

# Template for Health Improvement Board reports

Health Improvement Board

February 2022

Progress update on the Whole Systems Approach to Healthy Weight in Oxfordshire

## Purpose / Recommendation

### 1. HIB members are asked to:

- Note the summary of activity taken place to date, including Director Public Health Annual Report and Health Needs Assessment
- Endorse and galvanise input from partners across the system to support Place based approaches to tackling overweight and obesity
- Endorse further background work to consider signing up to the Food Active Healthy Weight Declaration in the near future
- Encourage partners to attend a system workshop in Spring 2023 that will focus on all of the above

## Executive Summary

The Oxfordshire whole systems approach (WSA) to healthy weight has four priority areas identified to structure associated actions;

- Healthy weight environment
- Prevention
- Support
- System leadership (a partnership and systems approach)

Progress against the current action plan, first developed in 2022 following stakeholder involvement and the forming of a core working group, is summarised in the appendices. Achievements include: implementation of a healthy weight support service for 4-12 year olds; achieving Sustainable Food Places Silver Award for the County; piloting the Creating Active Schools Framework across two academic years; expanding the adult healthy weight service to include bespoke programmes for diverse and multi-ethnic communities and those with mental health conditions.

The Director of Public Health Annual Report (2022/23) focuses on healthy weight and highlights key issues of tackling prevention, healthy weight environments and support for residents.

The Health Needs Assessment for healthy weight identifies the following key themes under which recommendations have been made;

- *Prevent*: Starting early in order to prevent excess weight
- *Healthy Weight Environment*: Enabling healthy weight by building healthy places and environments; Making healthy behaviours attractive and easier
- *Support*: Supporting those living with excess weight to recognise and ensure equitable access to weight support services.
- *System Leadership*: Addressing inequalities in all we do

## Template for Health Improvement Board reports

The WSA is being refreshed for 23/24 to take account of the new recommendations from the HNA.

The most challenging actions to take forward require collective action and substantial support from partners. It is therefore recommended that the HIB endorse:

- District Councils to nominate a lead officer to champion, support and drive forward the delivery of actions associated with the WSA to healthy weight within their District
- Further background work to consider signing up to the Food Active Healthy Weight Declaration for the County and encourage Districts to do the same
- District Council and wider partners to champion and attend a systems workshop to springboard related actions in Spring 2023

# Template for Health Improvement Board reports

## Background

The process of implementing the Whole Systems Approach (WSA) to Healthy Weight in Oxfordshire began in 2019 following HIB endorsement of the approach<sup>1</sup>. Following development work, in 2022, the below four priority action areas were agreed along with the current action plan and a Health Needs Assessment (HNA) was commenced to ensure a comprehensive understanding of all opportunities.

- *Prevention* – Start well, Live Well and Age Well
- *Healthy weight environment* – Health promoting food and built environments
- *Support* – services for residents to achieve and maintain a healthy weight
- *System Leadership* – working in partnership to lead work towards a healthy weight environment

Progress against the action plan is summarised in appendix 4. Progression during 2022 includes: achieving Sustainable Food Places Silver Award for the County; implementing a pilot of Active Schools Framework for a whole school approach to physical activity; expanding the adult healthy weight service to include bespoke programmes for diverse and multi-ethnic communities and those with mental health conditions; commissioning a healthy weight support service for 4-12 year olds, and forming a core-working group for the WSA.

A year-long local community insight project, commissioned by Public Health, was delivered by a social change organisation in 2021 to explore how residents' feelings about how where they live, work, learn and play could motivate or support them to attain and/or sustain a healthy weight. This work has informed both the HNA and the Director for Public Health Annual Report 2022.

The thematic findings include:

- 1) access to affordable healthy food (infrastructure, characterised by ease and convenience, affordability, and poor access to supermarkets)
- 2) food and family life (changing family structures influencing food consumption, reduction in meal-times, parenthood demands and influences on healthy choices)
- 3) mental wellbeing and healthy eating (emotional eating response to stress & difficult situations).

