



Children and Young People's Healthy Weight Pathway

Tuesday 29th October 2019

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Shifting the blame



Now

- Availability of cheap unhealthy food.
- Loss of green space.
- Harder to walk/cycle.
- Industry for promoting unhealthy food.



Previously

- Blamed individuals/parents.
- Assumed lack of knowledge of how to eat healthily
- Lack of skills to cook healthy meals.
- Not doing enough exercise-lazy.

What do we need to do?



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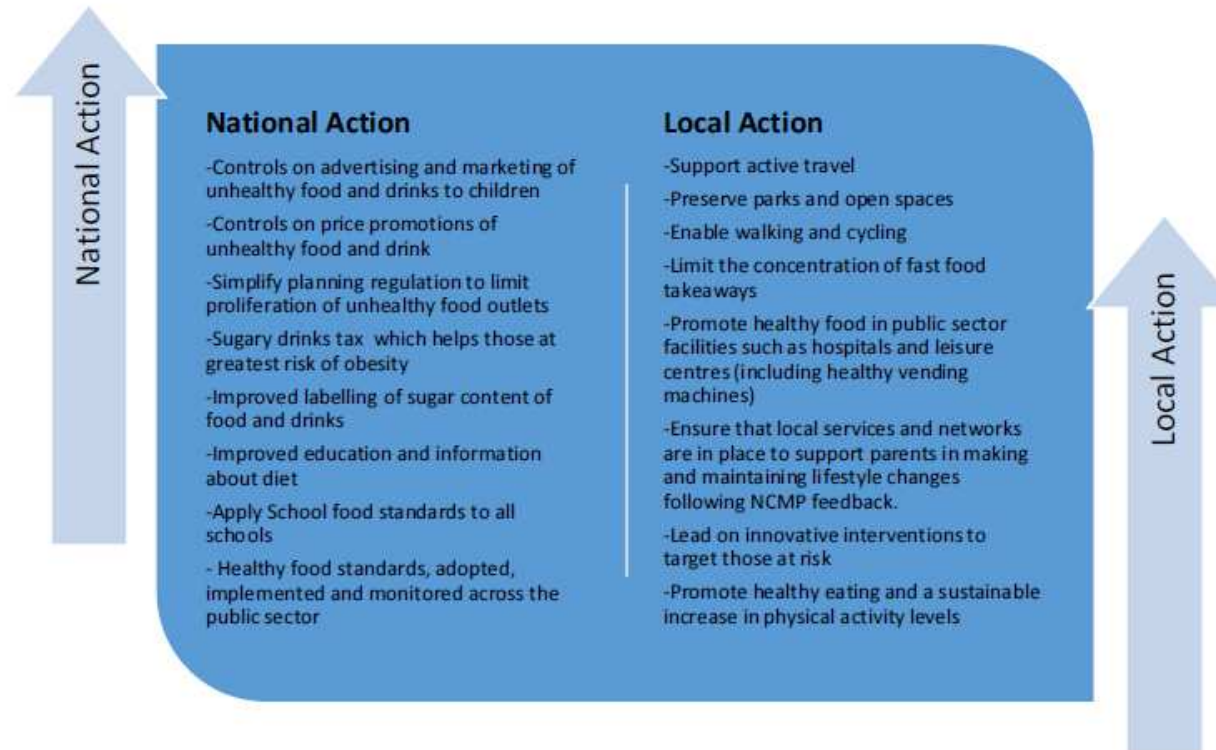
DPH annual report for Southampton and Portsmouth 2017

