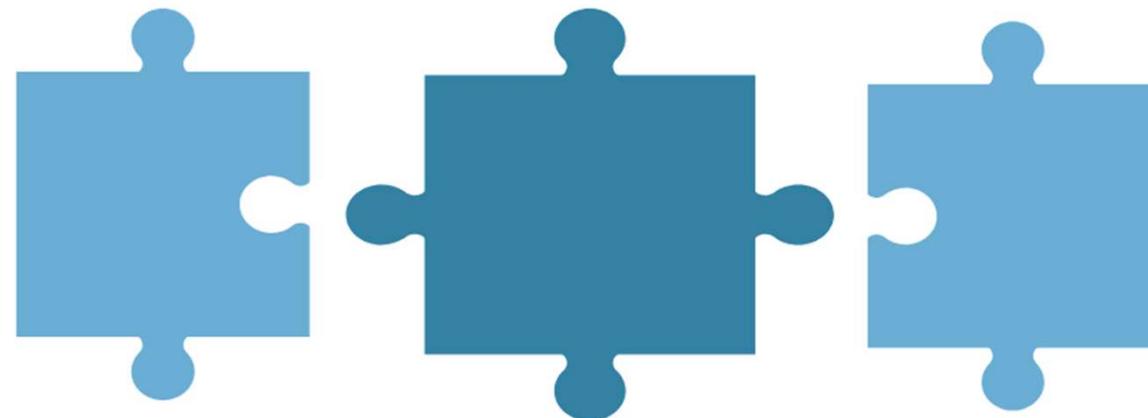
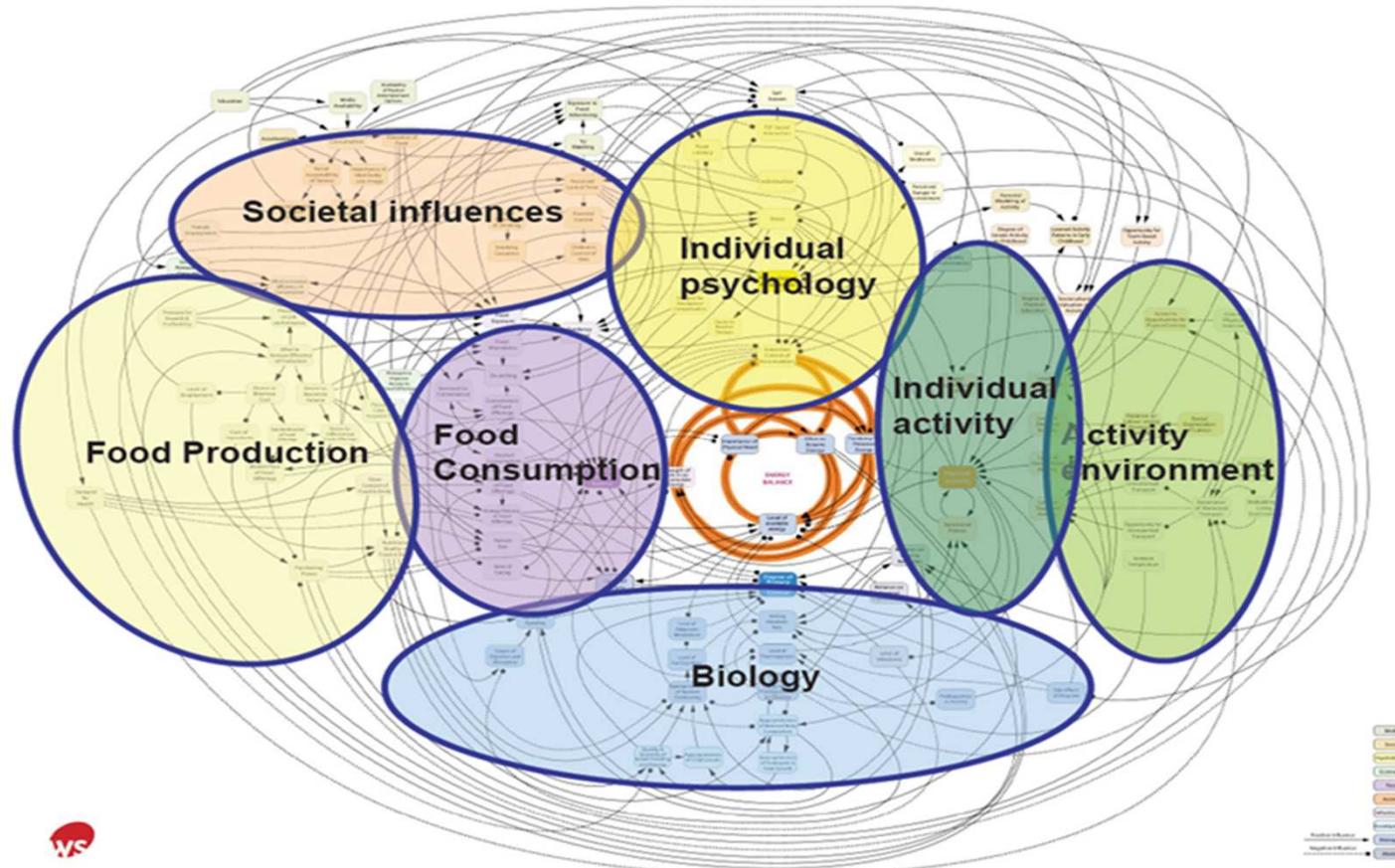

