

HEALTH AND WELLBEING BOARD

29 MAY 2019

	Report for Resolution
Title:	Obesity in Nottingham City
Lead Board Member(s):	Alison Challenger, Director of Public Health, Nottingham City Council
Author and contact details for further information:	David Johns, Consultant in Public Health; Jennifer Burton, Insight Specialist; and Claire Novak, Insight Specialist, Nottingham City Council
Brief summary:	This report sets out the prevalence and impact of obesity in Nottingham City. It provides the Health and Wellbeing Board with an update on progress to reduce obesity in both children and adults and makes recommendations to the Health and Wellbeing Board to strengthen the partnership approach.

Recommendation to the Health and Wellbeing Board:

The Health and Wellbeing Board is asked to:

- Commit to the Nottingham City Council objective of reducing childhood obesity by 10% by 2023
- Encourage conversations with citizens on moving and eating for good health and, where appropriate, refer citizens to one of the weight management services available in Nottingham City.
- Support exploration of a new, systems approach to eating and moving for good health in Nottingham City.
- Sign-up to the Physical Activity and Nutrition Declaration, which has previously been endorsed by the Health & Wellbeing Board.

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	This report contributes directly to achieving outcome 1 of the Joint Health

healthiest big cities	and Wellbeing Strategy 2016-2020: Children and adults in Nottingham adopt and maintain healthy lifestyles.
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	

How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health

Obesity is more prevalent in people with mental health conditions. The new, targeted adult weight management services will address these inequalities.

Background papers:

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.

None