Planning Healthy – Weight Environments – Six Elements

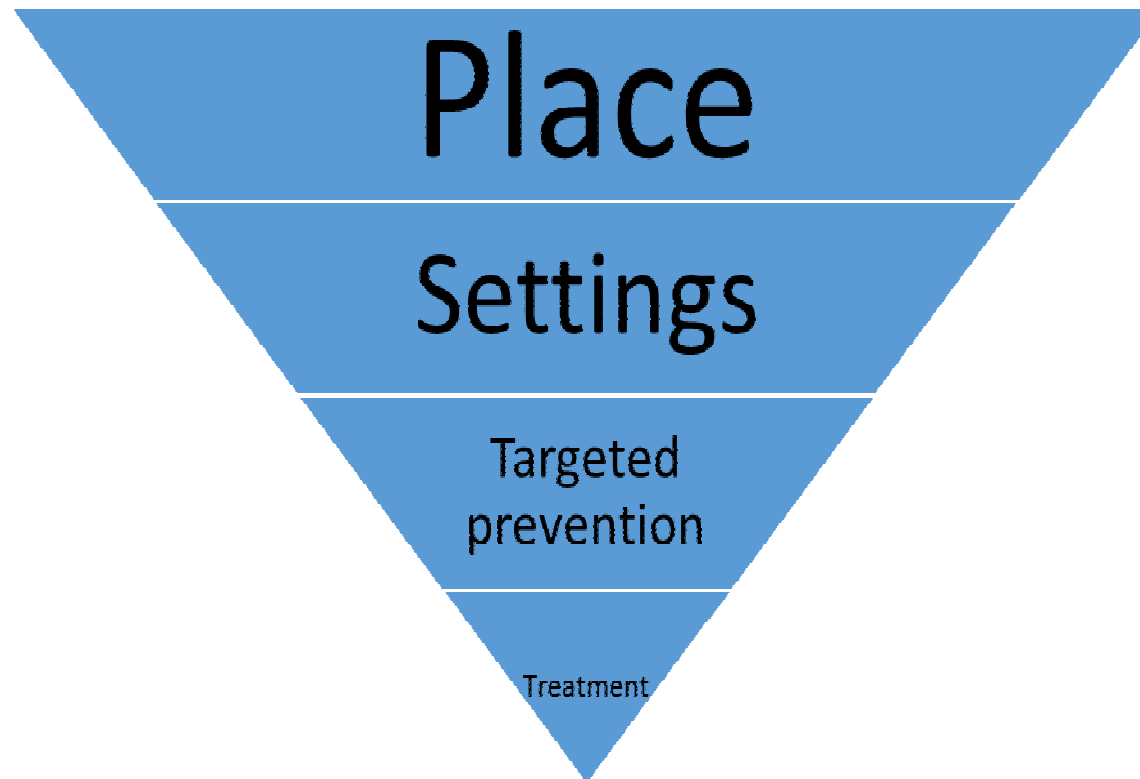
Movement and access	1	Open spaces, play and recreation	2	Healthy food	3
<ul style="list-style-type: none"> » Clearly signposted, with direct walking and cycling networks » Safe and accessible networks, and a public realm for all » Walking prioritised over motor vehicles, and vehicle speed managed » Area-wide walking and cycling infrastructure provided » Use of residential and business travel plans 	<ul style="list-style-type: none"> » Planned network of multi-functional green and blue spaces » Easy-to-get-to natural green open spaces of different sizes » Safe and easy-to-get-to play and recreational spaces for all, with passive surveillance » Sports and leisure facilities designed and maintained for everyone to use 	<ul style="list-style-type: none"> » Maintain and enhance opportunities for community food growing » Avoid over-concentration of unhealthy food such as hot-food takeaways in town centres and in proximity to schools or other facilities aimed at children and young people » Shops/food markets that sell a diverse offer of food choices and are easy to get to by walking, cycling or public transport 			
Neighbourhood spaces and social infrastructure	4	Buildings	5	Local economy	6
<ul style="list-style-type: none"> » Community and healthcare facilities provided early as part of a new development » Services and facilities co-located within buildings where feasible » Public spaces that are attractive, easy to get to, and designed for a variety of uses 	<ul style="list-style-type: none"> » Adequate internal spaces for bike storage, dining and kitchen facilities » Adequate private or semi-private outdoor space per dwelling » Car parking spaces are minimised across the development » Well-designed buildings with passive surveillance 	<ul style="list-style-type: none"> » Enhance the vitality of the local centre by providing a more diverse retail and food offer » Centres and places of employment that are easy to get to by public transport, and on walking and cycling networks » Facilities are provided for people who are walking and cycling to local centres and high streets, such as street benches, toilets and secure bike storage 			

