



Whole Systems Approaches to Healthy Weight and System Leadership

**Dr Robin Ireland,
Director of Research, Food Active**



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@food_active
 @foodactiveheg

LOCAL AUTHORITY
DECLARATION ON

**healthy
weight**

I plan to cover:

- Overweight and obesity in England
- An introduction to Food Active
- A Whole Systems Approach to Overweight and Obesity
- The importance of system leadership
- Aiming upstream
- Food Active's Healthy Weight Declaration

Maintaining a Healthy Weight



The prevalence of obesity in Reception children increased

from 9.2% in 2022/23 to 9.6% in 2023/24

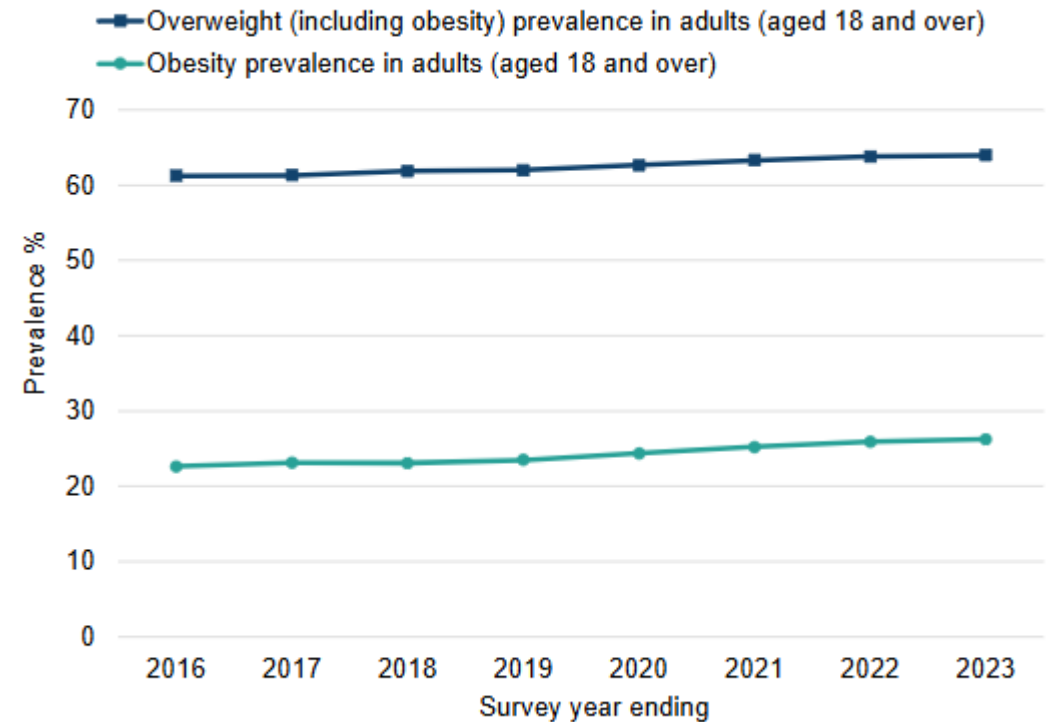
This is lower than in 2019/20, but similar to 2018/19



