

Whole System Approach to Healthy Weight in Hull

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The Hull Picture

- About 70% adults in Hull are living with excess weight compared to 64% in England.

Children 2023/24

- 26.4 % of reception children in Hull are living with excess weight compared to 21.3% in England. Almost 1 in 4.
- 42.2% of year 6 children in Hull are living with excess weight compared to 36.6% in England. 4 in 10.



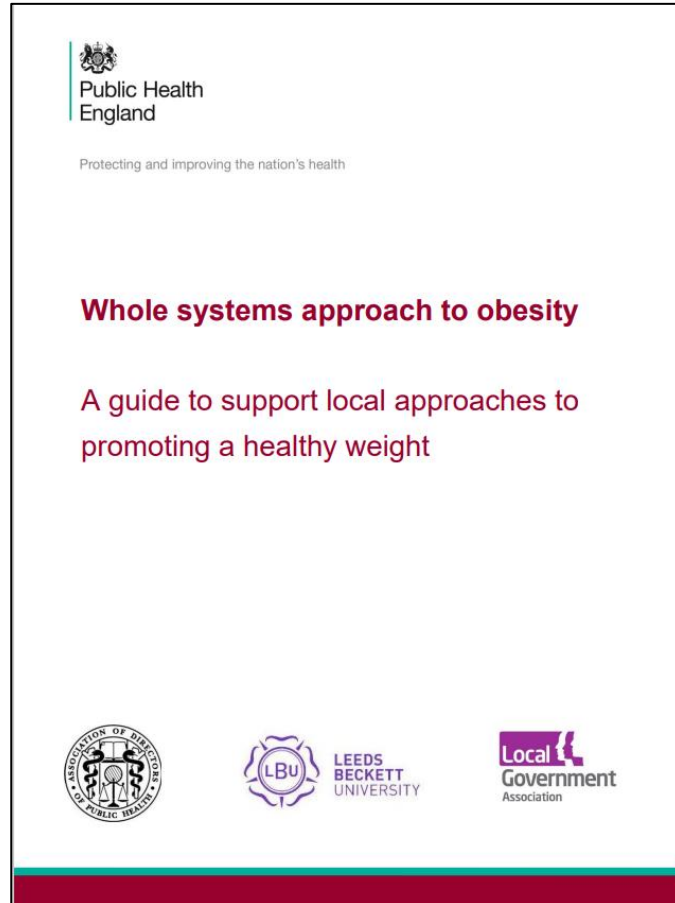
What is a Whole System Approach?

“A whole systems approach responds to complexity through an ongoing, dynamic and flexible way of working.

It enables local stakeholders, including communities, to come together, share an understanding of the reality of the challenge, consider how the local system is operating and where there are the greatest opportunities for change.

Stakeholders agree actions and decide as a network how to work together in an integrated way to bring about sustainable, long-term systems change”.





Background

- Worked PHE (OHID) and Leeds Beckett University to start the process.
- Took through the decision-making process at the council to endorse the approach.
- Formed a Healthy Weight Network to start the conversation – everyone's business.