Southampton healthy weight plan 2017-2022

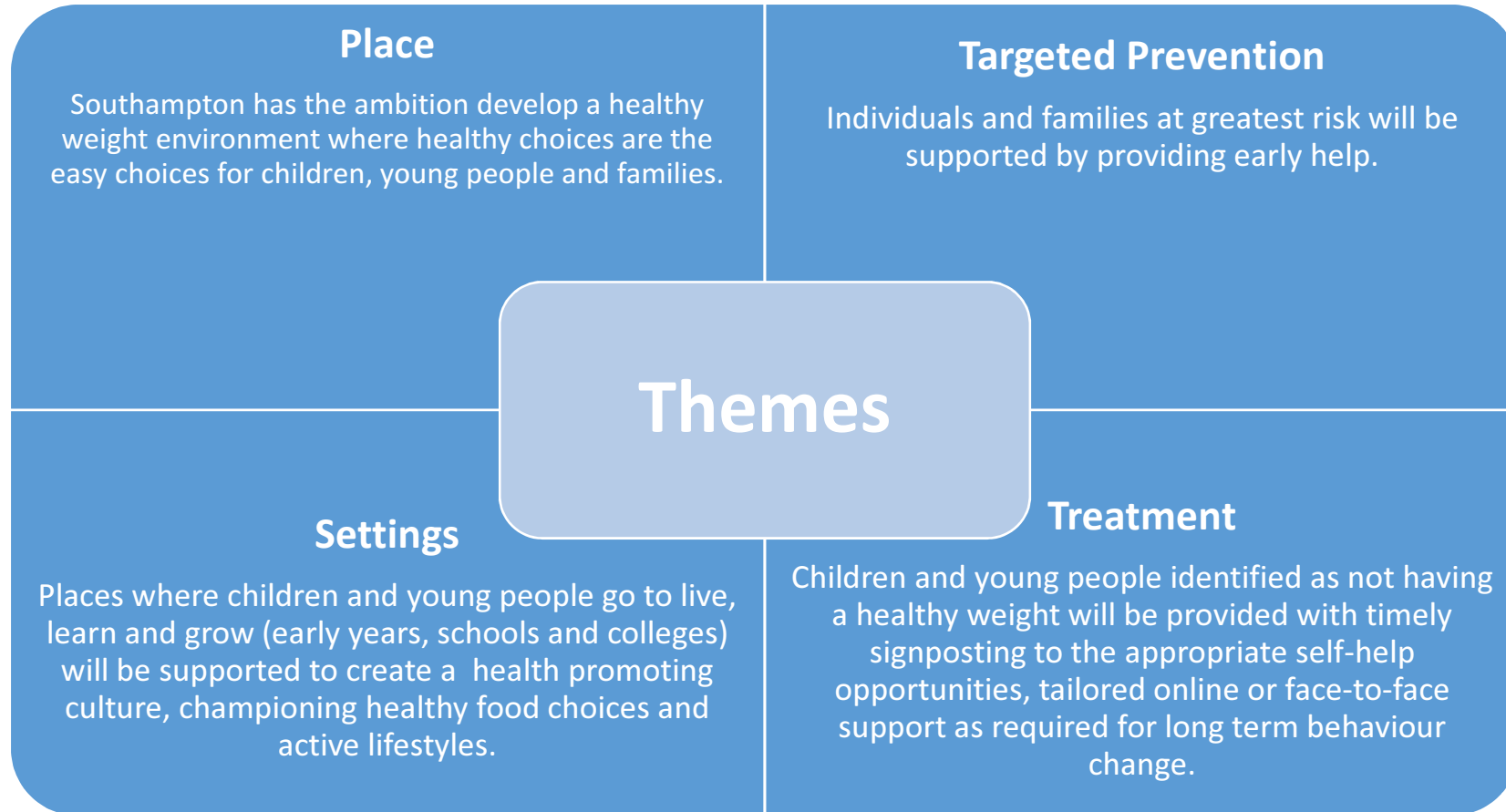
Actions are Required at National and Local Levels



