

From 'we commitment to I action'

Healthy Eating, Physical Activity and Healthy Weight

Healthy Eating, Physical Activity and Healthy Weight –

We will support people to eat well, move more and manage their weight

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf .

Adults ~

<https://www.gov.uk/government/publications/adult-obesity-applying-all-our-health/adult-obesity-applying-all-our-health>

Children ~

<https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health>

Activity ~

<https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health>



Frontline nurse, midwife or carer -

- I will make use of tools available to support me to have conversations around healthy lifestyles, for example, Let's talk about weight: a step-by-step guide to brief interventions with adults for health and care professionals https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/620405/weight_management_toolkit_Let_s_talk_about_weight.pdf and Making Every Contact Count [e-LfH Making every contact count](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/e-LfH_Making_every_contact_count)
- I will use evidence based messages to promote healthy lifestyles, for example, the Eatwell Guide <https://www.gov.uk/government/publications/the-eatwell-guide> and CMO Physical Activity guidelines <https://www.gov.uk/government/publications/uk-physical-activity-guidelines>
- I will use and promote Public Health campaigns, for example , Start4Life, Change4Life, Rise Above and One You

Leader / Manager –

- I will support health and care professionals to enhance their competence and confidence in providing evidence based messages and approaches to support health promoting behaviour, for example, brief interventions
- I will actively encourage my team to maximise teachable moments to promote healthy lifestyles. These may be within a clinical pathway, routine intervention or opportunistic.

Strategic Lead –

- I will develop a culture that is supportive of healthy behaviours and will personally be a role model
- I will lead the PHE Physical Activity organisational audit
- I will seek to support the implementation of (where relevant) the nutrition elements of the hospital standards, CQUIN, Government Buying Standards for food and catering services (GBSF) and PHE Healthier and more sustainable catering guidance <https://www.gov.uk/government/publications/healthier-and-more-sustainable-catering-a-toolkit-for-serving-food-to-adults>
- I will seek to actively contribute to Sustainability and Transformation Plans (STP) with solutions and evidence to underpin preventative action around dietary health, physical activity and achieving a healthier weight across the life course https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/565944/Local_health_and_care_planning_menu_of_preventative_interventions.pdf