

CHESHIRE EAST HEALTH AND WELLBEING BOARD
Reports Cover Sheet

Title of Report:	All Together Active and Healthy Weight Implementation Plans
Report Reference Number	HWB 42
Date of meeting:	19 th March 2024
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Health & Wellbeing Board Lead:	Dr Matt Tyrer

Executive Summary

Is this report for:	Information <input type="checkbox"/>	Discussion <input type="checkbox"/>	Decision <input checked="" type="checkbox"/>
Why is the report being brought to the board?	To brief the Board on the preparation of these two new implementation plans and seek their approval of those Plans.		
Please detail which, if any, of the Health & Wellbeing Strategic Outcomes this report relates to?	<ol style="list-style-type: none"> 1. Cheshire East is a place that supports good health and wellbeing for everyone <input type="checkbox"/> 2. Our children and young people experience good physical and emotional health and wellbeing <input type="checkbox"/> 3. The mental health and wellbeing of people living and working in Cheshire East is improved <input type="checkbox"/> 4. That more people live and age well, remaining independent; and that their lives end with peace and dignity in their chosen place <input type="checkbox"/> <p>All of the above <input checked="" type="checkbox"/></p>		
Please detail which, if any, of the Health & Wellbeing Principles this report relates to?	<p>Equality and Fairness <input type="checkbox"/></p> <p>Accessibility <input type="checkbox"/></p> <p>Integration <input type="checkbox"/></p> <p>Quality <input type="checkbox"/></p> <p>Sustainability <input type="checkbox"/></p> <p>Safeguarding <input type="checkbox"/></p> <p>All of the above <input checked="" type="checkbox"/></p>		
Key Actions for the Health & Wellbeing Board to address. Please state recommendations for action.	To consider and approve the All Together Active and Healthy Weight Plans and agree for Officers from across partner organisations to work together to implement the actions.		

<p>Has the report been considered at any other committee meeting of the Council/meeting of the CCG board/stakeholders?</p>	<p>N/A</p>
<p>Has public, service user, patient feedback/consultation informed the recommendations of this report?</p>	<p>A multiagency group of professionals and interested parties from across a range of Cheshire East organisations have been involved in the drafting of the Plans.</p>
<p>If recommendations are adopted, how will residents benefit? Detail benefits and reasons why they will benefit.</p>	<p>We have a target of an additional 25,000 residents being more active as a result of the implementation of the Plan.</p> <p>Through being more physically active and maintaining a healthy weight, improved health and wellbeing can be achieved.</p>

1 Report Summary

1.1 Over the last year, work has been underway to develop the Cheshire East response to Cheshire and Merseyside's 'All Together Active Strategy' (published in October 2022 <https://www.alltogetheractive.org.uk/>). Significant research shows that the most effective preventative measure for ill-health and wellbeing is being active. However, the level of physical inactivity in England is continuing. The Cheshire and Merseyside Integrated Care System Population Health Board commissioned the drafting of 'All Together Active' to set a strategy for increasing levels of physical activity across the Cheshire and Merseyside geography.

1.2 Whilst working on the All Together Active Plan for Cheshire East, we considered and agreed to tie in other existing work that was already underway to develop a Healthy Weight Plan. The two have been developed in tandem through a series of multi-agency workshops and are presented to the Health and Wellbeing Board for approval.

1.3 The draft All Together Active Plan is attached as Appendix One. The draft Healthy Weight Plan is attached as Appendix Two. Appendix Three is a list of the Services/organisations involved in the drafting of the Plans.

2 Recommendations

2.1 The Health and Wellbeing Board are asked to approve the All Together Active Plan and the Healthy Weight Plan.

2.2 The Health and Wellbeing Board are asked to agree for Officers from across partner organisations to work together to implement the actions set out in the Plans.

3 Reasons for Recommendations

3.1 To facilitate the delivery of the objectives of the Cheshire and Merseyside All Together Active Strategy in the Cheshire East Place and to connect this work with the delivery of the Cheshire East Healthy Weight Plan.

