

| | |
|--------------------------|--|
| Report to: | LEVELLING UP SCRUTINY COMMITTEE |
| Relevant Officer: | Liz Petch, Public Health Consultant |
| Date of meeting: | 8 November 2023 |

HEALTHY WEIGHT STRATEGY 2023-2028

1.0 Purpose of the report

To provide a response to the recommendations from the Healthy Weight Scrutiny Review and consider the draft Healthy Weight Strategy and Action plan for the time period 2023-2028.

2.0 Recommendation(s)

- 2.1 To sign off the Healthy Weight Scrutiny Review Recommendations as completed, noting the updates provided.
- 2.2 That the Levelling Up Scrutiny Committee consider the vision and priorities of the Healthy Weight Strategy, prior to the final sign off at the Health and Wellbeing Board.

3.0 Reason for recommendation(s)

- 3.1 The report provides an update on the recommendations and demonstrates how the draft health weight strategy supersedes the recommendations that were presented at the Adult Social Care and Healthy Scrutiny Committee in February 2023. The key priorities and action plan have been developed to include the recommendations that are ongoing and where no actions were taken during the pandemic.
- 3.2 This strategy sets out the plans to respond to local needs in relation to high levels of obesity and how the council, and key stakeholders can take action to reduce these levels, and supports the work of reducing health inequalities.

3.3 Is the recommendation contrary to a plan or strategy approved by the Council? No

3.4 Is the recommendation in accordance with the Council’s approved budget? Yes

4.0 Other alternative options to be considered

- 4.1 No other options available that will meet the requirements of this strategy

5.0 Council priority

5.1 The relevant Council priority is:

- ‘The economy: Maximising growth and opportunity across Blackpool’
- ‘Communities: Creating stronger communities and increasing resilience’

6.0 Background and key information

6.1 Detailed below is an update on the recommendations that were presented to the Scrutiny Committee on the 23 February 2023.

| | |
|---|--|
| <p>Recommendation 1</p> <p>That the Council build on the healthy weight declaration and improve itself as a leader in healthy weight and lifestyle:</p> <p>a) That all Services receive information from Public Health on the Council’s role in being a leader in building a healthy lifestyle amongst staff and residents and support in order to address any alterations to be made in provision to ensure healthy lifestyle is at the heart of everything the Council does.</p> <p>b) To promote further the offers already available to staff such as the Corporate Leisure Scheme and that the offer to staff be explored further to determine whether provision of activities such as yoga and pilates (as provided by the Hospital’s Trust to staff) before and after work could be supported.</p> | <ul style="list-style-type: none"> • The Healthy Weight declaration was originally signed in January 2016 and re-signed on the 22 November 2022. • As part of the new Health Weight Strategy the commitments will be monitored as part of the Strategic group to ensure the Council continues to deliver against these, and in future will be reported as part of the action plan for the strategy • The Council has a section on the intranet for health and wellbeing. Offering a range of options to staff in relation to offers and what they can do to look after their physical wellbeing. • As part of the Healthy Weight Strategy one of the key priorities is building healthier workplaces to support employees move more, and make healthier choices, including active travel. This will be monitored as part of the action plan. |
| <p>Recommendation 2</p> <p>That Public Health explores the universal support and provision for children aged 0-4 years old and their parents on healthy weight, eating and lifestyle in order to identify any gaps and how those gaps could be met.</p> | <ul style="list-style-type: none"> • This recommendation is now incorporated within the key priority Supporting our children and young people develop, grow and to be a healthy weight. • This priority will be monitored as part of the action plan for the new Healthy Weight Strategy. |
| <p>Recommendation 3</p> | <ul style="list-style-type: none"> • All actions completed in relation to this recommendation however, School Food |

