

Item No. 11.	Classification: Open	Date: 26 July 2016	Meeting Name: Health and Wellbeing Board
Report title:		Southwark Healthy Weight Strategy 2016 – 2021	
Wards or groups affected:		All	
From:		Jin Lim, Acting Director of Public Health	

RECOMMENDATIONS

1. The board is requested:
 - a) To note the Southwark Healthy Weight Strategy (Appendix 1)
 - b) To agree the 4 priority programmes:
 - Early Years and Maternity
 - School age
 - Adults
 - Healthy Weight environment
 - c) To agree the Action Plan for the next 12 months as set out in the Strategy
 - d) To request a report back in 6 months.

EXECUTIVE SUMMARY

2. The Health and Wellbeing Board sets the strategic direction for improving the health of the borough and this is captured in the Southwark Health and Wellbeing (HWB) Strategy.
3. The HWB Strategy has a number of major priorities, including obesity, sexual health, alcohol and tobacco and smoking. Challenging targets have also been agreed for childhood obesity. The Southwark Healthy Weight Strategy and Action Plan sets out how obesity will be tackled and how the targets will be achieved. It is proposed that progress on the implementation of the action plan is reported back to the HWB Board in six months.

Summary of strategy

4. Southwark has some of the highest rates of overweight and obesity in the country, with 56% of adults and 43% of children (year 6) classified as obese or overweight with our most vulnerable populations at increased risk. The strategy aims to bring obesity to the fore in Southwark and is a comprehensive plan for uniting everyone together in its prevention and treatment.
5. The Senior Leadership Group (lead members of the HWB Board) led the development of the strategy with input from a range of partners. The strategy was informed by national and local learning and subject to external scrutiny and assurance.
6. The strategy sets out a number of challenging ambitions for childhood obesity over the next five years. Progress towards these will be monitored using data

from the annual National Child Measurement Programme in Reception and Year 6 pupils.

7. The strategy is comprehensive, including elements of both prevention and treatment of overweight and obesity with actions across the whole life course including pregnant women, children and adults. Key prevention activities include promoting breast feeding and healthy weaning for young children, increasing physical activity through play and active transport for all and providing tailored, evidence based advice to individuals through GPs and other health professionals. Treatment services will include three healthy weight referral and care pathways providing effective, age appropriate weight management services for 0-4 years, 5-12 years and adults.
8. The strategy also aims to influence the environment in which people live in order to make the healthy choices the easiest choices to make. This will involve working with partners in planning, regeneration and transport to provide appropriate spaces for play and physical activity including active transport and ensuring affordable healthy food options are available to all.
9. Crucially the strategy takes a whole systems approach, including partnership working between numerous Council departments, the CCG and other provider organisations. Obesity cannot be tackled in isolation and the strategy aims to make it clear that obesity is 'everybody's business'.
10. The development of an effective communication plan that increases the awareness and system wide consideration of unhealthy weight, including 'big conversations' with local communities, will underpin the strategy.
11. Training on healthy weight so that there is confident and consistent messaging and brief interventions will also be implemented.
12. Two implementation groups will be established in the first instance: People (life course) and Place to support the implementation of the strategy and action plan. The unhealthy weight targets that have been set will also be subject to the Council's performance challenge process.

Policy implications

13. Southwark Council and the Southwark CCG have a statutory duty under the 2012 Health and Social Care Act to produce a health and well being strategy for Southwark. The health and wellbeing board leads the production of the strategy. The Health and Wellbeing Strategy is underpinned by more detailed thematic strategies and action plans – of which the Healthy Weight Strategy is one.
14. The Healthy Weight Strategy will sit alongside other Southwark strategies that will themselves impact on levels of overweight and obesity. These include the Physical Activity and Sport Strategy, Transport Strategy and the Children and Young People's Wellbeing Strategy.

Community impact statement

15. The Healthy Weight Strategy acknowledges that some communities and individuals are both more likely to become overweight or obese and less likely to access services to prevent or treat it. The interventions commissioned to deliver

the strategy will be appropriately targeted in the expectation that they will address this issue.

Financial implications

16. There are no financial implications contained within this report. However, the priorities identified in the Healthy Weight Strategy will have implications for other key local strategies and action plans and the development of commissioning intentions to improve the health and wellbeing of Southwark's population.

BACKGROUND PAPERS

Background papers	Held at	Contact
Southwark Joint Strategic Needs Assessment	www.southwark.gov.uk/jsna	jsna@southwark.gov.uk
Link: www.southwark.gov.uk/jsna		
Southwark Health & Wellbeing Strategy 2015/20	http://www.southwark.gov.uk/downloads/download/3570/southwark_health_and_wellbeing_strategy_2015-2020	Public Health 020 7525 0280
Link: http://www.southwark.gov.uk/downloads/download/3570/southwark_health_and_wellbeing_strategy_2015-2020		

APPENDICES

No.	Title
Appendix 1	Southwark Healthy Weight Strategy 2016 – 2021 (Appendix circulated separately)

AUDIT TRAIL

Lead officer	Jin Lim, Acting Director of Public Health	
Report Author	Russell Carter, Consultant in Public Health	
Version	Final	
Dated	15 July 2016	
Key decision?	No	
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER		
Officer Title	Comments Sought	Comments Included
Director of Law and Democracy	No	No
Strategic Director of Finance and Governance	No	No
Cabinet Member	No	No
Date final report sent to Constitutional Team		14 July 2016