

# Gloucestershire Health and Wellbeing Board

<b>Report Title</b>	Update on the Healthy Weight Priority
<b>Item for decision or information?</b>	Information
<b>Sponsor</b>	Sarah Scott, Director of Public Health
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<b>Organisation</b>	Gloucestershire County Council
<b>Key Issues:</b>	
<p>Obesity is caused by a complex interaction of factors including economic, social, environmental and psychological influences. These include: exposure to ‘obesogenic’ environments; poverty; social norms around eating and physical activity; and living with a disability, a mental health problem, chronic stress or a history of trauma. For some time, the national and local approach has focused on health promotion approaches. These aim to persuade people exposed to these factors to change their behaviour. However, there is strong evidence to suggest that these will not work. Instead steps must be taken to tackle the ‘root causes’ of obesity to make healthier choices the easier choices. This approach takes tackling obesity beyond the responsibility of the individual.</p> <p>There is already a considerable amount of obesity prevention activity underway in Gloucestershire including commissioned interventions and community-led activities. However, if we are to make a tangible difference in this agenda a new approach is needed using the whole systems methodology. This requires additional resources that have not yet been secured.</p> <p>The Board approved the Health Weight Statement of Strategic Intent in September 2019. However, work in this area was halted as staff have been redeployed to work on the County Council and system response to Covid-19. It is anticipated that work on this priority can restart later this year.</p>	
<b>Recommendations to Board:</b>	
<ol style="list-style-type: none"> <li>1. To note the progress to date and the delay caused by covid-19</li> <li>2. To note the need for additional funding</li> </ol>	

**Financial/Resource Implications:**

The Health Weight Statement of Strategic Intent outlines what work can be achieved within the current resources available. This includes existing prevention and weight management work. However, if we are to achieve the goal of implementing a whole systems approach to obesity and tackle the root causes that lead to people being overweight and obese then additional funding will be required. Further work is needed to determine the exact resource needed but this has been estimated to be in the region of £100,000 to £125,000 a year.