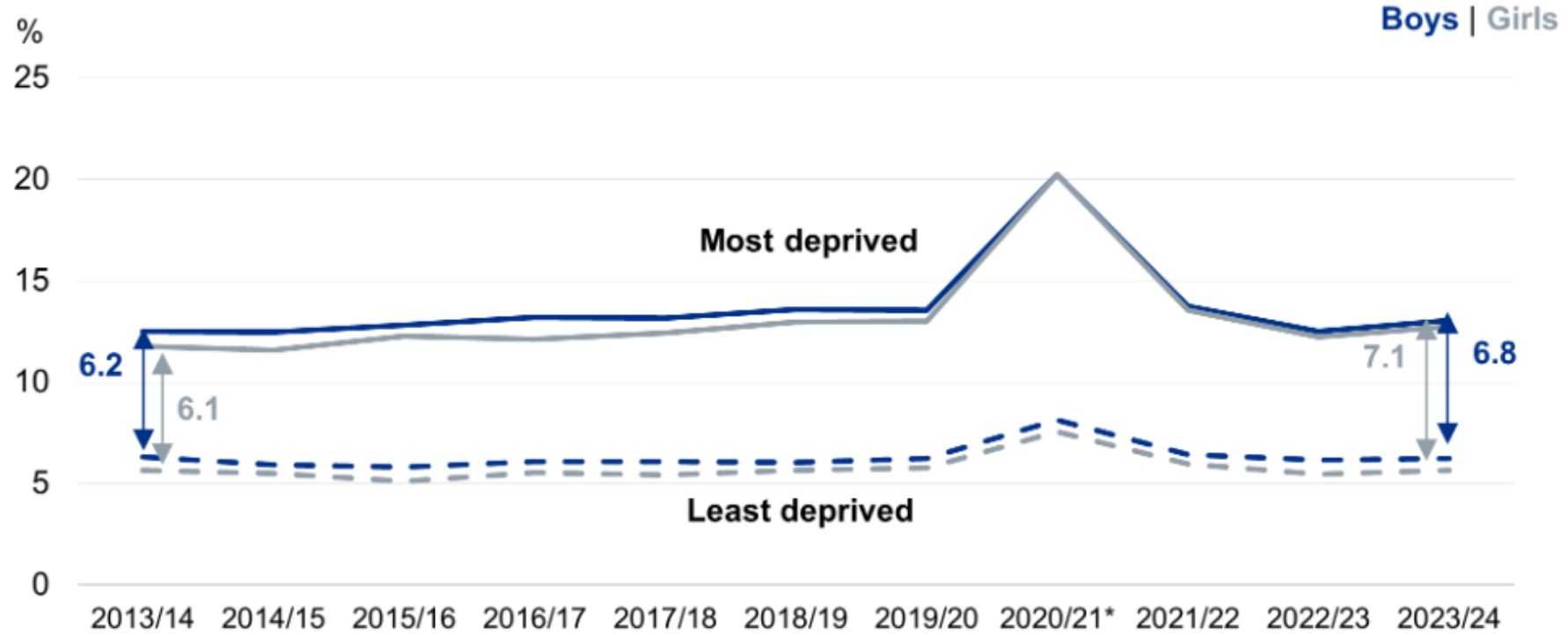
The prevalence of obesity in Year 6 children decreased

from 22.7% in 2022/23 to 22.1% in 2023/24

This is higher than in 2018/19 and 2019/20



Obesity prevalence in Reception by most and least deprived IMD deciles (based on postcode of pupil) and sex, 2013/14 to 2023/24

