

Oxfordshire Health Improvement Board
Healthy weight workshop 12th April 2016
Executive Summary

1) Presentations

Presentations were provided on the following topics;

- Introduction to data Jackie Wilderspin, Oxfordshire County Council
- Healthy Environments Ian Davis, Cherwell District Council
- Healthy Eating Sal Culmer, Oxfordshire County Council
- Physical Activity Chris Freeman, Oxfordshire Sports & Physical Activity
- Workplace health Kate King-Hicks, Public Health England
- 'One You' Campaign Kate King-Hicks, Public Health England

Presentations have been distributed separately to attendees and HIB members

2) Topic Discussions

Three key priorities were identified from the topic discussions:

Healthy Eating

- Pilot healthier vending machines and adoption of Government Buying Standards for Food (GBSF) where possible.
Leisure centres, schools, District and County Council buildings. Include work with Planning departments to explore fast food restrictions (crosses with environment topic)
- Explore opportunities for deprived communities including cooking courses, access and promotion of food banks and food surplus cafes, and utilise local assets
- Utilise national campaigns to target the 'forgotten middle'
e.g. through 'One You' campaign and adopt to make locally relevant.

Environment

- Learn from the Bicester NHS Healthy New Towns including the model, transferring principals to new planning developments, and working with community health partnerships.
- Influence local plans and developments to take healthy weight into account, e.g. through development of a simple 'guide to planning process' so partners are aware of how and when to comment on developments and planning applications, and through restriction on fast food developments in deprived communities.
- Build activity into everyday life through the wider environment. This should include routes to school in rural areas.

Physical Activity

- Oxfordshire Sport and Physical Activity (OxSPA) to lead on a physical activity plan for children and young people in Oxfordshire, using best practice from other areas and focusing on most inactive schools
- Use the workplace wellbeing network to engage adults of working age in physical activity using collaborative approach from partners
- Use a vision of 'healthy lifestyles', with a broad physical activity offer that encourages take up from a range of people within our communities.

3) Settings discussions

Workplaces

- Utilise the workplace wellbeing network to share best practice around healthy eating strategies such as healthy vending, the Eatwell plate, and salt and sugar restriction. Also advertise access to services such as weight management and OxSPA programmes.
- Encourage development of workplace wellbeing champions in organisations (beginning with partners around the table at the workshop) who can champion approaches to healthy eating and physical activity within the workplace. This may include development of walking meetings, lunchtime walks, discussions with vending and catering providers, and getting buy in from senior leadership to lead by example.

Schools

- Promote examples of good practice across the County and seek to explore ways of replication where possible e.g. Cropredy growing own food, the 'daily mile' in primary schools.
- Explore possibility of using schools (Primary and Secondary) as a community based asset to use in the evenings for projects such as cooking classes for adults.
- Ensure that where possible catering providers for Primary schools are working towards healthy eating standards such as Food for Life Partnership awards. Explore whether this can be written into catering contracts.
- Continue to facilitate work between Districts, Public Health, OxSPA, Headteachers and Governors to establish positive working relationships around PE Pupil Premium and catering standards.

4) Next steps

- The action plans describe proposed work streams. These will be shared with all partners and will be managed through existing networks and groups.
- Organisations to provide feedback on progress to the Health Improvement Board as requested.