

Healthy Weight Strategy

Authors:

Francesca Millar, Public Health Nutritionist, Public Health Kingston

Mark Jordan, Service Development & Commissioning Lead, Public Health Kingston

Daniel Green, Corporate Head of Health Behaviours & Public Health Services

Contributors:

Antoine Al-Hosri, Public Health Officer

Iona Lidington, Director of Public Health, Public Health Kingston

Laura MacLehose, Consultant of Public Health, Public Health Kingston

Sherridan Cluff, Healthy Weight, Nutrition and Food Security Officer

Liz Trayhorn, Public Health Principal, Mental Wellbeing & Older People's Health Improvement, Public Health Kingston

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Executive Summary

The causes of overweight and obesity are complex with many drivers including psycho-social, behavioural, environmental, biological, physiological and cultural: in the United Kingdom we are living in an obesogenic environment which makes accessing healthier food and being physically active harder¹.

The number of overweight children in Kingston almost doubles between the first and last years of primary school with nearly one third (28.7%) of children leaving a Kingston primary school above a healthy weight². 'Child and maternal malnutrition' is ranked as the top overall risk factor for ill-health in Kingston for children aged 0-4 years³.

For adults, over half of Kingston's residents are above a healthy weight (57.2% in 2021/22 up from 51.6% in 2015/2016)⁴ with data from General Practice (GP) records showing that 10,240 adults in the borough were recorded as being obese in 2021/22. The data indicates that obesity levels are highest among those living in the more deprived areas of the borough. High Body Mass Index (BMI), high fasting glucose levels and poor diet are among the risk factors leading to ill health and premature death for adults (2019 data, in the Kingston Joint Strategic Needs Assessment, JSNA, 2023).

Kingston has a strong existing network of partners across the borough who are already reshaping the environment. This includes Voluntary and Community Sector (VCS) organisations such as The Good Food Group and Voices of Hope, as well as council led initiatives such as the Active Travel team and a children's healthy lifestyle programme, HENRY.

This strategy builds upon the existing work of these partners in the borough and sets out recommendations for Kingston Council to deliver in partnership over a 3 year period (2024/2025 to 2026/2027) .

Using this strategy as a guiding document, we aim to:

- Create a borough where the environment makes healthier choices easier for everyone
- Reduce the rates of excess weight in children and adults
- Improve access to nutritionally balanced, healthy and affordable food and access to our green spaces and physical movement opportunities.

It calls upon the wider system to address key themes across the lifecourse that have the biggest impact on achieving healthy weight at a population level, these key themes are:

- Improve access to healthy and sustainable food across the borough, particularly to those in financial hardship

¹ ["Health Matters: Obesity and the food environment." 31 Mar. 2017](#)

² ["Obesity - Public health profiles."](#)

³ [Malnutrition in this context can include disorders of both under- and overnutrition, in very young children under-nutrition is more common.](#)

⁴ ["Obesity - Public health profiles."](#)

- Create an environment that promotes physical activity and active travel
- Create environments that support healthy behaviours across different settings including early years settings, schools, workplaces and neighbourhoods, leading by example in local government settings
- Support individuals, families and communities to make healthy choices with a focus on effective interventions in early years, children and young people that are critical in establishing good nutrition and physical activity behaviours
- Offer high quality, comprehensive healthy lifestyle and/or weight management services including pathways for those who are above a healthy weight

The strategy was informed by Kingston's Joint Strategic Needs Assessment (JSNA) for 2023⁵, and the National Institute Clinical Evidence (NICE) guidance on Obesity prevention⁶, The Royal Borough of Kingston upon Thames Refreshed Health and Care Plan 2022-2024⁷ and the South West London Integrated Care System (ICS) Delivery Plan in which obesity is the priority theme for prevention⁸.

⁵ ["Kingston JSNA 2023 \(Main Document\)".](#)

⁶ [Obesity Prevention Clinical Guidelines \[CG43\]Published: 13 December 2006 Last updated: 13 March 2015](#)

⁷ [The Royal Borough of Kingston upon Thames Refreshed Health and Care Plan 2022-2024](#)

⁸ South West London Integrated Care System (ICS) Delivery Plan available on request from Kingston Public Health team

Introduction

In Kingston, a borough known for its parks, green spaces, river trails and an expanding cycle lane network, rising levels of obesity remain a significant public health concern. Obesity causes are complex with many drivers including behaviour, environment, biology and physiology and culture; we are living in an obesogenic environment⁹. Despite the resources for physical activity and recreation, the number of overweight children almost doubles between the first and last years of primary school with nearly one third (28.7%) of children leaving primary school above a healthy weight¹⁰. For adults, over half of Kingston's residents are above a healthy weight (57.2%)¹¹ and data from GP records show that 10,240 adults in the borough were recorded as being obese in 2021/22¹². Whilst Kingston performs well in various health indicators compared to other areas, around 15% of adults are physically inactive¹³, a critical factor for weight-related issues. There is also a rising rate of diabetes in the borough, with over 2,000 new local cases likely linked excess weight over the last decade¹⁴.

The 2023 Kingston Joint Strategic Needs Assessment (JSNA) identifies obesity as one of the top five risks for both ill health and premature mortality among adults. Diet-related conditions have an impact across the life-course, with 'Child and Maternal Malnutrition' ranking among the top risk factors for ill health in children under five years. Dental caries, strongly associated with poor diet, are the leading primary cause of all hospital admissions for children and young people aged five to nineteen years in the borough.

