

# London Vision

## Reduce childhood obesity



**Our ambition:** every young Londoner is supported to maintain a healthy weight

**Our commitment:** we will achieve a 10% reduction in the proportion of children in reception (age four or five) who are overweight by 2023/24, delivered through bold citywide actions and targeted support for those most at risk

## The challenge we face...

Around one in five (22%) of London's 4–5 year olds are an unhealthy weight, and by the time they leave primary school aged 10–11 years old the proportion affected rises to two in five (38%). This is the highest level of any region in England, and in some London boroughs up to 50% of children are affected as they head into secondary school<sup>25,27,28,31</sup>

Over  
**20%**

of children in Reception are overweight or obese



Londoners have higher rates of unhealthy weight versus other global cities



Obesity drives health problems such as dental cavities, fatty liver disease and Type 2 diabetes

Almost  
**40%**

of children in Year 6 are overweight or obese

Children who grow up in London's most deprived areas are affected the most



As an adult, there is increased risk of cardiovascular disease, cancer & musculoskeletal disorders

## Our actions so far...

- Supporting the Healthier Catering Commitment, a scheme promoted by local authorities to **help caterers and food businesses make simple, healthy improvements** to their food
- Collaborating with health and social care partners, including GLA, to School Superzones across the capital. These are **zones around schools, around a 5-10 minute walk, to create healthier and safer places** for London's children and young people to live, learn and play
- Rolling out Play Streets, a resident-led initiative supported by councils in several boroughs. This enables **temporary road closures for a few hours once a month so that children can play** in the road
- Implementing the Transport for London (TfL) Healthy Streets Approach which focuses on **creating streets that are healthy places for people of all ages to walk, cycle, play and spend time**. The Mayor's Transport Strategy includes a target for all Londoners to achieve 20 minutes of active travel each day by 2041
- **Restricting the advertising of unhealthy food** across the TfL estate
- Establishing London's Child Obesity Taskforce, convened with an ambitious goal to **halve the percentage of London's children who are overweight** at the start of primary school and obese at the end of primary school by 2030, and to reduce the gap between child obesity rates in the richest and poorest areas in London. They have published *Every Child a Healthy Weight: Ten Ambitions for London* which sets out an ambitious call to action for partners to act through a whole system approach<sup>49</sup>

## Our next steps...

- We will work with school leaders in London with the ambition for all schools to be able to become water-only schools, building on other actions in London to make NHS premises healthier
- We will develop specific proposals on ways that local communities can offer integrated, meaningful support to families from the most disadvantaged backgrounds to maximise the impact of the National Child Measurement Programme process
- We will offer children and families targeted support packages and access to weight management services. Including NHS services treating children for severe complications related to their obesity (e.g. diabetes, sleep apnoea, poor mental health) to prevent needing more invasive treatment
- We will support London's Child Obesity Taskforce in hosting the first global summit on child obesity in September 2020. To collaborate with other global cities to share and learn
- We will establish a London Childhood Obesity Delivery Board to consider and respond to the recommendations of London's Child Obesity Taskforce as part of the development of a whole systems child obesity plan, as outlined in London's first Child Obesity Taskforce action plan
- We will refine the incentives for hospitals to encourage healthier food options to be available and to limit the proportion, placement and promotion of foods high in fat, salt and sugar

