

Healthy Weight Strategy Action Plan

Engaging the whole system to work together on the many drivers of obesity					
Action Number	Objective	Objective Description	Action(s)	Indicators	Service Area/Organisation
1.1	1.Embedding a systems approach	Investing in our approach to achieve the long term goal	Develop a Borough wide strategy	Healthy Weight in Service plans	LBH ICB BHRUT
1.2			Embed healthy weight priority into Council staff		LBH Public Health
1.3			Healthy Weight lead to attend theme boards and update cabinet members on actions relevant to their services		LBH Public Health
1.4			Training for Councillor's and decision makers regarding addressing obesity	Training delivered for Councillor's regarding decision making	LBH HR & LBH Public Health
1.5			Embedding obesity actions in PBPB working groups		
1.6			Maintain, grow and continue to inform the system network to enable action on the healthy weight agenda	Size of the healthy weight network	LBH Public Health
1.7			All PCNs to have practices achieve the Enhanced Weight MGMT Service Specification		
1.8			Form a steering group, jointly led by the Council and the NHS and introducing Governance and ToR		LBH Public Health
2.1	2.Healthy Partnerships	Embedding residents into the healthy weight strategy	Development of a Healthy Weight Alliance to embed local people into decision-making on healthy weight.	Healthy Weight Alliance developed	LBH Public Health & LBH Community Development
2.3			Development of a community food partnership	Community food partnership	Voluntary Sector - Tapestry
2.4			Havering Behaviour Change Campaign		LBH Communications

2.5			Health champions to deliver information on relevant services and train X amount		My Health Matters
2.6			Development of digital intelligence dashboard	Digital Dashboard on the Healthy Weight Agenda	LBH Public Health Intelligence
2.7			Development of obesity monitoring approach		LBH Public Health Intelligence
2.8			Public Health to scope using BMI data from 2-2.5 year review to project and plan future interventions	2-2.5 year review BMI data reported to Public Health	LBH Public Health
Becoming a Borough that promotes healthy weight					
Action Number	Objective	Objective Description	Action(s)	Indicators	Service Area/Organisation
3.1	3. A healthy diet is the easiest option	Our diet is a product of our environment. To enable people to achieve a healthy weight we need public and community settings where the healthy option is the easiest option	Collier Row Superzone Introduce Healthier Business Scheme (Healthier Catering Commitment, Breastfeeding welcome and water refill scheme)	HCC sign up	LBH Public Health
3.2			Continue to implement HFSS advertising policy	New advertising contract which bans HFSS advertising	LBH Public Health LBH Comms
3.3			Maintain the food pantry and consider how to strategically revamp the approach	Food pantry usage	LBH Customer Services

3.4			Policy on Council owned food standards	Policy on food standards	LBH
3.5			Council to adopt policy regarding healthy choice the easy one	# of Assets in which healthy option is the easiest one	LBH
3.6			NELFT -public sector premises adopt policy regarding healthy choice the easy one	# of Assets in which healthy option is the easiest one	NELFT
3.7			BHRUT - public sector premises adopt NHS Food Standards regarding healthy choice the easy one	# of Assets in which healthy option is the easiest one	BHRUT
3.8			Review planning policies to encourage healthy affordable outlets		LBH Planning
3.9			To develop Harold Hill High Street to make the healthy option the easiest		LBH Regeneration
3.10			Work to make drinking water widely and conspicuously available in public places and buildings		
3.11			Introduce a healthy food business award		LBH Public Health
4.1	4.Active Environment	Developing which enable people to move more	Increase the number of school streets starting from 10	Number of school streets	LBH Environment
4.2			Pilot a school Superzone in Rainham	School Superzone	LBH Public Health
4.3			Implementation of new cycle routes to improve connectivity between minor and district centres		LBH Transport Planning (Planning & Public Protection)