Other actions to note are the healthy weight health needs assessment which has informed the Director Public Health Annual Report 2022, and development of a physical activity strategy for Oxfordshire, which are being presented verbally at this meeting.

Future work for 23/24, including actions identified as a result of the HNA, is also within the summary table (appendix 4) with the challenges discussed in more detail in the Key Issues section of this paper.

---

<sup>1</sup> PHE (2019) Whole systems approach to obesity: a guide to support local approaches to promoting a healthy weight. Available [here](#)

# Template for Health Improvement Board reports

## Key Issues

- **The Oxfordshire Director of Public Health Annual Report (DPHAR) 2022, 'Healthy Weight, Healthy Communities, Healthy Lives'** (see appendix 1 for meeting slide-set) highlights the need for:
  - Prevention – working with schools to ensure eating healthy food and being physically active starts in childhood
  - Environment – creating safe places to walk and play, and supporting local food business to provide healthy options
  - Support – providing support for people who need it to maintain a healthy weight and be active
- **The health needs assessment for promoting healthy weight (HNA) 2022 (see appendix 2 for summary)** describes the health needs of Oxfordshire residents with respect to healthy weight, risk factors and services that support residents to move towards a healthier weight.
  - It acknowledges the changing patterns of excess weight for Oxfordshire during the peak of Covid-19 pandemic and foreseeable challenges resulting from the rising cost of living.
  - Focuses on prevention; recognising that to address a population level problem, whole systems prevention-focused approaches are needed
  - Uses a range of sources to collate evidence including community engagement projects, stakeholder needs, national and local data and national guidance and research literature.
  - Makes a series of recommendations which can be grouped as:
    - *Prevent*: Starting early in order to prevent excess weight; Making healthy behaviours attractive and easier
    - *Healthy Weight Environment*: Enabling healthy weight by building healthy places and environments
    - *Support*: Supporting those living with excess weight to recognise and ensure equitable access to weight support services.
    - *System Leadership*: Addressing inequalities in all we do

A summary of the HNA recommendations can be found in appendix 3

- The **Oxfordshire Food Strategy**<sup>2</sup> was published in November 2022 with work to establish specific action plans for each District being led by Good Food Oxfordshire into 2023. This approach aligns with the healthy weight agenda, through one of the action areas focusing on diet related ill health, as well as tackling food poverty.
- **The most challenging actions in the WSA Plan** are reliant on collective action and substantial support from system partners. These include:
  - Clearly identifying the geographical areas within which we need to focus

---

<sup>2</sup> Good Food Oxfordshire (2022) Oxfordshire Food Strategy. Available [here](#)

## Template for Health Improvement Board reports

- Working with local businesses (including local food businesses, convenience stores/shops, street traders, dark kitchens) to support provision of healthier options
  - Promoting healthy catering and food provision policies and practices within organisations within the HIB membership
  - Exploring opportunities to restrict less healthy options particularly in and around schools, such as new hot food takeaways and advertising of food with high fat, salt and sugar content
  - Developing an adult healthy weight pathway
  - Exploring both maternity and learning disabilities prevention and healthy weight service provision
- Given the focus in both the DPHAR and HNA on areas around places where children learn and play, we are proposing to test the Town and Country Planning Association (TCPA) ‘**School Superzones**’ concept<sup>3</sup> which incorporates the local food environment, active places and clean air (and can also support work related to smoking and tobacco). A workshop for key stakeholders, led by the TCPA, to support the implementation locally is planned for Spring/Summer 2023.
  - To help galvanise support and to take forward the broad range of actions required to improve healthy weight opportunities for our communities, **it is recommended that the HIB members support/endorse further background work to consider signing up to the Food Active [Healthy Weight Declaration](#)** in the near future.

The HW Declaration signals strategic commitment with primary aims to:

- Reduce unhealthy weight in local communities
- Protect the health and wellbeing of staff and citizens
- Make an economic impact on health, social care and the local economy.
- There are 16 commitments and the opportunity for further, locally produced commitments relevant to local area priorities, as defined with stakeholders such as HWBB, ICS, 3<sup>rd</sup> sector and public consultation.

