

## Whole systems approach to tackling obesity

Local authorities are ideally placed to develop co-ordinated action to tackle obesity across its various departments, services and partner organisations. The following table considers the potential role of different local authority departments and their contribution to this agenda.

Department or service area	Opportunity to tackle obesity
Transport	<p>Support, develop and encourage active travel and in doing so also reduce carbon dioxide emissions and improve road safety.</p> <p>Implement lower speed limits in residential streets.</p> <p>Speeds above 20 mph discourage active travel and deter parents from allowing children to play on their streets.</p>
Planning and environment	<p>Map access to green infrastructure to help understand whether all communities can use green space near their home and ensure such green spaces offer safe environments.</p> <p>Increase access to, and opportunities for physical activity and healthy food, for example provision of and access to green open space and opportunities for play and food growing.</p> <p>Ensure that health and wellbeing are prioritised and integrated throughout the planning system.</p> <p>Encourage the provision of healthier and more sustainable catering. There is a toolkit for serving foods to adults, which aims to provide practical information for caterers and procurement managers to improve the nutritional content of food provided while reducing the negative environmental impact of catering services. The toolkit also includes useful information for organisations aiming to meet Government buying standards for food and catering services.</p> <p>Limit the easy accessibility of unhealthy food choices, for example by working with existing hot food takeaways and sandwich shops to reformulate their menus to reduce the sugar, salt and fat content of food and to provide healthier options. Consider controlling the proliferation of hot food takeaways in specific areas, such as near schools.</p> <p>Protect land for food growing from inappropriate development, particularly the best and most versatile agricultural land.</p> <p>Conduct health impact assessments to ensure that all parties think about proposed developments from a health perspective, specifically the impact on levels of physical activity and healthy food choices.</p> <p>Provide training and support to elected members and senior officers in order to secure strong leadership and</p>

	commitment to health at all levels and in all policies.
Leisure and culture	<p>Encourage through appropriate commissioning access to and facilities for structured leisure programmes.</p> <p>Improve the access to and facilities for structured leisure programmes such as 'Back to Sport' run through sports development, or other exercise and physical activity schemes.</p> <p>Improve availability of unstructured opportunities for physical activity, such as access to parks and open spaces and safe play areas for children and young people.</p> <p>Ensure all opportunities are accessible to people with limited mobility, including those who are obese.</p> <p>Promote the value and benefits (health and otherwise) of an active lifestyle.</p>
Parks and green spaces	<p>Promote the green infrastructure strategy with a wide range of partners including health.</p> <p>Work together to improve the provision of high quality, local, accessible and safe green space in line with recommendations by organisations including The Design Council CABI.</p> <p>Make an assessment of the value local green infrastructure. There are an increasing number of tools available that aim to value green infrastructure. Many of these focus on specific services provided by the green infrastructure and estimate the economic value of these services.</p> <p>Improve the aesthetics of green space, alongside appropriate safety and crime prevention initiatives to encourage people to use their local green space.</p> <p>Promote and encourage the use of existing green spaces.</p>
Education and learning	<p>Encourage use of the school food plan. This plan contains a series of actions, each of which is the responsibility of a named person or organisation, outlining what needs to happen to transform what children eat at school, and how they learn about food.</p> <p>Encourage and support local Healthy Schools Programmes using Healthy Schools resources and toolkits.</p> <p>Encourage participation in the Eat Better, Do Better programme.</p> <p>Support initiatives in schools and communities to improve children's wellbeing and self esteem through physical activity and healthy eating.</p> <p>Ensure that there is full participation in the National Child Measurement Programme so that trends in child weight can be reliably monitored.</p>

Health and social care	<p>Work with partners to embed physical activity and healthy eating support within existing social care pathways.</p> <p>Work with partners to provide a wide range of appropriate physical activity and healthy eating opportunities across a range of settings.</p> <p>Provide necessary adaptations and carer support for severely obese people to help improve their quality of life and avert the need for emergency service intervention (as a result of falls, for example).</p>
Housing	<p>Work with social landlords to implement the practical action plan led by CAGE (now referred to as the Design Council) and the National Housing Federation that sets out ten priorities for change to provide more opportunities for people of all ages to be more active and enjoy the space outside their homes.</p> <p>Provide essential housing adaptations and support in the homes of severely disabled people.</p> <p>Work with other departments to ensure that obese people in social housing or in adapted homes have the opportunity to be physically active through home or community based physical activity programmes.</p> <p>Improve availability of unstructured opportunities for physical activity, such as access to parks and open spaces and safe play areas.</p>
Workplaces	<p>Encourage the provision of healthier and more sustainable catering. There is a toolkit for serving foods to adults, which aims to provide practical information for caterers and procurement managers to improve the nutritional content of food provided while reducing the negative environmental impact of catering services. The toolkit also includes useful information for organisations aiming to meet Government buying standards for food and catering services.</p> <p>Encourage local workplaces and businesses to sign up to the Responsibility Deal and put into place effective actions to support employees and customers to make healthier choices, for example, introduce policies to prevent, support and manage obesity. This could include ensuring the availability of healthy food choices and the provision and promotion of physical activity physical activity, for example, by introducing walking meetings or non-working lunch times. The effectiveness of such policies is dependent on the support and ongoing commitment of senior members of staff.</p> <p>Provide ongoing training and awareness raising to combat prejudice and discrimination against obese people in the workplace.</p>