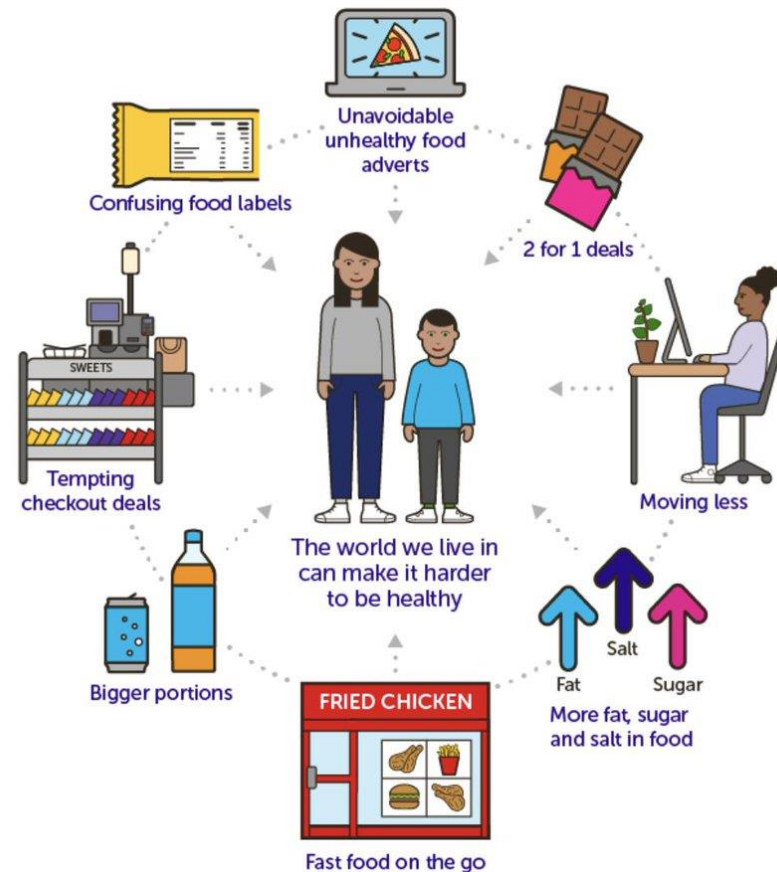


* Figures for 2020/21 are based on weighted data, see Methodology and Data Quality section in 2020/21 report for more information.

For more information: Table 6e National Child Measurement Programme, England, 2023/24 School Year

Environment

The world around us affects how healthy we are



It can be even more challenging for individuals and families on lower incomes.

People experiencing food insecurity may also be living with overweight or obesity.

Households with lower incomes affected by ongoing increases to the cost of living and poorer access to healthier food, may turn to low-cost, energy-dense, nutrient poor foods to feed their families.

Food Active – a population-level response to healthy weight

- A collaborative programme launched by the North-West Directors of Public Health in November 2013 to tackle increasing levels of obesity.
- Focusing on population-level interventions which take steps to address the social, environmental, economic and legislative factors that affect people's ability to change their behaviour.
- 1 of 2 core programmes delivered by the charity Health Equalities Group

LESS VICTIM BLAMING, MORE ENVIRONMENT FRAMING



Addressing healthy weight is complicated – there is no single solution



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Public Health
England

Protecting and improving the nation's health

Whole systems approach to obesity

A guide to support local approaches to
promoting a healthy weight



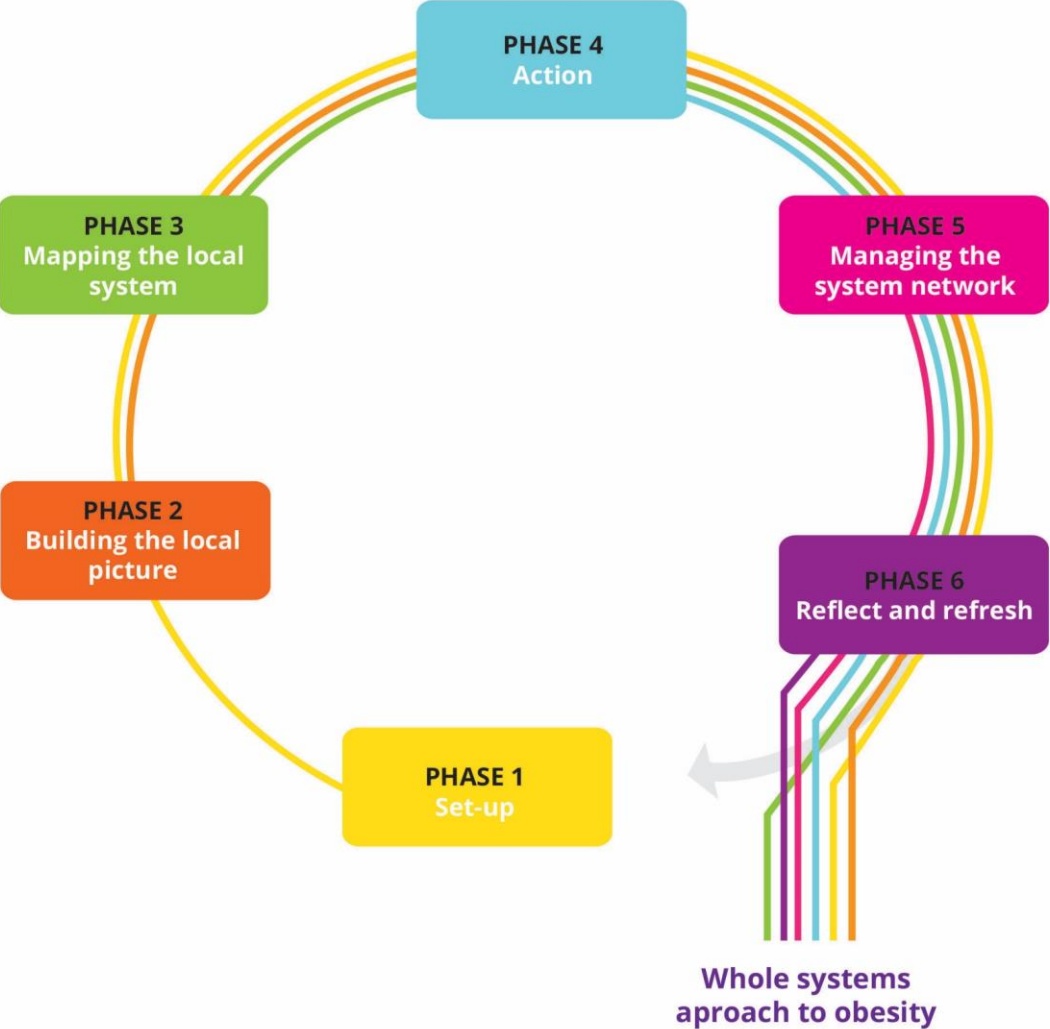
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Produced: 2019