Kingston data shows that overweight and obesity related risks across all ages are concentrated in certain areas and populations. Rates of children who are above a healthy weight are higher in more deprived versus least deprived areas, emphasising the role that obesity is likely to play in the life / healthy life expectancy gap between Kingston's most and least deprived residents¹⁵.

Food insecurity has increased over the last few years, largely driven by increasing food prices and increasing inequalities. Food insecurity is linked to obesity, malnutrition and negatively affects our mental health, among other things¹⁶. In 2021/22, Kingston reported that 22% of its population lived in poverty (poverty is defined as households whose income is below 60% of the median household income after housing costs for that year), equating to nearly 40,000 people¹⁷. A 2023 report highlighted that the most deprived fifth of the population would need to spend 50% of their disposable income on food to meet the cost of

⁹ ["Health Matters: Obesity and the food environment." 31 Mar. 2017.](#)

¹⁰ ["Obesity - Public health profiles."](#)

¹¹ ["Obesity - Public health profiles."](#)

¹² (BMI) less than 18.5, underweight range. BMI 18.5 to <25, healthy weight range. BMI is 25.0 to <30, overweight range. BMI is 30.0 or higher, obese range

¹³ ["Physical Activity - OHID - Public health profiles."](#)

¹⁴ ["Diabetes - OHID - Public health profiles."](#)

¹⁵ ["Gov - National Child Measurement Programme, England, 2022/23 School Year" Oct 2023](#)

¹⁶ ["Why preventing food insecurity will support the NHS and save lives." 21 Oct. 2022.](#)

¹⁷ [Trust for London, Kingston Upon Thames, 2023.](#)

the Government-recommended healthy diet. This compares to just 11% for the least deprived fifth¹⁸.

The Cost of Living Crisis has significantly impacted residents' access to food. Over a 6 month period between the months of October 2022 and March 2023, 5,808 food bank parcels had been distributed in the borough by The Trussell Trust (please note that this is a measure of volume rather than unique recipients, e.g. this includes individuals/families receiving several food parcels in this period). This is a significant increase and over a doubling when compared to the 6 month period from October 2021 to March 2022, when 2,264 food bank parcels were distributed¹⁹.

This strategy aims to address the stigma that people feel in relation to their weight. The fear of being stigmatised can result in the avoidance of seeking medical care and desperate pursuits of weight loss can lead to disordered eating²⁰. There is a need to improve everyone's understanding of the complex causes of obesity, awareness of the obesogenic environment and to move away from focusing on individual choices which has resulted in a culture of blame.

The impact of weight stigma and discrimination is widespread and the language used when communicating about obesity can contribute to these stereotypes. To acknowledge this, the following weight related terminology is used throughout this strategy:

- When discussing statistics or clinical guidelines, the term 'overweight and obesity' or 'obesity' is used.
- When referring to an individual, 'above a healthy weight' is used.

This strategy recognises the complex relationship between individual choices and the environment. Kingston's Healthy Weight Strategy acknowledges that healthy weight is influenced by factors such as availability, access and affordability of healthy food, the accessibility and safety of cycling or walking to school or work, exposure to advertising of unhealthy products, inequity of skills to prepare a healthy diet, the cost of fuel to cook it, access to cooking equipment and access to essential amenities like playgrounds, parks, green spaces and leisure facilities.

¹⁸ ["THE BROKEN PLATE 2023 - Food Foundation."](#)

¹⁹ Source: The Trussell Trust.

²⁰ ["Obesity stigma: a newly recognized barrier to comprehensive and"2010.](#)

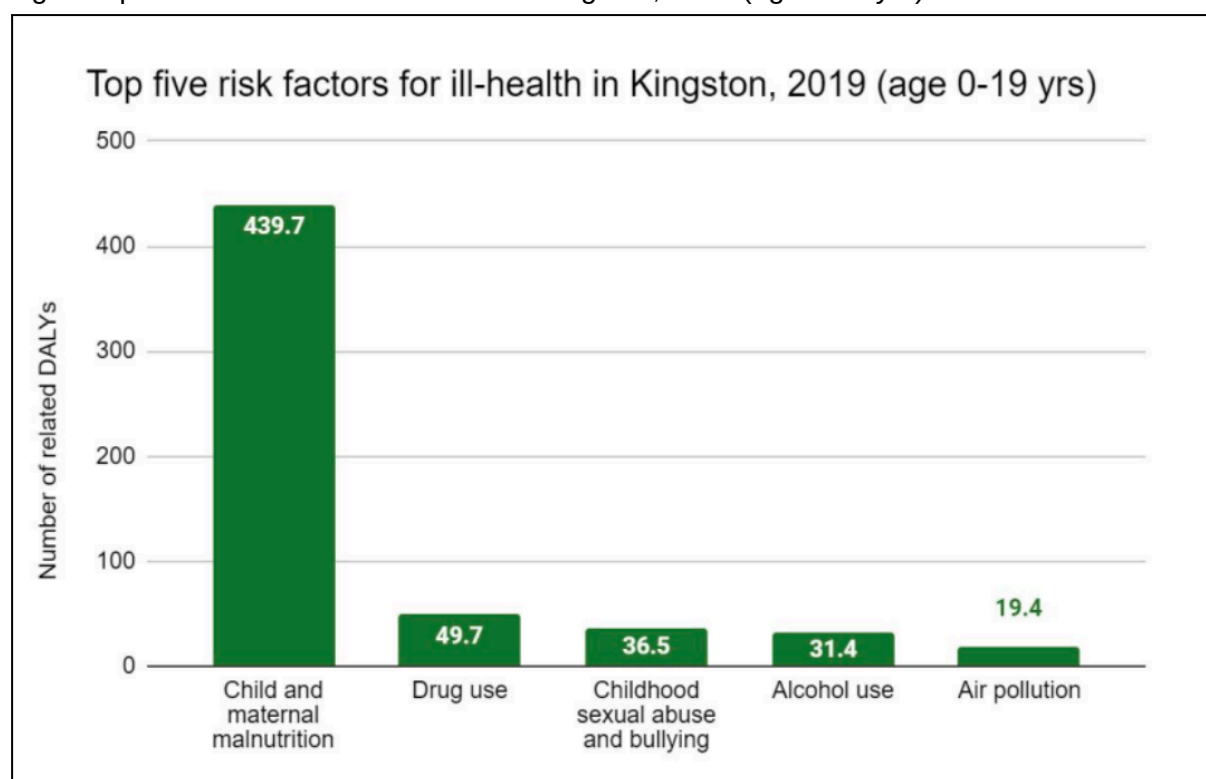
²¹ ["An Understudied Framework for Addressing Weight Stigma - PubMed." 2017.](#)