It is seen as a tool to strengthen local WSA plans, and case studies are available from other areas (including 2-Tier authorities) where the Declaration has been used to form change across the food and healthy weight systems.

- **It is proposed that a workshop takes place in Spring 2023 to bring together key stakeholders across the healthy weight system to explore endorsing the Healthy Weight Declaration and strategic approach to support the future work of the WSA for 23/24 and beyond.**
- **Stakeholders are asked to nominate a key officer who is able to champion, influence and support progression of key actions within their organisation to attend this workshop and provide commitment to the healthy weight work for Oxfordshire**

### Budgetary implications

<sup>3</sup> PHE & TCPA (2021) School Superzones. Available [here](#)

## Template for Health Improvement Board reports

Some of the actions proposed require officer time and policy changes rather than significant budget contributions. There are specific actions and recommendations where a budget will be required to take the work forward. Much of the financial contribution in this instance will be made from Oxfordshire Public Health grant. Important elements such as evaluation and research may need to be funded from external grants requiring bidding processes.

The recommendations for the HIB would require nominated officer time to attend both a Healthy Weight Declaration workshop and subsequent relevant subgroups of the WSA to healthy weight to take forward the action plan.

### Equalities implications

Ensuring voices and experiences of underrepresented and the most deprived communities are heard was a key priority of the Healthy Weight Community Insight Project completed in 2022. The findings of this work have contributed towards the HNA and recommendations.

The current adult healthy weight service incorporates bespoke offers to diverse and multi-ethnic communities (see slide-set [here](#) for in depth information).

Both the DPH report and the HNA have highlighted the need to consider specific groups where the burden of excess weight is greatest, and work will focus around these areas. This includes some (but not all) areas of deprivation and specific target populations such as those with learning disability.

The Food Active Healthy Weight Declaration supports the development of healthier places, reducing inequalities and building resilience as part of building back fairer as communities recover from Covid-19 pandemic.

### Sustainability implications

One of the aims of the Food Active Healthy Weight Declaration is to make an economic impact on health, social care and the local economy through a system wide approach to improving healthy weight in local communities and through protecting the health and wellbeing of staff and citizens.

The Oxfordshire Food Strategy framework includes Food for the Planet. The objective is that the food that we produce, consume and waste has less negative impact on the planet. The influencing factors been considered in the food strategy are:

- dietary choices
- food waste
- land-use and farming practices.

Various WSA actions would support reduction of single use plastics, improve active travel opportunities and use of green space through community growing and cooking opportunities.

### Risk Management

# Template for Health Improvement Board reports

There is considerable work to do on the WSA to healthy weight. To make a sustained impact, significant system change is required across a range of partners and stakeholders. Signing up to the Food Active Healthy Weight Declaration provides a platform on which to synergise all the work and required buy in to take this agenda forward. Details of this has been covered in the Key Issues section of the paper.

Without this system change, any commissioned support service and targeted prevention initiatives will only provide change to a small number of local residents.

## Communications

A year-long local community insight project, commissioned by Public Health, was delivered by a social change organisation in 2021 – see background section for detail.

## Key Dates

The next steps for the WSA to healthy weight include:

- The health needs assessment for healthy weight in Oxfordshire to be published in February 2023 will inform a revision of the WSA action plan
- A WSA to healthy weight strategy will then be developed
- Publication of the DPH Annual report on healthy weight March 2023
- Workshop in early summer 2023 for wider stakeholders to sign up to the Food Active Healthy Weight Declaration to drive forward the progress of the WSA to HW.
- Workshop in early summer 2023 to galvanise support for testing the Schools Superzone concept within Oxfordshire
- All of the above will happen alongside the continuation of existing and new (from HNA) actions within the WSA action plan

Report by                      Derys Pragnell, Consultant in Public Health  
Contact Officer              Sal Culmer, Public Health Principal  
January 2023

# Template for Health Improvement Board reports

## Appendix 1 – DPH Annual Report 2022 – Healthy Weight, Healthy Communities, Healthy Lives

Slide set below:



DPHAR  
Presentation.pptx



# Template for Health Improvement Board reports

## Appendix 2 – Overview of context, findings and key recommendations from the Health Needs Assessment for Promoting Healthy Weight

### Context

1. Living with excess weight poses a significant challenge to living a healthy life. It increases the risks for a wide range of health conditions including heart attacks, strokes, many types of cancer, complications in pregnancy and depression<sup>1</sup>. It is associated with worse mental health and lower educational attainment in children<sup>2,3</sup> and needing to take more sick leave in adults<sup>4</sup>. It is one of the leading causes of preventable early deaths.
2. Excess weight also comes with high social costs due to its impact on residents' quality of life and need for health and social care, costing an estimated 3% of the UK's GDP<sup>5</sup>. Meanwhile, measures to promote a healthy weight will also aid objectives to reduce levels of dental decay<sup>6</sup> and help Oxfordshire make progress towards achieving its net-zero goals by 2050 by reducing food-related carbon emissions, road congestion and air pollution<sup>7</sup>.
3. Nationally and across Oxfordshire, levels of childhood overweight and obesity have been increasing steadily. However, 2020/21 saw the largest year-on-year increase in excess weight since data collection began in 2006<sup>8</sup>. The biggest increases were seen in children living in the areas of England with the highest levels of deprivation or from ethnic groups already experiencing the highest levels of obesity, widening the health inequalities in excess weight that already existed pre-pandemic<sup>9</sup>. National data suggest a partial recovery in 2021/22, however at both national and county levels the proportion of children living with excess weight remains substantially higher than pre-2019/20.

### Process

The Health Needs Assessment for Promoting Healthy Weight (HNA) aims to:

- Describe the current situation with respect to excess weight in Oxfordshire in comparison to other local authorities and England
- Collate information on the health needs of residents using a broad range of sources to ensure different perspectives have been considered and generate balanced recommendations. Data sources used include:
  - o needs identified by residents during community engagement projects (for example gathered by organisations including Press Red, Healthwatch Oxfordshire, Oxford Hub, Community First Oxfordshire)
  - o needs highlighted by providers and other stakeholders in Whole Systems Approach to Obesity stakeholder workshops and through oversight from the Oxfordshire Healthy Weight Core Working Group
  - o needs based on nationally and locally collected data (for example from the National Child Measurement Program and the Oxwell Student Survey)
  - o evidence-informed national guidance and the research literature
- Have a focus on prevention. Six in ten adults in Oxfordshire are living with overweight or obesity<sup>8</sup>. The HNA therefore recognises that, in order to address a population-level problem, whole systems-level prevention-focussed approaches are needed.

# Template for Health Improvement Board reports

- Given the much higher proportion of residents living with excess weight relative to those with underweight (~40% of Year 6 children live with excess weight compared to 1.5% with underweight<sup>8</sup>), this HNA focuses on preventing and addressing excess weight (defined as living with overweight or obesity).

## Findings

- In Oxfordshire, **one in five children are already living with excess weight on entering Reception**, this rises to **over one third of children in Year 6 and nearly six in ten adults**<sup>8</sup>. National data show that levels of excess weight have been increasing amongst Year 6 children (since data collection began in 2006/07) and adults (since 2015/16). Whilst local data are not sufficiently precise to infer if levels of excess weight in Oxfordshire have followed the same trends, comparing levels seen in Oxfordshire in 2020/21-21/22 with pre-pandemic years, levels of overweight and obesity have increased amongst Year 6 children and there are suggestions of an increase in adult obesity levels (though not reaching statistical significance).

- Whilst overall levels of excess weight in Oxfordshire compare favourably to comparable local authority areas, Oxfordshire residents from certain population groups or living in some geographical areas experience substantial health inequalities in relation to excess weight, with a **18% difference in levels of excess weight between the areas with the highest and lowest levels of excess weight**. Levels of excess weight are 13% higher in the least affluent areas (combined, when compared to the most) and ~10% higher than the average for those of Black or certain Asian ethnicities or living with a learning disability. These inequalities in excess weight have persisted over time, and are already seen amongst children starting Reception, suggesting the need to take targeted action if we are to address them.

