



Helping people to eat healthily and manage their weight

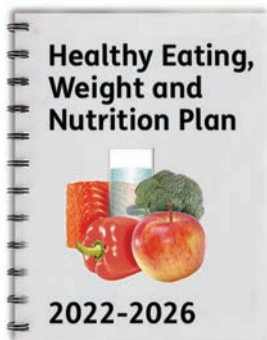


Our 5 year plan
2022 to 2026

About our plan



It is important that people eat the right things to help them stay healthy.



We have written a plan to help people in Wandsworth understand how to eat in a healthy way.

Our plan is called the **Healthy Eating, Weight and Nutrition Plan 2022 - 2026**.

Why the plan is important



Obese means being very overweight.

In Wandsworth almost half of all adults are overweight or **obese**.



Over 1 in 3 children aged 11 are overweight or obese.

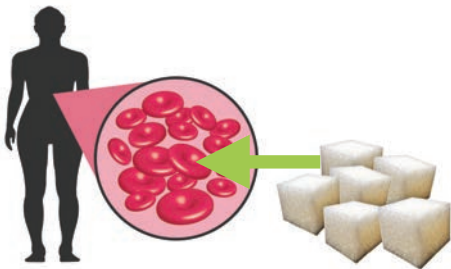
Being overweight or obese can cause health problems like:



- high blood pressure. This is when your blood cannot flow properly around your body



- breathing problems



- diabetes. This is an illness where you cannot control the right amount of sugar in your blood



- mental health problems like an **eating disorder**.

An **eating disorder** is when you try to stop yourself eating, or make yourself sick after eating.



The things we want to do in our plan will help people understand:

- what you eat is important



- what makes up a healthy **diet**.
Your **diet** is the things you eat and drink



- what weight you should be to keep healthy.

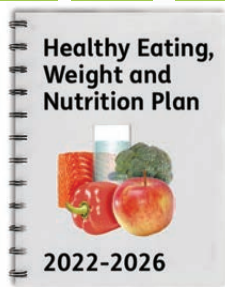


Eating healthily and watching your weight can help stop health problems.

1

2

3



What is in our plan

Our plan is in 3 parts. It tells you what we will do over the next 5 years.

Part 1: Less adverts for unhealthy foods

An **advert** is a way of telling people about something. It could be a sign, a poster or a stand on the street.



Adverts try to make people want to buy something.

There are lots of adverts for things that have a lot of fat, sugar and salt in them.



Things like pizza, desserts, junk food, chocolate and sweets.



Too much fat and sugar can make you put on weight.

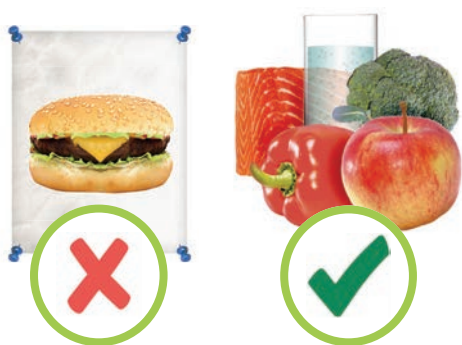


Too much salt can give you high blood pressure.



We want to have less of these kinds of adverts.

This year we will:



- look at other places who have less adverts for salty, sweet and fatty foods. If we find a good idea, we will try it in Wandsworth



- find out what people think about healthy eating and adverts for unhealthy food



- try to make schools healthier. Things like only having water to drink and no sugary foods.



From 2023 to 2025 we will:

- support businesses to stop having adverts for unhealthy foods



- write a **policy** about adverts. A policy is a set of rules about how we do things.

Our policy will say how we will have less adverts for unhealthy foods.



From 2026 we will:

We will ask people what they think about the adverts policy.

Part 2: Buying healthy food and food waste



Commissioners are the people who plan and buy services for the council.

We want to make sure commissioners buy healthy foods and drinks for our services.



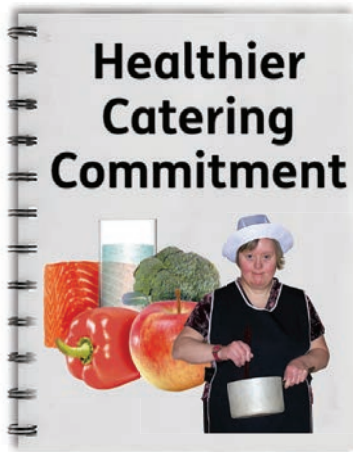
We want to make sure there is less food waste.

This year we will:

- ask services who sell or serve food to fill in a questionnaire.



We want to find out what makes it easy or hard to serve or sell healthier foods



- ask services who sell or serve food to follow our Healthier Catering Commitment.

The commitment says how services promise to try and make food healthier

How we make and buy food can be bad for the environment. Things like:



- having food packets and wrappers made out of plastic

and



- wasting food. This might be because you bought too much food or you cook too much food.



- we will do at least 1 thing that will help people make healthier choices and have less food waste.

From 2023 to 2025 we will:



- work with local communities to make it easier for people to eat healthily. For example, having a vegetable garden at a community centre



- work with commissioners to make sure healthy food is offered in our leisure services. Places like our gyms and leisure centres



- do at least 1 thing that will help people make healthier choices and have less food waste.

From 2026 we will:



- make more changes that will help people make healthier choices and have less food waste.

Part 3: Healthy eating and drinking



We want to understand what people know about eating a healthy diet.



We want people to make changes to eat and drink more healthily.



This year we will:

- ask staff at our Age Well centres what they know about eating healthily
- work with schools to find out what pupils know about eating healthily





- work together with community groups and other organisations to:



- help support healthy eating projects



- support workplaces to help their staff eat healthily



- look at how we can work with other London councils or places about healthy eating.



From 2023 to 2025 we will:

- make sure staff in health and social care services tell people about healthy eating.



Social care is care that you get in your own home or in the local community. This might be in places like a day centre or care home.



Staff will tell people how eating healthily can help them to lose weight and look after their health.



- check services who help children and families manage their weight. We will look at how well they are working



- support more mums to breastfeed their babies



- work in schools on a project called the **Sugar Smart Campaign**. This project will help children eat less sugar.

Working with voluntary groups and local businesses

Voluntary groups are charities or small local groups. Voluntary groups work with **volunteers** to support the community.



Volunteers do not get paid for the work they do.

We will work with voluntary groups and local businesses to:



- support people who have more chance of becoming ill because of a poor diet



- support more organisations to support mums to breastfeed. Places like shops and cafes



- work towards healthy eating in schools.



From 2026 we will:

We will share what we have learnt with other local councils, the NHS and the community.



We will:

- celebrate things that have worked well

and



- look at any problems we have had supporting people to eat more healthily.