



Recommendations of the Health, Care and Wellbeing Scrutiny Committee: Obesity in Herefordshire.

On 21st September 2022, the Health, Care and Wellbeing Scrutiny Committee made the following recommendations to the Cabinet:

Recommendation 1.

That Herefordshire Council and NHS partners develop a whole systems, Healthy Weight Strategy to coordinate and deliver actions for improved health outcomes;

Recommendation 2.

That a Health Schools Strategy, to include emotional, mental and physical wellbeing, be considered as a specific programme to engage and involve schools;

Recommendation 3.

That Herefordshire Council and NHS partners ensure that the Healthy Weight Strategy include key measures to effectively measure and evaluate the impact of the strategy over time;

Recommendation 4.

That the 'Get Active' fund programme evaluation be used to help inform the Healthy Weight Strategy;

Recommendation 5.

That free access to gyms services be made available to care leavers up to the age of 25;

Recommendation 6.

That Herefordshire Council take measures to improve access to Public Rights of Way / countryside footpaths; and

Recommendation 7.

That a Health Impact Assessment Tool be developed for use in planning policy to consider potential impacts on health and wellbeing of planning applications.

Recommendation 8.

Embed healthy weight as a strategic priority across local organisations and agencies by working with all key partners to develop a greater understanding of the causes of obesity and how best to deliver collective action through a whole system approach

Recommendation 9.

Assess the impact of the current gaps in the county's weight management services in order to allocate sufficient resources as appropriate:

- Tier 2 child and adult weight management services
- Tier 3 child and adult weight management services – NHS/ICB priority
- Tier 4 adult weight management service – NHS/ICB priority

Recommendation 10.

Encourage health professionals and residents to identify ways in which patients can do more to help themselves through promotion of digital and self-help resources

Recommendation 11.

Improve the quality of data on weight management services and obesity across the life course with a particular focus on long-term outcomes

Recommendation 12.

Develop a training package around 'raising the issue of weight' for health practitioners and other front line workers to give them confidence to identify and elicit positive behaviour change in individuals

Recommendation 13.

Build on the Sustainable Food Partnership to deliver collective action through a systems approach

Recommendation 14.

Undertake further mapping of weight management services (and compliance with NICE Guidance) and raising awareness of the Weight Management to health practitioners across the county, including the service offer, eligibility criteria etc

Recommendation 15.

Consider a consistent approach to the type of language and media used to communicate about obesity, tailoring language to the situation and co-producing communications with intended audiences.