| | |
|--|---|
| <p>That Blackpool Council aspires to all schools using a catering provision that meets the expected healthy eating standards:</p> <p>a) That the Adult Social Care and Health Scrutiny Committee writes to all Chairs of Governors of schools not meeting the School Food Standards as prescribed for schools to challenge them to make improvements and to offer the schools the opportunity to work with Public Health in order to develop a healthy and balanced menu.</p> <p>b) That the Council explores how to improve working with other providers of catering services to schools in order:</p> <ul style="list-style-type: none"> - To improve their menus and ensure they are healthy and balanced - To gather information on the uptake of children receiving both the free school meals across both key stages and those opting to have universal free school meals in key stage 1 - To offer children taking a packed lunch the opportunity to access the salad bar provided for children eating school meals. | <p>is a key action within the new Healthy Weight Strategy action plan.</p> |
| <p>Recommendation 4 That the Council recommend that the Fit2go scheme be prioritised for continued funding by Blackpool Council, Blackpool CCG and Blackpool FC Community Trust to ensure that it continues and that the organisations be requested to determine whether a longer contract for provision could be supported.</p> | <ul style="list-style-type: none"> • The programme continues to be funded. |
| <p>Recommendation 5 That Public Health work with Children’s Services to provide an offer of healthy eating support and education to children in care and those that work in care settings.</p> | <ul style="list-style-type: none"> • This recommendation is now incorporated in the key priority Supporting our children and young people develop, grow and to be a healthy weight. • This priority will be monitored as part of the action plan for the new Healthy Weight Strategy. |
| <p>Recommendation 6 To explore the feasibility of providing free gym access to young people aged 11 to 18.</p> | <ul style="list-style-type: none"> • Action completed. |
| <p>Recommendation 7</p> | <ul style="list-style-type: none"> • Adult commissioning are now involved |

| | |
|---|---|
| <p>That Public Health work with Adult Services to identify opportunities to improve the provision of meals for adults receiving care in the home.</p> | <p>in the Healthy Weight Strategy group, and the action plan now reflects the work that needs to be undertaken to review this.</p> |
| <p>Recommendation 8 That Public Health carry out an exercise to consider whether the message from the Council and partners regarding healthy weight and lifestyle is delivered consistently and in doing so: - Explore the effectiveness of FYI in informing residents of the initiatives available and whether any alternative methods of communication would be more successful. - Explore, with partners, how messages can be communicated jointly and consistently.</p> | <ul style="list-style-type: none"> • This recommendation is now part of the key priority Promoting healthier food and exercise choices across the town and promote and support active lifestyles, encourage the population to move more, including the use of public transport, cycling and walking. |
| <p>Recommendation 9 To receive an update from the Clinical Commissioning Group on their progress in working with the Council to support healthy weight in the population.</p> | <ul style="list-style-type: none"> • Public Health have worked with the ICB on the Complex Care Obesity Programme. This has resulted in the commissioning of Slimming World and an Exercise on Referral Programme through our Leisure Services Scheme. |

6.2 Healthy Weight Strategy

The document proposes a new healthy weight strategy for Blackpool, for the time period 2023-2028. The strategy’s long term ambition is to ensure that Blackpool’s population and our future generations have the best start in life, and live longer and happier lives.

The priorities are: to support our children and young people in developing and growing to be healthy; promoting healthier food choices; provide food security for all Blackpool residents; provide access to resources and information to help make those healthier choices; promote and support active lifestyles and support employers to encourage active and healthy workforces.

Tackling overweight and obesity will require a range of partners’ involvement, including the local authority, NHS, private sector and the voluntary and community sectors. To ensure this strategy’s effective delivery all partners will need to build on the existing work and continue to work as a whole system to affect change. Because of the complex factors at play, the problem will not be reversed by any single approach. This strategy’s success will depend on changing many aspects of our population’s lives and the current environment in which we live, work and play, which encourages obesity related behaviours.

The healthy weight strategy has been approved by the Blackpool Council Public Health

Senior Management Team and Corporate Leadership Team.

6.3 Does the information submitted include any exempt information? No

7 List of appendices

7.2 Appendix 8a Draft Healthy weight strategy 2023-2028

7.3 Appendix 8b Draft Action Plan 2023-2028

8 Financial considerations

8.2 Funded within monies already available to all key partners through their own budgets.

9 Legal considerations

9.2 N/A

10 Risk management considerations

10.2 The risk of not producing a new healthy weight strategy for Blackpool would mean there is a lack of a coordinated approach to address the needs of the Blackpool population in relation to obesity.

11 Equalities considerations and the impact of this decision for our children and young people

11.2 The strategy has been informed by the Joint Strategic Needs Assessment where there is a burden of obesity on the population

11.3 An equality impact analysis has been undertaken for this strategy, and has been reviewed by the Head of Equality and Diversity at Blackpool Council

12 Sustainability, climate change and environmental considerations

12.2 The Health Weight Strategy crosses over a range and strategies and a key one which is reflected within the core of the document is sustainable, climate change and environmental considerations.

13 Internal/external consultation undertaken

13.2 A series of workshops were held with key stakeholders and partners to develop the

strategy. The attendees from the workshops then formed the Healthy Weight Strategy group which has helped shape and develop the both the strategy and the action plan. The key decisions were:

- Relaunch of the Healthy Weight Declaration to engage partners and stakeholders
- Partner and stakeholder workshops to set the vision and priorities for the strategy
- Individual consultation with all stakeholders to discuss and agree the actions allocated.