

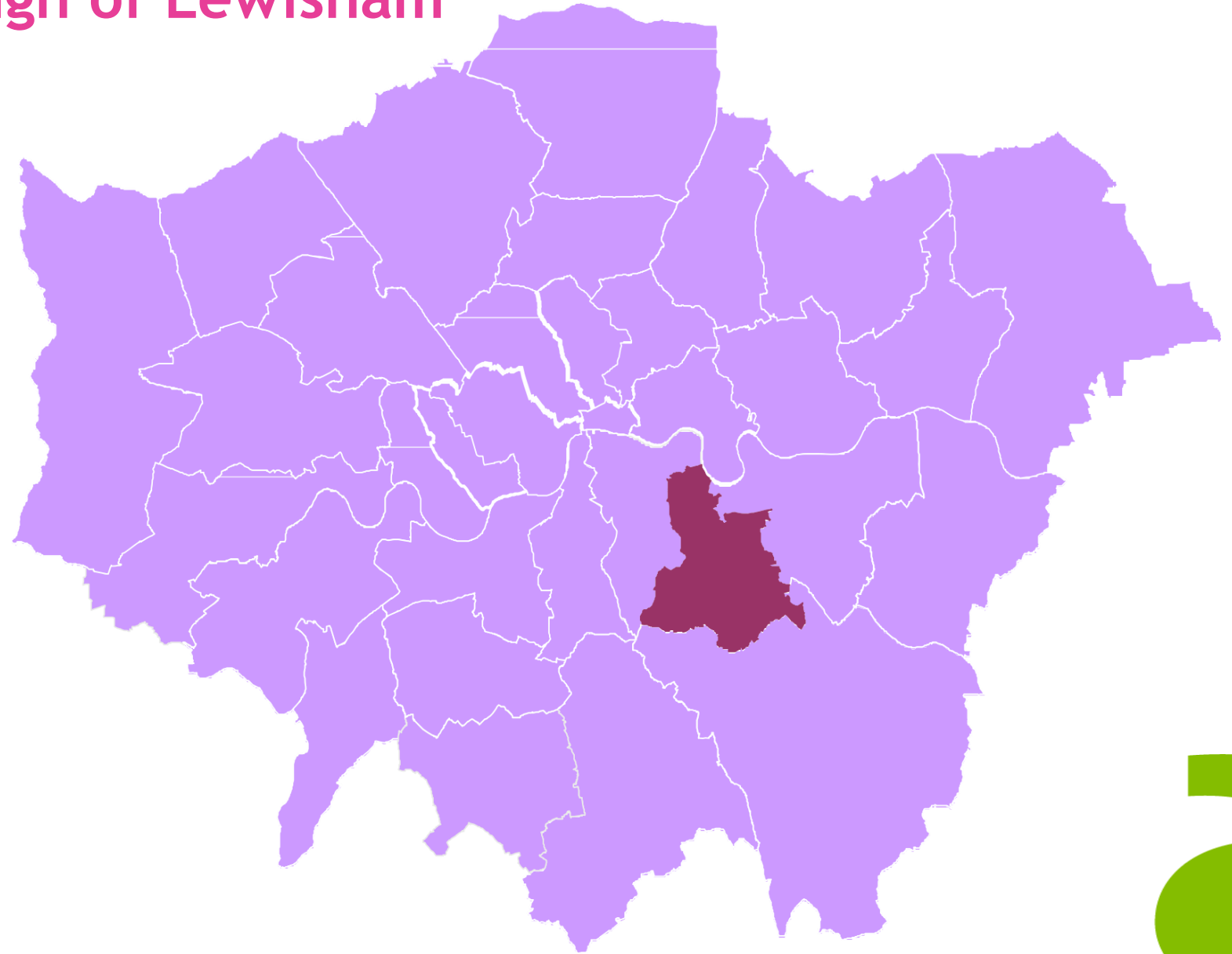
Whole Systems Approach to Obesity in Lewisham

Folake Segun

Chief Executive, Community Waves

London Borough of Lewisham

With a population of 303,500 Lewisham is the 14th largest borough in London by population size and the 6th largest in Inner London



Current Picture in Lewisham

18% of children in Reception are overweight or obese

This rises to 38% in Year 6

Lewisham has high levels of childhood and adult obesity

For adults the figure is 58%

Physical activity is similar to the national average

Our Goals

Children and Young People

Public Awareness and Engagement

- **Change the impact of the obesogenic environment**
- **Increase the proportion of residents with a healthy weight**

Health and Public Services

Environment

Lewisham Obesity Alliance

- Range of Stakeholders from NHS, Community Services, Housing providers, Voluntary Sector
- Over 100 members
- Quarterly meetings
- Quarterly e-newsletter
- Co-produced action plan
- Shared learning



Lewisham Obesity Alliance Newsletter
August 2018

Please share this newsletter
We hope you find this newsletter useful and we'd love it if you could forward along to other Lewisham based colleagues or simply ask them to email - lakhvinder.matharu@lewisham.gov.uk to receive the future newsletter.

