

HEALTH AND WELLBEING BOARD

25 JANUARY 2017

	Report for Resolution
Title:	Physical activity, diet and nutrition and healthy weight strategy
Lead Board Member(s):	Helen Jones, Director of Adult Social Services
Author and contact details for further information:	Rachel Sokal, Consultant in Public Health, Nottingham City Council rachel.sokal@nottinghamcity.gov.uk
Brief summary:	This report outlines a strategic approach to increase the focus and ambition for the city with regard to Physical Activity, Obesity and Diet and Nutrition.

Recommendation to the Health and Wellbeing Board:

The Health and Wellbeing Board is asked to:

- a) support the vision for being active, eating well and having a healthy weight to be the norm in the City
- b) support the focus of key strategic areas to deliver this vision: i) positive attitude and normalisation, ii) leadership and responsibility, iii) environment and iv) workplace
- c) support a City bid to Sport England's Local Delivery Fund

Contribution to Joint Health and Wellbeing Strategy:

Health and Wellbeing Strategy aims and outcomes	Summary of contribution to the Strategy
Aim: To increase healthy life expectancy in Nottingham and make us one of the healthiest big cities	<p>Inadequate levels of physical activity, a poor diet and nutrition and unhealthy weight account for over a third of the known risk factors for ill-health in Nottingham City's population (local analysis of Global Burden of Disease, 2016). Thus increasing levels of physical activity, improving diet and achieving a healthy weight in the City's population is vital to achieve our ambition of improved healthy life expectancy.</p> <p>Key focus within the strategy on priority groups as identified in JSNA chapters, in order to tackle health inequalities.</p> <p>Outcome 1: development of fuller strategy vital to support the delivery of the three related priorities within the HWS.</p>
Aim: To reduce inequalities in health by targeting the neighbourhoods with the lowest levels of healthy life expectancy	
Outcome 1: Children and adults in Nottingham adopt and maintain healthy lifestyles	
Outcome 2: Children and adults in Nottingham will have positive mental wellbeing and those with long-term mental health problems will have good physical health	
Outcome 3: There will be a healthy culture in Nottingham in which citizens are supported and empowered to live healthy lives and manage ill health well	
Outcome 4: Nottingham's environment will	

be sustainable – supporting and enabling its citizens to have good health and wellbeing	<p>Outcome 2: improving healthy lifestyles vital to prevention of mental health problems and improving physical health of those with mental health problems.</p> <p>Outcome 3: recommendations within this report include supporting the development of a cultural change to physical activity and diet and nutrition</p> <p>Outcome 4: strategy directly supports the delivery of several priorities including active travel and use of Parks and Open Spaces</p>
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How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health	
<ol style="list-style-type: none"> 1. Physical activity, diet and nutrition and healthy weight are key determinants of mental as well as physical health. Thus, improving these factors across the population will contribute to reducing mental as well as physical ill-health. 2. People with mental health problems are at greater risk of low level of physical activity and a poor diet leading to poorer physical health problems. Focusing on improving these health behaviours in those with a mental health problem will contribute to reducing health inequalities between those with mental health problems and the rest of the population. 	

<p>Background papers: <i>Documents which disclose important facts or matters on which the decision has been based and have been relied on to a material extent in preparing the decision. This does not include any published works e.g. previous Board reports or any exempt documents.</i></p>	<p>JSNA chapters – physical activity, diet and nutrition, obesity</p>
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