

LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT



THIS LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT IS A STATEMENT, INDIVIDUALLY OWNED BY ALLERDALE BOROUGH COUNCIL, BARROW BOROUGH COUNCIL, CARLISLE CITY COUNCIL, COPELAND BOROUGH COUNCIL, CUMBRIA COUNTY COUNCIL, EDEN DISTRICT COUNCIL AND SOUTH LAKELAND DISTRICT COUNCIL

It encapsulates a vision to promote healthy weight and improve the health and well-being of the local population. We recognise that we need to exercise our responsibility in developing and implementing policies which promote healthy weight.



Leader of
Council

Chief
Executive

Director of
Public Health

WE ACKNOWLEDGE THAT:

- ↑ Unhealthy weight has substantial long term well-being, economic and social costs;
- ↑ Unhealthy weight is affected by health inequalities and is more common in lower socio-economic groups;
- ↑ Poor diet during early life (the period between conception and weaning) can carry adverse health consequences in later life;
- ↑ Poor diet and an unhealthy weight are risk factors for cardiovascular disease, cancer and type 2 diabetes which contribute powerfully to poor health and premature death;
- ↑ Energy dense food and drinks high in fat and sugar and low in essential nutrients contribute to a significant amount of additional and unnecessary calories in the diet;
- ↑ There is greater availability and access to foods and drinks high in fat, sugar and salt which are increasingly eaten outside of the home, contributing to excess energy intake;
- ↑ Increased intake of foods high in fat and sugar and low in fruit and vegetables are strongly linked to those in manual occupations;
- ↑ People living in more socially deprived areas have less access to healthy foods;
- ↑ Advertising and marketing of foods and drinks high in fat, sugar and salt increases their consumption;
- ↑ Education, information and the increased availability of healthy alternatives help individuals to make healthy, informed food and drink choices;
- ↑ Modern physical activity environments contribute to sedentary lifestyles;
- ↑ Urban planning can have a significant impact on opportunities for physical activity, promoting safer environments for walking, cycling and recreation.

AS LOCAL LEADERS IN PUBLIC HEALTH WE WELCOME THE:

- ↑ Opportunity for local government to lead local action to prevent obesity, securing the health and well-being of our residents whilst considering available social, environmental and financial NHS and social care resources;
- ↑ Opportunity to protect some of the most vulnerable in society by giving children the best start in life and enabling all children, young people and adults to maximise their capabilities and make informed choices;
- ↑ National commitment to address childhood obesity;
- ↑ Support for the Local Authority Declaration on Healthy Weight from the following organisations: Association of Directors of Public Health North West, British Dental Association, Children's Food Campaign and the UK Health Forum.

WE COMMIT OUR COUNCIL FROM THIS DATE

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Cumbria's Local Authorities hereby sign the Declaration to show their commitment to reducing unhealthy weight in our communities, protect the health and wellbeing of staff and public and make an economic impact on the local economy by striving to:

- ↑ Engage with the local food and drink sector [retailers, manufacturers, caterers, out of home settings] where appropriate to consider responsible retailing [such as not selling energy drinks to under 18s] offering and promoting healthier food and drink options and reformulating and reducing the portion sizes of high fat, sugar and salt [HFSS] products;
- ↑ Consider how commercial procurement partnerships with the food and drink industry may impact on the messages communicated around healthy weight to our local communities;
- ↑ Review provision in all our public buildings, facilities and via providers to make healthy foods and drinks more available, convenient and affordable and limit access to high-calorie, low-nutrient foods and drinks [this should be promoted to public institutions such as schools, hospitals, care homes and leisure facilities where possible] through partnership working;
- ↑ Increase public access to fresh drinking water on local authority controlled sites;
- ↑ Consider supplementary guidance for hot food takeaways, specifically in areas around schools, parks and where access to healthier alternatives are limited;
- ↑ Promote plans with our partners including the NHS and all agencies represented on the Health and Well-being Board, Healthy Cities, academic institutions and local communities to address the causes and impacts of obesity;
- ↑ Protect our children from inappropriate marketing by the food and drink industry such as advertising and marketing in close proximity to schools and at events on local authority controlled sites;
- ↑ Support action at a national level to help local authorities reduce obesity prevalence and health inequalities in our communities;
- ↑ Ensure food and drinks provided at public events include healthy provisions, supporting food retailers to deliver this offer;
- ↑ Support the health and wellbeing of local authority staff and increase knowledge and understanding of unhealthy weight to create a culture and ethos that normalises healthy weight;
- ↑ Promote health literacy of the local population to make informed healthier choices;
- ↑ Ensure clear and comprehensive healthy eating messages are consistent with government guidelines using existing resources, available on the Public Health England website;
- ↑ Consider how strategies, plans and infrastructures for regeneration and all aspects of planning positively impact on wellbeing;
- ↑ The Cumbria Public Health Alliance monitors the progress of our plans against our commitments and public results;
- ↑ Demonstrate a willingness and agreement to work collaboratively and share good practice.



IN ADDITION OUR LOCAL AUTHORITY WILL WORK TOWARDS:.....

In Cumbria we will be working in partnership to focus on:

- Children [0-5];
- Children and Families [0-19];
- Health inequalities;
- Creating healthier environments;
- Adult healthy weight;
- Workplace and Better Health at Work.

Signatories:

Allerdale Borough Council

Barrow Borough Council

Carlisle City Council

Copeland

Borough Council

Cumbria County Council

Eden District Council

South Lakeland District Council

Director of Public Health

To be reviewed by...

**FOOD
ACTIVE**

The Local Authority Declaration on Healthy Weight has been designed and developed on behalf of Food Active, by the Health Equalities Group and is based on the the Local Authority Declaration on Tobacco Control.

For further information please contact: info@hegroup.org.uk