healthy Weight and Nutrition and forms part of Leicestershire's prevention programme.
5. The strategy also supports the ambitions of the Leicester, Leicestershire and Rutland Better Care Together Sustainability and Transformation Plan, regarding improving lifestyles and reducing obesity as part of the prevention of ill-health.

Recommendation

6. The Health and Wellbeing Board is asked to comment on the draft Healthy Weight Strategy for Leicestershire.

Policy Framework and Previous Decisions

7. 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 a Healthy Weight Strategy for Leicestershire that adopts a whole systems approach across the life-course.
8. The Healthy Weight Strategy also forms part of the Leicestershire Food Plan which was endorsed by Leicestershire County Council's Cabinet on the 18 December 2018.
9. This draft Healthy Weight Strategy was approved for consultation by Leicestershire County Council's Cabinet on the 20th October 2020.

Background

10. Nearly two thirds (65%) of adults and a third (30%) of year 6 primary school children living in Leicestershire are overweight or obese. Overweight and obesity is more common in socio-economically disadvantaged communities and is associated with many long-term conditions. There is emerging evidence that people with a high body mass index are more at risk of developing complications of Covid-19.
11. The economic burden of overweight/obesity is significant across England. The NHS spends £6.1bn per year on obesity-related ill health, local government spends and estimated £0.35bn in social care costs and the cost to the wider UK economy is around £27bn.
12. There is considerable evidence that obesity is a complex issue that requires a complex system response, where all sectors work together, with the public, to address it. The draft strategy outlines an approach that brings together responsibilities of the private and public sectors and the general public, to tackle obesity and help people maintain a healthy weight. This is Leicestershire's 'whole systems approach'.

The draft Strategy

13. The Leicestershire-wide Strategy is divided into three themes and 5 objectives and will run over a 5-year period.
14. Theme 1 addresses action that tackles the obesogenic environment that we live in

Strategic Objective 1: to improve the awareness and 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 in adults, children and families. For example, through the Leicestershire Healthy Schools programme;

15. Theme 2 addresses action that focuses on providing individuals with the information and support needed to manage their own weight and that of their families

Strategic Objective 3: to co-ordinate a healthy weight pathway which includes prevention, self-management and weight management support. For

example, increasing uptake of the Leicestershire Weight Management Service;

16. Theme 3 addresses leadership by partner organisations (e.g. NHS, districts) to ensure that the wider workforce is equipped to promote healthy weight and that policies are conducive to healthy weight

Strategic Objective 4: develop workforces that are confident and competent talking about and promoting healthy weight. For example training more professionals in Making Every Contact Count;

Strategic Objective 5: Working with partners and stakeholders to support the development of a whole systems approach to healthy weight, using for example the Leicestershire Food Plan Partnership work.

Consultation/Patient and Public Involvement

17. An 8-week public consultation is currently being undertaken which will include a series of targeted online focus groups with weight management service users and members of the equalities challenge group combined with an online public questionnaire-based consultation. The consultation will end on the 27 December 2020.
18. Findings from the consultation, including comments made by the Health and Wellbeing Board, will be used to inform the final Strategy which will be presented to Leicestershire County Council's Cabinet in Spring 2021.

Resource Implications

19. 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.

Timetable for Decisions

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

Background papers

21. Report to the Cabinet - 20th October 2020
<http://politics.leics.gov.uk/ieListDocuments.aspx?CId=135&MId=5998&Ver=4>
22. Leicestershire County Council Strategic Plan 2018-22
<https://www.leicestershire.gov.uk/about-the-council/council-plans/the-strategic-plan>
23. 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>

24. Leicestershire Good Food Plan and Good Food Leicestershire Charter
<http://politics.leics.gov.uk/documents/s143186/LCC%20Cabinet%20report%20Leicestershire%20Food%20Charter.pdf>
25. Leicester, Leicestershire and Rutland Better Care Together Sustainability and Transformation plan
<https://www.bettercareleicester.nhs.uk/EasysiteWeb/getresource.axd?AssetID=46236>

Circulation under the Local Issues Alert Procedure

None

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Appendix

28. Appendix - Draft Healthy Weight Strategy for Leicestershire

Relevant Impact Assessments

Equality and Human Rights Implications

29. 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.
30. However, the following protected characteristics groups were 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.

31. 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.

Partnership Working and associated issues

32. The overarching themes and strategic objectives set out in the draft strategy require partners across the system, including the private and voluntary sector organisations and the public, to work together to tackle obesity. Examples include working with food and drink outlets and retailers to ensure that the public has healthy options available to choose from, working with settings such as schools, care home and NHS providers to ensure that everyone in those settings has access to healthy nutritious food, enabling professionals to feel confident to talk about weight with their patients/clients, working with NHS and Public Health commissioners to ensure that weight management and specialised bariatric services meet the needs of people and ensuring that all policies are health-promoting.

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