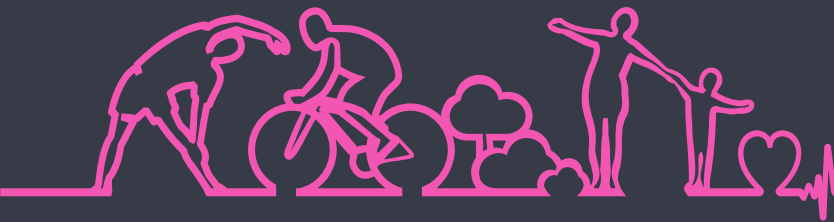


Review of approaches to healthy weight in County Durham

22 November 2023



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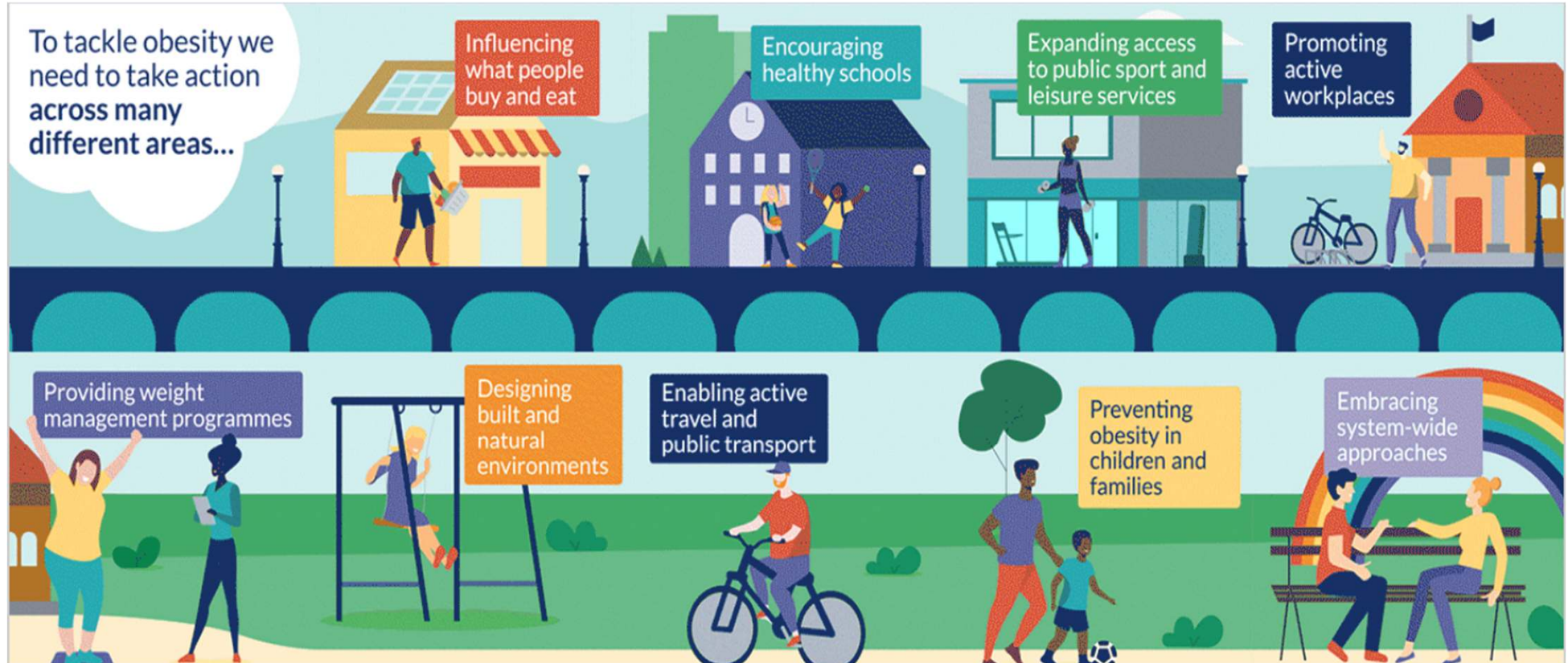
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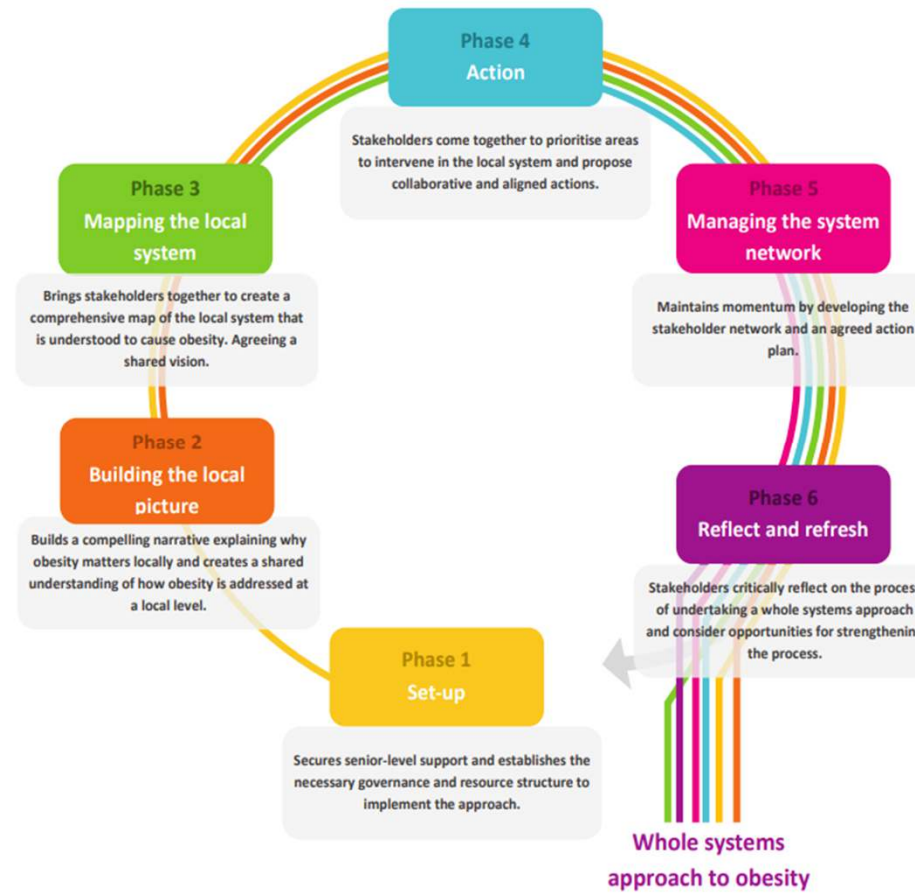
Using key words, what do you think are the key contributors to obesity?

