

HAMPSHIRE COUNTY COUNCIL

Report

Committee:	Hampshire Health and Wellbeing Board
Date:	9 December 2021
Title:	Hampshire Healthy Weight Strategy Refresh 2025
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Purpose of this Report

1. This report provides an update on the status of the Hampshire Healthy Weight Strategy 2022 to 2026 and seeks the Board to endorse the strategy.

Recommendations

It is recommended that the Hampshire Health and Wellbeing Board:

2. Note the current status of the Hampshire Healthy Weight Strategy
3. Acknowledge the relevance of this Strategy to improve the health and wellbeing of the residents of Hampshire and alignment with the Joint Health and Wellbeing Strategy and other relevant strategies and policies
4. Endorse the strategy and commit to contributing to the development and implementation of the action plan.

Executive Summary

5. This report seeks to:
 - Provide an update on the work currently being undertaken to develop the new Healthy Weight Strategy, through partner engagement, steering groups and an initial workshop
 - Inform Board Members of the content of the Hampshire Healthy Weight Strategy 2022 to 2026
 - Provide an update on the next steps of the Strategy development, including how the Strategy actions will be monitored and evaluated

Contextual Information

6. Successes of the Hampshire Healthy Weight Strategy 2015-2019 have included more focus on health and wellbeing in spatial planning, increased numbers of people being referred to and accessing weight management services and a focus on nutrition and physical activity from the early years. Given current levels of overweight and obesity in Hampshire a continued focus on this key priority is required. A refreshed strategy is required, to build on successes and pursue future opportunities.
7. The Department of Health and Social Care policy paper *'Tackling obesity: Empowering adults and children to live healthier lives'* acknowledges that obesity is one of the greatest long-term challenges the country faces. It also notes the increased risk of serious illness and mortality from COVID-19 for people who are overweight or obese.
8. Supporting Hampshire citizens to achieve a healthy weight throughout the life course requires a co-ordinated approach. The Hampshire Healthy Weight Strategy 2022 to 2026 aims to change current trends in the prevalence of overweight and obesity through effective partnership working to deliver cross-cutting actions and using place-based whole systems approaches.
9. Tackling overweight and obesity is a public health priority for Hampshire County Council. Nearly two thirds of adults, a third of Year 6 children, and a quarter of children in reception are overweight or obese in Hampshire. Prevalence is even higher in areas of deprivation, amongst ethnic minorities, and in other marginalised groups, highlighting health inequalities. The COVID-19 pandemic has impacted people's ability to live well, and emerging evidence shows it may adversely impact on healthy weight.
10. We know that we need to address the wider factors that cause obesity to tackle the root causes. The places we live, work and play have an impact on our choices. We are living in a society that does not make it easy to be healthy, and favours convenience and sedentary behaviours. Some people, through no

fault of their own, are disproportionately affected by increasingly obesogenic environments.

Overview: Healthy Weight Strategy for Hampshire

11. The Healthy Weight Strategy 2022 to 2026 focusses on developing healthier environments and tackling inequalities. The strategy has three overarching strategic objectives:
 - To support places and communities to enable residents to achieve a healthier weight.
 - To work with health, care, education and community settings and systems to promote healthier weight across the life course.
 - To reduce inequalities in health by focusing on people and populations most at risk.
12. A Healthy Weight Strategy Action Plan will be produced in early 2022 and will be developed with all relevant partners. A steering group will be convened to ensure key action areas within the strategy are progressed. We will reconvene with partners annually across the system to monitor progress on the work areas identified.
13. The action plan will reflect and build on on-going work and identify possible new areas of work.
14. We will use the completion of the actions in the Healthy Weight Strategy Action Plan to measure the success of the strategy. To measure outcomes, we will use trends in child and adult overweight and obesity prevalence, whilst noting that factors outside local control can impact on these. Where possible we will measure the inequalities gap for key inequalities groups.
15. The Healthy Weight Strategy 2022 to 2026 is aligned to the current Health and Wellbeing Board Strategy for Health and Wellbeing of Hampshire 2019-2024 and the We Can be Active Strategy 2021-2025, In addition it aligns with the forthcoming Local Transport Plan 4, Councils' Climate Change Strategies and the ambition to reduce health inequalities as set out in the NHS LongTerm Plan.