4 Impact on Health and Wellbeing Strategic Outcomes

4.1 A more physically active population that maintains a healthy weight will significantly improve health and wellbeing outcomes for individuals. The implementation of these Plans will contribute to all four of the strategic outcomes set out in the Joint Local Health and Wellbeing Strategy:

- Cheshire East is a place that supports good health and wellbeing for everyone;
- Our children and young people experience good physical and emotional health and wellbeing;
- The mental health and wellbeing of people living and working in Cheshire East is improved;
- That more people live and age well, remaining independent...

5 Background and Options

5.1 In October 2022 the Cheshire and Merseyside Health and Care Partnership published the 'All Together Active Strategy'. This is a system-wide strategy for Physical Activity, commissioned by the C&M Integrated Care System Population Health Board, developed by Mersey Sports Partnership and Active Cheshire in conjunction with place based and regional partners.

5.2 The Local Government Association recently published 'Reaching the less active: A guide for public sport and leisure services'.¹ This sets out clearly the challenges relating to physical and mental health. The nation is facing significant challenges to its physical and mental health and an increasing number of individuals report feelings of loneliness.

- 63.8 per cent of adults aged 18 years and over in England were estimated to be overweight or living with obesity (2021/22)
- 22.7 per cent of year 6 children were classified as obese (2022/23)
- One in 10 adults in the UK could have diabetes by 2030 (Diabetes UK)
- 49 percent of adults in the UK reported feeling lonely (2022)
- 5.2 per cent of children aged 11 to 16 years and 12.6 per cent of young people aged 17 to 22 years report feeling lonely (2022).

5.3 A recent 'Lifestyle Survey' has been conducted locally in Cheshire East. The full results of this are to be brought to the Health and Wellbeing Board in July but a headline indicator is that only 31% of respondents achieve the recommended level of activity a week (150 minutes).

5.4 The collective ambition of 'All Together Active' is to support 150,000 inactive people across Cheshire and Merseyside to be more active by 2026, and to create and embed a whole-system approach to physical activity across the subregion to achieve this prevention at scale. In Cheshire East we hope to get 25,000 people more active more often.

¹ [Reaching the less active: A guide for public sport and leisure services | Local Government Association](#)

5.5 Each of the nine local authority areas in Cheshire and Merseyside were asked to prepare local 'Place-based' implementation plans, setting out how they would achieve the aspirations of the Strategy within their locality. In March 2023 an All Together Active multi-agency steering group was established within Cheshire East to lead on the work. A number of workshops were subsequently held to identify current provision, areas for improvement and drafting of the implementation Plan. These workshops attracted representatives from 41 different services and organisations (Appendix Three lists these).

5.6 During these discussions it was agreed to embrace work that was already underway to develop a Healthy Weight Plan. There were clear links between the two and a number of those in the physical activity workshop would have an interest in the healthy weight related work.

5.7 The draft implementation plans were presented to a workshop on 31st January and amendments proposed. These have been incorporated into the draft Plans presented to the Board today. A Cheshire East 'Eat Well, Move More Partnership' group has been established to maintain the momentum created in the preparation of the Plans and the group will co-ordinate and oversee the delivery and implementation of the actions set out in the Plans.

5.8 It should be noted that given the resource and capacity restrictions that we and partners are operating under, our emphasis within the Plans is to join up existing initiatives and make the most of what we already provide and invest in. The prioritisation of actions within the Plans and the timescales are still to be confirmed. These will be worked upon by the 'Eat Well, Move More Partnership' group.

5.9 Given that the All Together Active Strategy is an NHS Cheshire and Merseyside ICB priority, it is suggested that if any health inequalities funding is received by Cheshire East Place, that consideration is given to utilising this to progress this work. In particular, some behaviour change initiatives focussed upon families would be regarded as a priority.

6 Access to Information

6.1 The background papers relating to this report can be inspected by contacting the report writer:

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