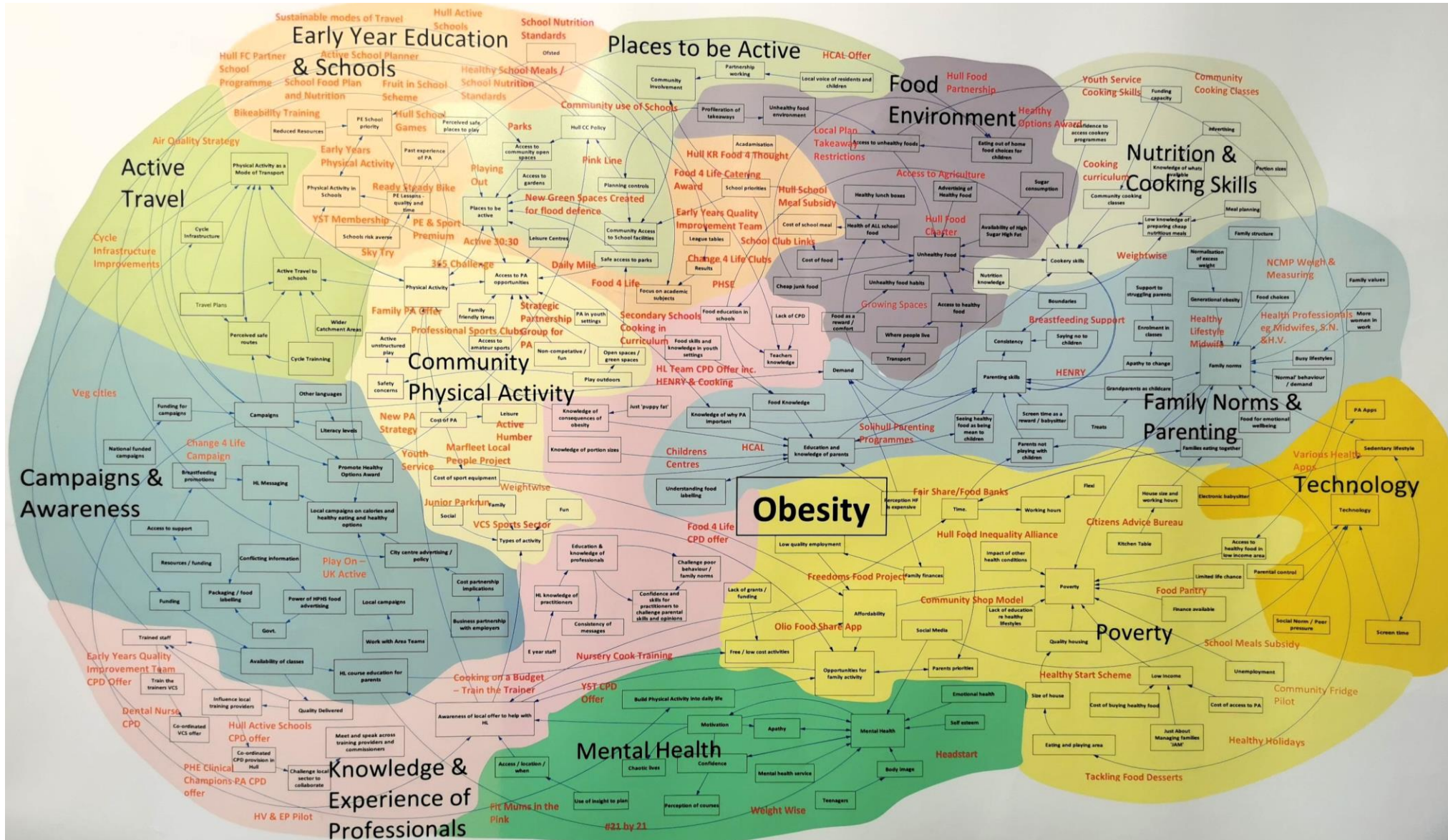


What We Did

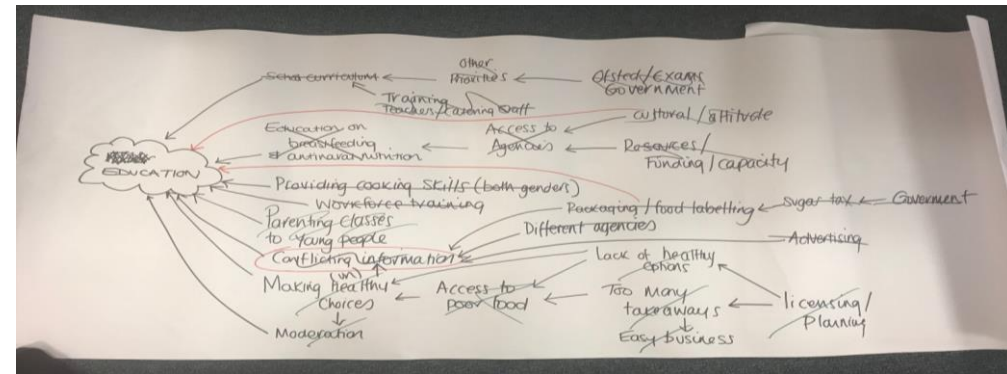
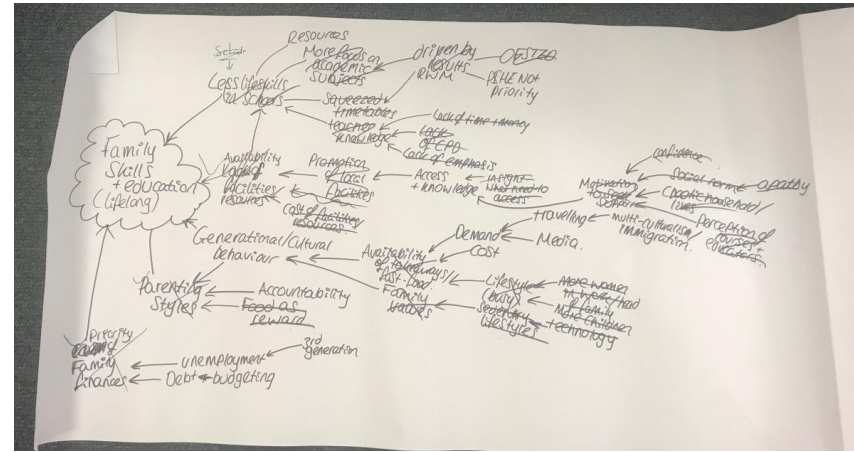
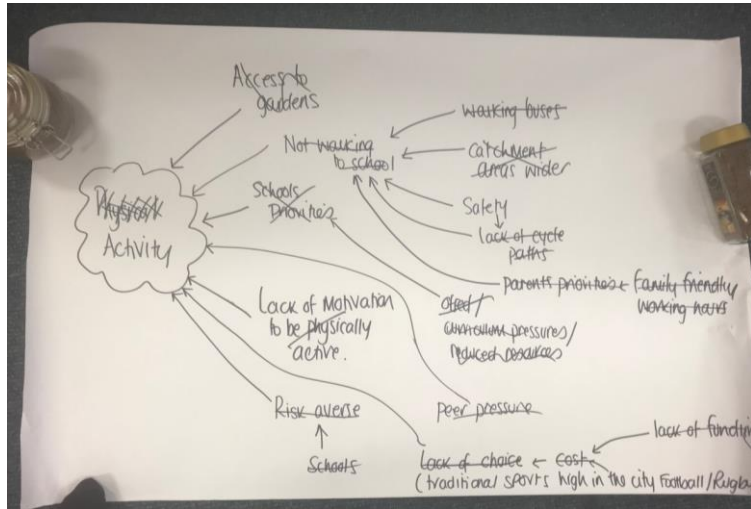
- Ongoing events to drive the process
- Alignment of our priorities and activities
- Values and principles underpin everything we do:
 - Use 'systems thinking' and process to tackle complex issue of healthy weight, where there is no one single action or one person alone that can 'fix' the issue.
 - Designed to be flexible, responsive, open to all, equal and galvanise action.