Chapter 1: Maternity and Early Years

The first years of life are critical in establishing good nutrition and physical activity behaviours that reduce the risk of developing obesity. Spending on effective early years (i.e. prenatal to five years old) interventions delivers a greater return on investment than most other public programmes²². Exclusive breastfeeding for the first six months of life can be a significant factor in reducing the risk of obesity²³. Supporting women to maintain a healthy weight before, during and after pregnancy and for their families is also an important part of reducing childhood obesity²⁴.

The 2023 Kingston Joint Strategic Needs Assessment (JSNA) ranks 'Child and maternal malnutrition' as the top overall risk factor for ill-health in Kingston for ages 0-4 years (2019 data)²⁵. Therefore, effective early years interventions are crucial to support families to access nutritionally balanced, healthy and affordable food to reduce obesity and ill-health²⁶.

Fig 1. Top five risk factors for ill-health in Kingston, 2019 (age 0-19 yrs)^{27 28}



²² ["The London Plan." 2019.](#)

²³ ["Feeding in the First Year of Life - GOV.UK." 2018.](#)

²⁴ ["Maternity high impact area 3: Supporting healthy weight before and" 2020.](#)

²⁵ [Malnutrition in this context can include disorders of both under- and overnutrition, in very young children under-nutrition is more common.](#)

²⁶ [Pooled Prevention Fund Report 2023](#)

²⁷ [Malnutrition in this context can include disorders of both under- and overnutrition, in very young children under-nutrition is more common.](#)

²⁸ DALYs is Disability-Adjusted Life Years [DALYs] - one DALY is equal to one year of healthy life lost)

Infant Feeding

The World Health Organisation (WHO) and UNICEF recommend that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first 6 months of life, meaning no other foods or liquids are provided, including water. From the age of 6 months, children should begin eating safe and adequate complementary foods while continuing to breastfeed for up to two years of age or beyond²⁹. Research shows these recommendations are a significant contributor in reducing the risk of obesity³⁰.

Kingston is one of the boroughs with the highest breastfeeding prevalence with current data showing that 75.6% of mothers are breastfeeding at 6-8 weeks compared to national average of 49.2%³¹. In addition to the mandated collection of breastfeeding rates at 6-8 weeks, the local Health Visiting team also collects robust data at 10-14 days which is a recommendation of the London Childhood Obesity Taskforce in order to explore how mothers can be more supported to breastfeed for longer³².

The borough also has an Infant Feeding Partnership, chaired by RBK Public Health, which has a multi agency Infant Feeding Action Plan. More recently, a South West London Local Maternity and Neonatal System Infant Feeding Strategy has been developed by South West London Integrated Care Partnership³³. The strategy aims to have shared objectives at system level and align local plans.

Kingston's Health Visiting service, currently provided by Your Healthcare CIC, continues to embed UNICEF Baby Friendly Initiative (BFI) principles and achieved Full Level 3 UNICEF Baby Friendly accreditation in 2019³⁴. The BFI accreditation involves evidence-based standards for maternity, health visiting, neonatal and children's centres services to be embedded³⁵. In its commitment to increase breastfeeding rates and improve care for all mothers in Kingston, Kingston's Infant Feeding Partnership have prioritised achieving level 3 UNICEF Baby Friendly accreditation across all services and across the whole borough.

Recommendations:

1. RBK Public Health to continue to chair and support the multi agency Kingston Infant Feeding Partnership. Review and align the partnership's Infant Feeding Action Plan with the South West London Integrated Care Board (ICB) Action Plan (for example, implementation of 'Breastfeeding Welcome' scheme).
2. Health Visiting service to continue to collect robust breastfeeding (totally and partially) data at 10-14 days and 6-8 weeks in order to explore how mothers can be supported to breastfeed for longer (e.g, review for disparities in breastfeeding rates by ethnicity, income, ward).
3. RBK Public Health to continue to invest in universal breastfeeding support through the 0-19 Health Visiting & School Health service.

