

Healthy Weight Strategy 2022 - 2026

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Where are we now?

Hampshire facts at a glance:

- 62% of adults
- 31% of Year 6
- 22% of Year R

...are overweight or obese.

- 58% meet the recommended '5-a-day' on a usual day
- 32% of children are physically inactive
- 23.5% of adults are physically inactive

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).

Evidence – effective interventions

- Multi-agency, joined up interventions which target the root causes of ill health
- Educational setting-based interventions including healthy school environments
- Creating more physical activity–supportive built environments
- Tier 2 Weight Management services.



Strategic Objective - 1

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

New developments

Regeneration

Transport

Spatial planning

Whole systems
approach pilots

Link with climate
change actions

Food insecurity

Retail

Communication &
Marketing



Strategic Objective - 2

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

Pregnancy and new
parents

Early years/schools

Workplaces

Physical activity for
key population groups



Strategic Objective 3

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

Ethnic minorities

Men

People with learning disabilities

People with mental health conditions

Older adults (45-74 years)

People living in areas of deprivation



Next steps

- August 2021: First Draft prepared
- September 2021: Workshops with partners
- October 2021: Finalise First Draft
- December 2021: Presentation at Health and Wellbeing Board

- January 2022: Action Planning workshop with partners
- February 2022: Finalise strategy with action plan, community engagement plan and weight stigma position Statement

- Spring 2022: HCC Cabinet (tbc)
- March 2022: Implementation

