

# Hampshire Healthy Weight Strategy

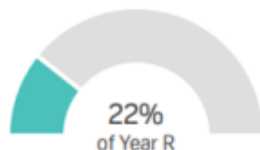
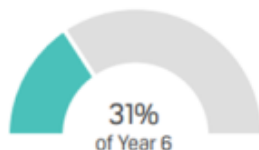
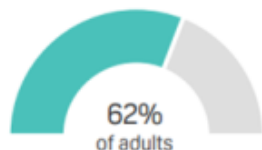


Hampshire  
**Health and  
Wellbeing**  
Board

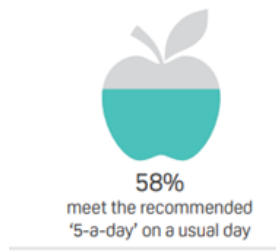
An update to the Health and Wellbeing Board on the Healthy Weight Strategy for Hampshire.

# Where are we now?

Hampshire facts at a glance:



...are overweight or obese.



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## Populations most at risk

- Geographical areas of deprivation
- Ethnic minority populations at greater risk of overweight and obesity
- Those who live with long term conditions such as cardiovascular disease and diabetes
- Those with learning or physical disabilities
- Those who live with mental health conditions
- Older adults (45-74 years).

The food environment is not the same everywhere: More deprived areas have less access to healthier food retail options, and often have a greater density of hot food takeaways.



No of takeaways, per head in Hampshire, in greatest deciles of deprivation compared to least deprived areas.

# Hampshire Healthy Weight Strategy

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## 3.2 What does the evidence say? Interventions that work



Multi-agency, joined up interventions which target the root causes of ill health such as poverty, income deprivation, housing and education are vital in creating long-term good health for all <sup>10, 11, 12</sup>



Educational setting-based interventions are vital and effective due to the amount of time children and young people spend in them. Healthy school environments set children and young people up for health across the life course <sup>13, 14, 15</sup>



Creating more physical activity-supportive built environments and measures to increase physical activity are recommended by the World Health Organization for controlling noncommunicable diseases such as overweight and obesity <sup>16</sup>



There is emerging evidence that Tier 2 Weight Management services can be effective in diverse adult populations <sup>17</sup>



However, education and information, which gives agency to individuals to make changes through diet and physical activity, is important but has limited effectiveness. <sup>18</sup>



# Three Strategic Objectives

Through our three overarching strategic objectives we will work towards a healthier Hampshire:

1. We will support places and communities to enable residents to achieve a healthier weight.
2. We will work with health, care, education and community settings and systems to promote healthier weight across the life course.
3. We will reduce inequalities in health by focusing on people and populations most at risk.

# Strategic Objective - 1

1. We will support places and communities to enable residents to achieve a healthier weight.

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Partners working together to increase active travel, opportunities for physical activity, access to green and blue space.

District & Borough Local Plans

Local Transport Plan

Whole Systems Approach

Link with climate change actions

Possible Food Award

Food Insecurity

- Linking system policies and priorities

# Strategic Objective - 2

2. We will work with health, care, education and community settings and systems to promote healthier weight across the life course.

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Healthy weight in education settings

Increased PA in schools: Golden Mile, Hampshire School Games, PE lessons.

Holiday Activity Fund

Partners are working together to design and test a family lifestyle support programme

- System partners working together

# Strategic Objective 3

3. We will reduce inequalities in health by focusing on people and populations most at risk.

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Tier 2 AWMS: Gloji  
Priorities including  
residents in greater  
deprivation and those  
living with comorbidities.

Tier 3 and Tier 4

Men  
Man V Fat

Women  
Commercial partners  
delivering women-  
only support in  
targeted locations

People with Learning  
Disabilities  
Partners working  
together to build on the  
good practice of other  
Local Authorities

NHS Digital Offer  
Pharmacy & Primary  
Care Referral

- A system-wide shared priority

# Recommendations

That the Hampshire Health and Wellbeing Board:

1. Recognise the ongoing impacts on the health of Hampshire residents of being overweight or obese.
2. To note progress made by system partners in delivering core objectives of the Healthy Weight Strategy.
3. Seek opportunities to collaborate on measures to mitigate excess weight gain among Hampshire residents and support those residents who are living with obesity.
4. Recognise the opportunities for partners, building and linking healthy weight objectives into various policies, recognising the added value of systems working together.