²⁹ ["Breastfeeding - World Health Organization \(WHO\)."](#)

³⁰ ["Feeding in the First Year of Life - GOV.UK." 2018 .](#)

³¹ ["Child and Maternal Health - Data - OHID."](#)

³² ["EVERY CHILD A HEALTHY WEIGHT - Greater London Authority." 2019 .](#)

³³ South West London Local Maternity and Neonatal System Infant Feeding Strategy provided by RBK Public Health upon request

³⁴ ["Accreditation - Baby Friendly Initiative - Unicef UK."](#)

³⁵ ["Accreditation - Baby Friendly Initiative - Unicef UK."](#)

4. Kingston Children's Centres to become UNICEF Baby Friendly accredited, and other partners (Health Visiting and Kingston Hospital) to maintain BFI Level 3 accreditation across the borough to achieve full accreditation.

Healthy Start

A recommendation from the report by First Steps Nutrition in 2021 is for local authorities to review and refresh the 'Healthy Start' scheme' including increased visibility, accessibility and uptake of the scheme; and integration with other benefits and services for young families³⁶. The Government's Healthy Start scheme provides vitamins and food benefits to young and low-income pregnant women and low-income families with children up to 4 years of age³⁷.

A current gap in Kingston is the low uptake of the Healthy Start scheme, with uptake in Kingston at about 63% in March 2024 (522 out of 825 eligible families) and the national uptake is currently at 70.3%³⁸. Targeted work has been done in this area, but further promotion of this offer needs to be built into future communication and engagement.

Healthy Start vitamins are also offered to pregnant mothers, mothers up to the child's first birthday and children under 4 who receive less than 500ml of formula daily³⁹. Kingston does not accurately record the uptake of this offer however it is expected to be significantly lower than the 780 eligible.

Recommendations:

5. RBK Public Health to further target promotion of Healthy Start utilising the Low Income Financial Tracker Dashboard (LIFT)⁴⁰, families experiencing food insecurity and accessing local surplus food redistribution initiatives (further details in section 3 below) and Infant Feeding Crisis Pathway.
6. RBK Public Health to explore options to roll out universal offer of Healthy Start vitamins to mothers and children and record the uptake of the offer
7. RBK Public Health to continue to work with the community to find alternative solutions to make healthy food more affordable and accessible for children

Early Years Interventions

The London Childhood Obesity Taskforce recommends local authorities skill up local professionals. This includes providing the Early Years workforce with a core training programme on healthy eating and activity, as well as NHS staff who engage with young children and their parents. Children's Centres and Family Hubs are locations which can also be used to deliver evidence-based family behaviour change parenting programmes such as HENRY⁴¹.

³⁶ ["Enabling children to be a healthy weight - First Steps Nutrition Trust" 2021.](#)

³⁷ ["Get help to buy food and milk \(Healthy Start\)."](#)

³⁸ ["Healthy Start Uptake Data - England."](#)

³⁹ ["Getting vitamins – Get help to buy food and milk \(Healthy Start\)."](#)

⁴⁰ ["Low Income Family Tracker Dashboard - Policy in Practice."](#)

⁴¹ ["EVERY CHILD A HEALTHY WEIGHT - Greater London Authority." 2019.](#)

Kingston introduced the Maternal Early Childhood Sustained Home-visiting (MESCH)⁴² and HENRY⁴³ programmes in 2019 and 2022 respectively. These programmes support families to achieve a healthy weight for their children, amongst other activities.

The HENRY programme (whole-family approach to achieving and maintaining a healthy weight from pregnancy to the end of primary school) has been commissioned by RBK Public Health, provided by Health Visiting and School Health provider (Your Healthcare CIC) and delivered online since 2020. From the programme's inception to March 2023, the total number of practitioners across Kingston who have received HENRY training is 106. The HENRY training integrates behaviour change models into a supportive and effective approach that increases parental confidence and their ability to provide a healthy start and healthy childhood for their child. Practitioners use the HENRY principals as a core part of their skill set when working with families in addition to delivering the HENRY programmes. Programmes are delivered over 8 weeks across two age groups; 0-5 age group (Right from the Start) and 5-12 age group (Growing Up Healthy).

From inception in June 2020 to March 2023, the 0-5 age group have had a total number of 11 programmes with 55 children attending through programmes and an additional 52 attending the age 0-5 Right From The Start (RFTS) workshops. The retention rate on programmes has been 89%, higher than the national average of 74%, with 100% of respondents rating the programme as 'good' or 'great'. The outcomes from 17 measures, such as parenting confidence, healthy eating score, daily exercise and family lifestyle score, all show an improvement.

The London Childhood Obesity Taskforce was brought together in 2018 by the Mayor of London with a vision that every child in London grows up in a community and an environment that supports their health and weight⁴⁴. It recommends that all nurseries and schools are enabling Health for Life; 'ambassador' nurseries to build capacity for comprehensive and bold change by establishing peer networks with headteachers, governors and school food providers⁴⁵.

Achieving for Children (AfC) and RBK Public Health are supporting all Early Years settings in the borough to achieve the Mayor of London, Healthy Early Years London (HEYL) awards⁴⁶. HEYL is an awards scheme which supports and recognises achievements in child health, wellbeing and development in early years settings. Any Early Years settings can apply and it is free of charge for them to participate. To date (October 2023), 47 settings have achieved First Steps Awards, 11 Bronze, 1 Silver. In order to achieve a Bronze award, the setting must meet the Voluntary food and drink guidelines for Early Years settings in England⁴⁷. Food in Early Years settings does not currently have statutory guidelines so this is a useful mechanism for reviewing food standards in Early Years settings in Kingston.

