

## **DRAFT – Terms of Reference – HOSC & HWBB Working Group – Whole System Obesity**

The scope of the working group will be centred on whole system actions to address high rates of overweight and obesity in Thurrock and facilitating Elected Member leadership to this agenda. Obesity being a complex issue with many drivers, the focus will be on system-wide council-led actions, including on wider determinants of health (for example promoting physical activity and active transport through spatial planning policies, promoting a healthy food environment etc), that impact on population overweight and obesity.

This group will include representation from the Health and Wellbeing Board (HWBB), since obesity reduction is a key element of Goal 1A of the Health & Wellbeing Strategy (HWBS): *Work with communities to reduce smoking and obesity in Thurrock*. The group will also include Healthwatch to encompass community views.

The outcome of the working group would be to recommend how the council changes and works through its policy and strategy framework to support obesity reduction.

### **Membership:**

- 4 HOSC elected Members (2 Conservatives, 1 Labour, 1 Independent)
- 1 Children's Services elected member
- Cabinet Member for Health, Adult's Health, Community & Public Protection
- HWBB member/s including Director of Public Health (tbc)
- 1 co-opted Healthwatch lead

### **Chair:**

The Chair will be Councillor Georgette Polley, this appointment will last until the work of the Working Group is complete.

### **Duration:**

The Working Group will be established with the expectation for the working group to complete its task by February 2024. A report will be presented to the Health and Wellbeing Overview and Scrutiny Committee on the 7 March 2024 and to the Health and Wellbeing Board in May/June 2024 as part of the annual review of Domain 1 of the HWBS.

### **Meeting Schedule:**

The Working Group will meet once a month, in line with the key dates proposed in the below table. The first meeting, date yet to be confirmed, will be to look at the overview of the group and come up with two or three key drivers.

### **Activities:**

The working group will undertake all but not exclusively the following activities:

1. Understand the scope of the review as a Member working group.
2. Understand the epidemiology of overweight and obesity in Thurrock.
3. Understand the role of wider determinants of health and how they influence population overweight and obesity.
4. Undertake a Health in All Policies approach to reviewing council policies and identifying gaps.
5. Recommend changes to council policy.
6. Consider drafting a Thurrock Council Declaration on Healthy Weight.
7. Engage with broader services and how these can be joined up and coordinated.
8. Inform and report back to both Health and Wellbeing Overview and Scrutiny Committee and Health and Wellbeing Board.
9. Share recommendations with relevant Council Directorates and Committees.

These meetings and activities can be held during the day.

### **Decision-Making:**

The Working Group has no executive powers, and all findings and recommendations will be referred directly to the Health and Wellbeing Overview and Scrutiny Committee.

### **Timeline:**

The below table will provide the timeline:

Date	Action	Response
September 2023	Meet to discuss scope of group Review epidemiology of overweight and obesity	
October	Identify 2/3 key drivers	
November	Review data and evidence base	
December	Review policies and identify gaps	
January 2024	Draft recommendations	
February	Engage with broader services	

March onwards	Report back to committees	
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## Pre-Meeting Materials

### [Health Matters - obesity and the food environment \(UKHSA\)](#) - youtube

This edition of Health Matters from Public Health England focuses on obesity and the food environment. It outlines what can be done to improve the food environment and how local authorities can lead co-ordinated action at a local level. Part of Public Health England's Health Matters. Health Matters collection page: <http://bit.ly/Healthmatters>

### [Whole systems approach to obesity](#) (LGA)

A guide to support local approaches to achieving a healthier weight.

### [Promoting healthy weight in children, young people and families](#) (PHE & LGA)

A resource to support local authorities, NHS commissioners and providers, voluntary and community sector organisations to take action to reduce obesity.

### [All Our Health Programme](#)

The All Our Health elearning sessions have been developed to provide a bite-sized introduction to the wide range of topics covered within the All Our Health framework. Within these sessions, you'll find signposting to trusted sources of helpful evidence, guidance and support. You can dip in and out of the content as and when you need it. Topics covered include:

- Adult obesity
- Childhood obesity
- Healthy Eating
- Physical activity
- Health disparities and health inequalities

## References

Thurrock Health & Wellbeing Strategy 2022-26

<https://www.thurrock.gov.uk/health-and-well-being-strategy/health-and-well-being-strategy-2022-2026>

Thurrock Whole System Obesity Strategy 2018-21

<https://www.thurrock.gov.uk/public-health/other-public-health-reports>

A Health In All Places Approach to Place-Shaping



2023 PUBLIC  
HEALTH HiAP Place SI

Food Active Healthy Weight Declaration

<https://foodactive.org.uk/what-we-do/influence-policy/local-authority-declaration-on-healthy-weight/>