

# Public Health Spotlight

## Local Authority Declaration on Healthy Weight

### February 2019

Welcome to the third public health update for all of our elected members. This month we focus on the Local Authority Declaration on Healthy Weight and the work of our partnership group Eat Well Be Active (EWBA). Please help spread the word to residents in your wards to encourage involvement.

#### What is the Declaration?

The Declaration is designed to support local government in exercising their responsibility in developing and implementing policies that promote healthy weight.



#### Why action is needed?

Obesity is a serious Public Health problem for the borough and contributes significantly to poor health. Not only does obesity result in an increase in chronic disease, there are significant impacts on the broader economy of west Cheshire through disability and unemployment, putting a burden on the health and social care system.

#### What is Eat Well Be Active (EWBA)?

EWBA is our partnership group working on the eat well be active agenda.

#### Key statistics

In west Cheshire, over half of adults are an unhealthy weight. There are an estimated 176,970 residents aged 16 and over who are overweight or obese; around 64 per cent of the adult population.

Data from the National Child Measurement Programme for 2016/17 (the latest available) shows that in west Cheshire 20.6 per cent of reception children and 32.7 per cent of year six children have excess weight (overweight or obese).

#### Healthy Eating and Physical Activity Guidelines

By eating a healthy, balanced diet and undertaking regular exercise we can help avoid the negative impacts of obesity on our residents by preventing heart disease, type 2 diabetes, stroke and some cancers.

Evidence shows that those who meet the recommended levels of physical activity and healthy eating reduce their risk of developing common, obesity-related conditions.

#### Eat Well Key Messages:

<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating>

#### Be Active Key Messages:

<https://www.nhs.uk/live-well/exercise>



## Standard Commitments

There are fourteen standard and four local commitments within the Declaration which we will be working towards over the next year. Examples of good practice in relation to the commitments include:

Review provision in all public buildings, facilities and via providers to make healthy foods and drinks more available, convenient and affordable and limit access to high-calorie, low-nutrient foods and drinks.

*Example: Brio Leisure new menu.*



## Local Commitments

Work with schools and school meal providers to and further incorporate healthy eating guidelines and recommendations into school meals and packed lunches and by delivery of healthy eating messages

*Example Give up Loving Pop (GULP) Kind to Teeth campaign.*



Roll out the local mile a day initiative, Smile for a Mile, to remaining primary schools across the borough.

*Example: Smile for a Mile*



I would really value your feedback and recommendations for future updates. Please send through your views to [publichealth@cheshirewestandchester.gov.uk](mailto:publichealth@cheshirewestandchester.gov.uk)

Thank you for your continued support.

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Director of Public Health