Recommendations:

⁴² ["About MECSH - Early Childhood Connect." 19 Jan. 2023.](#)

⁴³ ["HENRY: Homepage."](#)

⁴⁴ ["EVERY CHILD A HEALTHY WEIGHT - Greater London Authority." 2019.](#)

⁴⁵ ["EVERY CHILD A HEALTHY WEIGHT - Greater London Authority." 2019.](#)

⁴⁶ ["Healthy Early Years London - Greater London Authority."](#)

⁴⁷ ["Voluntary Food and Drink Guidelines for Early Years Settings in" 2012.](#)

8. Continue to deliver HENRY (whole-family approach to achieving and maintaining a healthy weight from pregnancy to the end of primary school) through 0-19 Health Visiting and School Health service
9. RBK Public Health to continue to support Achieving for Children to deliver Health in Early Years London (HEYL) including supporting settings to meet the Voluntary food and drink guidelines for Early Years settings in England⁴⁸.

Maternal Weight

Supporting women to achieve and maintain a healthier weight for themselves before, during and after pregnancy and for their families is an important part of reducing childhood obesity⁴⁹. Recommendations from Public Health England, "Maternity high impact area 3: Supporting healthy weight before and between pregnancies" includes monitoring pre-pregnancy BMI prevalence and to commission weight management services that are appropriate for women before, during and after pregnancy and their families⁵⁰. The latest available data from 2018/19 shows 15.7% of mothers are obese in early pregnancy⁵¹.

In Kingston, Slimming World⁵² (Tier 2 Adult Weight Management Provider commissioned in the borough) supports residents during pregnancy and breastfeeding. This support focuses on healthy lifestyle behaviours rather than weight loss. However, historically the uptake of the service has been low. Since 2014 to September 2023 there have only been 6 referrals of pregnant women.

Recommendations:

10. RBK Public Health to review Tier 2 commissioned service to ensure optimal provision for the local needs of maternal weight
11. RBK Public Health to engage with Kingston Hospital Foundation and the local community, to ensure there are evidence based services to support mothers in early pregnancy with a healthy weight that are accessible, appropriate and not stigmatising for the local population such as community food and Cook & Eat groups (more in chapter 3).

⁴⁸ ["Voluntary Food and Drink Guidelines for Early Years Settings in" 2012.](#)

⁴⁹ ["Maternity high impact area 3: Supporting healthy weight before and" 2020.](#)

⁵⁰ ["Maternity high impact area 3: Supporting healthy weight before and" 2020.](#)

⁵¹ ["Obesity - Public health profiles."](#)

⁵² ["Pregnancy - Slimming World."](#)

Chapter 2: Children and Young People

Childhood obesity and excess weight are significant health issues for children and their families⁵³. Obesity is linked with a range of adverse physical, mental health and societal outcomes, and children living with a higher body weight are at a greater risk of being overweight and having life-limiting comorbidities in adulthood⁵⁴. Nationally, obesity prevalence is highest among children living in the most deprived areas, with children more than twice as likely to be living with a higher body weight than those living in the least deprived areas^{55 56}.

National Childhood Measurement Programme (NCMP)

The NCMP is a mandated annual programme delivered by local authorities, which involves measuring the height and weight of all school children in reception (age 4-5 years) and year 6 (age 10-11 years).

The most recent data from 2022/23 shows the prevalence of children with excess weight living in Kingston. As shown in figure 2 below, levels of excess weight in Reception year in Kingston have been rising since 2017/18. The latest data for 2022/23 shows a significant rise of 2% from the previous year's data; this is the biggest increase in London and in the top 10% of Upper Tier Local Authority rises nationally⁵⁷. Most local authorities have seen a decrease in overweight pupils from 2021/22 to 2022/23⁵⁸

Figure 2: Trend prevalence of overweight (including obesity) in reception children in Kingston, London and England

⁵³ ["Childhood obesity: applying All Our Health - GOV.UK." 7 Apr. 2022.](#)

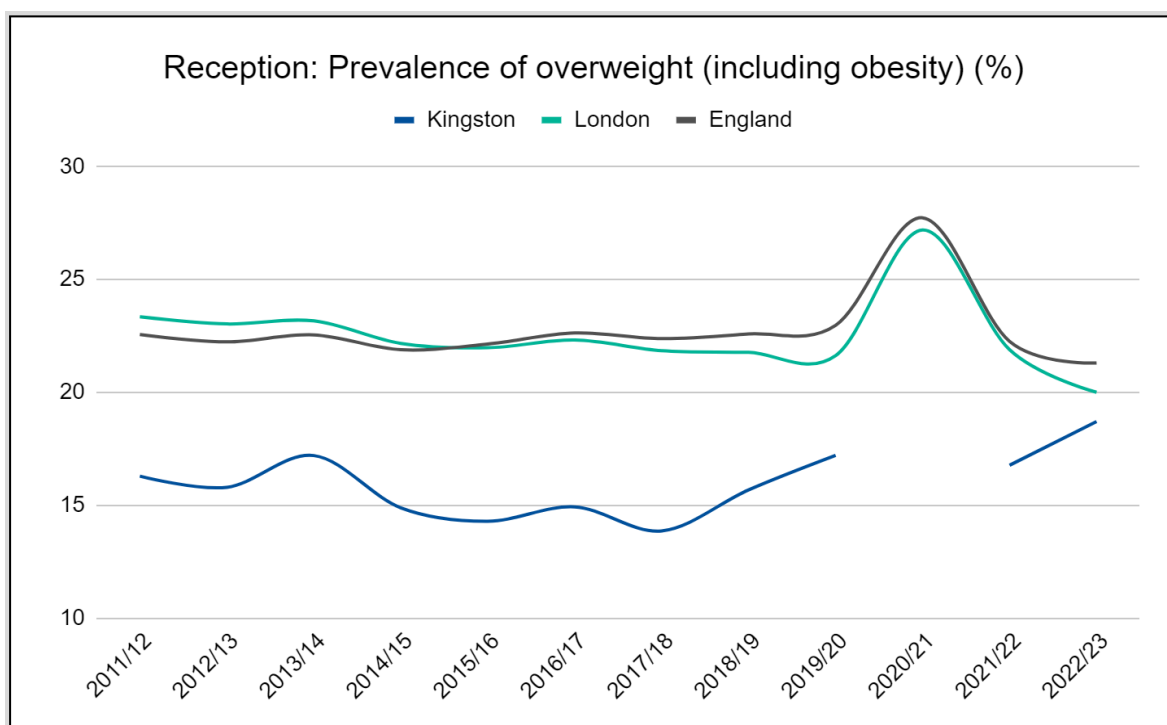
⁵⁴ ["Interventions to prevent obesity in school-aged children 6-18 years." 19 Oct. 2022.](#)