- Sustaining a healthy weight relies on maintaining a balance between energy intake (through food and drink) and energy expenditure (through being physically active)<sup>10</sup>. The key influencing factors for preventing excess weight considered in the HNA therefore include **diet, breastfeeding and physical activity** (mental wellbeing as an influencing factor for healthy weight, and related health needs, have been examined in two recent OCC health needs assessments in 2018<sup>11</sup> and 2021<sup>12</sup>).

- **In relation to diet**, findings from the National Diet and Nutrition Survey suggest that efforts to improve healthiness of diets should aim to **increase consumption of fruit and vegetables, fibre and oily fish, whilst reducing sugar and saturated fat intake**<sup>13</sup>. In Oxfordshire, **four in ten adults are not meeting the national '5-a-day' recommendations** for fruit and vegetable consumption<sup>14</sup>, and **one third of school-age children (34%) report having 3 or more 'unhealthy' snacks a day**<sup>15</sup>. Approximately one in five meals are eaten outside of the home, these meals tend to have higher levels of saturated fats, sugar, and salt, and the concentration of fast-food outlets is higher in areas with higher deprivation<sup>16</sup>.

- Food prices rose by 17% in the year to November 2022<sup>17</sup> and nationally **approximately one quarter of households with children were estimated to be experiencing food insecurity in 2022** with families reporting buying less fruit and vegetables and reducing their use of cooking appliances<sup>18</sup>.

- Key challenges identified by Oxfordshire residents to maintaining a healthy diet were<sup>19</sup>:  
- the **cost** of food; less healthy meals are perceived as being cheaper than cooking from scratch

## Template for Health Improvement Board reports

- **access to affordable fresh produce** can be difficult without a car, meanwhile **constant exposure to less healthy foods** through neighbourhoods, social media and advertising makes it easy for less healthy dietary habits to develop
- motivations for eating healthily include the rewards of cooking food for others, as well as **being exposed to healthy eating habits and a cooking culture in the home early in life**. Barriers to cooking include **limited time, difficulties of meeting everybody's preferences and limited ideas on what to cook** – this must contend with the convenience and variety of less healthy food, which is also consumed at time of poor mental health

- **With respect to physical activity (PA), almost half of school-aged children (49%) and approximately three in ten adults (28%) in Oxfordshire are not currently meeting the nationally recommended levels of PA<sup>14</sup>**. The proportion of children meeting nationally recommended PA levels and able to swim at least 25m unaided had been increasing up until 2019/20, however achievement against both these measures fell during the Covid-19 pandemic, particularly amongst children from less affluent families and boys from a Black ethnic background<sup>14</sup>.

- PA can be accumulated through active travel, active recreation (for example walking, using the gym and sports) or active living (where energy is expended during other everyday activities). Factors from the research literature associated with higher PA levels during childhood and adolescence include **capability for independent active travel or play without adult supervision** and **access to outdoor toys and green space**, meanwhile **environments that support active travel** are associated with higher PA levels across the life-course<sup>20,21</sup>.

- In relation to active travel, **nearly 6 in 10 car trips nationally are made for journeys below 5 miles** suggesting significant potential to increase the use of active modes of travel for short journeys<sup>22</sup>. **Use of walking for travel is high in Oxford City**, and similar to the national average in the Vale of White Horse, but **lower in Cherwell, South Oxfordshire and West Oxfordshire<sup>14</sup>**.

- Exposure to green space (including parks, play spaces, green routes such as along canals) appears to be associated with a range of positive benefits to physical and mental health and there is some evidence that those living in greener urban environments may be more likely to meet nationally recommended PA levels<sup>23</sup>. Data from 2015/16 suggest use of greenspace in Oxfordshire residents was comparable to that for England at that time<sup>24</sup>. Community engagement identified **safety, accessibility issues**, and factors such as **lack of age-appropriate play equipment and gender-appropriate spaces in parks** as barriers to accessing existing greenspace<sup>25</sup>.

