

**LEICESTER CITY HEALTH AND WELLBEING BOARD  
December 19 2024**

<b>Subject:</b>	Healthy Weight – Amended KPI Review and Update
<b>Presented to the Health and Wellbeing Board by:</b>	Jo Atkinson
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**EXECUTIVE SUMMARY:**

After attendance to the September 2024 Health and Wellbeing Board amendments have been made to the proposed KPIs. The four projects are described below.

<b>Projects</b>
Pilot brief intervention training – Understanding barriers to healthy weight and raising the conversation of healthy living.
Establishing local opportunity to improving healthy weight in pre, during and post-pregnancy
Increase number of schools doing The Daily Mile/daily activity
Social care (LD) focused work

The KPIs for each are within the slides.

**RECOMMENDATIONS:**

The Health and Wellbeing Board is requested to:

- Support the adoption of the Healthy Weight KPIs
- Support discussion around avenues to promote training pilot, particularly within workforces interacting with pregnant and post-partum women and for staff to undertake signposting included in that training
- Support promotion of Live Well walks in February 2025.
- Support discussion around opportunities to promote The Daily Mile within existing networks, including sports clubs, school nurses and wider contacts working with schools.
- Support review of contracts to support working age adults with learning disabilities with opportunities for good nutrition and physical activity