



Havering  
LONDON BOROUGH

# Havering Healthy Weight Strategy: Annual Report 2024-25

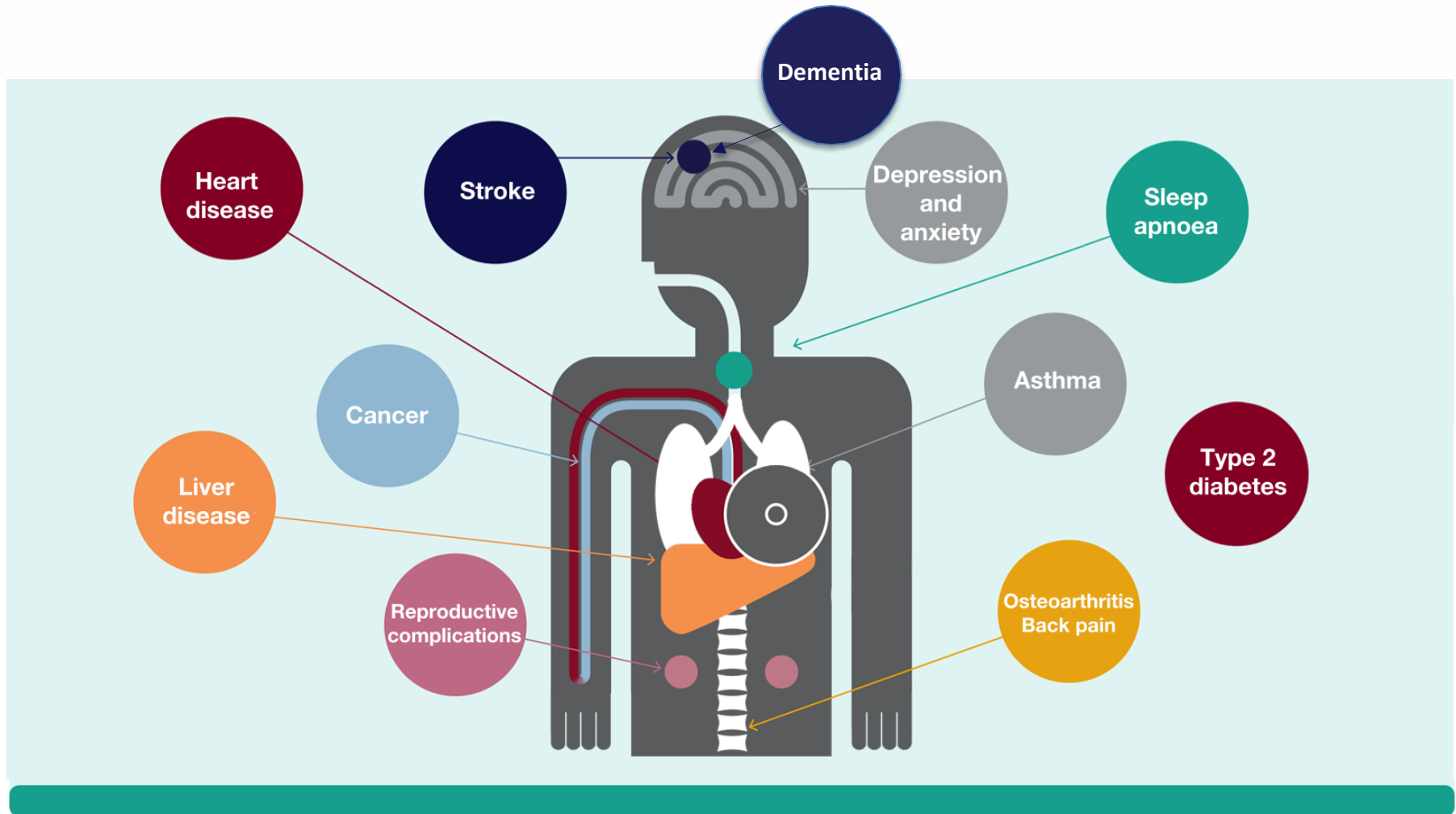
30<sup>th</sup> July 2025

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# Why Healthy Weight is a Priority



**Havering**  
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In Havering, more than **1 in 5 children aged 4-5** years are overweight or obese.

