

**MINUTES OF THE MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT THE
COUNCIL OFFICES, STATION ROAD, WIGSTON ON WEDNESDAY, 10 OCTOBER 2018
COMMENCING AT 1.30 PM**

PRESENT

Councillor J Kaufman (Chair)

COUNCILLORS

J W Boyce
Mrs S Z Haq
Mrs H E Loydall
K J Loydall JP

OFFICERS IN ATTENDANCE

C Clarke (Sports Development Assistant)
Mrs A Lennox MBE (Head of Leisure & Wellbeing Services)
Mrs S Lowe (Housing Support Worker)
K Radford (Physical Activity Coordinator)

OTHERS IN ATTENDANCE

Rachel Barton (Leicestershire Partnership NHS Trust)
Mary Flynn (Local Areas Coordinator South Wigston)
Hussein Khan (School Sports Partnership, LSLSSP)
James Naylor (Everyone Active)
Louise Pettitt (Children's centres LCC)
Manjit Rai-Taylor (Sikhs Association & Buddhi)
Sharon Rose (Locality Manager, East Leicestershire CCG)
Sally White (Oadby Library)
Dr Vivek Varakantam (East Leicestershire CCG and GP Lead for O&W)

9. APOLOGIES FOR ABSENCE

Cllr Bill Boulter
Cllr Bhupendra Dave
Mike Cawley (South Leicester Neighbourhood Policing Area)
Lesley Green (Mental Health Forum/Oadby Food Bank)
Debbie Preston (First Contact Plus)

10. MINUTES OF THE PREVIOUS MEETING HELD ON 04 JULY 2017

The minutes of the meeting of the HWBB held on 4 July 2018 to be taken as read, confirmed and signed by the Chair.

11. OADBY & WIGSTON PRIORITY 1 - AGEING WELL (UPDATE)

AL provided an update from the last board meeting held in July 2018, which focused on Priority 1, Ageing Well.

As a result of feedback from attendees representing specialist health organisations, service providers and individuals with an interest in this agenda, a double-page spread was produced for the Autumn edition of Letterbox. This provided details of services, local groups and opportunities covering this health topic area.

Another outcome from the meeting was the interest from attendees in setting up a sub-group to take forward other opportunities, to support the local community. The first meeting of this new group will take place on 7 November 2018.

12. OADBY & WIGSTON PRIORITY 2 - HEALTHY WEIGHT

The Chair introduced priority 2; Healthy Weight. During this section of the meeting, the attendees split into 2 working groups. Each group answered the following key questions in relation to Healthy Weight, facilitated by two lead Officers:

1. What does Healthy Weight mean to you/ your organisation?
2. What can you/ your organisation do to improve the outcomes for this particular health topic area?
3. Would you be interested (as a group of likeminded people/ organisations) in working together to help address this agenda?
4. If so, what would this joined up working look like?
5. How will this new way of working be communicated?
6. What are the challenges?
7. What support do you need from the HWBB?

At the end of the 50 minute Workshop, feedback was provided by the two groups. The findings can be found in **Appendix 1, and 2.**

The Chair, Councillor Jeffrey Kaufman, thanked attendees for their input and ideas on the Healthy Weight agenda. A summary of the information gathered from the working groups can be found below:

What does Healthy Weight mean to you/your organisation?

- *Being mobile and getting out and about whilst enjoying your lifestyle.*
- *Mindful eating – being aware of what you eat and how it affects you.*
- *Healthy weight relates to underweight as well as overweight.*

What can you/your organisation do to improve the outcomes for this particular health topic area?

- *Community cooking programme in South Wigston.*
- *Clinic for people who are referred by health professional/or refer to dietician.*
- *More health professionals to provide talks, e.g. at forums.*
- *GP's suggest a more consistent approach across all surgeries.*
- *Educating, families about the right and wrong foods, how it affects the body, whilst teaching families how to cook / nutritional value of different kinds of food.*
- *Schools that are not already involved with physical activities initiatives need to get more involved, to improve physical activity levels of children.*
- *Schools need a similar external regulator such as Ofsted to help push the importance of physical activity and healthy eating.*
- *Signposting local residents to local sessions/or accompanying those who are less confident.*

Would you be interested (as a group of likeminded people/organisations) in working together to help address this agenda?

- *All attendees agreed that this would be a good way forwards.*

If so, what would this joined up working look like? (Networking, working on

specific projects together, forming an alliance)?

- *More targets and outcome need to be instructed. As part of a formed alliance, more joint work will be planned, to help out with finance, support and promotion of these projects.*

How will this new way of working be communicated?

- *Through regular updates and messages e.g. notice boards, social media, and websites.*
- *Through an engaging support network.*
- *Regular meeting will help us to share good practice.*

What are the challenges?

- *Conflicting advice on what healthy weight is/ need consistency.*
- *Parents getting on-board, in order to engage with the children.*
- *Accessibility to unhealthy food, how cheap they can be and also the minimal effort required, compared to cooking from scratch.*

What support do you need from the HWBB?