4.4			Development and adoption of an active travel strategy	Adopted Active-travel strategy	LBH Transport Planning (Planning & Public Protection)
4.5			Review phase 2 of the new WQS estate to consider space for Physical activity with planning and housing	Council estate outcomes	LBH Regeneration
4.6			Housing Strategy to be shaped alongside the healthy weight agenda		LBH Housing
4.7			Council estates to be improved to encourage physical activity		LBH Housing
4.8			Pilot working with schools to open facilities before and after school and during school holidays		LBH Education
4.9			Continue to offer schools and education facilities the opportunity to install cycle and scooter parking through the council's voluntary school travel plan programme		LBH Education & Transport Planning
4.10			Develop pilot proposal for Active travel for GLA Healthy Streets approach for Beam Park		
4.12			Through the Councils annual cycle parking programme, ensure that there is adequate cycle parking provision at public sector premises across the Borough		LBH Transport
4.13			Health Impact Assessment of major developments		LBH Planning & Public Health
4.15			Embedding the Transport for London Healthy Streets Indicators (LHS) into the delivery of Local Implementation Plan and Liveable Neighbourhoods Schemes		LBH Transport Planning (Planning & Public Protection)
4.16			Continue to offer free cycle training - 'Bikeability' to all schools in the Borough		LBH Transport Planning (Planning & Public Protection)

4.17			Develop staff travel plan		LBH Transport Planning (Planning & Public Protection)
4.18			Re-brand the current cycling liaison group into an 'Active and Sustainable Travel Forum'		LBH Transport Planning (Planning & Public Protection)
4.19			Regeneration; North Street - Romford Ring Road - Future Years		LBH Regeneration
4.20			Development of a physical activity strategy	PA strategy	LBH Health & Sports Development
4.21			Maintain green flag status in boroughs parks	Green flags status	LBH Parks
4.22			Bid to improve Facilities in Parks (e.g. Outdoor Classroom etc.)		LBH Parks
4.23			Support Community Safety with Public Health approach linking across to actions in the Havering Violence and Vulnerability Reduction Action Plan		
4.24			Open more facilities and enable sport in the borough		
4.25			Monitor parks usage to attract investment from cafes	Parks Usage	LBH Parks
4.26			Complete Bretons Masterplan		LBH Leisure & Culture
4.27			Maintain and grow allotment provision in the borough		LBH Parks

Taking a life-course approach to enabling people to achieve and maintain a healthy weight

Action Number	Objective	Objective Description	Action(s)	Indicators	Service Area/Organisation
5.1	5. Healthy Start (Pregnancy to the first year of life)	Embedding achieving a healthy weight from conception. Supporting parents and carers to establish a healthy foundation for their children	In line with new NICE guidance due 2024, undertake an initial review and development of antenatal healthy weight offer		Public Health BHRUT NELFT
5.2			Work with partners to increase sign up to BF welcome scheme. Including key venues such as Council owned premises and popular private sector outlets		LBH Public Health LBH Registrars
5.3			Establish clear, consistent information about healthy weight in pregnancy across mutually agreed platforms (e.g. Baby Buddy app, JOY app)		Public Health BHRUT NELFT
5.4			Delivery of starting solid food workshops	Number of workshops delivered/ number of people attending	LBH Early Help
5.5			Review Starting Solid Foods workshop content (to include comparison with HENRY Starting Solids session)		LBH Public Health LBH Early Help BHRUT NELFT
5.6			Deliver a Henry 0-5 service		NELFT
			Develop and pilot a weight management referral pathway linking with the NCMP in Harold Hill, Romford and Rainham (Trial a new NCMP feedback approach)		LBH Public Health

