



CABINET

Subject Heading:

Havering Healthy Weight

Strategy 2024-2029:

Everybody's Business

Cabinet Member:

Councillor Gillian Ford

ELT Lead:

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Policy context:

National policy context: Tackling the obesity epidemic is one of the major public health challenges of the 21st century. The UK Government published a new obesity strategy in 2020 with policies and legislative measures designed to make the healthy choice the easiest choice and support individuals to lose weight. This previous national 2018 childhood obesity strategy set an ambition to halve childhood obesity by 2030.

Local policy context: Preventing and addressing overweight and obesity along with the associated health problems is a priority for Havering Council and the NHS as set out in the Havering Corporate Plan, the Havering Health and Wellbeing Board's Health and Wellbeing Strategy 2019/20–2023/24 and the

Havering Place Based Partnership's Interim Health and Care Strategy.

This decision paper was prepared before the Health and Wellbeing Board meeting on 3 April, when it is anticipated that Board members will indicate their support for the strategy.

Financial summary:

There are no direct financial costs associated with adoption of the strategy. Any subsequent programmes of work that require financing will be subject to separate decision making, in accordance with Council and partners decision-making processes.

Is this a Key Decision?

Yes - Significant effect on two or more wards

When should this matter be reviewed?

Not applicable

Reviewing OSC:

Not applicable

The subject matter of this report deals with the following Council Objectives

People - Things that matter for residents - X

Place - A great place to live, work and enjoy - X

Resources - A well run Council that delivers for People and Place. - X

SUMMARY

Obesity rates in Havering are very high for both children and adults, either similar or above the London and England averages, and they look set to get worse. The problem of overweight and obesity is cutting lives short, and negatively impacting the quality of life of Havering residents. Prevention is a key priority for Havering Council and the NHS, as set out in the Havering Corporate Plan, the Havering Health and Wellbeing Board's Health and Wellbeing Strategy 2019/20–2023/24 and the Havering Place Based Partnership's Interim Health and Care Strategy.

It is a common misconception that individuals are completely in control of their own weight and that an overweight problem is entirely the result of personal choices. Over recent years it has become increasingly evident that obesity is a much more complex issue, and one that is caused by multiple factors that interact with each other; the modern-day changes in the circumstances where we live, work and play that now make us more likely to opt for unhealthy options of foods and less likely to be physically active. In short, it is largely the circumstances where we live, known as 'the system', that has resulted in the increasing rates of overweight and obesity.

The scale and complexity of the problem means that the Council, the local NHS, and stakeholders must work together to change the system.

Over 100 local partners came together for two healthy weight summits to identify the system-wide factors that are contributing to overweight and obesity in Havering, and to consider the solutions. The work from these summits, and wider engagement, contributed to the development of a draft five-year healthy weight strategy on taking a whole systems approach, and a twenty-year vision for the Borough.

The resultant draft strategy (including an easy read version), an obesity needs assessment, and information videos were published on the Havering Council's Consultation and Engagement Hub. A public consultation took place from 17 January to 3 March 2024 when residents and stakeholders were invited to comment. <https://consultation.havering.gov.uk/public-health/healthy-weight-strategy-consultation/>

The public consultation resulted in a total 660 responses received. Analysis of the responses showed that there was overall support for the strategy approach. Most of the feedback was concerned with implementation of the strategy (i.e. actions to be taken to deliver the approach).

This decision paper was prepared before the Health and Wellbeing Board meets on 3 April 2024; it is anticipated that members will indicate their support for the final draft of the strategy.

RECOMMENDATIONS

Approve and adopt the Havering Healthy Weight Strategy 2024-2029: Everybody's Business

REPORT DETAIL

See attached draft Healthy Weight strategy 2024-2029: Everybody's business

REASONS AND OPTIONS

Reasons for the decision:

The Council has a duty to improve health and wellbeing of the local population. Overweight and obesity is a major risk to health, as set out in the attached.

Other options considered:

The strategic "whole systems approach" to tackling obesity in the borough was co-produced by partners and stakeholders, including elected members; participating in workshops and wider engagement and discussions. It is based on evidence and national guidance, as described in the strategy.

IMPLICATIONS AND RISKS

Financial implications and risks:

There are no direct financial costs associated with adoption of the strategy. Any subsequent programmes of work that require financing will be subject to separate decision making, in accordance with Council and partners decision-making processes.

Legal implications and risks:

There are no legal implications arising from the recommendations in the report.

The adoption of the Healthy Weight Strategy is consistent with the Council's statutory duty to take such steps as are considered appropriate to improve the health of the people in its residents in accordance with section 2B(1) NHS Act 2006.

Human Resources implications and risks:

The Strategy and joined up action plan will align the existing good work of the Council teams and external partners to the strategy as part of the whole systems approach to obesity. The recommendations made in this report do not give rise to any identifiable HR risks or implications that would affect either the Council or its workforce.

Equalities implications and risks:

A comprehensive equality health impact assessment was completed and approved and is included in appendix 5 of the strategy document.

Health and Wellbeing implications and Risks

The health and wellbeing implications are included as part of the equality health impact assessment. No risks have been identified in relation to the implementation of the strategy. Below is the summary:

The Healthy Weight Strategy 2024-2029: Everybody's Business will have a positive impact on the health and wellbeing of all Havering residents. This impact is clearly outlined in the strategy document and action plan and local strategic outcomes, including

1. The development of the Borough as a place that promotes healthy weight, where the healthier choice is the easiest choice, with foundations laid to achieve the twenty-year vision of eradicating childhood obesity
2. An improvement in healthy weight levels in reception aged children across the Borough, compared to the England average
3. An improvement in measures of excess weight among year 6 children in the targeted neighbourhood of Gooshays and Heaton wards, compared to statistical neighbours

ENVIRONMENTAL AND CLIMATE CHANGE IMPLICATIONS AND RISKS

Actions and outputs in the Healthy Weight Strategy will also have positive impacts on environmental and climate change objectives

Theme 2 objective 4 (page 22 of healthy weight strategy) focuses on shaping the borough to increase physical activity including the development of active travel interventions such as enhancing the street scene, expanding school streets, and

making parks safe which aligns with key deliverables in the place theme of the corporate action plan 22/23-26/27 including supporting pedestrian routes and cycling in the borough that meets the Healthy Streets criteria. This also aligns with the Havering air quality action plan 2018-2023 action number 2.11 supporting the healthy streets agenda and providing options for people to travel sustainably.

The Healthy Weight Strategy and action plan include actions that are expected to increase physical activity by making it easier to opt for active travel and so will also benefit the Council's climate change and air quality objectives.

» [Climate Change Committee Guidance \(havering.gov.uk\)](https://www.havering.gov.uk)

BACKGROUND PAPERS

1. The Havering Healthy Weight Strategy 2024-2029: Everybody's Business
2. The Havering Obesity Health Needs Assessment
3. Havering Healthy Weight Strategy EqHIA
4. [Tackling obesity: government strategy](#)
5. [Whole systems approach to obesity: a guide to support local approaches to promoting a healthy weight](#)