



Leicester's Whole System Approach to Healthy Weight

*Working towards a system that enables
healthy weight across the life course*



Whole System Approach to Healthy Weight

Our mission

Everyone in Leicester is able and has the power to achieve and maintain a healthy lifestyle, move more, and eat well through the development of a city-wide approach, that will create an environment free from weight stigma, where the healthy choice is the easy choice and healthy living is the whole systems responsibility.



A city that can support healthy
weight and healthy living

Key themes

Building a stronger
system

Changing environments
to increase opportunity

Empowering workforces
and communities

Adoption of the action plan and Healthy Weight Declaration





Excess weight in Leicester

62.8% adults
aged 18+ living
with excess
weight

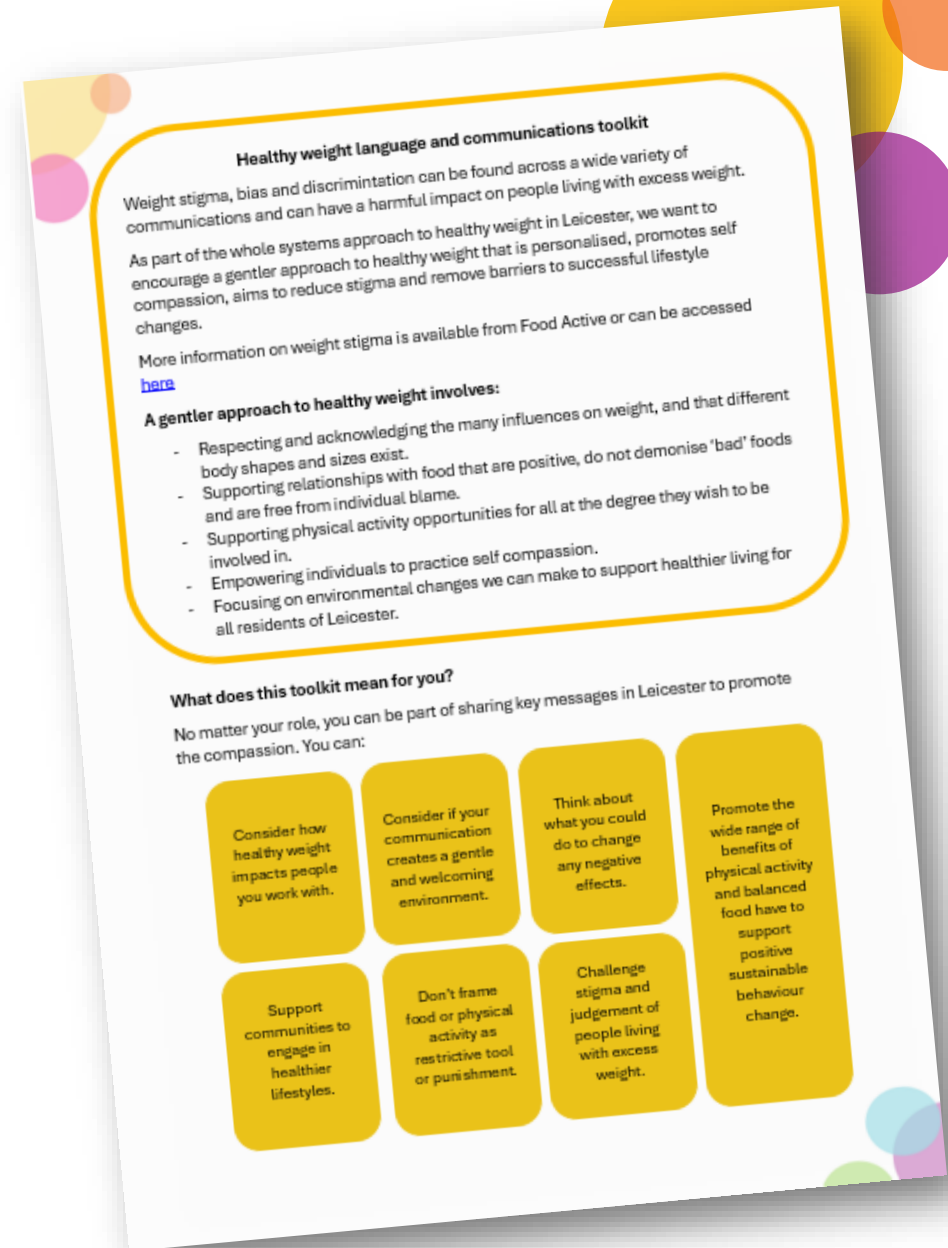
19.3%
reception age
children living
excess weight