A Whole Systems Approach to Healthy Weight



Causes of obesity are multiple, complex, interlinked and reach far beyond public health action



Foresight, 2007

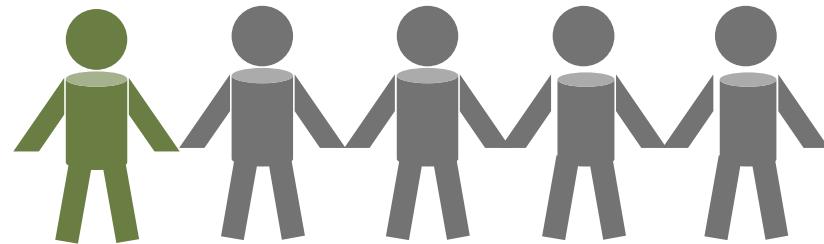
National policy context

A key objective of a whole systems approach is to identify synergies and win-wins across departments. This is echoed by the Department of Health's 'Healthy Lives, Healthy People: A Call to Action on Obesity in England', which proposes greater partnership working and an increased focus on making the environment more enabling for achieving healthy weight.

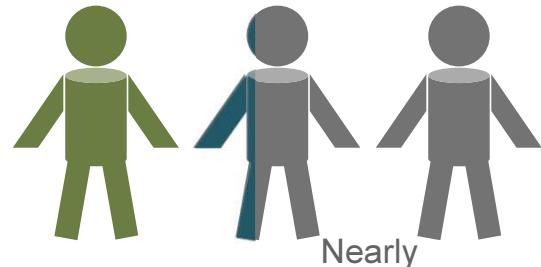
The London Health Commission set out 10 ambitions to make London the healthiest major global city. These include: giving children the best start to life through initiatives like Healthy Schools London; enabling individuals to be active and eat healthily through programmes such as the Healthy Workplace Charter, promotion of active travel and development of healthy food environments.

These are reiterated throughout London mayoral strategies, including the draft London Plan, Healthy Inequalities Strategy, Transport Strategy and Food Strategy.

In Barnet.....



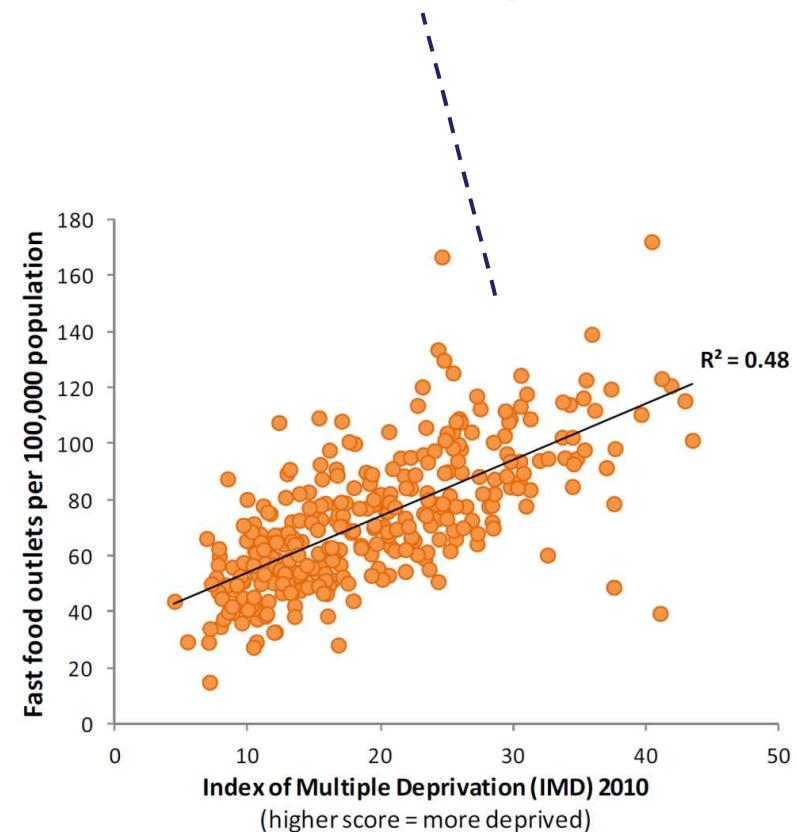
Nearly
1 in 5
children are overweight or obese in
reception year
(2017)



Nearly
1 in 3
children are overweight or obese
in year 6
(2017)

Source: Public Health England

A clear link between fast food outlets and deprivation



From: National Obesity Observatory:
Relationship between density of fast food outlets
and deprivation by local authority

Vision Statement

Those who are born, grow up, live, work and study in Barnet have every opportunity to adopt behaviours which support healthy weight maintenance.

Barnet is a borough where residents are health literate and well-informed and where healthy option is an easier option!

This is delivered through mutual ownership and commitment across the borough. As a result, our collective actions optimise healthy growth and development, promoting active living, nutritious eating and psychosocial wellbeing.

Strategic Objectives

1. To create a clear and consistent mutual understanding of what a whole systems approach to Healthy Weight means for Barnet and what are the roles and responsibilities of all stakeholders.
2. Define Healthy Weight workstreams underpinning our vision that spans across lifecourse.
3. Propose 'Next Steps' towards the development of a Healthy Weight Action Plan.

Barnet's Healthy Weight approach

