



Office for Health Improvement & Disparities

W/C – 27.04.2022

Fortnightly bulletin – Diet and Obesity and Physical Activity

Welcome to the fortnightly Diet and Obesity and Physical activity bulletin produced by OHID SW, which aims to provide brief policy and practice updates in one place. If you have something that you would like included for the next bulletin, please get in touch.

The bulletin is produced and managed by Justine Womack and Lucy.davis@dhsc.gov.uk

This month's highlights include:

- New laws prohibiting ways unhealthy products are sold
 - New policy brief to address obesity and type 2 diabetes
 - Calling time on the UK food industry's salt habit
 - Funding boost as Places and Spaces fund goes nationwide
 - Easier to be Active resources
 - Ukactive announces 'Fitness for Everyone' – a new programme in collaboration with ITN Productions Industry News
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Diet and Obesity

New laws prohibiting ways unhealthy products are sold

This autumn new laws will prohibit thousands of unhealthy products, including chocolate bars, biscuits and crisps being sold from prime retail space and restrict displays and volume deals such as “buy one get one free” or “3 for 2” on HFSS products. The rules apply to retailers with more than 50 employees and stores bigger than 2,000 sq ft (186 sq m). Promotions such as “50% off” or “save £1” are still allowed. The Government has published new implementation guidance for retailers on restricting promotions of products high in fat, sugar or salt by location and by volume price. The guidance has two objectives: to help illustrate how the provisions of the [Food \(Promotion and Placement\) \(England\) Regulations 2021](#) (the regulations) work and to provide assistance to those affected by the regulations in understanding and applying them.

Click [here](#) to read more.

World Obesity and IDF release new policy brief to address obesity and type 2 diabetes

World Obesity Federation (WOF) and the International Diabetes Federation (IDF) have launched a new policy brief - Obesity and type 2 diabetes: a joint approach to halt the rise - focused on joint action to address the obesity and type 2 diabetes pandemics.

Read full article [here](#).

Eat vs Heat – How will the energy crisis affect the nation’s diet?

Project Manager Beth Bradshaw blogged for the Network Health Digest magazine this month, to discuss how the imminent rise in household energy bills will impact the nation’s diet.

Read full blog [here](#).

Calling Time on the UK Food Industry’s Salt Habit

Hattie Burt is a Registered Associate Nutritionist and Policy and Communications Officer at Consensus Action on Salt, Sugar and Health. In this latest guest blog for Food Active to mark Salt Awareness Week 2022, Hattie reflects on the progress of salt reduction in the UK and shares some international examples, which provide insights into why and how more needs to be done to reduce salt intake in the UK.

Read full article [here](#).

Improving Children’s Health - a workshop series with FrameWorks UK

To sign up for a Framing obesity workshop on 12 May contact. These workshops will be led by Maria Castellina from FrameWorks UK. **Note:** all participants will need to attend the ‘Health First: how to talk about childhood obesity’ session, or watch the recording, before attending other workshops. These workshops are aimed at charities, public health practitioners and all those working to improve child health. When you sign up to attend, you will be sent a Zoom link and calendar invite to join the workshop.

You can find out more and register for the workshops here: <https://urbanhealth.org.uk/our-work/childhood-obesity/improving-childrens-health-a-workshop-series-with-frameworks-uk>

Obesity: Identification and classification of overweight and obesity

NICE has issued draft guidance on the [identification and classification of overweight and obesity](#). The [consultation page](#) has all the information and documents you need to comment. Please note that you need to be a [registered stakeholder](#) in order to respond. If you have any queries about this consultation, please contact weightmanagement@nice.org.uk directly.

People and Places

Funding boost as Places and Spaces fund goes nationwide

Sport England's Places and Spaces fund is being boosted to £7 million as it goes nationwide to help communities across England benefit from the Birmingham 2022 Commonwealth Games. Originally launched in November, with £3.5m to cater for organisations from the West Midlands, it's now committing extra National Lottery funding to extend the fund across England and help community organisations make small-scale facility improvements that will help to develop places and spaces wanting to use Birmingham 2022 as a catalyst to improve community sport and physical activity. While the fund is now available to applicants nationwide, four areas have been selected for targeted investment to support people to get, having been identified as areas of underrepresentation in activity figures.

Read full article [here](#).

Physical Activity

Easier to be Active resources

The #EasierToBeActive project explored the ways in which we help people with long-term health conditions lead a more active lifestyle. There are three bespoke resource packs aimed at:

- the health and care [workforce](#)
- health and care [organisations](#)
- and the [sports and physical activity](#) sector

The packs include:

1. four ways to make a difference and help people with long term health conditions be more active
2. a summary of useful statistics and essential information about physical activity and long term health conditions including why it's important to engage with this issue and how supporting people to be active can help organisations

3. tailored resources and case studies that give examples of how to act upon the information in practice.

Click [here](#) for a link to the resources.

Ukactive announces 'Fitness for Everyone' – a new programme in collaboration with ITN Productions Industry News

Ukactive and ITN Productions Industry News are, today, announcing their co-production of 'Fitness for Everyone': a news-style digital programme with the aim to encourage people to get more active through inspiring case studies, promoting physical activity across all ages to help improve the health of the nation. The programme will launch on National Fitness Day which this year will take place on Wednesday 21st September.

Latest news from the National Disability Sports Organisation

The National Disability Sports Organisations (NDSOs) are a good starting point for many deaf and disabled people who want to be more active. They provide advice, support, and opportunities for people of all ages with specific impairments to take part in sport and activity. To read the latest news, please click [here](#).

British Blind Sport releases 2021 Impact Report

British Blind Sport (BBS) is delighted to release its annual Impact Report, which examines how the ongoing pandemic has affected service users' levels of physical activity in 2021. The report includes an overview of BBS's projects, partnership initiatives, and how the national charity plans to support more blind and partially sighted people through sport and physical activity in the coming year. To view report, click [here](#).

What's coming up..

Events

- **SW Weight Management Pathway Mapping Workshop 3 May, 10.30-11.30am**
 - **NCMP Leads meeting 7 June 10-11am**
 - **SW Adult Weight Management Grant meeting 14 June 10-11am**
 - **Healthy Weight Coach Webinar 12 July 1-2pm**
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PHE Resources

<https://campaignresources.phe.gov.uk/resources/>

Feedback

We want to make sure this bulletin continues to provide useful information. If you have any suggestions for future content, please let us know by emailing Justine.Womack@dhsc.gov.uk or Lucy.Davis@dhsc.gov.uk

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