Havering is **in line** with London and England averages



This **doubles to 2 in 5** by the time children 10-11 years of age.

Havering is **above** London and England averages



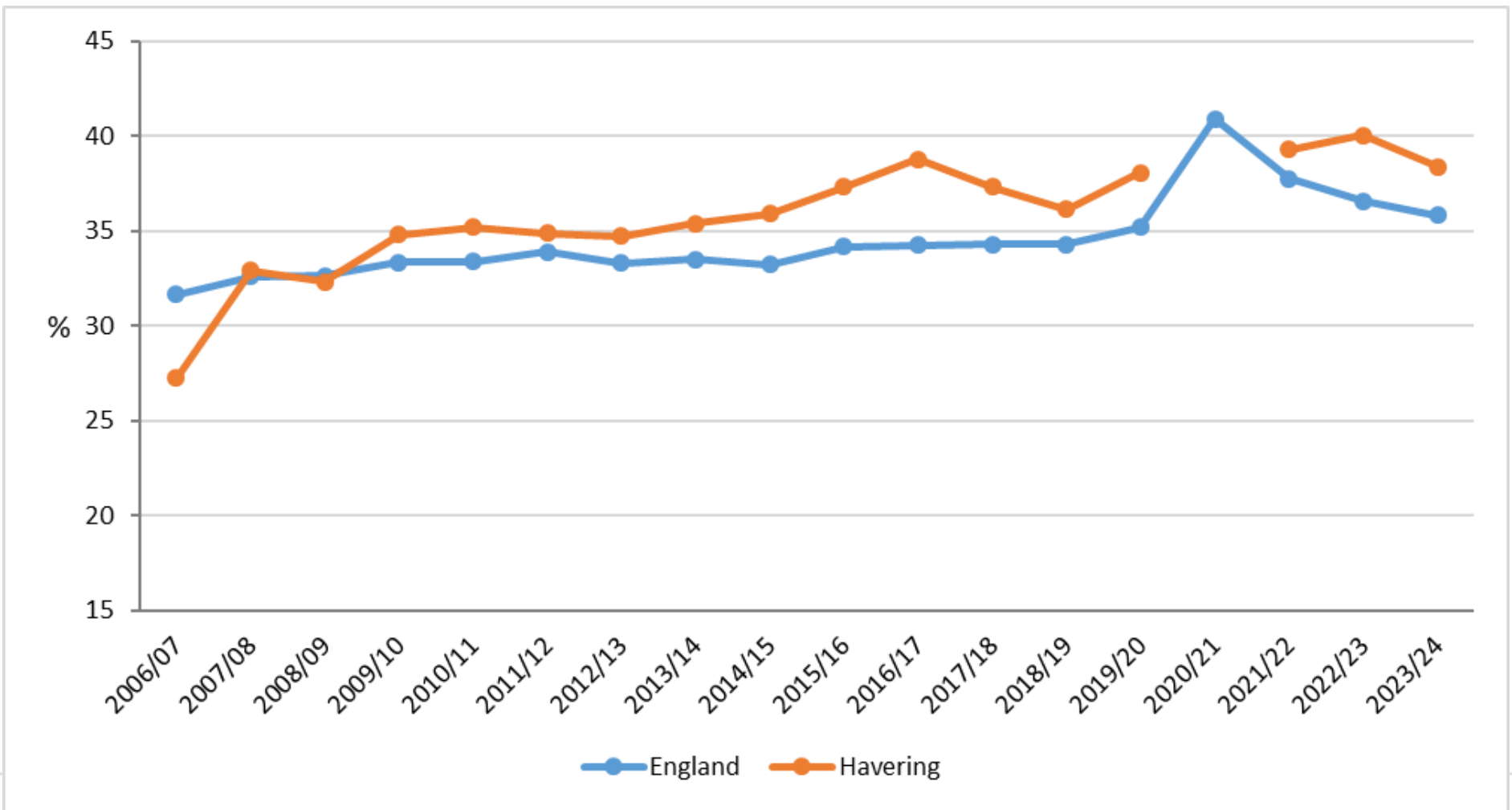
By adulthood, over 3 in 5 (68%) of Havering residents are overweight or obese