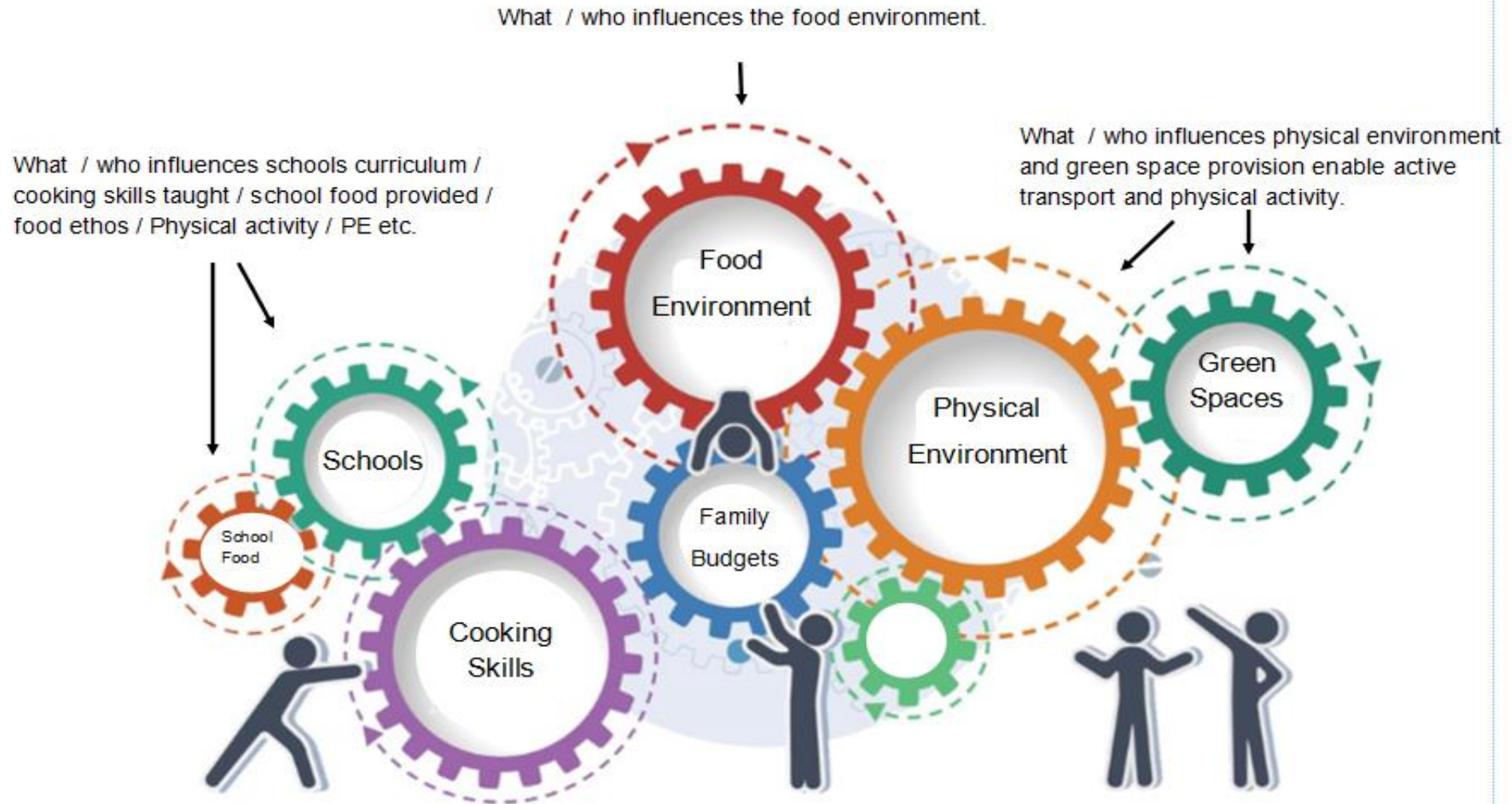
Hull's Whole System Healthy Weight Map



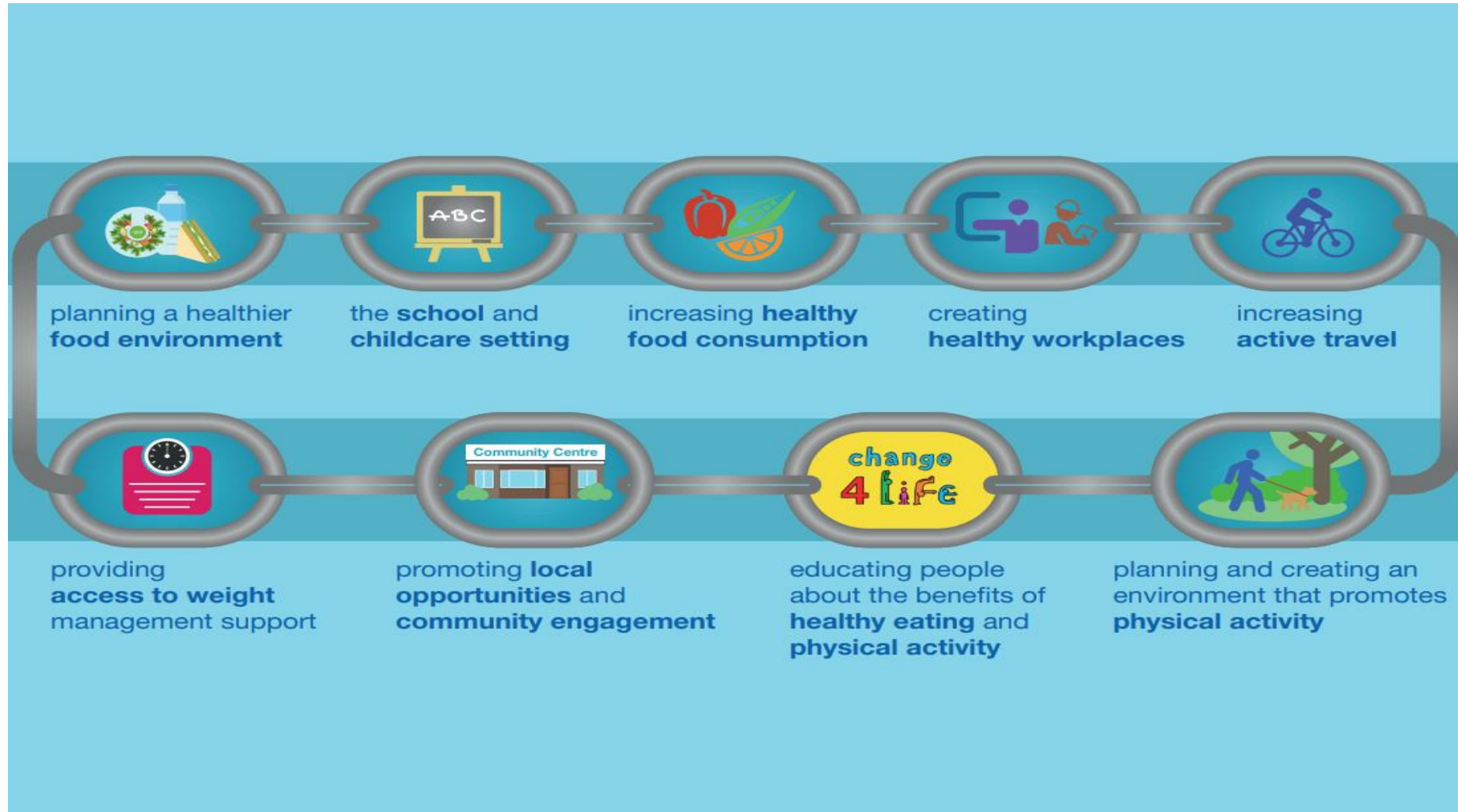
Mapping the Local System



Whole System Approach – Cogs & Levers



Healthy Weight Whole System Approach – Links in a Chain



Quick Wins and Open Doors

1



2



3



4



Whole System Healthy Weight Steering Group



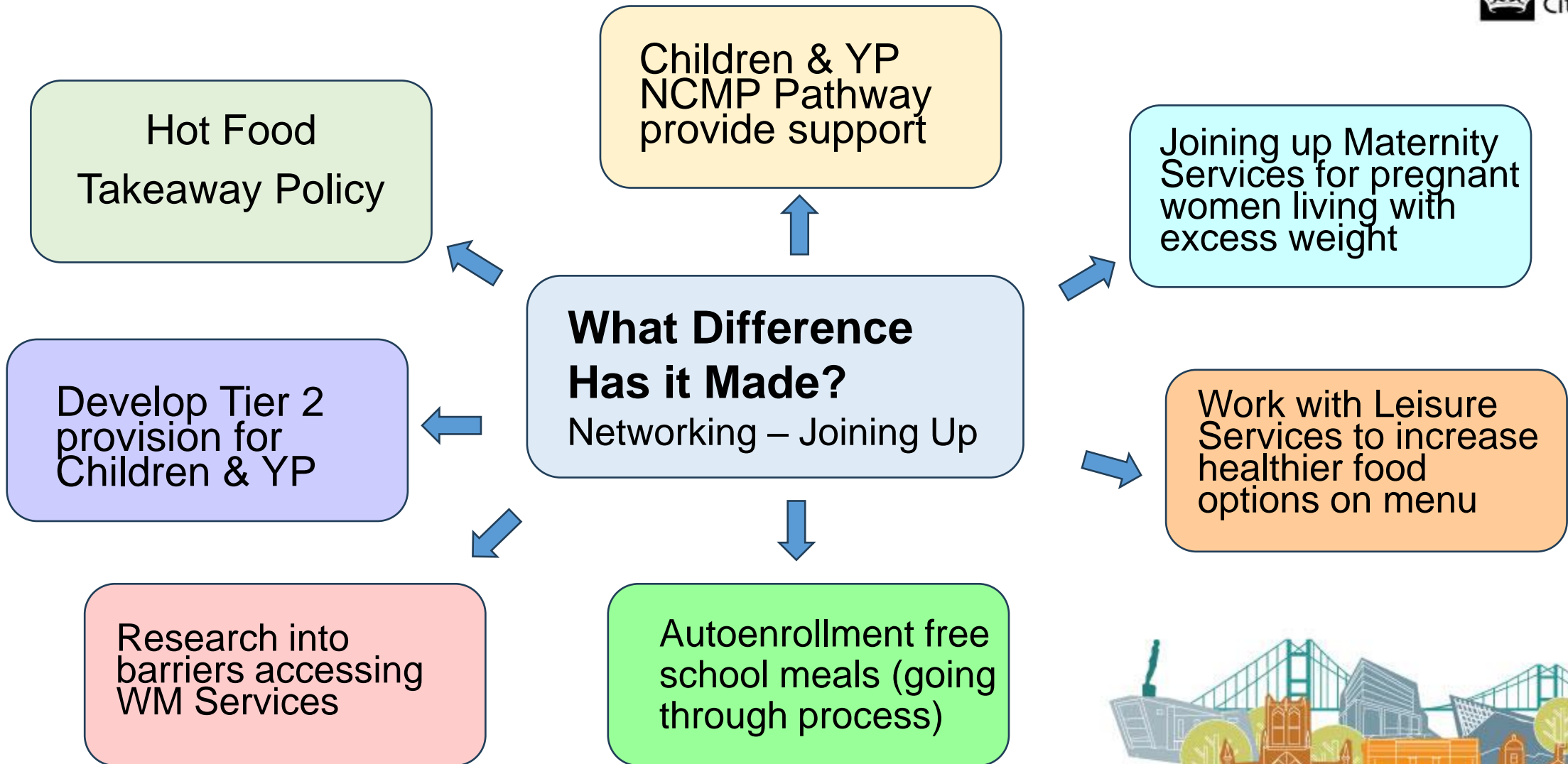
Food & Nutrition
Subgroup

Children & Young
People Subgroup

Physical Activity
Subgroup

Maternity
Subgroup

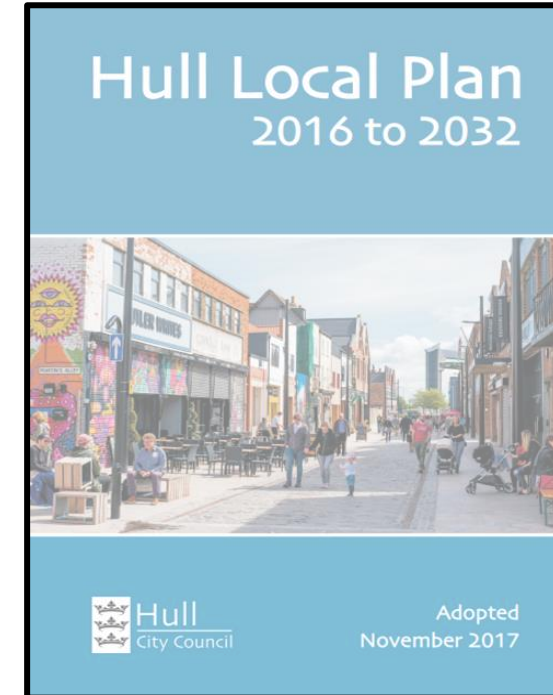




Hot Food Takeaway Policy

As part of our Whole-system Approach to Healthy Weight Hull City Council included the following policies in its Local Plan (2016) to restrict the number of new takeaways: -

