

**Decision Session – Executive Member for
Children, Young People and Education**

17 December 2019

**(In Consultation with the Executive Member
for Health & Adult Social Care)**

Report of the Assistant Director of Public Health

Signing the Local Government Declaration on Healthy Weight

Summary

1. As part of the city's Healthy Weight Healthy Lives Strategy, the council is today signing the Local Government Declaration on Healthy Weight, signalling its intention to work towards improving the local food and physical activity environment. This paper summarises the declaration.

Recommendations

2. Members are asked to note:

City of York Council's Local Government Declaration on Healthy Weight, signed today by the Executive Members for Health and Adult Social Care and Children, Young People and Education and the Director of Public Health.

Background

3. The Local Government Declaration on Healthy Weight was created by the charity FoodActive in 2016. It has now been signed by 20 Local Authorities, as well as by some CCGs and hospital trusts. The proposed Declaration for York is included as an annex to this report.

Currently, around 1 in 4 five year olds, 1 in 3 eleven year olds and just less than 2 in 3 adults in York is above a healthy weight. The York Health and Wellbeing Board has discussed healthy weight issues in the city on a number of occasions, and has recognised the need for a 'whole systems' approach. This acknowledges that

services to help educate and support people to lose weight are necessary but not sufficient to tackle the scale of the problem. Thus a focus on the broader food and physical activity environment was put front and centre of the multi-agency York Healthy Weight Healthy Lives Strategy 2019, which recommends that the council sign the Healthy Weight Declaration.

The Declaration gives local areas 14 commitments to consider working towards, alongside 5 'local priorities' which we have set ourselves:

- Increasing sustainable and active travel, as part of our aim for York to become a carbon neutral city by 2030
- Developing and implementing a Sport and Physical Activity Strategy for the city
- Supporting the wellbeing and health of council staff
- Working with Public Health England and neighbouring councils on using health evidence in planning decisions
- Mobilising and promoting our community assets, for example York's vibrant community food programmes

Consultation

4. The Declaration was previously discussed by the council's CMT and portfolio holders in the summer of 2019, and following this staff engagement on the work has been undertaken, with over 250 members of staff consulted on the work through internal communications, at staff benefits roadshows, through internal project groups, as well as direct briefings with staff from Facilities management, Transport, HR, Explore Libraries, One Planet York, Sport and Active Leisure, iTravel, Healthy Child Service, Community and Equalities, Planning, and Finance teams, and Headteachers.

This engagement work has shaped the 5 local priorities included in the declaration. It has also highlighted a large number of positive actions and work which the council already undertakes in line with the Declaration on Healthy Weight, and some opportunities for further work. Details have been summarised in a 'Roadmap' for the council after signing the declaration, which can be found in the annex to this report.

Options

5. Options available to members include:
 - Approving the Council signing the Local Government Declaration on Healthy Weight
 - Declining to sign the declaration.

Analysis

6. The Local Government Declaration on Healthy Weight offers the council a chance to signal its commitment to tackling one of the major issues facing York in the 21st century. Childhood and adult obesity has risen over the last two decades, and they are increasingly recognised as contributing to rising rates of Type 2 Diabetes, Liver Disease, Cardiovascular Disease and other long term health conditions. The UK spends more on the treatment of obesity and diabetes every year than on the police, fire service and judicial system combined (PHE, 2017). These trends are long term and not easily reversible, and whilst they require individual-level action they also need a supportive policy commitment which encourages a healthier food and physical activity environment in a

local area. This Declaration offers the opportunity for the council to make such a commitment.

Council Plan

7. Signing the Declaration is in line with indicators within the Council plan 2019-2023:

- Proportion of adults that are physically active
- Percentage of children in reception recorded as being obese

and within the city's Health and Wellbeing Strategy 2017-2022:

- Support people to maintain a healthy weight

Implications

- **Financial**

There are potential small financial resources involved for the Declaration's commitments – for instance if the council wished to invest further in the promotion of health literacy, or funding local initiatives to increase provision of fresh fruit and vegetables – but much of the work involves reconsidering existing policies, contracts and service delivery in light of the declaration and making key changes when the opportunity arises, with no direct financial cost involved.

- **Human Resources (HR)**

This work has implications for ongoing work around staff wellbeing through the internal Workplace Health steering group, and will contribute to making CYC and its partners healthier places to work

- **Equalities**

There is strong evidence that childhood and adult obesity affects those living in deprived areas to a greater extent than those in affluent areas. A number of determinants of healthy weight, for example density of fast food outlets or access to green space, are also correlated with inequality. Action to support York residents to achieve and maintain a healthy weight is therefore likely to reduce inequality and 'even-up' health

outcomes between deprived, minority and marginalised communities and the rest of the city.

- **Legal**

Some of the commitments in the Declaration may necessitate legal considerations e.g. use of the Local Plan process, enforcement of legislation on sale of energy drinks to under 16s, ensuring compliance with the ASA code on advertising unhealthy food near schools.

- **Crime and Disorder**

There are no crime and disorder implications

- **Information Technology (IT)**

There are no IT implications

- **Property**

There are no property implications

- **Other**

None

Risk Management

9. There are no known risks associated with signing this Declaration.

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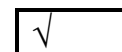
**Report
Approved**



Date 6/12/19

Wards Affected:

All



For further information please contact the author of the report

Annexes

Annex A - City of York Council: Local Government Declaration on
Healthy Weight

Annex B - Roadmap after signing the Local Government Declaration.