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

Southampton City Council



About Childhood Obesity

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.

Causes

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

This 5 year plan outlines steps towards achieving this vision.

those in greatest need.

Our vision

Our Priorities

Place

Southampton has the ambition develop a healthy weight environment where healthy choices are the easy choices for children, young people and families.

Targeted Prevention

Individuals and families at greatest risk will be supported by providing early help.

Themes

Settings

Places where children and young people go to live, learn and grow (early years, schools and colleges) will be supported to create a health promoting culture, championing healthy food choices and active lifestyles.

Treatment

Children and young people identified as not having a healthy weight will be provided with timely signposting to the appropriate self-help opportunities, tailored online or face-to-face support as required for long term behaviour change.



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

Healthy Early Years Award Healthy High 5 Young Health Champions Workplaces

Southampton Can
Cook and eat programmes
Physical activity
programmes

Place

Settings

Targeted prevention

Treatment

Cycling/Walking
Food environment
Increasing use of and
protecting green spaces
Planning/Transport/Licencing

Children and Young
People's Healthy
Weight Pathway



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