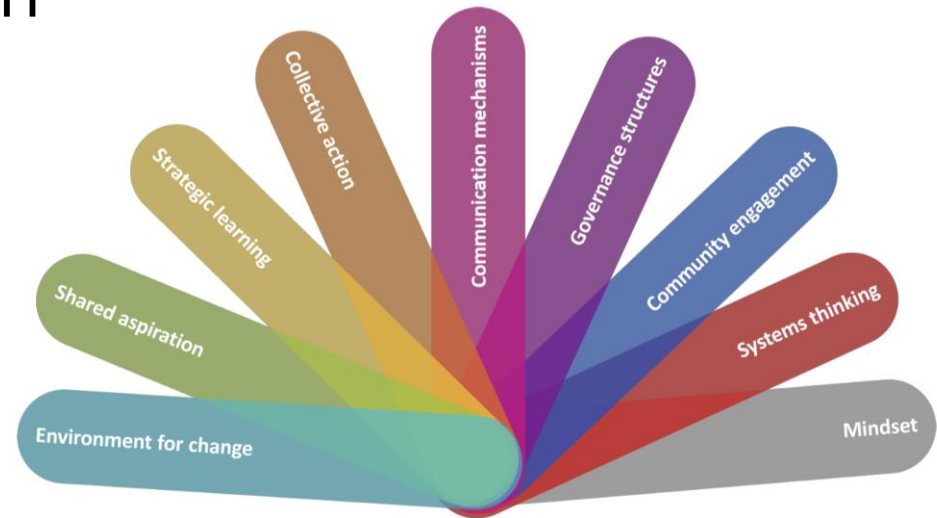
https://assets.publishing.service.gov.uk/media/5d396e7140f0b604de59fde9/Whole_systems_approach_to_obesity_guide.pdf

