

Date of meeting:	11 November 2019
Title of Report:	<b>Healthy Weight Declaration</b>
Lead Member:	Councillor Kate Taylor (Cabinet Member for Health and Adult Social Care)
Lead Strategic Director:	Ruth Harrell (Director of Public Health)
Author:	Ruth Harrell
Contact Email:	Ruth.harrell@plymouth.gov.uk
Your Reference:	RH 20191112
Key Decision:	No
Confidentiality:	Part I - Official

## **Purpose of Report**

As well as impacting on health and wellbeing, obesity is a driver of health inequalities, particularly for children where there is a very strong association of increasing levels with increasing deprivation.

Plymouth has recognised these impacts and the complexity of the causes of obesity, and the Plymouth Plan summarised our approach to developing a Healthy City, including tackling health inequalities through Thrive Plymouth.

The 'Healthy Weight Declaration' sets out a number of commitments to support this; produced by Food Active, this has been adopted by Public Health England, and provides a national benchmark on how serious local authority areas are in tackling this issue. This has now been taken up across the North West, North East, Yorkshire & Humber, and now the South West.

Plymouth is already committed to and taking action on each of these commitments, as they have already been recognised as important for supporting individuals and communities in keeping to a healthy weight.

It is therefore recommended that Plymouth City Council sign up to the Healthy Weight Declaration.

## **Recommendations and Reason**

To demonstrate commitment to reducing obesity through promoting a healthy environment, the recommendations are;

1. The Council makes the Healthy Weight Declaration communicating the consistent progress which has been made as a result of the Plymouth Plan, Thrive Plymouth and other health related strategies in the city.

2. The Council commits to continuing to prioritise healthy lifestyles in the city through progressing the 14 commitments of the declaration
3. The Council commits to progressing the three local commitments
4. The Council agree to support the delivery of the action plan

### Alternative options considered and rejected

Plymouth could decide not to sign up; this would lose an opportunity to demonstrate Plymouth's commitment and progress around the obesogenic environment

### Relevance to the Corporate Plan and/or the Plymouth Plan

The Healthy Weight Declaration supports the Plymouth Plan aim to become a Healthy City.

### Implications for the Medium Term Financial Plan and Resource Implications:

None.

### Carbon Footprint (Environmental) Implications:

None.

### Other Implications: e.g. Health and Safety, Risk Management, Child Poverty:

*\* When considering these proposals members have a responsibility to ensure they give due regard to the Council's duty to promote equality of opportunity, eliminate unlawful discrimination and promote good relations between people who share protected characteristics under the Equalities Act and those who do not.*

None

### Appendices

*\*Add rows as required to box below*

Ref.	Title of Appendix	Exemption Paragraph Number (if applicable)						
		<i>If some/all of the information is confidential, you must indicate why it is not for publication by virtue of Part 1 of Schedule 12A of the Local Government Act 1972 by ticking the relevant box.</i>						
		1	2	3	4	5	6	7
A	Healthy Weight Declaration Report							

### Background papers:

*\*Add rows as required to box below*

*Please list all unpublished, background papers relevant to the decision in the table below. Background papers are unpublished works, relied on to a material extent in preparing the report, which disclose facts or matters on which the report or an important part of the work is based.*

Title of any background paper(s)	Exemption Paragraph Number (if applicable)						
	If some/all of the information is confidential, you must indicate why it is not for publication by virtue of Part 1 of Schedule 12A of the Local Government Act 1972 by ticking the relevant box.						
	1	2	3	4	5	6	7

**Sign off:**

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Originating Senior Leadership Team member: Ruth Harrell											
Please confirm the Strategic Director(s) has agreed the report? Yes											
Date agreed: 30/10/2019											
Cabinet Member approval: <i>Kate Taylor approved by email</i>											
Date approved: 18/09/2019											