- *Facilitation*
- *Support through regular promotion and educational opportunities for families.*
- *More funding is needed for anything to get off the ground.*

13. ANY OTHER BUSINESS

None raised.

14. FUTURE MEETINGS

The next meeting has a health focus on Mental Health, with the final meeting acting as the Board's Health Summit.

All meeting to be held at the Council Offices, starting at 1:30 p.m.

- Wednesday 23 January 2019 – Mental Health
- Wednesday 3 April 2019 – Annual Health Summit

THE MEETING CLOSED AT 3.30 PM



Chair

Wednesday, 23 January 2019

*Printed and published by Democratic Services, Oadby and Wigston Borough Council
Council Offices, Station Road, Wigston, Leicestershire, LE18 2DR*

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Appendix 1

HWBB priority area: Healthy Weight
<p>1. What does Healthy Weight mean to you/ your organisation?</p> <p>Senior Citizens</p> <ul style="list-style-type: none"> • Healthy weight means being mobile and getting out and about • Healthy means enjoying your lifestyle • If your weight isn't healthy it can affect your mental health <p>Libraries</p> <ul style="list-style-type: none"> • We display a collection of Health and Wellbeing books and local information in all of our libraries • They would like to be more of a one stop shop for health and wellbeing opportunities for the community • The feedback they have had is health and wellbeing information is a valuable resource to the people who access the library <p>LNDS</p> <ul style="list-style-type: none"> • Are commissioned to deliver a range of services for both underweight and overweight residents • Their main health weight programmes are LEAP and FLIC • For underweight residents they run a clinic in OW which people are referred to by their health professional <p>GP</p> <ul style="list-style-type: none"> • GP's usually refer direct to dieticians • Inactivity issue is continuing to get bigger • They don't really deal with healthy weight issues during appointments and tend to want patients to take responsibility for their health unless there's actual health problems connected <p>Local Area Coordinator</p> <ul style="list-style-type: none"> • We signpost local residents to local sessions and will accompany people along to them if possible to make them feel more confident • They are looking to do a community cooking programme in South Wigston <p>General</p> <ul style="list-style-type: none"> • It was agreed that education on health weight needs to start with children
<p>2. What can you/ your organisation do to improve the outcomes for this particular health topic area?</p> <p>Senior Citizens</p> <ul style="list-style-type: none"> • We would like more health professionals to come to our forums to talk to the attendees <p>LNDS</p> <ul style="list-style-type: none"> • We would like to know the different groups and captive audiences that we can go out to and talk about our services and what we can offer <p>Libraries</p> <ul style="list-style-type: none"> • We would like to continue to run more events at our centres • We need as much info on local sessions as possible <p>GP</p> <ul style="list-style-type: none"> • Consistent approach to healthy weight and physical activity across all surgeries • External services also need to have a consistent approach and message
<p>3. Would you be interested (as a group of likeminded people/ organisations) in working together to help address this agenda?</p> <ul style="list-style-type: none"> • Yes
<p>4. If so, what would this joined up working look like? (networking, working on specific projects together, forming an alliance)?</p> <ul style="list-style-type: none"> • Task and finish group • Must have outcomes • Could form an alliance • More joint working
<p>5. How will this new way of working be communicated?</p> <ul style="list-style-type: none"> • More regular meetings
<p>6. What are the challenges?</p> <ul style="list-style-type: none"> • Conflicting advice on what healthy weight is • Official advice is much different to what the media say and the messages change regularly • There needs to be a consistent approach
<p>7. What support do you need from the HWBB?</p> <ul style="list-style-type: none"> • Facilitation

Oadby and Wigston Health & Wellbeing – Health topic feedback sheet 10 October 2018