A six-stage approach



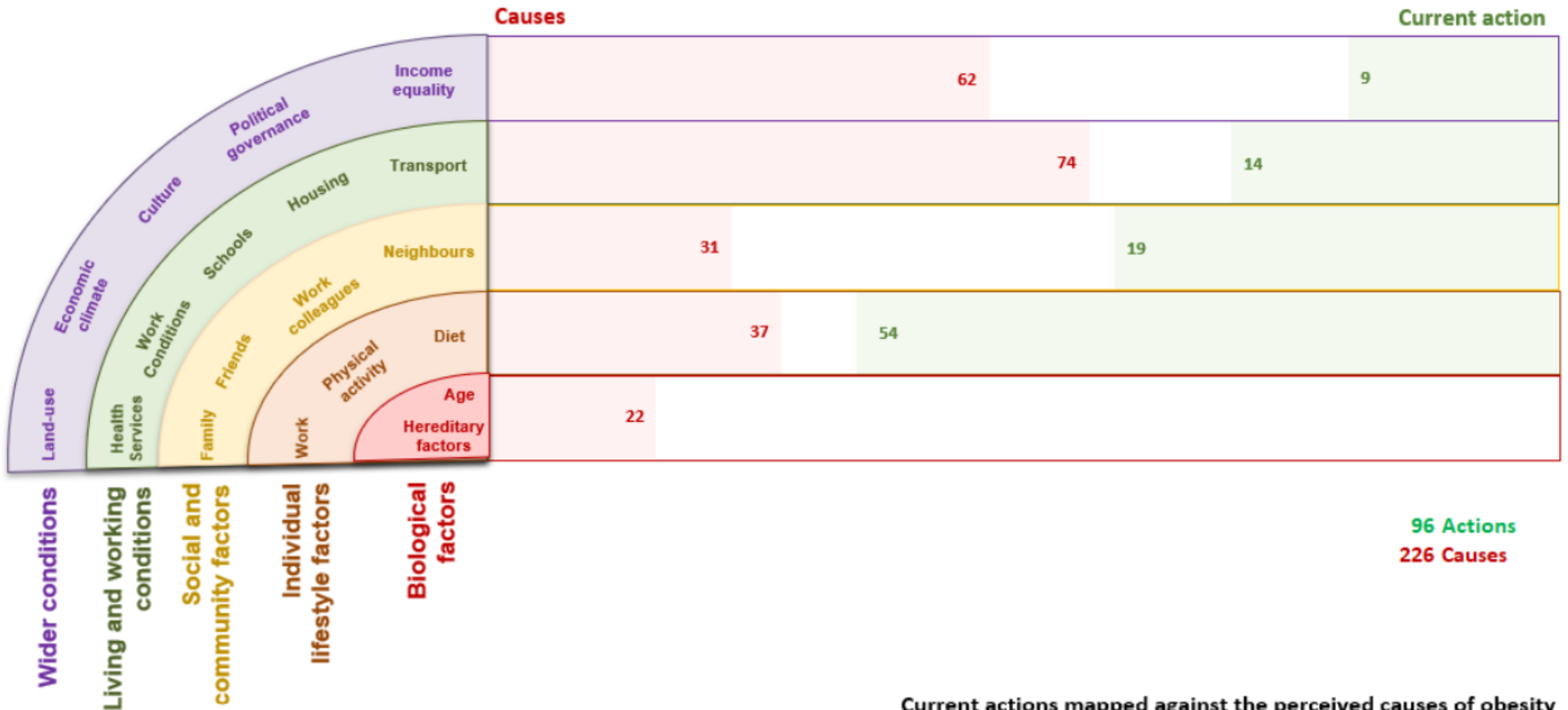
Does Taking a Whole Systems Approach Work?

- It is very hard to get research funding for long-term complex interventions
- What research exists tends to focus on process rather than outcome
- System leadership is important



https://foodactive.org.uk/wp-content/uploads/2023/11/SystemLeadership_HWD_Paper_November2023.pdf