Consultation and Equalities

16. The Healthy Weight Strategy 2022 to 2026 explicitly addresses the health inequalities associated with the risk of being overweight and obese and the health impact thereof. These groups include those aged between 45-74 years, men, those living in more deprived areas such as Gosport, Havant and

Rushmoor, those from certain ethnic minority backgrounds, people with mental health conditions, people with learning disabilities, older adults and children in low-income families.

Co-Production

17. The Healthy Weight Strategy 2022 to 2026 has been developed and will be delivered with a range of partners, both within Hampshire County Council and across the wider health and social care system. It feeds in to work on weight management, physical activity, diet and nutrition that takes place across our Districts and Boroughs and our two Integrated Care System footprints, ensuring collaboration, coordination and consistency across programmes of work.
18. Our emerging community engagement plan, supplementary to the strategy, will provide details of how we will engage and involve communities who are affected by the Strategy will be engaged and involved within the design and delivery of the key work areas.

Conclusions

19. The Hampshire Healthy Weight Strategy 2022 to 2026 has been developed to enable residents to maintain a healthy weight and to address health inequalities.
20. The strategy will achieve this through joined up working across the entire system – using a 'Whole Systems Approach' and embedding healthy weight into the work we already do.
21. The Healthy Weight Strategy 2022 to 2026 will span two years, with a refresh in Year 3. The actions within the Action Plan will be organised according to the minimum term in which to achieve them.
22. It is recommended that system partners endorse the strategy and commit to contributing to the development and implementation of the action plan.

REQUIRED CORPORATE AND LEGAL INFORMATION:

Links to the Strategic Plan

Hampshire maintains strong and sustainable economic growth and prosperity:	No
People in Hampshire live safe, healthy and independent lives:	Yes
People in Hampshire enjoy a rich and diverse environment:	No
People in Hampshire enjoy being part of strong, inclusive communities:	Yes

Other Significant Links

Links to previous Member decisions:	
<u>Title</u>	<u>Date</u>
Direct links to specific legislation or Government Directives	
<u>Title</u>	<u>Date</u>

Section 100 D - Local Government Act 1972 - background documents	
<p>The following documents discuss facts or matters on which this report, or an important part of it, is based and have been relied upon to a material extent in the preparation of this report. (NB: the list excludes published works and any documents which disclose exempt or confidential information as defined in the Act.)</p>	
<u>Document</u>	<u>Location</u>
None	

EQUALITIES IMPACT ASSESSMENT:

0. Equality Duty

The County Council has a duty under Section 149 of the Equality Act 2010 ('the Act') to have due regard in the exercise of its functions to the need to:

- Eliminate discrimination, harassment and victimisation and any other conduct prohibited by or under the Act with regard to the protected characteristics as set out in section 4 of the Act (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation);
- Advance equality of opportunity between persons who share a relevant protected characteristic within section 149(7) of the Act (age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation) and those who do not share it;
- Foster good relations between persons who share a relevant protected characteristic within section 149(7) of the Act (see above) and persons who do not share it.

Due regard in this context involves having due regard in particular to:

- The need to remove or minimise disadvantages suffered by persons sharing a relevant protected characteristic that are connected to that characteristic;
- Take steps to meet the needs of persons sharing a relevant protected characteristic that are different from the needs of persons who do not share it;
- Encourage persons sharing a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

1. Equalities Impact Assessment:

An inequalities impact assessment has not been undertaken for this report as it reports on a strategy that has been developed to improve the health and wellbeing of the residents of Hampshire.