Havering is **significantly above** London and England averages

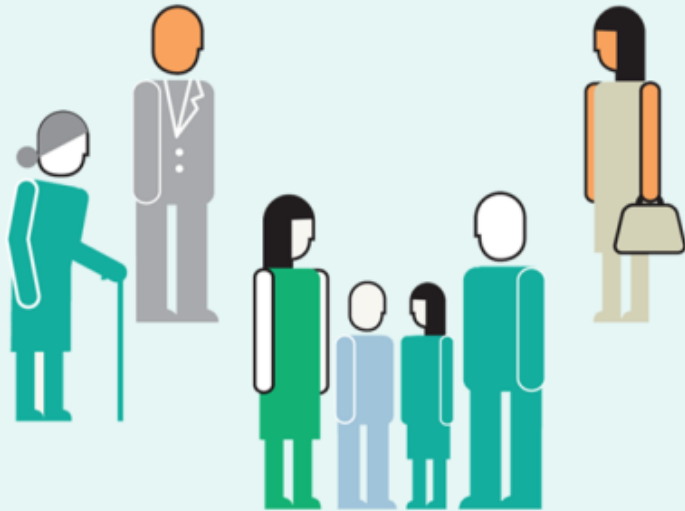


# Why Healthy Weight is a Priority

Year 6 prevalence of overweight and obesity (10-11 years) in Havering compared to England



Obesity is more common among:



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People from more deprived areas

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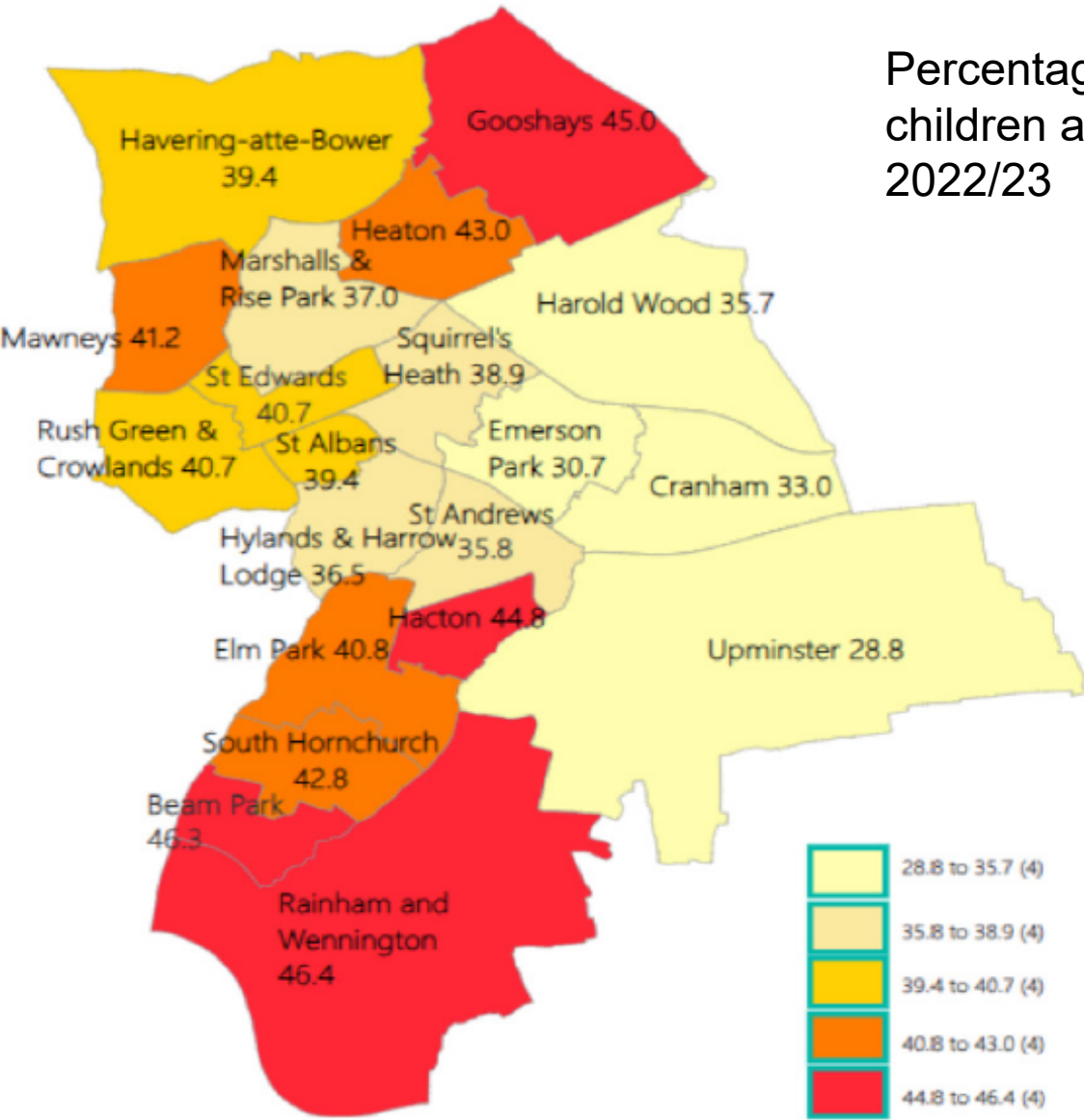
Older age groups