- Taking part in active recreation was frequently mentioned by residents in the community engagement as supporting healthy weight and mental and social wellbeing. However, barriers included **difficulties in finding activities suited to their age and demographic group and preferences, cost and distance<sup>19</sup>**.

- **With regards to support for those living with excess weight, several weight management support programs are offered in Oxfordshire** for children and adults, as well as specific programs for adults living with a mental health condition(s) (Gloji Mind+), residents from a Black, Asian and Minority Ethnic background and for men. The HNA

## Template for Health Improvement Board reports

identifies some areas where current provision could be expanded for certain groups who are known to be at higher risk of excess weight or in whom excess weight is likely to have greater or longer-term health impacts (those with learning disabilities, women post-pregnancy and young people aged 12-18 years) and in relation to supporting new-parents-to-be with healthy weight-promoting behaviours during pregnancy.

- National recommendations advocate for use of a **'making every contact count' approach** to ensure those living with excess weight are self-aware of their weight status and receive brief intervention advice, including on how to access support services where appropriate<sup>26</sup>. Every opportunity should be taken to embed this approach. Training to build confidence in having conversations is delivered by Achieve Oxfordshire.

- From community engagement, residents living with excess weight described feeling **stigmatised and judged because of their weight**<sup>19</sup>. Experiencing stigma has been shown to negatively impact attitudes and engagement in healthy-weight-promoting behaviours and participants' chances of losing weight through weight management support programs<sup>27,28,29</sup>. All strategies, programs and communications should **follow national and evidence-based guidelines to avoid perpetuating weight stigma**<sup>30</sup>.

### References:

1. [Adult obesity: applying All Our Health - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
2. [Obesity impairs academic attainment in adolescence: findings from ALSPAC, a UK cohort | International Journal of Obesity \(nature.com\)](http://nature.com)
3. [Mediators of the association between childhood BMI and educational attainment: analysis of a UK prospective cohort study | medRxiv](http://medRxiv)
4. [Obesity and Work: Challenging stigma and discrimination | Institute for Employment Studies \(IES\) \(employment-studies.co.uk\)](http://employment-studies.co.uk)
5. [The annual social cost of obesity in the UK | Frontier Economics \(frontier-economics.com\)](http://frontier-economics.com)
6. [School-aged years high impact area 3: Supporting healthy lifestyles - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
7. [Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems - The Lancet](http://The Lancet)
8. [Obesity Profile - Data - OHID \(phe.org.uk\)](http://phe.org.uk)
9. [NCMP changes in the prevalence of child obesity between 2019 to 2020 and 2020 to 2021 - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
10. [Obesity and overweight \(who.int\)](http://who.int)
11. [Mental Health JSNA February 2018 | Oxfordshire Insight](http://Oxfordshire Insight)
12. [Mental Wellbeing Needs Assessment 2021 | Oxfordshire Insight](http://Oxfordshire Insight)
13. [National Diet and Nutrition Survey - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
14. [Active Lives | Results \(sportengland.org\)](http://sportengland.org)
15. Oxwell Student Survey 2019
16. [Health matters: obesity and the food environment - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
17. [Tracking the price of the lowest-cost grocery items, UK, experimental analysis - Office for National Statistics \(ons.gov.uk\)](http://ons.gov.uk)
18. [Food Insecurity Tracking | Food Foundation](http://Food Foundation)
19. Summarised from Community Insights PressRed report and Community profiles report for Abingdon Caldecott, The Leys, and PressRed report for Banbury, and the FAST families food survey 2020-21