HWBB priority area: Healthy Weight
<p>1. What does Healthy Weight mean to you/ your organisation?</p>
<p>Mindful eating, preventing medical conditions, able to control body weight, not over-weight, not clinically under-weight, longer living, more able, not consciously worrying about your weight, weight not causing physical or mental pain to one's self, weight not restricting movement or accessibility to areas and comfortable.</p>
<p>2. What can you/ your organisation do to improve the outcomes for this particular health topic area?</p>
<p>Education – teach kids and families how to cook as a lot of kids (and some families) do not know how to cook properly and because of this, they are more likely to go for the quick and the less healthy option. As well as educating on cooking, kids and families should be informed about food and its nutritional value. We need to make people more observant of the nutritional information of food and drink. Firstly we should get people more aware of the bottom 6 columns that follow the traffic light system. This way people will understand how much fats, sugars, salts, etc. and everything else in their food. Whilst educating on the health benefit of food, we should also promote the benefit healthy eating and physical activity has on us mentally. As better nutrition helps improve and support our bodily functions, motor control and mental capabilities and our day to day health. Healthy eating and healthy living should go hand in hand, as we know healthy eating helps performance it means we might be less sluggish and more exercise more due to see signs on improvements physically but also mentally.</p> <p>Initiatives- as we are informed, plenty of schools in the borough council have programmes that intend to inform but get the kids that aren't hitting the 30+ mins of activity a week. Schools in the district use several initiatives such as SPARK, GALS and LADS and many more. Some schools have already started do this but more schools need to get on board with the pre-school Golden mile as results have shown improvements on children academically, mental wellbeing and physically too.</p> <p>Promotion- although it is common for most people to play football, rugby, athletics and etc., we should promote the more non-traditional sports as it might help the inactive population get involved as they might not have a stigma against non-traditional sports as they have a lack of knowledge towards these, thus more willing to give it a go. Schools need to promote healthy alternatives instead of sugary and fatty foods that are on offer and lunch and break-times. Most importantly, we need to promote what actually is a healthy lifestyle and what it looks like. This means promoting the guidelines of healthy eating and the effects it has on the body such as BMI, calorie intake, impact on teeth, cholesterol and etc. With this they must also promote what the minimum exercise in a week is.</p>
<p>3. Would you be interested (as a group of likeminded people/ organisations) in working together to help address this agenda?</p>
<p>All organisations and likeminded people agreed and are interested in working together to help address this agenda?</p>
<p>4. If so, what would this joined up working look like? (Networking, working on specific projects together, forming an alliance)?</p>
<p>Getting parents more on board with healthy eating and living as opposed to just telling the children to do everything, as at the end of the day, kids will only listen to their teachers so much as kids will more likely do what their parents say than what their teacher say, as in most cases, parents playing the biggest role in influencing a child's development, especially when they are at a younger and more vulnerable age.</p> <p>Getting parents, school governing bodies and food catering companies to ban junk food and vending machines, as it is too easy for kids at school to get a hold of food that is not good for them and if it continues from a young age, it becomes a habit, then 2nd nature to always have a fizzy drink or fatty snack during breaks or at lunch times. In addition, schools should no longer promote a dessert on top of the free school meals, as it is not needed on top of a well-balanced meal and only encourages children to always have a dessert on top of what they are already eating.</p> <p>As part of this alliance we would look to get more reassurance and backing from corporations such as Ofsted, as their approval has the biggest impact on schools, as they set the guidelines and make sure that schools are on kept at a high standard. However they do not do anything to regulate and improve eating habits and sport facilities, if they got behind these agenda more, it would more likely stop schools allowing un-healthy food and drinks ever getting into the school in the first place.</p> <p>Family play- to no just promote kids to get active but also parents, the network would look to create activities and events where everyone can get involved, as it is often if a child has training at their club, the parents might go in the club house or pub and have something to eat or drink, which does not give off a positive image, or in an opposite situation, the parents want to go to their club so they leave the children at home. A way to resolve this might be for clubs, schools and leisure centres to promote and create family packages, which give the incentive to get everyone involved as opposed to taking it in turns. Not only will this promote healthy exercise but also, influence each family member as well motivate each other as it gives the family something they can relate and socialise with.</p>
<p>5. How will this new way of working be communicated?</p>
<p>This will be communicated by more updates and messages to families and children. If it people are kept updated and constant reminded it will eventually get in their heads and perhaps influence them to live a better lifestyle.</p> <p>In addition to a more active and updated message board, we need to communicate this with a support board. As this will benefit families for when they are lost and perhaps unsure what is the best option for them but also alternatives if their current regime is not viable.</p>
<p>6. What are the challenges?</p>
<p>Despite all the great ideas and plans of action that have been suggested in the previous answers, it seems that there are a lot of challenges and potential setbacks that we face to accomplish "Healthy Living". One of the main challenges for healthy eating is the convenience, prices, promotion and accessibility of Fast-food restaurants, ready-meals, takeaways and "junk" food. It is too easy for kids and families alike, to go get unhealthy food nowadays as Fast-food has become the Norm. This will always be an issue as most of these products are so cheap, which means there is no wealth divide across the population and because it takes less time to than buying products and cooking, for the misinformed it seems commercially viable to choose the unhealthy food.</p> <p>Another glaring issue again is the parents/ guardians of the children. As stated previously kids, especially in their formative years, are heavily influence and somewhat defined by the actions and attitudes of their parents. If the parents Have bad food and physical activity habits, the kids are more likely than not, to become the same.</p>

In terms of physical activity, the biggest issue in today's society is technology. People spend more time than ever watching TV and playing on devices. With some people spending more than 6+ hours every day using gadgets in their "Free time". If the time spent on devices is not regulated it can cause children to drop off in their academics, physical activities and other committed agenda, thus becoming a habit and then lifestyle, then there norm, which can cause people to go for the unhealthy food option because of their "lack" of free time.

7. What support do you need from the HWBB?

The HWBB should support by promoting healthy wellbeing and what it looks like (educating), support networks which can lead to more guidance for those who need it and want get active (sign posting). With the support networks they can help people with their programmes by giving regular feedback. However for all of this to happen the HWBB will need to help finance in order for anything to materialize.