

Obesity – the issue we are trying to solve

Reception children overweight o... ▾

Y6 children overweight or obese ▾



44.1 % of adults are overweight or obese in RBKC

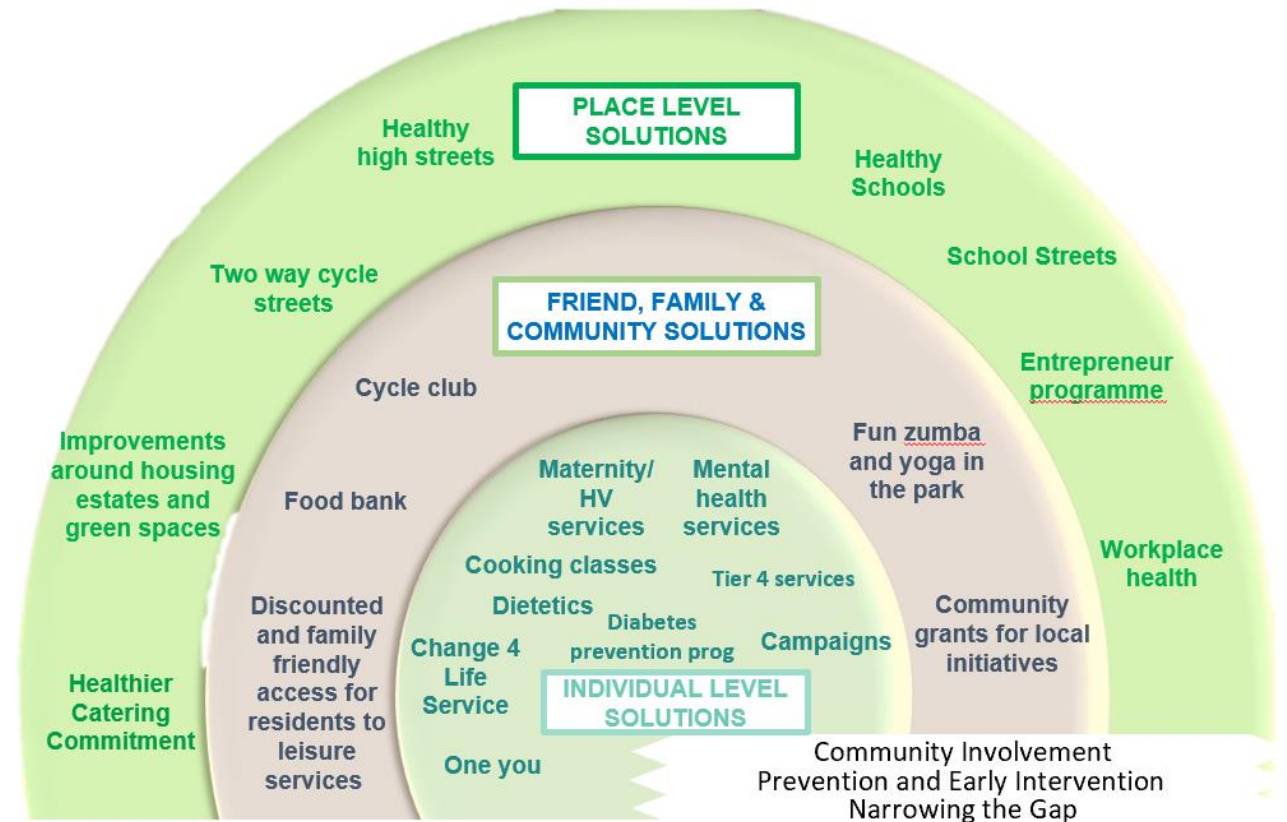
21.2% of adults are inactive in RBKC

- **Physical inactivity worsened** over the pandemic
- Concern over **childhood obesity**
- Related **inequalities widening**
- Those with **protected characteristics disproportionately affected**



Our approach to obesity

- Launch first in RBKC
- All age approach looking at obesity from every angle – environment, employment, housing, social circumstances, individual behaviour
- Focus on Dalgarno, Golborne, Notting Dale, Colville, St Helen's, Chelsea Riverside alongside high risk groups e.g. people with MH conditions, disabled (as well as benefits for all)
- Neighbourhood action plans will strengthen what we already have and engage and empower local people to create positive change



ONE YOU

OneYou is a targeted Healthy lifestyle service designed to reduce risk factors for cardiovascular disease and lifestyle related cancers.

Adult weight management

15 Adult Weight Management (AWM) programmes were delivered this year in RBKC

Total Loss
255.5
KG

Healthy Lifestyles Programme

 **477** starters in the healthy lifestyles programme.

Physical Activity

According to the Sports England Survey, levels of physical activity for adults in **RBKC** is better than the regional and national averages.

 **60%** of people were more active

50% of people reduced at least 3% of their weight

65% of people have reached healthy cholesterol levels



The Change4Life programme supports children, young people and families eat well and keep active.

The new Change4Life service was launched in 2020 with 3 key strands:

- **Training and Capacity building for local agencies and organisations**
- **Services which support children and young people and families to eat well and move more**
- **Co-designed neighbourhood projects.**

HEALTHY SCHOOLS

AWARDS



Awards programme promoting a school approach to physical and emotional wellbeing

HEALTHY EARLY YEARS

AWARDS



Awards scheme which supports and recognizes achievements in child health, wellbeing and development in Early Years Settings.

27 Schools received Oral Health resources

4,400 Tooth brushing packs supplied to Health Visitors, foodbanks, nurseries and children centres



591

Children & Young People



Participated In local C4L-funded initiatives

and

669

Families



20

Community-led projects on healthy eating & physical Activity funded by C4L

Current
public
health
services

What do we want to achieve by end 22/23?

- Build on what we have
- Ask residents what they want and enable change
- New programme of physical activity
- Integrated services
- Review and action on food environment including food poverty



me out for YOU to focus on your health and wellbeing in a friendly and supportive group.



Break Out Groups

- What have you learnt from the communities you work with that relates to obesity and wellbeing?
- What do you think is the most important priority for action?
- How can we work with you and residents you serve?

Next steps

- Starting the conversation: obesity -24th February
- Services workshop -March (Date TBC)
- Development of 3 operational groups focusing on:
 - 1) Food environment
 - 2) Physical activity
 - 3) Service development

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