## Template for Health Improvement Board reports

20. [Behavioral determinants of physical activity across the life course: a “DEterminants of Diet and Physical ACTivity” \(DEDIPAC\) umbrella systematic literature review - PMC \(nih.gov\)](#)
21. [A life course examination of the physical environmental determinants of physical activity behaviour: A “Determinants of Diet and Physical Activity” \(DEDIPAC\) umbrella systematic literature review | PLOS ONE](#)
22. [Active travel: local authority toolkit - GOV.UK \(www.gov.uk\)](#)
23. [Improving access to greenspace: 2020 review \(publishing.service.gov.uk\)](#)
24. [Monitor of Engagement with the Natural Environment \(MENE\) - GOV.UK \(www.gov.uk\)](#)
25. Findings from Greenspace & Us community insights project with young women (11-16 years) and Community Insights PressRed report and Community profiles for The Leys
26. [OHID Let's Talk About Weight: A step-by-step guide to brief interventions with adults for health and care professionals](#)
27. [Weight Teasing and Disordered Eating Behaviors in Adolescents: Longitudinal Findings From Project EAT \(Eating Among Teens\) | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)
28. [Weight Criticism During Physical Activity, Coping Skills, and Reported Physical Activity in Children | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)
29. [Weight Bias and Weight Loss Treatment Outcomes in Treatment-Seeking Adults | Annals of Behavioral Medicine | Oxford Academic \(oup.com\)](#)
30. [Food Active | Stamping Out Weight Stigma: A Checklist for the Workforce](#), Obesity Health Alliance's Weight Stigma - Position Statement (2018) ([Policy - Obesity Health Alliance](#))

## Template for Health Improvement Board reports

### Appendix 3 - Draft recommendations from the Health Needs Assessment for Promoting Healthy Weight at time of paper submission

<p><b>System: address healthy weight inequalities in everything we do</b></p>	<p>Prioritise actions based on, and measure progress against, addressing healthy weight inequalities</p>
<p><b>Prevent: To prevent excess weight, start early</b></p>	<p>Collect up-to-date small area data on breastfeeding initiation and at 6-8 weeks to assess for inequalities in breastfeeding continuation within Oxfordshire</p> <p>Work with early years providers to assess current food provision against national guidance and understand facilitators and barriers to adhering to national recommendations</p> <p>Review the evidence on programs to prevent childhood obesity aimed at children aged 0-3 years (or their families) to understand if any have been demonstrated to have longer term impacts on enabling healthier diets and being more physically active in children and their families.</p> <p>Ensure a continued focus on increasing uptake of the Healthy Start scheme across Oxfordshire via the Oxfordshire Healthy Start working group action plan</p> <p>Implement a whole school approach to promote healthier eating and increasing physical activity in schools, prioritising areas with high excess weight prevalence amongst children (examples of nationally recommended initiatives are provided in the full report)</p>
<p><b>Enable healthy weight by building healthy places and environments</b></p>	<p>Use available levers to restrict advertising of less healthy food in public sector spaces and externally-owned spaces across Oxfordshire</p> <p>Use levers within licensing to increase exposure to healthier foods and limit exposure to less healthy foods in the retail food environment</p> <p>Use evidence-based levers to support and incentivise local food outlets to provide a healthier food offer</p> <p>Introduce planning policy to limit proliferation of less healthy food vendors</p> <p>Ensure Government Buying Standard-based criteria, particularly those relating to nutrition, are used in the procurement of food and catering services by public sector facilities</p> <p>Input into the planned assessment of the food offer from community food services in relation to how well it promotes a healthy diet, to help identify any initiatives which may help to improve the healthiness of their food offer</p> <p>Continue to promote implementation of the Local Transport and Connectivity Plan in District Councils</p>