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The world around us affects how healthy we are



Assessment: where are we now?



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What have we done? An example of our progress

Healthy Options Takeaway (HOT)

In County Durham nearly 40% of our children leave primary school overweight and 75% of adults are overweight. As part of our work to help people live at a healthy weight, we now offer training for food businesses so they can offer more healthy options on their menus. It is called the Healthy Options Takeaways (HOT) Masterclass.



Shildon Alive

Ben said:

“Our customers have been really happy with the changes we’ve made and haven’t even noticed the difference with things like swapping to low salt, which is brilliant.

Ben is now looking at ways to continue offering even more healthy swaps: “



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Assessment: where do we want to be and how will we get there?

1. Systems leadership
2. Long term systems approach
3. Health promoting environment
4. Community engagement
5. Focus on inequalities
6. Life course approach
7. Monitoring, evidence, evaluation and innovation



Key priorities

- Explore the Healthy Weight Declaration as a commitment to a shared mission in taking a whole county approach to increasing healthy weight
- Work with internal and external stakeholders to complete current systems map that will inform continued whole systems approach development
- Develop a consistent approach to healthy weight conversations and key nutrition messages across health care settings, including GPs and allied health care professionals
- Through the healthy weight alliance, increase engagement with community groups (including volunteer programmes) to build local capacity and capability to promote physical activity and healthy eating
- Develop an evaluation and monitoring framework to include coproduction of partnership surveys e.g. 'What have you done in your service, setting/organisation towards the Healthy weight priorities?'



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How can the Health and Wellbeing Board support us to address our key priorities?

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Our call to action:

We will work together to make County Durham a place where healthy weight is a priority for all



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