

<b>MEETING:</b>	<b>HEALTH SCRUTINY COMMITTEE</b>
<b>DATE:</b>	<b>20 SEPTEMBER 2010</b>
<b>TITLE OF REPORT:</b>	<b>POPULATION HEALTH – DIET AND TAKE UP OF EXERCISE</b>
<b>REPORT BY:</b>	<b>DIRECTOR OF PUBLIC HEALTH</b>

**CLASSIFICATION:** Open

### **Wards Affected**

County-wide.

### **Purpose**

To consider what Herefordshire Public Services are doing to improve people's diet and take up of exercise.

### **Recommendation**

**THAT the Committee considers and comments on actions being taken to improve people's diet and take up of exercise.**

### **Introduction and Background**

1. On 18 June 2010 the Committee agreed a revised timetable for its consideration of population health issues as part of its work programme for 2010/11. The attached paper considers Herefordshire Public Service's approach to improving people's diet and the take up of exercise.

### **Background Papers**

- None identified.