

# Obesity Whole System Delivery Plan

1

Developing infrastructure, skills and capacity



2

Challenging social norms, values and attitudes.



3

Healthcare professionals: clear and evidence based advice



4

Support schools to create a healthy weight environment



5

Create High Streets where the healthier choice is the easy choice



6

Create healthier places to support people to maintain a healthy weight



7

Promoting healthier choices in community setting



8

Create healthy weight workplaces



## Objectives

- ➔ Embed strong leadership for reducing obesity
- ➔ Ensure Haringey leads and influences the obesity agenda
- ➔ Build a robust partnership to deliver a whole systems approach.

- ➔ Research and understand the values and attitudes to inform a targeted communications plan
- ➔ Normalising healthy weight.

- ➔ Increase the proportion of premises that follow healthy food policy practices
- ➔ Healthcare professionals to deliver brief interventions.

- ➔ Increase the number of children who cycle and walk to school
- ➔ Develop skills and knowledge of healthy eating
- ➔ Increase physical activity in school.

- ➔ Increase the availability of healthier choice (Fruit & Veg)
- ➔ Increase healthier options in catering settings
- ➔ Reduce the proliferation of fast food outlets.

- ➔ Increase access to open space
- ➔ Improve street safety to increase cycling and walking
- ➔ Improve the cycling skills of children and families.

- ➔ Increase movement and play in early years settings
- ➔ Increase participation in activities promoting health eating
- ➔ Create breast feeding friendly places.

- ➔ Improve staff health and wellbeing
- ➔ Create a health enhancing food environment
- ➔ Increase physical activity through workplace challenges.

## Goals and ambitions

- ➔ Increase the number of members in the Alliance
- ➔ Increase engagement and number of pledges among alliance members

- ➔ Commission research to understand values and attitude
- ➔ Increase awareness of what a healthy weight is

- ➔ Increase the number of healthy options available in secondary care settings
- ➔ Increase the number of healthcare staff trained in brief advice

- ➔ Healthy Schools 50% to achieve bronze, 25% silver,
- ➔ Increase the number of ambitious pilots i.e. Daily Mile, Sugar free schools, healthy tuck shop

- ➔ Increase the number of caterers implementing the HCC
- ➔ Increase new healthier businesses in the east of the borough through regeneration

- ➔ Increase the amount of open space and play provision through the regeneration of Tottenham and Haringey Development Vehicle

- ➔ Reduce the availability of poor quality junk food in community settings.

- ➔ All large employers in Haringey to achieve 'excellence in the London Healthy Workplace Charter'