⁵⁵ ["Obesity statistics - The House of Commons Library." 12 Jan. 2023.](#)

⁵⁶ ["Latest obesity figures for England show a strong link ... - NHS Digital."](#)

⁵⁷ ["Obesity Profile - Data - OHID."](#)

⁵⁸ ["Obesity Profile - Data - OHID."](#)



Despite the overweight category growing by one quarter, the obesity levels are down in the borough (shown in figure 3 below).

Figure 3: Trend prevalence of obesity (including severe obesity) in reception children in Kingston, London and England.

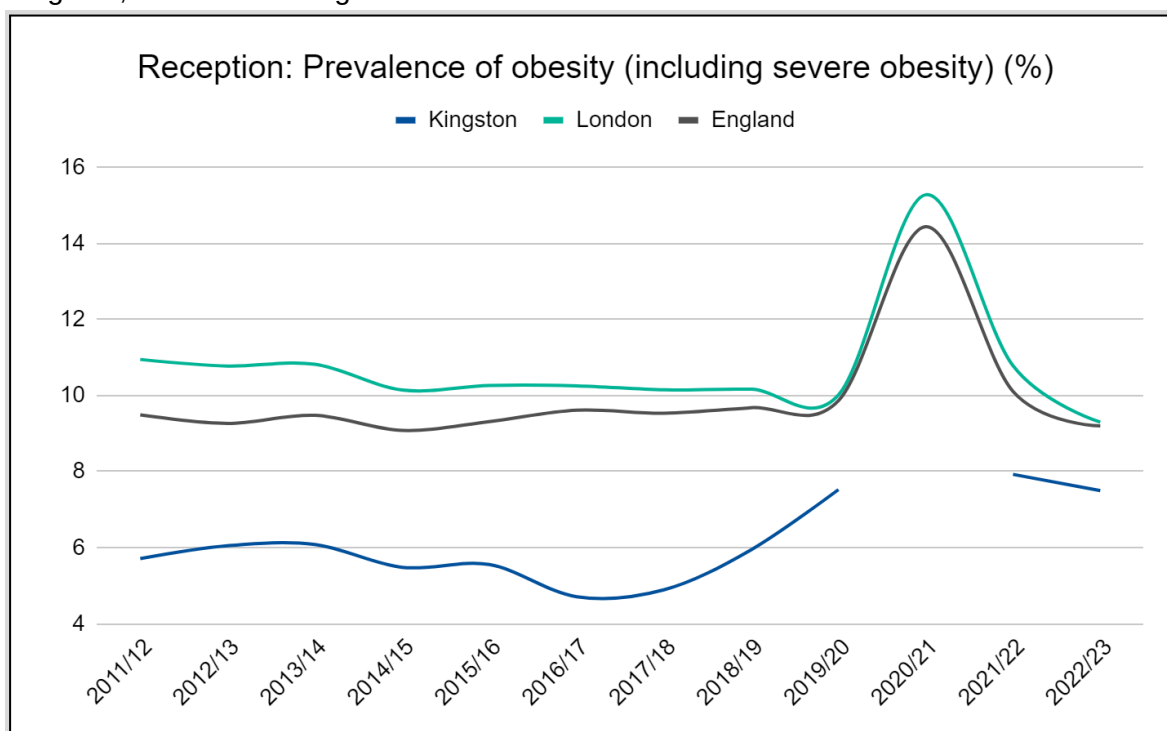


Figure 4: Trend prevalence of overweight (including obesity) in year 6 children in Kingston, London and England