Our Priorities- Children and Young Peoples Healthy Weight Plan 2017-2022



Four themes of the plan



A Call to Action

- The outcomes set out in this plan will only be achieved in partnership with a range of sectors including local businesses.
- This is a call to local businesses and partners to pledge a contribution and measure the changes that result.
- Whether this is through partners applying for funding for a local target groups to sustainably increase physical activity levels.
- Or local businesses improving their cycle storage or outside space to encourage walking.
- Share your success:
<https://www.southampton.gov.uk/health-social-care/children/healthy-weight/>

Place

- Improve outside space to encourage more walking/cycling/active play
- Secure cycle storage for employees/tenants
- Prioritise walking over motor vehicles

Settings

- Workplace health and wellbeing accreditation enabling healthier choices among staff
- Workplace active travel plans
- Healthy product placement in staff canteens
- Healthy vending machines

Targeted prevention

- Securing funding to support local families to sustainably increase physical activity levels
- Support local parents lead healthy cook and eat sessions in the community
- Support for local groups e.g. peer led buggy walks

Southampton's healthy weight plan

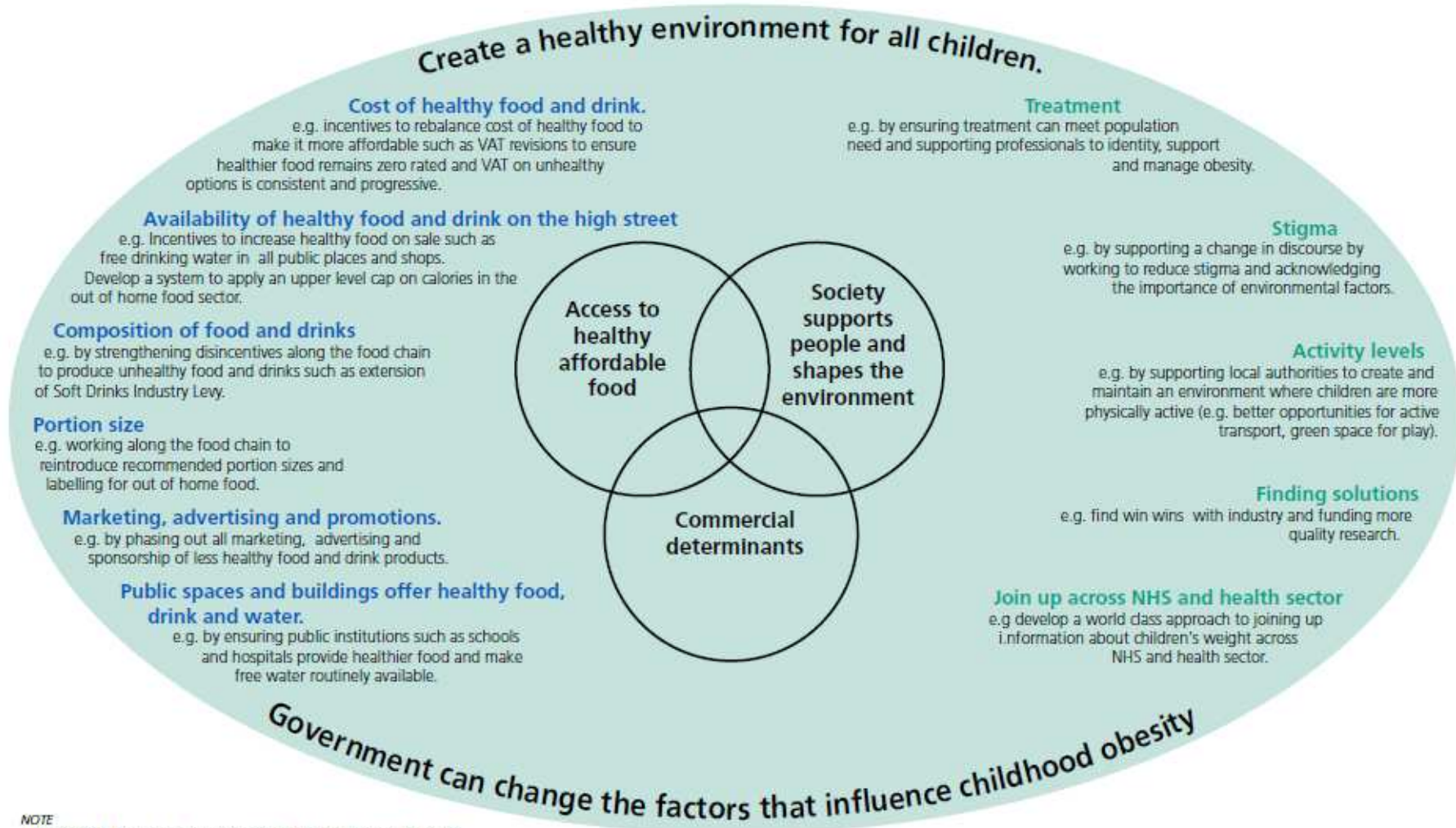
Action Plan Measures

Measures	Baseline (Southampton) 2015/16	England 2015/16	Target	2017-2019	2020-2021	2022
5% more new mums breast feeding	73.2%	74.3%	78.2%	74.3% 37 more*	76.2% 97 more*	78.2% 167 more*
5% more pupils with healthy weight at year R	77.0%	76.9%	82.0%	79% 63 more*	81% 126 more*	82% 158 more*
5% more pupils with a healthy weight at year 6	61.8%	64.5%	66.8%	63.8% 45 more*	65.8% 90 more*	66.8% 112 more*
4% increase in 15 year olds achieving 5-a-day	47.8%	52.4%	57.8%	52.8%	55.0%	57.8%
60 more settings (early years, school, colleges and workplaces) engaged in work to create a healthy setting	10	-	70	20	50	70
