

KIRKLEES HEALTH & WELLBEING BOARD	
MEETING DATE:	31st January
TITLE OF PAPER:	Healthy Weight Declaration
1. Purpose of paper	<p>To ask Health & Wellbeing Board to support a Local Government (and Partners) 'Healthy Weight Declaration' for Kirklees (see draft Healthy Weight Declaration attached) and endorse the approach and sign off the Health & Wellbeing Board's commitment to the 'Healthy Weight Declaration'</p>
2. Background	<p>In Kirklees:</p> <ul style="list-style-type: none"> • 1 in 5 (22%) 5-year olds and 1 in 3 (36%) 11-year olds in Kirklees were overweight or obese in 2016. • Children aged 5 from the poorest income groups are twice as likely to be obese compared to their most well off counterparts. By age 11 this likelihood triples. • Over half of all adults (56%) are overweight or obese. • The number of obese adults is increasing. • 3 in 5 people with a long term condition are overweight/obese. • Severely obese people are three times more likely to use social care. <p>Kirklees Public Health plans to develop and implement a local 'Healthy Weight Declaration' as part of a whole-system approach to tackling obesity.</p> <p><i>What is it?</i></p> <p>The Healthy Weight Declaration (HWD) is a way of showing commitment to a collaborative whole-system, policy-based approach to tackling obesity, with a specific focus on policies that can impact on whole populations.</p> <p>By signing up to the Declaration, the Council and its partners make a formal and public commitment to support its employees, residents and communities by making healthy choices easier.</p> <p>The Declaration provides the context and rationale for the Council and its partners to review their policies and how they may impact on healthy weight.</p> <p>By endorsing a 'whole system' approach to tackling obesity, the Declaration will impact on wider health and social issues, not just reducing obesity.</p> <p>HWD demonstrates a commitment to developing and implementing policies and actions that are aligned with place-based approaches, 'working with, not doing to' and working with partners, to create healthy (social and physical) environments.</p>

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What is the rationale for a Healthy Weight Declaration?

The proposal for a Kirklees Healthy Weight Declaration is informed by emerging evidence of successful approaches in other areas such as Blackpool (see appendix below for a link) and St. Helens.

Between 2012 and 2015, Amsterdam's whole system approach reduced the prevalence of overweight and obesity in children (0-18 years) from 21% to 18.5%.

Public Health England endorse adopting a Healthy Weight Declaration by Local Authorities as part of an evidence-based approach to reducing obesity.

3. Proposal

Evidence suggests (eg Amsterdam's whole-system approach) that to be effective, whole system approaches to tackling obesity need sustained senior level leadership and organisational buy-in over a period of time. It is proposed that the Health & Wellbeing Board endorse and own the HWD, champion and provide leadership in its implementation.

It will then require coordination of cross-sector and cross-departmental actions including political engagement, all council departments, schools, healthcare settings, communities, neighbourhoods and third and voluntary sector organisations. Kirklees Council Public Health team will provide this.

The HWD sets out a number of commitments that the council and its partners commit to in order to inform the development and implementation of their policies and actions and how they may impact on healthy weight. By doing so, as part of a whole-system approach to tackling obesity across the life-course, the HWD contributes towards achieving the following priority taken from the Health and Wellbeing Plan:

"Make healthy weight the norm for the population in Kirklees, increasing the proportion who are a healthy weight in childhood and adulthood, starting with increasing the proportion of babies born in Kirklees at a healthy weight"

HWD demonstrates a commitment to developing and implementing policies and actions that are aligned with place-based approaches, 'working with, not doing to' and working with partners, to create healthy (social and physical) environments.

By taking a whole-system approach to tackling obesity, HWD contributes towards achieving the following Kirklees Outcomes:

- *Children have the best start in life*
- *People in Kirklees are as well as possible for as long as possible*
- *People in Kirklees live independently and have control over their lives*

4. Financial Implications

The HWD does not require additional finance to implement as it is predominantly about influencing and developing existing or new policies and actions within existing resources.

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<p>5. Sign off</p> <p>Signed off by Rachel Spencer-Henshall 21/09/19.</p> <p>This report has been to:</p> <ul style="list-style-type: none">- Kirklees Council Leadership and Management Team on the 17/12/18 signed off by Rachel Spencer-Henshall.- Kirklees Cabinet on the 14/01/19 signed off by Richard Parry.
<p>6. Next Steps</p> <p>Kirklees Council Public Health team will coordinate cross-sector engagement in order to develop, implement and acquire sign up to the HWD.</p> <p>A partnership HWD launch event will be delivered in March.</p>
<p>7. Recommendations</p> <p>That the Health & Wellbeing Board commit to supporting, owning and championing the HWD</p>
<p>8. Contact Officer</p> <p>Carl Mackie - Public Health Manager carl.mackie@kirklees.gov.uk</p> <p>Alison Millbourn – Public Health Manager Alison.millbourn@kirklees.gov.uk</p>

Appendix

Link to Food Active Blackpool example:

<http://www.foodactive.org.uk/wp-content/uploads/2017/06/Food-Active-Blackpool-Report.pdf>

Link to whole systems approach in Amsterdam:

<https://www.ucl.ac.uk/obesity-policy-research-unit/sites/obesity-policy-research-unit/files/what-learned-from-amsterdam-healthy-weight-programme-inform-policy-response-obesity-england.pdf>