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Some black and minority ethnic groups

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People with disabilities



Data Source: National Child Measurement Programme (NCMP) 20 - 23 OHID.



## Havering Healthy Weight Strategy 2024-2029: Everybody's Business

A whole systems approach to reducing  
overweight and obesity



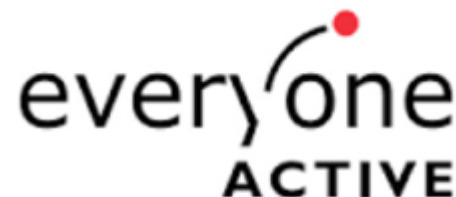
The vision for Havering is that within 20 years childhood obesity will have been eradicated, that the Borough will have become a healthier place to live, work and play, and a place where communities have come together to make the healthier choice the easier choice



# Our Whole Systems Approach

A **whole systems approach** recognises that no single organisation or service can solve obesity on its own. Instead, it brings together all the parts of the system with everyone having a role to play — from schools to planners, health services to housing, transport to the Community, Voluntary Sector

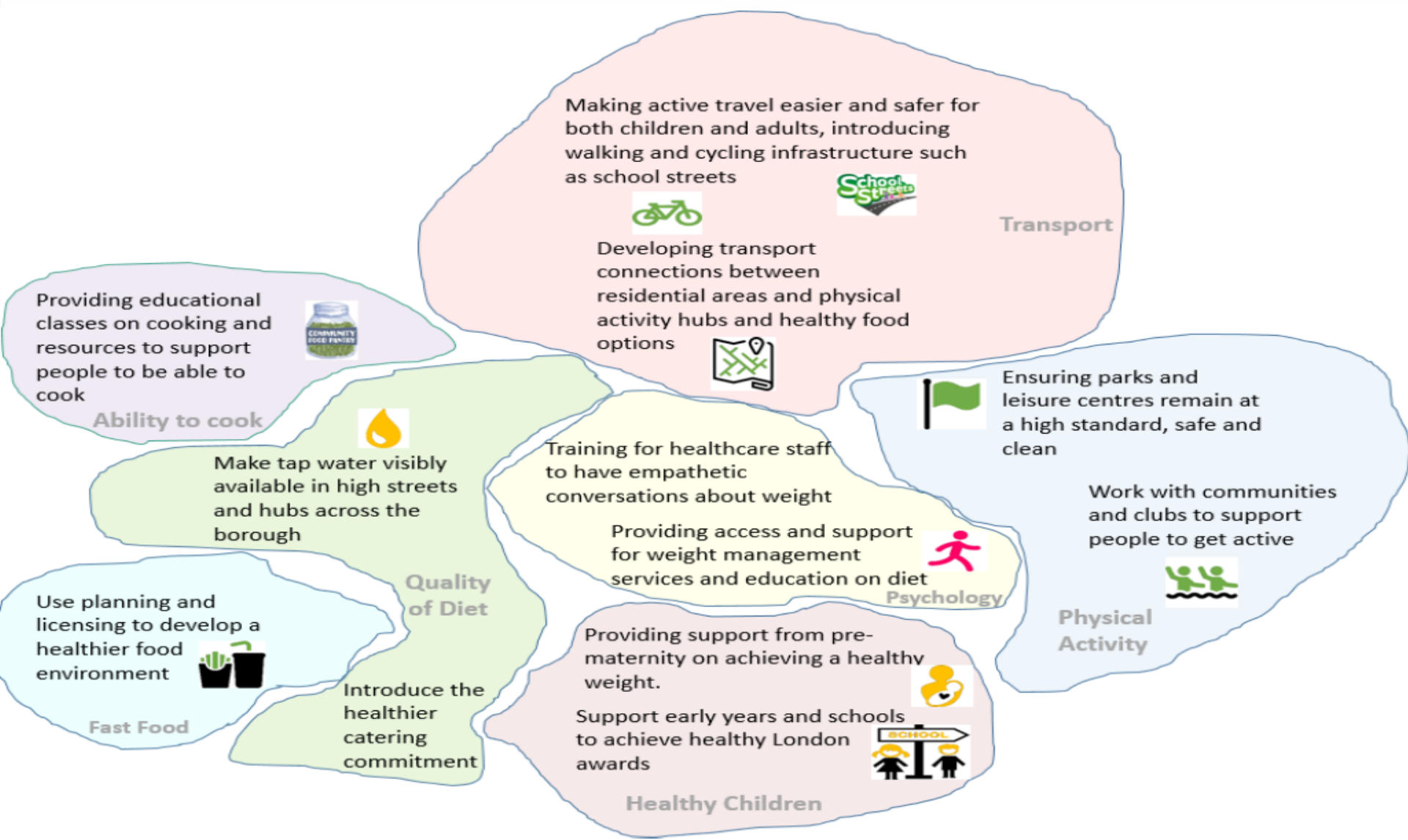
- We **work in the same direction with shared goals**.
- Looking at the **wider environment** that shapes people's choices and opportunities, and acting at every level — from:
- **The upstream:** planning, regeneration, food environments, advertising
- **To the downstream:** clinical support, weight management, 1:1 interventions

  
Barking, Havering and Redbridge  
University Hospitals  
NHS Trust  
NHS Foundation Trust  
everyone  
ACTIVE **Havering**  
LONDON BOROUGH

