

Healthy Weight Declaration

Report of the Chief Officer for Communities, Public Health, Environment and Prosperity

Recommendation: That the board note local work on the health weight declaration and support future work to promote healthy weight and healthy eating across local organisations.

1. Context

1.1 The 'maintain good health for all' priority from 'Healthy and Happy Communities', Devon's Joint Health and Wellbeing Strategy for 2020-25, is focused on supporting people to stay as healthy as possible for as long as possible. Poor health can often be prevented through maintaining a healthy lifestyle. Health-related factors such as poor diet, physical inactivity and obesity lead to ill health and premature death, with considerable variation in these risk factors between Devon's communities. The influence of these factors starts in the earliest years of life, and in Devon one in five children starting school show signs of tooth decay and live with excess weight.

1.2 Food Active has designed the Local Authority Declaration on Healthy Weight to support local government to exercise their responsibility in developing and implementing policies which promote healthy weight.

2. Healthy Weight Declaration

2.1 The aim of the Healthy Weight Declaration is to achieve a local authority commitment to promote healthy weight and improve the health and wellbeing of the local population; and to recognise the need for local authorities to exercise their responsibility in developing and implementing policies which promote healthy weight.

2.2 The declaration is underpinned by 14 standard commitments, covering commercial partnerships, provision of food and drink in public buildings, facilities and providers, supplementary guidance for hot food takeaways and infrastructure to influence active travel. A support pack and monitoring and evaluation tool is also provided to local authorities to support local work.

2.2 In October 2019, Devon County Council became the first local authority in the South West to sign up to the Healthy Weight Declaration for local authorities developed by Food Active. The Council has committed to a series of pledges that help improve access to nutritious foods low in fat, salt and sugar in places that we each live, work and play. A survey completed by over 400 Devon parents indicated that they are most concerned about the impact of food and drink on the oral health of their children, volumes of sugar available in food and drink as well as the marketing of junk foods directed at young people.

2.3 Through the declaration there is also an opportunity for local authorities to develop and sign up to any local commitments that are specific to the needs of the local community. Devon County Council have been working on these local pledges for the declaration. Work is underway to improve the food and drink offer across its campuses and are working in partnership with food businesses in Devon to develop local approaches. Further considerations include making water freely available across its sites, encouraging schools to sign up and be Sugar Smart, banning the advertising of junk foods on its campuses and encouraging responsible retailing by supporting the voluntary ban of energy drinks to under 16-year-olds.

2.4 Northern Devon Healthcare NHS Trust has been selected by Public Health England and Food Active as one of four pilot sites to implement the Healthy Weight Declaration for NHS Trusts, demonstrating their commitment to improving the health and wellbeing of their workforce as well as those accessing their services.

3. Conclusions and Next Steps

3.1 This paper summarises work between Devon County Council and partners to promoting and creating the conditions for healthy weight. This work is ongoing and will develop new approaches and create opportunities to promote healthy weight across local partners.

3.2 It is recommended that the board note local work on the health weight declaration and support future work to promote healthy weight and healthy eating across local organisations.

4. Risk Management Considerations

Not applicable.

5. Options/Alternatives

Not applicable.

6. Public Health Impact

The Healthy Weight Declaration and supporting work is focused on improving health outcomes and reducing health inequalities.

Dr Virginia Pearson

**CHIEF OFFICER FOR COMMUNITIES, PUBLIC HEALTH, ENVIRONMENT AND PROSPERITY
DEVON COUNTY COUNCIL**

Electoral Divisions: All

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Background Papers: Nil