39.1% Year 6
age children
living excess
weight



Conversations around weight

- Weight stigma and weight bias have implications for people living at a higher weight such as poor engagement with services and poor mental health
- Focus groups occurring October-December 2025 across the City to inform a language and communication toolkit





Maternal weight

Pre-conception, pregnancy and post-partum

In 2018 23.8% of women in Leicester at booking appointment were defined by BMI as living with obesity



Live Well Leicester accepting referrals for pregnant women with long term conditions

Antenatal physical activity classes pilot

Health needs assessment and training needs analysis with Midwives



Childhood healthy weight



New to Leicester - HENRY Parenting Programmes

Commissioned agreement in partnership with Family Hubs for parents with children aged 0-5 years to attend 'Healthy Families Right from the Start' courses

Leicestershire Nutrition and Dietetics Service (LNDS) whole school food approach

Working with staff, children and parents to create a whole school culture around food and hydration through putting in place policies alongside smaller scale interventions such as packed lunch improvements, staff training, parental engagement and empowering children to be informed about food.

Adult and family

Contributing to reducing food insecurity through the provision of skills-based cooking sessions and support

Food with Friendship

‘Everyone was very friendly and helping each other. After cooking we enjoyed our food and talking to each other’

Cooking on a Budget

‘To get to meet new people, to get new ideas, to be inspired’

‘Fantastic course, I made my very first sandwich’

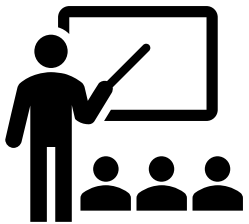
‘I now understand how to use leftovers and not throw it away’



Adult and family



Specific work led by colleagues in social care and as part of the Learning Disability Collaborative **to improve healthy weight within people living with learning disability** includes: Training session for managers to explore further emphasis on nutrition during setting quality assurance checks, Nutrition and Healthy Living Training for social care staff.



LNDS Nutrition and Healthy Living Training *for a variety of workforces*
Training delivered on a quarterly basis, with specific packages of support for priority workforces. Staff trained so far include; Social Prescribers, Service Coordinator, sports coaches, Housing related support worker, STAR officer, Community Engagement Lead.

Wider elements supporting healthy weight

NHS Healthy Weight Declaration

- University Hospitals Leicester (UHL) and Leicestershire Partnership Trust (LPT) have both formally committed to working towards commitments outlined in the NHS Healthy Weight Declaration.

Leicester City Council contract register review

- 576 contracts listed, 30 identified with possible links to food.
- Exploratory conversations with relevant colleagues.
- Development of guidance for Commissioners – Food and Drink impact assessment for procurement and contracts

National policy that if enforced correctly positively impact upon health and wellbeing include:

2018 industry guidelines published for sugar, salt and calorie reduction and reformulation (voluntary) and Soft Drink Industry Levy

October 2022 restrictions on HFSS product location promotions in England introduced.

June 2025 announcement that over half a million more children will receive free school meals.

October 2025 ban on multibuy deals on less healthy foods in supermarkets.

April 2022 mandatory calorie labelling in the out of home sector introduced in England.

December 2024 reforms to the National Planning Policy Framework

July 2025 Early Years Foundation Stage Framework released with greater emphasis on nutrition.

2025 advertising ban on HFSS products on television (pre-9pm) and online.