# Our Whole Systems Approach

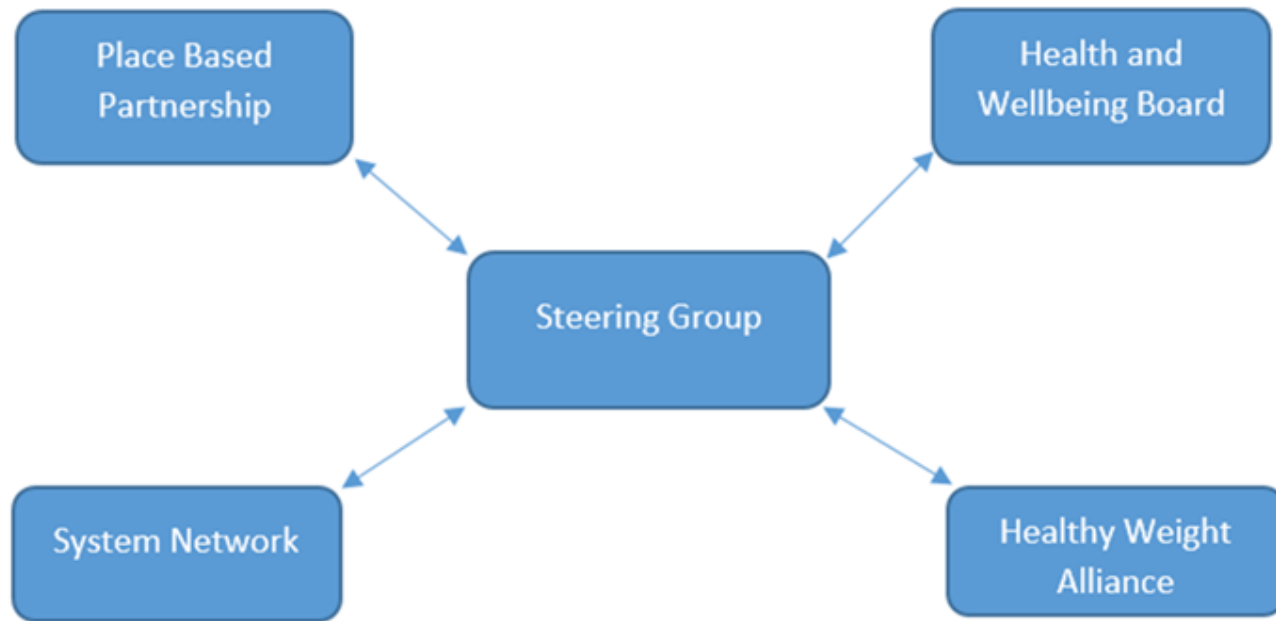


>80 actions in the Healthy Weight Action Plan tracked quarterly



To maintain momentum, generate new ideas and commitments, and monitor progress we have:

- The **annual system network**
- And **quarterly steering group meetings** to align with action plan reporting



- ✓ Governance established — annual system network and quarterly steering group launched
- ✓ BHRUT menu improvements across all sites — High Fat Sugar Salt (HFSS) food reduction & healthier inpatient & visitor food and drink
- ✓ HFSS advertising policy introduced (TfL-style)
- ✓ 400m exclusion zones around schools for new fast-food takeaways in the Local Plan
- ✓ Service expansion — Tier 2 weight management services now cover:
  - Families with children aged 0–5
  - Adults with learning disabilities
  - Universal adult offer
- ✓ Planning and Public Health jointly review Health Impact Assessments for major developments
- ✓ Food Alliance launched to tackle food insecurity

## **Main indicators:**

- National Childhood Measurement Programme (NCMP) data - % of children in Reception (aged 4-5) and Year 6 (aged 10-11) who are overweight or obese.
- Disproportionate prevalence among children in most deprived areas (NCMP data by ward).
- Tier two weight management service data - increase referrals from priority groups to Tier 2 services (e.g. Learning Disability, deprived wards).

## **Other indicators:**

- Overweight including obesity prevalence in adults (self-reported height and weight, 18+ years)
- Percentage of physically active adults (19+ years)
- Percentage of physically active children and young people
- Percentage of adults meeting the '5-a-day' fruit and vegetable consumption recommendations
- Breastfeeding prevalence at 6 to 8 weeks

Priority	Lead
Develop Harold Hill local healthy weight action plan	Public Health Regeneration
Align new Local Plan with Healthy Weight Strategy including hot-food takeaway restrictions	Planning Public Health
