



Healthy Weight Declaration 16 commitments

The 16 Core Commitments

Strategic/System Leadership

- 1 Implement the HWD as part of a long-term, 'systems-wide approach' to obesity;
- 2 Advocate plans that promote a preventative approach to encouraging a healthier weight with local partners, identified as part of a 'place-based system'
- 3 Support action at national level to help local authorities promote healthy weight and reduce health inequalities in our communities
- 4 Invest in the health literacy of local citizens to make informed healthier choices; ensuring clear and comprehensive healthy eating and physical activity messages are consistent with Government guidelines;
- 5 Local authorities who have completed adoption of the HWD are encouraged to review and strengthen the initial action plans they have developed by consulting Public Health England's, Whole Systems Approach to Obesity, including its tools, techniques and materials;

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Commercial Determinants

- 6** Engage with the local food and drink sector where appropriate to consider responsible retailing such as, offering and promoting healthier food and drink options, and reformulating and reducing the portion sizes of high fat, sugar and salt products;
- 7** Consider how commercial partnerships with the food and drink industry may impact on the messages communicated around healthy weight to our local communities.
- 8** 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;

Health Promoting Infrastructures/Environments

- 9** Consider supplementary guidance for hot food takeaways, specifically in areas around schools, parks and where access to healthier alternatives are limited;
- 10** Review how strategies, plans and infrastructures for regeneration and town planning positively impact on physical activity, active travel, the food environment and food security
- 11** Where Climate Emergency Declarations are in place, consider how the HWD can support carbon reduction plans and strategies, address land use policy, transport policy, circular economy waste policies, food procurement, air quality etc.;

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Organisational Change/Cultural Shift

- 12** Review contracts and provision at public events, in all public buildings, facilities and 'via' providers to make healthier foods and drinks more available, convenient and affordable and limit access to high-calorie, low-nutrient foods and drinks;
- 13** Increase public access to fresh drinking water on local authority controlled sites; and encouraging re-useable bottle refills;
- 14** Develop an organisational approach to enable and promote active travel for staff, patients & visitors, whilst providing staff with opportunities to be physically active where possible;
- 15** Promote the health and well-being of local authority staff by creating a culture and ethos that promotes understanding of healthy weight, supporting staff to eat well and move more;

Monitoring and Evaluation

- 16** Monitor the progress of our action plan against the commitments, report on and publish the results annually.

Additional Local Commitments

The suggested list includes action on:

- Supporting children and young people
- Food poverty
- Providing access to healthy and sustainable food
- Enhancing the health of staff
- Improving the out of home food offer
- Increasing physical activity