## Template for Health Improvement Board reports

	<p>Seek funding to develop Local Cycling and Walking Infrastructure Plans in all market towns in Oxfordshire</p> <p>Sustain support for cycling and walking activation programs, especially aiming to increase engagement amongst those who are least active</p>
<p><b>Prevent: Make healthy behaviours attractive to help them stick</b></p>	<p>Review existing cooking-related training to ensure it is meeting the specific needs identified by residents during community engagement</p> <p>Support residents to find active recreation activities that they enjoy by using insights collected on their activity preferences to influence the activities that commissioners and providers prioritise providing</p> <p>Ensure information about programs that support physical activity (including what activities are available), healthy diet and weight management services is promoted to partners (for example Home Start volunteers, social prescribers) and the public</p>
<p><b>Support those living with excess weight to recognise this and ensure equitable access to weight support services</b></p>	<p>Ensure policies, strategies, communications, campaigns, and weight management programs delivered by OCC or by our system partners avoid perpetuating weight stigma</p> <p>Identify professional groups who have a high amount of contact with groups at high risk of excess weight and work with them to implement the MECC/brief intervention approach to excess weight, monitor the effectiveness of training where delivered</p> <p>Develop a clear healthy weight care pathway for children and adults across all ages and commissioning bodies</p> <p>Ensure support is provided for groups that experience a high prevalence of excess weight where gaps have been identified (ie learning disability, maternity)</p> <p>Ensure a co-production approach is used to embed service user (and potential service user) views in the design of weight management support services.</p>

## Template for Health Improvement Board reports

### Appendix 4 – Progress against the WSA to Healthy Weight Action Plan 22/23

Priority Area	Complete (22/23)	Underway	Next Steps
<i>Healthy weight environment</i>	Achieve Sustainable Food Places Silver Aware	Work towards county level Sustainable Food Places Gold award	
		Mapping/gap analysis of cooking & healthy eating across the County	<p>Develop approaches to increase and promote a healthier food offer in locality premises serving/selling food</p> <p>Explore opportunities for regulatory system to promote healthy weight environments*:</p> <p>Explore use of supplementary planning documents to inform consistent decisions related to new fast food outlet applications*.</p>
<i>Prevention; start well, live well and age well (primary prevention)</i>	<p>Promote Eat Them To Defeat Them campaign</p> <p>Academic year 21/22 = 53 schools signed up</p> <p>Academic year 22/23 = 40 schools signed up to date</p>	Gap analysis & recommendations for EY re infant feeding	Manage a suite of work on a whole school approach to food via a school food and physical activity advisor*
	Develop a physical activity strategy for Oxfordshire (AO presenting)	Improve uptake of Heathy Start vitamins & vouchers	Pilot School Superzones addressing wider environment surrounding schools on healthy weight, physical activity, air quality and personal safety*



## Template for Health Improvement Board reports

Priority Area	Complete (22/23)	Underway	Next Steps
	<p>Review and implement Active Schools Framework with Oxfordshire schools to embed whole school approach to PA</p> <p>12 schools signed up in 21/22.</p> <p>Sign up for 22/23 academic year is targeted based on NCMP. 8 schools signed up, spread across City, Cherwell, South and Vale to date.</p>	<p>Explore retail marketing behaviour change/social marketing approach to healthy weight for residents</p>	
<i>Support for residents to achieve a healthy weight (early prevention)</i>	<p>Adult Healthy Weight Service expanded to include diverse &amp; multi-ethnic communities.</p>	<p>Commission a Healthy Weight Support Service for 5-12 year olds (started July 2022 - mid-point review due 23/24).</p> <ul style="list-style-type: none"> <li>• 108 booked on</li> <li>• 88 started course</li> <li>• Q2 - 71% maintained/reduced BMI</li> <li>• Q3 - 66% maintained/reduced BMI</li> </ul>	<p>NCMP pathway review*</p>
	<p>Implement a weight management support pilot for children and their families</p>	<p>Develop healthy weight pathways for adults</p>	<p>Broaden weight management services (and prevention) to include maternity, learning disability and young adults and other gaps in current provision</p>
<i>Working with partners to promote a healthy weight (systems approach)</i>	<p>Undertake Healthy Weight Needs Assessment for Oxfordshire</p>		<p>Develop Healthy Weight Strategy with recommendations from HNA</p>

## Template for Health Improvement Board reports

Priority Area	Complete (22/23)	Underway	Next Steps
	Review community insight project to inform HW action plan and needs assessment		Adopt the Food Active HW Declaration across the system to drive work forward *
	Finalise action plan and reform the core working group to take work forward	Review of core working group	Refresh the HW action plan with HNA recommendations included*

\*Actions that require substantial buy in from District and System partners

---