Tier 2 Weight Management Service <ul style="list-style-type: none"> <li>- Increase referrals for adults and adults with learning disabilities</li> <li>- Improve children and young peoples weight management service offer (for children aged 5-12)</li> </ul>	Public Health Everyone Active HENRY
Launch Food Alliance to reduce food insecurity, improve access to healthy foods and cooking skills	Tapestry Public Health
Increase physical activity in the borough through active travel initiatives	Transport Planning Public Health
Embed healthy weight across relevant Council service areas by agreeing healthy weight objectives with senior staff to be included in annual PDR's	HR Public Health
Develop a healthy weight training course to support decision makers and senior officers understand the whole systems approach to healthy weight.	HR Public Health

**The Healthy Weight Strategy sets a bold, long-term vision: to make the healthy choice the easy choice for all in Havering.**

- In Year 1, we've built solid foundations: strengthened governance, launched new services, and influenced planning and policy across the borough.
- We've shown what's possible when partners across the system work together - from the NHS to Planning, Leisure to Education, and communities to local businesses.
- But this is just the beginning. Healthy weight remains one of the biggest health challenges facing Havering, with almost 40% of children overweight or obese.
- We must continue to focus on prevention especially in those at most risk - people living in deprived areas, people with learning disabilities, SMI and people from ethnic minority groups particularly Black and South Asian
- Let's maintain momentum, deepen collaboration, and keep healthy weight at the heart of how we plan, design, and deliver services.
- Together, we can make Havering a borough where everyone has the opportunity to live a healthier life.