

Children and Young People's Overview and Scrutiny Committee

26 February 2025



Healthy weight in the County Durham children and young people population.

Report of Michael Laing, Interim Corporate Director of Adult & Health Services

Amanda Healy, Director of Public Health

Electoral division(s) affected:

Countywide

Purpose of the Report

- 1 To update Overview and Scrutiny ongoing and future work to improve the health and wellbeing of children and young people living in County Durham through increased population level healthy weight.

Executive summary

- 2 A review of approaches to healthy weight in County Durham was completed in 2023. This resulted in the current 'Living with healthy weight in County Durham Action Plan 2024'.
- 3 The action plan focusses on five key priority areas:
 - Healthy at place
 - Healthy families
 - Healthy and sustainable food for all
 - Healthy workforce
 - Healthy patient care
- 4 Today's presentation will focus on the following key areas of work as they pertain to improving healthy weight prevalence amongst our children and young people:
 - Data – the local picture

- Hot food takeaway density and Policy 30 County Durham Plan
- NCMP
- Healthy Weight Plan for County Durham
- What are doing in County Durham
 - Healthy at place
 - Healthy families
 - Schools
 - Hot food takeaway density and Policy 30 County Durham Plan
 - Moving Together in County Durham
- A Healthy Weight Declaration for County Durham
- Regional and national work

Recommendation(s)

- 5 Children and Young People's Overview and Scrutiny Committee is recommended to:
- a) note the contents of this report;
 - b) Provide feedback on and recommendations on current and future work to improve healthy weight levels for our children and young people.

Background

- c) Obesity is a chronic condition which can contribute to a range of physical health conditions including cardiovascular disease, diabetes and poor mental health. Helping people to achieve and maintain healthy weight is one of the most important things we can do to improve population health.
- d) Children living with obesity are susceptible to poorer long term health outcomes and eating behaviours established in childhood can continue into adulthood.
- e) We know that one in five children are overweight when they start school and this rises to one in three children when they leave primary school. This is one of the reasons that 'enabling healthy weight for all' is a key priority of the County Durham Joint Health and Wellbeing Strategy 2023-28.

Governance

- f) The County Durham Healthy Weight Alliance is a multidisciplinary partnership whose goal is to achieve population level health and wellbeing by increasing healthy weight levels. It promotes a whole systems approach to healthy weight to create conditions that make it easier for residents to develop and maintain healthy behaviours. The Alliance reports annually to the County Durham Health and Wellbeing Board.

The County Durham picture

- g) At reception age, 72.7% of children in County Durham are living with healthy weight. This compares to 76.8% of reception age children nationally and 74.5% regionally.
- h) At year 6, this reduces to 60.9% locally, compared 62.5% nationally and 60.1% regionally.

Conclusion

- i) Children and young people living with overweight and obesity is a significant public health issue, and one which requires multidisciplinary stakeholder commitment, with a shared vision and close collaboration. In short, everyone must play their part to achieve a workable and successful outcome.

Background papers

- None

Other useful documents

- None

Author(s)

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Appendix 1: Implications

Legal Implications

None

Finance

A wider 'out of home food award' would require financing; however, these matters are currently under consideration.

Consultation and Engagement

Consultation and engagement was undertaken with community members and local professional stakeholders to inform the 'Review of healthy weight approaches in County Durham 2023'. These findings underpin the 'Living with healthy weight in County Durham Action Plan 2024-28'.

Equality and Diversity / Public Sector Equality Duty

Matters relating to equity, diversity and inclusion have been woven throughout the healthy weight review and underpin the current healthy weight action plan.

Climate Change

N/A

Human Rights

The United Nations Convention on the Rights of the Child (to which the UK is a signatory) requires countries to take action to address childhood obesity.

Crime and Disorder

N/A

Staffing

N/A

Accommodation

N/A

Risk

Text.

Procurement

An 'out of home food award may require procurement consideration.