

CHILDREN AND YOUNG PEOPLE'S HEALTHY WEIGHT PLAN 2017- 2022

Southampton City Council

About Childhood Obesity

Causes

The causes of obesity are complex; social circumstances, family background, educational background, food skills and lack of opportunities to be active can all contribute.

These factors vary but at the core is energy balance, which is the balance between what we eat and how much physical activity we do.

We know that childhood obesity is an issue both locally and nationally

We have learned that the issue cannot be addressed by a single organisation or by a single intervention. Action is needed across all sectors and organisations.

Tackling the issue

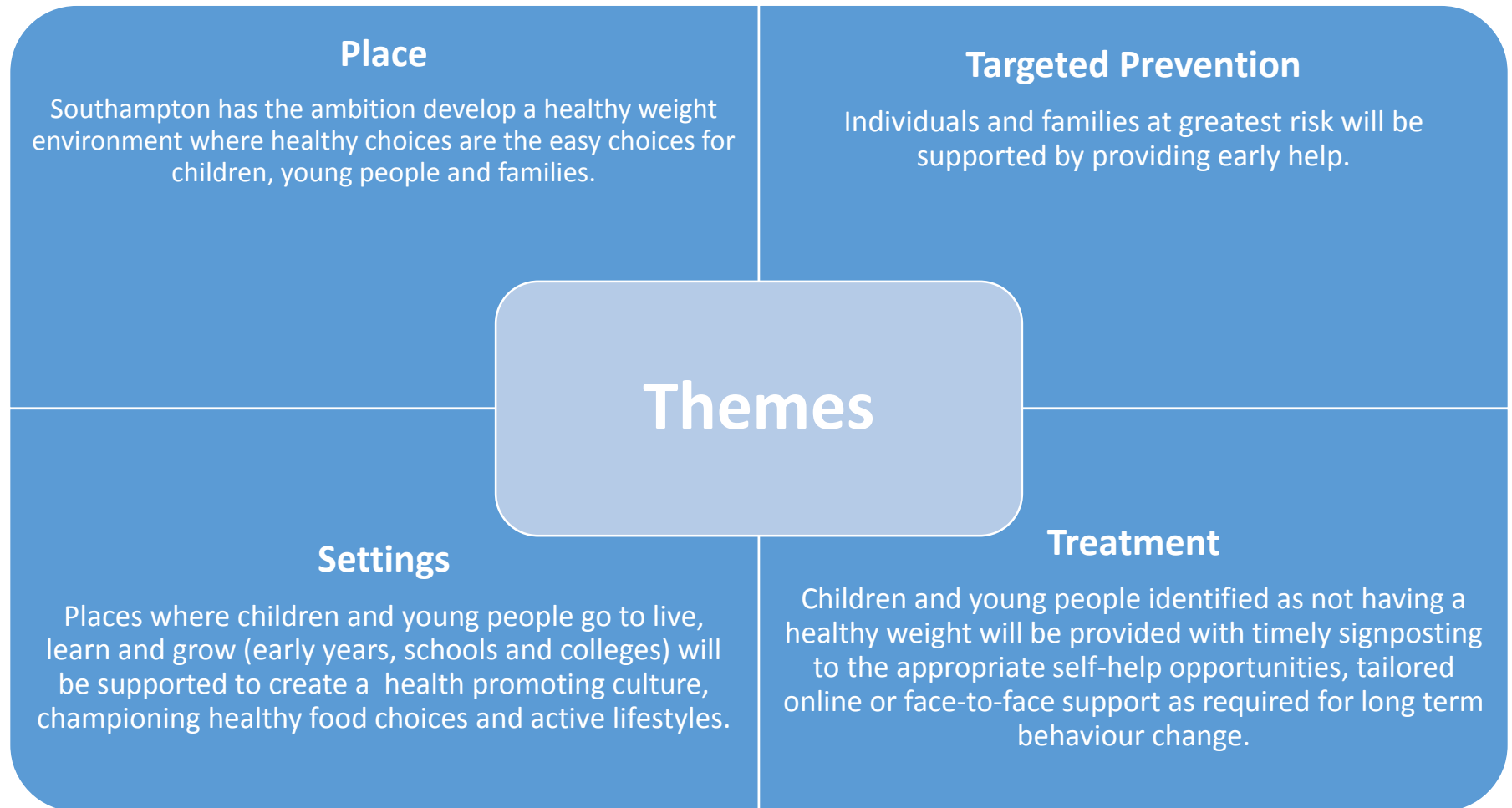
Our vision is that Southampton is a city where children and young people have happy, healthy, active lives where healthy choices are the easy choices.