100 new businesses pledging an action to enable healthier choices	0	-	100	30	70	100

Independent report of the Chief Medical Officer 2019

- **Our children have a right to live in a healthy environment.**
- **Being overweight or obese in childhood has profound impacts on the health and life chances of children.**
- **Children living in the most deprived areas are disproportionately affected.**
- **Our environment has slowly changed, making it harder for our children to be healthy.**
- **We need action across industry and the public sector. There is no magic bullet so many actions, each with a small impact, will be necessary.**

Figure A1: A pictorial representation of some of the necessary Government actions



NOTE
This diagram is not a comprehensive representation of all influencing factors.
Where "food" is referred to "food and drink" should be read.

What is a whole systems approach

- Individual, isolated initiatives to viewing them as a whole system that interacts
- From asking, does the intervention work? To asking; how does the intervention change the system?
- From linear cause and effect to dynamic situations with feedback. Presenting a more realistic (but more complex) picture of the issue and its context, which changes over time.
- Top down control to partner and stakeholder involvement (with LAs providing co-ordination)

What is a systems approach?

- 1. Get people together (key players).**
- 2. Develop a collective understanding of an issue, (through a structured process). Develop your own local map.**
- 3. Identify where to intervene.**
- 4. Prioritise action.**
- 5. Understand how your work fits into the system and aligns with the work of others and how it changes the system.**

Whole systems approach in Southampton

- **Current CYP Healthy Weight Plan runs 2017-2022**
- **Aim to start work on Southampton's whole systems approach in 2020**

Any questions?

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