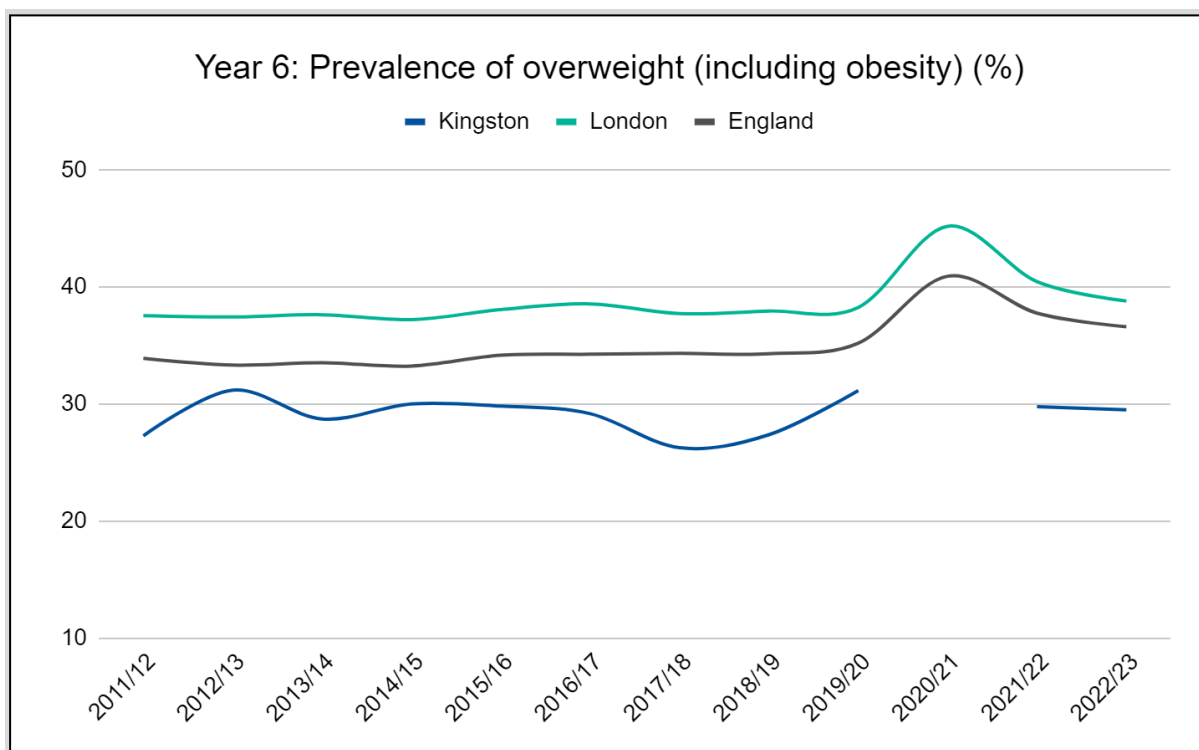
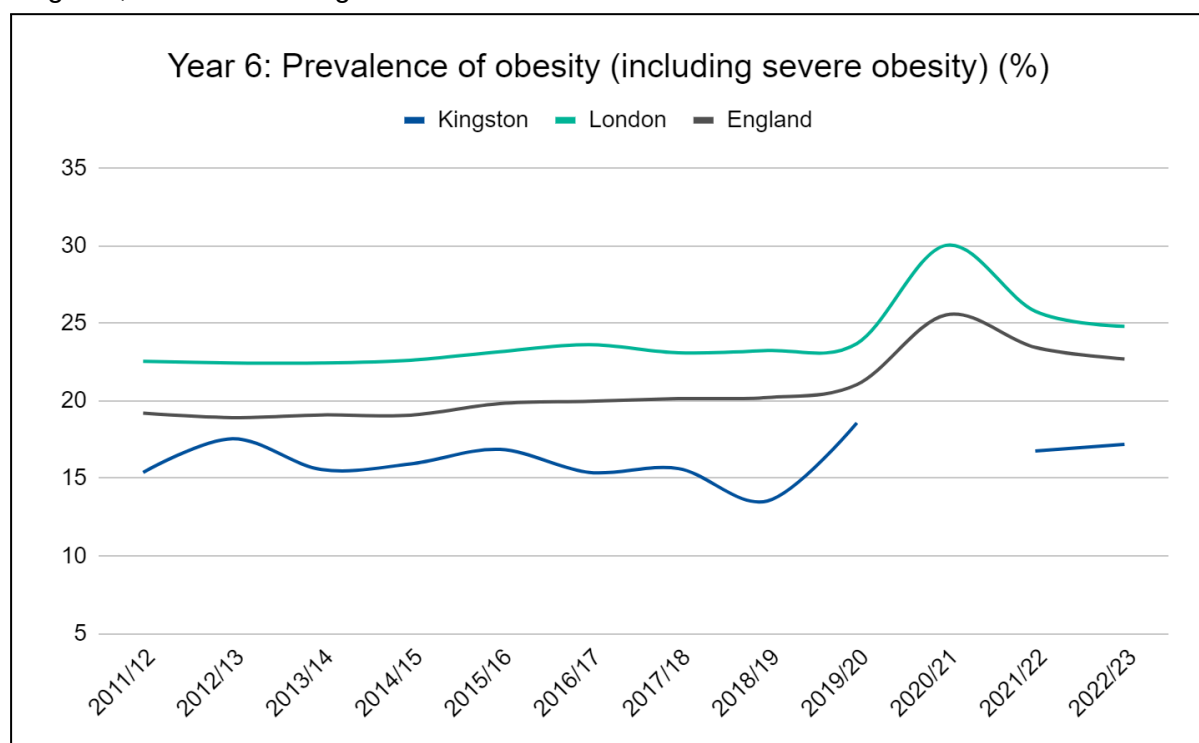
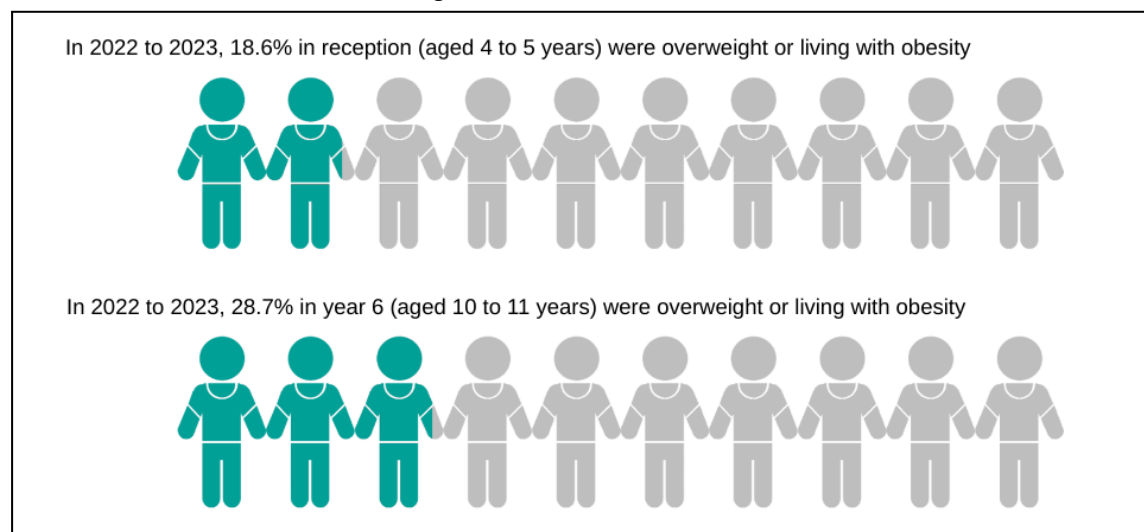