- Development to accommodate hot food takeaway (A5) use will not be supported in local or neighbourhood centres where a threshold of 20% of all units would be or has already been reached, to prevent over proliferation where this could undermine objectives to promote healthy eating in the city.
- Development to accommodate hot food takeaway (A5) use will not normally be supported within 400m of a secondary school or sixth form college or playing fields.
- Evaluation results show that in 2016 Hull had 302 HFT in the city and in 2023 it had 259 (43 less)



What's happening in Hull?

Whole System Approach to Healthy Weight - Healthy Weight Steering Group

Early Years	Primary Age	Food Environment	Food	Physical Activity
Healthy Lifestyle Early Years programme <ul style="list-style-type: none"> • Weaning • Tots dance, football etc • HENRY Early Years 	Healthy Lifestyle HENRY Growing Up Programme <ul style="list-style-type: none"> • Eat Well for Less Workshops 	Restricting number of new hot food takeaways.	Hull Food Partnership – Food Strategy	Towards an Active Hull Partnership
Weighing and measuring at 2-year-old check refer Healthy Lifestyle programme	NCMP Programme pathway into support services	Healthier menus at leisure venues.	Food Inequality Alliance	Active Travel
Healthy Start	HAF Programme (Holiday Activity & Food)	Commercial Determinants Health HFFS food		School PE
Healthy Midwife joining up with Healthy Lifestyle programme and US Mums	Subsidised school meals			Active Through Football
	Specialist Weight Management Service			Youth Games Sports



Any
Questions?

