

Healthy Weight

Objective: To create a system that enables at least 40% of our adult population and at least 70% of the Year 6 population to live at a healthy weight by 2034.

Rationale - Why is this important?	Projects reporting - Title and description of each project/ deliverable	Project KPIS - Clear and measurable	Subgroup/s responsible - Governance	Outcomes of workstream
<p>Empowering workforces and communities sits as a key theme within the action plan and supports workforces to have conversations relating to healthy lifestyles.</p>	<p>Pilot brief intervention training – Understanding barriers to healthy weight and raising the conversation of healthy living</p> <p>Multi agency training will be offered on a quarterly basis for professionals working with any adults and families. This training will be open to a variety of workforces including teachers, VCS organisations, sports coaches, housing officers etc. This will build on the Healthy Conversation Skills offer and can be promoted through a variety of network.</p> <p>HWB Partners: Promote training to staff when contacted</p>	<ul style="list-style-type: none"> 80 staff trained from a variety of workforces annually. Change in confidence, knowledge and awareness of assets/signposting locally pre and post training. 	<ul style="list-style-type: none"> Contract variation as part of S75 monitored through Amy Robinson (Commissioning Manager) via support meetings with commissioned provider LNDS. Lead officer: Amy Hathway. 	<p>To support the creation of a system that is conducive to maintaining a healthy weight.</p>
<p>In Leicester, the percentage of pregnant women who were severely overweight at the time of booking an appointment with a midwife was 23.8% in 2018/19, which is significantly worse than the National average (22.1%).</p>	<p>Establishing local opportunity to improving healthy weight in pre, during and post-pregnancy</p> <p>A Health Needs Assessment is due to be completed by January 2025 to inform the promotion of healthy lifestyles more effectively within pre, during and post pregnancy. This work spans across a variety of avenues but aims to explore how we can use our existing services more effectively to promote healthy weight. Opportunities within midwifery, health visiting and physical buildings are being explored to promote movement and positive nutrition choices pre, during and post-pregnancy, empower women to understand how to maintain a healthy weight, and ensure that workforces are confident in raising the conversation compassionately.</p> <p>HWB Partners:</p> <p>UHL: support midwifery staff to undertake training and undertake signposting included in that training: promote Health for Under 5s website information, refer to Live Well LPT/VCS/sports: Ensure signposting at contacts to support mothers: promote Health for Under 5s website information, refer to Live Well</p>	<ul style="list-style-type: none"> Number of midwives and pre/post-natal workforces trained in raising conversation of weight during pregnancy and change in confidence, knowledge and awareness post training Page views for healthy lifestyle sections of Health for Under 5s website 8 Healthy Lifestyle Advisors within Live Well trained in Pre and Post Physical Activity course to support pregnant women accessing service. Explore opportunities for referrals of pregnant women with long term conditions to be made in to Live Well service. Number of mums attending Live Well Walk More mums walks. Review leisure centre opportunities to promote themselves as breastfeeding friendly. Antenatal physical activity classes at Aylestone Leisure Centre (March 2024) 	<ul style="list-style-type: none"> Specific maternal excess weight working group as part of healthy weight governance that feeds into Steering Group. Lead reporting officer: Amy Hathway Lead operational officer: Annie Kennedy. 	

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<p>Developing a positive relationship with physical activity during developmental years can support long term engagement. The Daily Mile aims to get children outside during their school day, outside of their Physical Education (PE) lessons, to participate in 15 minutes of daily exercise, contributing to improved social, emotional and physical wellbeing.</p>	<p>Increase number of schools doing The Daily Mile</p> <p>A recent survey (Nov 24, 52 responses) has shown us that now 14 schools are participating in the Daily Mile with a further 8 doing classroom/facilitated activity.</p> <p>HWB partners including public health nurses, sports clubs, VCS: promote the Daily Mile through contact with school senior leadership</p>	<ul style="list-style-type: none"> • Support 15 schools to start/re-engage in participation of the Daily Mile or alternative daily activity 	<ul style="list-style-type: none"> • To be monitored through the Childrens Healthy Weight working group (Chaired by Chirag Ruda) • Lead reporting officer: Claire Mellon / Inspire Together • Lead operational officer: Rhiannon Pritchard 	<p>To support the creation of a system that is conducive to maintaining a healthy weight.</p>
<p>Only 30% of people in LLR living with learning disability are a healthy weight with excess weight contributing to average 20-year shorter life expectancy. Social care are highly engaged within the approach and have prioritised healthy weight in line with their prevention and reducing inequalities agenda.</p>	<p>Social care (LD) focused work</p> <p>A focus on how to improve health and wellbeing messages throughout social care including for working age people with LD. This includes reviewing procurement opportunities to embed healthy living into provider contracts, creating resources to inform practitioners and providing training.</p> <p>HWB partners: LPT/LCC Review contracts to support working age adults with LD for opportunities for good nutrition and physical activity</p>	<ul style="list-style-type: none"> • Front line adult social care staff trained in raising conversation of weight change in confidence, knowledge and awareness post training • Easy read information issued to all providers. • Contracts reviewed to embed healthy living more prominently. 	<ul style="list-style-type: none"> • Social care working group. • Lead officer: Amy Hathway (with appropriate reps from LNDS/LPT and Social Care) 	