 Please forward this newsletter to a colleague, organisation or network!

Please save the following dates:

Date and time	Venue
Lewisham Obesity Alliance special celebratory event Wednesday 12 th September 2018 9.30am-1.30pm	Civic Suite, Catford Road, London, SE6 4RU
Lewisham Obesity Alliance meeting Thursday 6 th December 2018 1.00pm-3.30pm	TBA

Lewisham Obesity Alliance celebratory event
Don't forget to reserve your place!

We are delighted to invite you to the next Lewisham Obesity Alliance meeting on **Wednesday 12th September 2018, 9.30am-1.30pm at the Civic Suite in Lewisham.** This event will provide an opportunity to celebrate and showcase the excellent work that has been achieved in Lewisham so far towards tackling obesity and will also consider the Alliance's actions in the coming year.

Three Key Actions:



Food - *Become a Sugar Smart Borough*



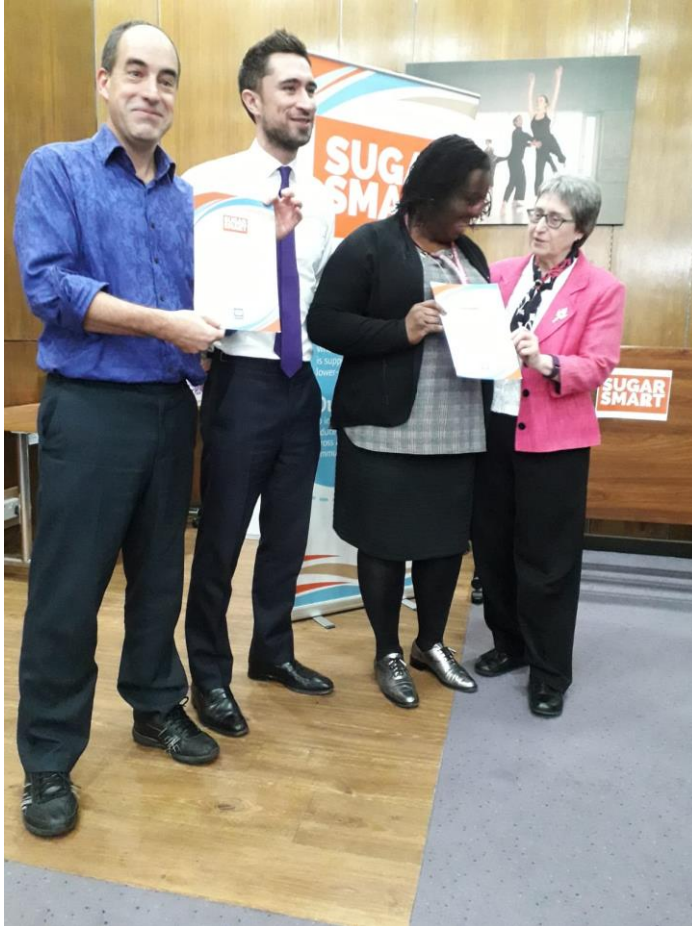
Communities - *Improve access and appeal of parks for recreation*



Physical activity
- *Implement the Daily Mile in primary schools*



Sugar Smart Lewisham



Healthwatch Lewisham

- Part of a national network with 152 Healthwatch nationwide
- Established by the Health and Social Care Act 2012
- Independent with statutory functions
- Open to residents, voluntary groups, community groups and people who work in Lewisham



Food for Thought

- WHO - Engaged 700 primary school children
- WHY - Knowledge of healthy eating
Raise awareness
- HOW - Transferred learning from Lewisham Obesity Alliance Interactive Workshops
 - The Eatwell Guide
 - Sugar levels
 - Salt levels
 - Intake of water
 - The importance of exercise
 - The 5 a day message
- Outcomes -
- Reviewed packed lunch and dinner policies
- Pupils allowed to bring bottled water into class





Thank you

