

# LOCAL GOVERNMENT DECLARATION ON HEALTHY WEIGHT



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

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



*Carol Runciman* *Ian Cuthbertson*

Carol Runciman  
Executive Member for  
Health and Adult Social Care

Ian Cuthbertson  
Executive Member for Children,  
Young People and Education

*Sharon Stoltz*

Sharon Stoltz  
Director of Public Health

## WE ACKNOWLEDGE THAT:

- Unhealthy weight is a serious and growing public health problem that increases disability, disease and death and has substantial long term economic, wellbeing 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;
- 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, and are increasingly available;
- 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, but Local Authorities can have a significant impact on opportunities for physical activity and promote 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 Yorkshire and the Humber,  
British Dental Association,  
Children's Food Campaign,  
UK Healthy Cities Network  
and the UK Health Forum.

# WE COMMIT OUR COUNCIL FROM THIS DATE

17.12.2019

The City of York Council Healthy Weight Declaration is underpinned by improving the quality of a place. Through the following commitments we will maximise the potential of the physical and social environment and support sustainable health and wellbeing and a high quality of life:

## 1. Responsible retailing

Engage with the local food and drink sector 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.

## 2. Commercial partnerships

Consider how commercial partnerships with the food and drink industry may impact on the messages communicated around healthy weight to our local communities.

## 3. Provision of healthy food

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.

## 4. Access to water

Increase public access to fresh drinking water on local authority controlled sites.

## 5. Planning guidance

Consider supplementary guidance for hot food takeaways, specifically in areas around schools, parks and where access to healthier alternatives are limited.

## 6. Strategic advocacy

Advocate plans with our partners including the NHS and all agencies represented on the Health and Wellbeing Board, Healthy Cities, academic institutions and local communities to address the causes and impacts of obesity.

## 7. Marketing to children

Protect our children from inappropriate marketing by the food and drink industry such as advertising and marketing in close proximity to schools; 'giveaways' and promotions within schools; at events on local authority controlled sites.

## 8. National action

Support action at national level to help local authorities reduce obesity prevalence and health inequalities in our communities.

## 9. Public events

Ensure food and drinks provided at public events include healthy provisions, supporting food retailers to deliver this offer.

## 10. Staff wellbeing

Support the health and wellbeing of local authority staff and increase knowledge and understanding of weight issues to create a healthy weight culture and ethos.

## 11. Health literacy

Invest in the health literacy of local citizens to make informed healthier choices.

## 12. Healthy eating messages

Ensure clear and comprehensive healthy eating messages are consistent with government guidelines.

## 13. Physical activity

Consider how strategies, plans and infrastructures for regeneration and town planning positively impact on physical activity.

## 14. Monitor and publish

Monitor the progress of our plan against our commitments and publish the results.



## IN ADDITION OUR LOCAL AUTHORITY WILL WORK TOWARDS:

1. Increasing sustainable and active travel, as part of our aim for York to become a carbon neutral city by 2030.
2. Developing and implementing a Sport and Physical Activity Strategy for the city.
3. Supporting the wellbeing and health of council staff.
4. Working with Public Health England and neighbouring councils on using health evidence in planning decisions.
5. Mobilising and promoting our community assets, for example York's vibrant community food programmes

Signatories:



Carol Runciman  
Executive Member for Health  
and Adult Social Care



Ian Cuthbertson  
Executive Member for Children,  
Young People and Education



Sharon Stoltz  
Director of Public Health

**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@foodactive.org.uk](mailto:info@foodactive.org.uk)*