

## Appendix 1

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## Local Government Declaration on Healthy Weight

This declaration was passed by **Manchester Health and Wellbeing Board** on Day/Month 2022

With partnership pledges from



THIS LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT IS A STATEMENT, INDIVIDUALLY OWNED BY MANCHESTER CITY 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.

Signed

Councillor Bev Craig,  
Leader of Manchester City Council  
Chair of Manchester Health & Wellbeing Board

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#### We acknowledge that

Unhealthy weight is a serious public health problem that increases disability, disease and death and has substantial long term economic, well-being and social costs. The proportion of the population affected by unhealthy weight continues to rise, impacted upon by a *cost of living* crisis, food insecurity and affordable food and fuel options.

Unhealthy weight is affected by health inequalities and is more common in lower socio-economic groups;

Consuming a poor-quality, unhealthy diet is a direct consequence of food poverty, food insecurity and obesogenic environment.

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;  
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.

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**WE COMMIT OUR COUNCIL AND OUR PARTNERS FROM THIS DATE XX/XX/XXXX**

Manchester Health and Wellbeing Board make the commitment to deliver the Manchester Healthy Weight Strategy, adopting the 'Our Manchester' strengths-based approach to reducing health inequality and maximising the potential of our communities

We endeavour to reverse the national trend of unhealthy weight and obesity for children and adults in Manchester, utilising a multi-agency whole systems approach across four themes – **Food & Culture, Physical Activity, Growth & Neighbourhoods and Prevention & Support**

- Reduce food poverty in Manchester and make healthy affordable food the easy option.
- Use our data and intelligence on cost of living, to ensure good low-cost food provision in our priority neighbourhoods, including food banks and the right balance between them.
- Challenge our consumer culture and the way we eat, reducing high fat and sugar intake
- Promote lifestyles around work, home and school that support a healthy lifestyle

- Invest in responding to all vulnerable residents in food poverty or experiencing food insecurity
- Upskill individuals to grow, shop or cook, gaining the skills for themselves and their families to live healthily
- Work with the community food ecosystem to ensure that there is wider wrap around support to reduce residents' food insecurity
- Increase awareness of the relationship between adverse childhood experiences and trauma and food consumption
- Increase opportunities for physical activity in all daily lives, reducing sedentary behaviour.
- Ensure an affordable sport and leisure offer that covers the whole life course from baby yoga to health walks
- Promote active travel such as walking or cycling
- Expand physical activity on referral to support social prescribing models
- Work together in partnership to counter obesogenic development in planning applications
- Work towards reduction in unhealthy food provision such as takeaways, milkshake bars and burger vans.
- Ensure community safety to allow streets and neighbourhoods to active places
- Facilitate active travel in local transport plans
- Deliver accessible community weight management provision across the life course
- Ensure health & social care professionals can recognise signs of unhealthy weight and have strength-based conversations.
- Reduce the number of children or adults requiring clinical or surgical intervention
- Ensure safeguarding of vulnerable individuals

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### **In addition our Authority and partners will work towards**

*Reducing food poverty, challenge our consumer culture, understand the social and emotional links to food and support change in behaviours*

*Increasing opportunities for physical activity in all daily lives, reducing sedentary behaviour.*

*Ensuring that the built and natural environment is developed to promote and enable physical activity and healthy food choices"*

*Commissioning services and developing partnerships that enable identification and early intervention for vulnerable children and adults"*

### **Signatories**

Councillor Bev Craig,  
Leader of Manchester City Council  
Chair of Manchester Health and Wellbeing Board

Councillor Thomas F Robinson  
Executive Member for Adult Health  
and Wellbeing,  
Manchester City Council

Kathy Cowell,  
Chair of Manchester University  
NHS Foundation Trust

Councillor Garry Bridges,  
Executive Member for Children and Schools,  
Manchester City Council

David Regan,  
Director of Public Health  
Manchester City Council

Paul Marshall  
Director of Children's Services  
Manchester City Council

Katy Calvin-Thomas,  
Chief Executive, Manchester Local  
Care Organisation

Vicky Szulist,  
Chair of Healthwatch

Rupert Nichols,  
Chair Greater Manchester  
Mental Health NHS Foundation  
Trust

Bernadette Enright,  
Director of Adult Services  
Manchester City Council

Mike Wild,  
Chief Executive, MACC

Dr Vish Mehra,  
Chair of Manchester GP Board

CLLr John Hacking  
Executive Member for Skills,  
Employment and Leisure