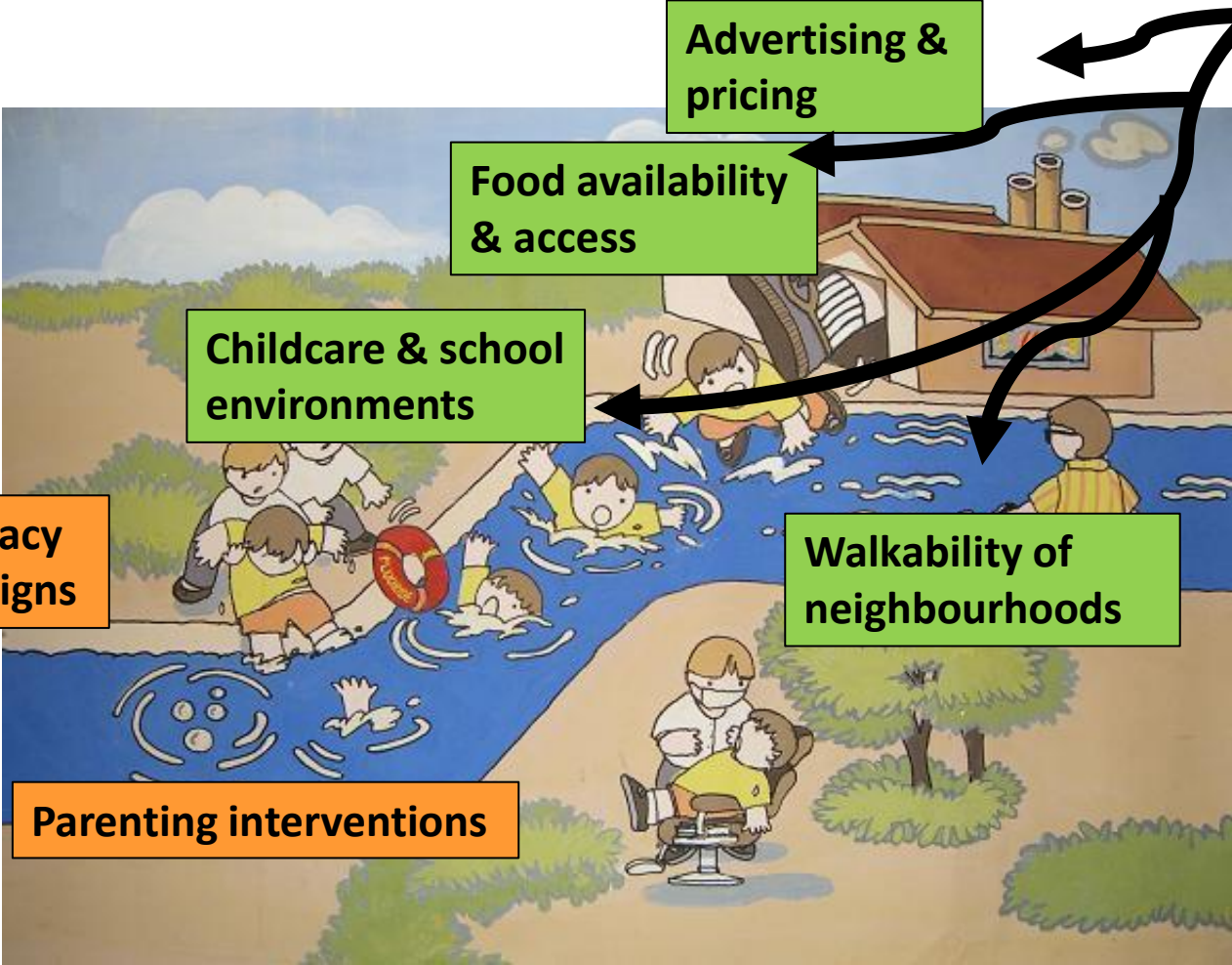
Actions to address the determinants of health



Current actions mapped against the perceived causes of obesity

System leadership needs to focus upstream

Access to power, money & resources



System Leadership

“System leadership is about building a culture in which systems approaches can flourish. System leaders set the tone for an organisation to work more systematically and encourages staff to embed system approaches in their work”.

UK Government Department for Business, Energy & Industrial Strategy and Department for Energy Security & Net Zero, 2023

Evaluations of WSA show that clearly articulated senior buy in/engagement is required from the beginning of the process/intervention

What are Healthy Weight Declarations for?

- 1. Strategic leadership:** creates an opportunity for senior officers and politicians to affirm their commitment to an issue
- 2. Local awareness:** shines a light on importance of key activities internally and externally
- 3. Driving activity:** a tool for staff to use to create opportunities for healthier places to live and work'



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What do Councils sign up to:

Commitments under the following headings:

- Strategic / system leadership
- Commercial determinants of health
- Health promoting infrastructures
- Organisational change / cultural shift
- Monitoring and evaluation



THE LOCAL AUTHORITY DECLARATION ON HEALTHY WEIGHT

TIMELINE



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A local initiative which is now being delivered nationally

- Officially launched in 2015, with Blackpool Council being the first local authority to adopt in 2016
- Since then, a further 32 local authorities have adopted across England – the map shows those featuring in the HWD Impact and Influence Report 2nd Edition
- The Declaration was relaunched in 2020, through a review process upgrading the number of commitments to 16.





JOINT ADOPTION



North Tyneside Council



Northumbria Healthcare
NHS Foundation Trust



Northumberland
County Council

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Milton Keynes
City Council



Milton Keynes
University Hospital
NHS Foundation Trust



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A whistle stop tour of:

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Thank you!

Dr Robin Ireland, Director of Research

Contact: robin.ireland@hegroup.org.uk



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www.foodactive.org.uk



info@foodactive.org.uk

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