5.7			Pilot a targeted HENRY 0-5 programme for Early Pregnancy Pathway families		LBH Public Health LBH Early Help BHRUT NELFT
5.8			Maintain and increase the buggy walk programme	No. of buggy walks	LBH Health & Sports Development
5.9			To identify Children and Young People at high risk of overweight and obesity using risk stratification		
5.10			All eligible services (Children's Centres, Health Visiting, Maternity and Neonatal) to achieve and/or maintain Baby Friendly Initiative Stage 1 as a minimum	BFI accreditation awarded	LBH Early Help BHRUT Health Visiting
5.11			Improve system-wide collation and reporting of infant feeding data		LBH Public Health
5.12			Increase provision of breastfeeding support sessions (including Early Help/HV and Latch On sessions) to at least 5 per week (min. 1 on each day Mon-Fri)	No. of breastfeeding/ infant feeding support sessions	LBH Early Help
5.13			Review breastfeeding peer support offer with a view to developing a funding bid to enhance this service and better support volunteers		LBH Early Help
5.14			Young Mum and Parent groups to support breastfeeding - HVC		
5.15			Continue to increase the uptake of Healthy Start within the Borough and the number of SMEs accepting Healthy Start	% uptake of Healthy Start	LBH Public Health

5.16			Explore options for creating and sustaining delivery of healthy cooking workshops (in partnership with voluntary sector) e.g., family food champions, community chefs, integration with those already being provided in community hubs and elsewhere	No. of community healthy cooking workshops in the borough	
6.1	6. Healthy childhood	Building upon the healthy start to supporting families of early years to eat healthily and do adequate physical activity Supporting schools, youth provision and families to eat healthily and do adequate physical activity	Publicise the new refreshed Healthy Early Years Programme and encourage settings to participate. Increase the number of early years settings registered on the new Healthy Early Years London Programme	Number of settings registered and achieving first steps, bronze, silver and gold awards	LBH Public Health
6.2			Review the Early Years Oral Health offer to ensure opportunities to incorporate healthy weight promotion are maximised		LBH Public Health
6.3			Publicise the new refreshed Healthy Schools Programme and encourage schools to participate. Increase the number of schools registered on the new Healthy Schools London Programme	Number of settings registered and achieving first steps, bronze, silver and gold awards	LBH Public Health
6.4			Promote water only schools	Number of water only schools	LBH Public Health

6.5			Increase the uptake of school meals (including free school meals)	School meal and free school meal uptake	LBH Catering Services
6.6			Develop local evaluation of the school meals programme by GLA		LBH Public Health
6.7			Pilot a Tier 2 CYP parental weight management programme	Number of families starting and completing programme	LBH Health & Sports Development
6.8			Maintain sports collective programme		Havering Sports Collective
6.9			Increase the number of schools taking part in TfL Travel for Life programme	Number of accredited schools	LBH Transport Planning
6.10			Junior Citizen Day (held at the end of the school year with the Council, TfL and primary schools). Include a healthy eating message in as part of their return from the school day at the end of next year		
6.11			Active travel embedded into school travel plans	Number of schools joining the programme	LBH Transport Planning
7.1	7. Support Adults to live a healthy lifestyle	Deliver health services and workplaces that promote healthy choices and support people to achieve and maintain a healthy weight	Develop and implement a care pathway for healthy weight in adults, engaging with residents to design services	Tier 2 WMS uptake	BHRUT GP's
7.2			Building upon initial pilot, provide a range of Tier 2 adult weight service	Tier 2 WMS uptake	LBH Commissioning & Public Health

7.3			Work with LBH CTLD team to develop a Tier 2 WMS for adults with a learning disability		LBH Commissioning & Public Health
7.4			Develop a business case to commission and deliver an adult T3 weight management service		NEL ICB
7.5			Maintain and increase annual health check uptake	Number of NHS Health checks completed	LBH Public Health
7.6			All PCN's to maintain a dietician's offer into the care pathway for healthy weight		PCN's
7.7			Introduce an approach to improve uptake of NDPP in Havering		
7.8			Continue to promote Sports development offer		LBH Health & Sports Development
7.9			Develop an approach for an SME workplace health scheme in Havering		
7.10			Provide community support events and day to address root causes of weight		
7.11			Continue to promote Walking Groups	# of Walking groups	LBH Health & Sports Development
7.12			Training for NHS staff in primary care regarding healthy weight as recommended by APPG for Obesity		
7.13			Low calorie diet champion (T2DR) - Type 2 Diabetes Remission		Clinical Pharmacist