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

Empowering workforces Changing environments Building a stronger Key themes system

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

Healthy weight language and communications toolkit

Weight stigms, bias and discrimintation can be found across a wide variety of communications and can have a harmful impact on people living with excess weight.

As part of the whole systems approach to healthy weight in Leicester, we want to encourage a gentler approach to healthy weight that is personalised, promotes self compassion, aims to reduce stigma and remove barriers to successful lifestyle

More information on weight stigma is available from Food Active or can be accessed

- A gentler approach to healthy weight involves: Respecting and acknowledging the many influences on weight, and that different
 - Supporting relationships with food that are positive, do not demonise 'bad' foods
 - Supporting physical activity opportunities for all at the degree they wish to be

 - Empowering individuals to practice self compassion. Focusing on environmental changes we can make to support healthier living for all residents of Leicester.

No matter your role, you can be part of sharing key messages in Leicester to promote the compassion. You can

Consider how ommunities to engage in healthier lifestyles.

and welcoming

Don't frame stigma and people living with excess

Think about what you could do to change any negative

weight.

sustainable behaviour change.

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

Food Business Award

- To support, incentivise and promote healthier and more sustainable options across out of home food businesses including cafes.
- Project Manager to be recruited in early 2026.
- 14 food businesses already engaged in pilot.