

<b>DECISION-MAKER:</b>	Health & Wellbeing Board		
<b>SUBJECT:</b>	Children and Young Peoples Healthy Weight Plan		
<b>DATE OF DECISION:</b>	14 March 2018		
<b>REPORT OF:</b>	Director of Public Health		
<b><u>CONTACT DETAILS</u></b>			
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<b>STATEMENT OF CONFIDENTIALITY</b>	
NOT APPLICABLE	
<b>BRIEF SUMMARY</b>	
<p>The Children and Young People’s Healthy Weight Plan 2017-2022 sets out a blueprint for the prevention and management of childhood obesity in Southampton. It is clear that no one intervention, organisation or sector alone can tackle childhood obesity. Instead a range of actions are required across different organisations and sectors which make healthy choices easier for the population.</p>	
<p>This plan has been developed with key partners, and outlines a range of important actions, including environmental measures (such as restriction of hot food takeaways around schools), organisational practices (including developing active travel plans) as well as individual level behaviour change, all aimed at increasing the proportion of healthy weight children and young people in the city. This briefing provides a brief summary of the Children and Young People’s Healthy Weight Plan in order to support final approval by the Health and Wellbeing Board.</p>	
<b>RECOMMENDATIONS:</b>	
	(i) To consider and approve the Children and Young People’s Healthy Weight Plan.
<b>REASONS FOR REPORT RECOMMENDATIONS</b>	
1.	In Southampton 23.2% of children in year R (5 year olds) are either overweight or obese (England average 22.6%). Among year 6 pupils (11 year olds) levels of overweight and obesity increase to 35.0% (England average 34.2%, data from the National Child Measurement Programme for 2016/17). Levels of overweight and obesity among year R pupils have remained stable over time but for year 6 pupils levels have steadily increased. Among adults in Southampton 62.6% are either overweight or obese (Southampton Health Profile, 2017). Obesity in childhood is associated with reduced academic performance, low self-esteem, school absence, bone and joint problems, high cholesterol and type 2 diabetes, as well as obesity and premature mortality in adulthood. The council has a significant role to play in influencing the

	development of a healthy weight environment in the city and can encourage partnerships and new ways of working to tackle the issue.
<b>ALTERNATIVE OPTIONS CONSIDERED AND REJECTED</b>	
2.	To not have a Children and Young People's Healthy Weight Plan which may lead to the number of young people becoming either overweight or obese, increasing the likelihood of health risks such as bone and joint problems, high cholesterol and type 2 diabetes, as well as premature mortality in adulthood.
<b>DETAIL (Including consultation carried out)</b>	
3.	The Children and Young People's Healthy Weight Plan was developed with multiple partner organisations across the city. This included representatives from Planning, Transport, Education, Health sector, Leisure and Community sector. It aims to halt the rise in obesity and to increase the proportion of children having a healthy weight by 5% over the next few years. This is an ambitious target, but if achieved, could have positive effects on a wide range of outcomes including educational attainment, physical and mental health.
4.	The 4 priorities of the Children and Young People's Healthy Weight Plan (Place, Settings, Targeted Prevention and Treatment) aim to initiate action at a variety of levels to; 1) create a healthy weight environment through work with the Planning and Transport departments, 2) influence settings such as schools, early years and workplaces to create a health promoting culture, 3) ensure activities aimed at prevention target those at risk, and 4) make sure those identified as having excess weight through the National Child Measurement Programme have the support they need towards achieving a healthier weight.
5.	Traditional approaches to tackling obesity point the responsibility to the individual and focus on encouraging individual level behaviour change. However, the environment, limited choice and other constraints can make it difficult to make changes at this level. Due to the scale of the issue, the proportion of children and young people affected and at risk of developing obesity, a population level approach is crucial.
6.	This plan allows us to move towards a "whole systems" approach to tackling childhood obesity. It also provides a platform to continue to engage schools, businesses and other sectors with the agenda.
<b>Next Steps</b>	
7.	The Children and Young People's Healthy Weight Plan has been approved by CMT and is awaiting final approval from the Health and Wellbeing Board. After this point, delivery will be led by the Children and Young People's Healthy Weight Partnership, which is the group of stakeholders that came together to develop the plan. This group will meet twice a year providing assurance on delivery to the 0-19 prevention and early help group (which sits under the Health and Wellbeing Board). The Health and Wellbeing Board will have overall oversight for the delivery of the plan.
<b>RESOURCE IMPLICATIONS</b>	
8.	None
<b><u>Capital/Revenue</u></b>	
9.	None

<b><u>Property/Other</u></b>	
10.	None
<b>LEGAL IMPLICATIONS</b>	
<b><u>Statutory power to undertake proposals in the report:</u></b>	
11.	N/A
<b><u>Other Legal Implications:</u></b>	
12.	N/A
<b>RISK MANAGEMENT IMPLICATIONS</b>	
13.	None
<b>POLICY FRAMEWORK IMPLICATIONS</b>	
14.	The Children's Healthy Weight Plan will support the outcomes set out in the Health and wellbeing Strategy 2017-2025.

<b>KEY DECISION?</b>	No
<b>WARDS/COMMUNITIES AFFECTED:</b>	All wards
<b><u>SUPPORTING DOCUMENTATION</u></b>	
<b>Appendices</b>	
1.	Children and Young People's Healthy Weight Plan

**Documents In Members' Rooms**

1.	
<b>Equality Impact Assessment</b>	
<b>Do the implications/subject of the report require an Equality and Safety Impact Assessment (ESIA) to be carried out.</b>	No
<b>Privacy Impact Assessment</b>	
<b>Do the implications/subject of the report require a Privacy Impact Assessment (PIA) to be carried out.</b>	No
<b>Other Background Documents</b>	
<b>Other Background documents available for inspection at:</b>	
<b>Title of Background Paper(s)</b>	<b>Relevant Paragraph of the Access to Information Procedure Rules / Schedule 12A allowing document to be Exempt/Confidential (if applicable)</b>
1.	