The aim is to create a “healthy weight” environment where healthy choices are the easy choices for children; as well as ensuring early intervention targets those in greatest need.

This 5 year plan outlines steps towards achieving this vision.

Our vision

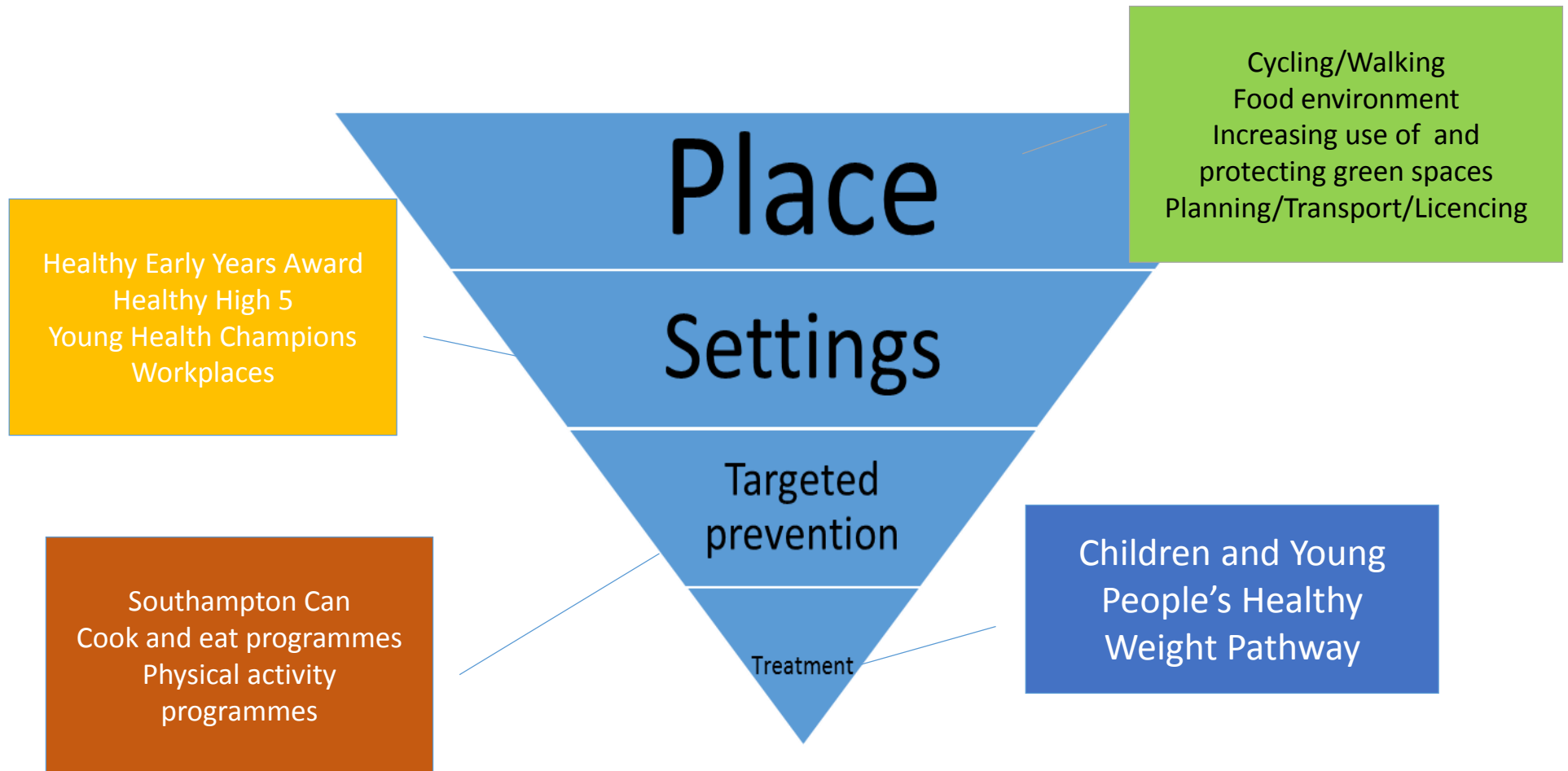
Our Priorities



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

Programmes



Focus on settings and treatment

- How are we supporting settings to provide healthy food and opportunities to be physically active?
 - Healthy Early Years Award (preschools, nurseries and childminders)
 - Healthy High-Five (schools)
 - Young Health Champions and LifeLab
 - City Catering
- How are we supporting children who already have excess weight?
 - Children and Young People's Weight management pathway