Figure 5: Trend prevalence of obesity (including severe obesity) in year 6 children in Kingston, London and England



Unlike in younger children, levels of excess weight in London and England as a whole have not fallen back to pre-pandemic levels in year 6. Kingston is one of only eight London LA's with lower levels in 2022/23 than in 2019/20 for year 6.

Figure 6: Prevalence of overweight (including obesity) in Kingston upon Thames by age, National Child Measurement Programme 2022 to 2023⁵⁹



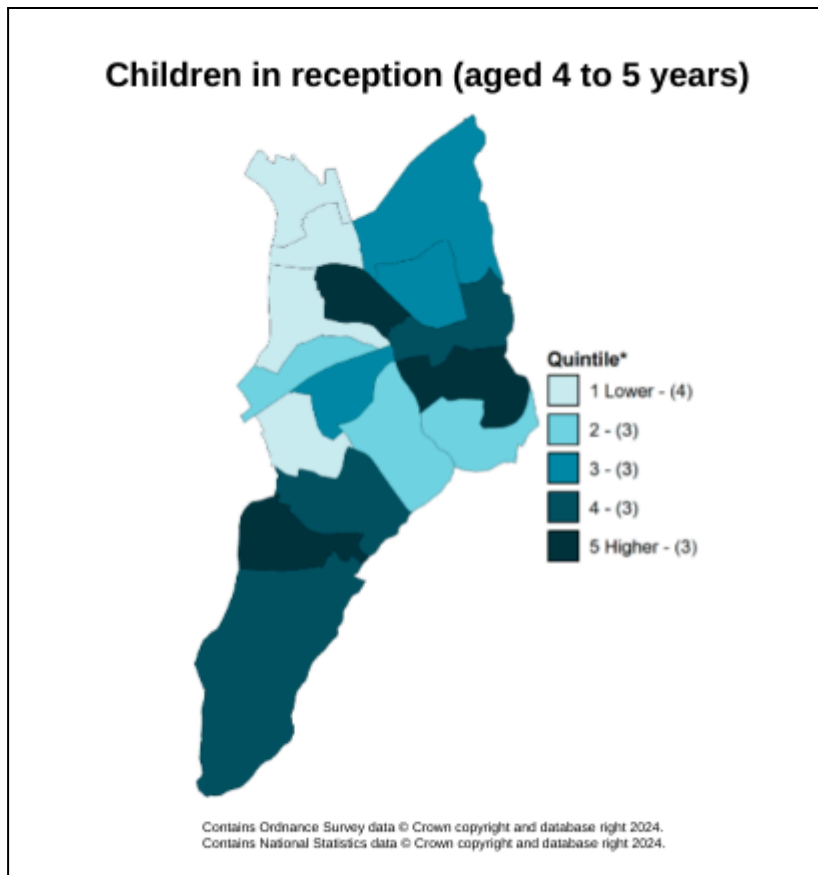
Despite Kingston having lower levels of excess weight than London and England overall at both ages, the rise in level of excess weight from reception to year 6 is the most significant in Kingston. For example, the reception year children in 2016/17 are now the year 6 children in 2022/23. Excess weight in Year 6 children in 2022/23 is almost double what it was in Reception in 2016/17 for these Kingston children (29.5% vs 14.9%), but for London and England it has grown a little less (around 1.75 times). An even greater difference can be seen when looking at obesity alone, with levels in Kingston more than trebling between the reception ages in 2016/17 and the current year 6 (4.7% vs 17%).

Nationally, the data suggests that despite some decreases in obesity for both reception and year 6 year age groups, obesity rates in the most deprived areas were twice as high compared with those living in the least deprived areas in 2022/23⁶⁰. This is mirrored in Kingston as the highest levels tend to be in Norbiton, Chessington North and Hook, and Coombe Hill areas.

⁵⁹ [Obesity Profile - Data, OHID](#)

⁶⁰ ["National Child Measurement Programme, England, 2022/23 School ..."](#) 19 Oct. 2023

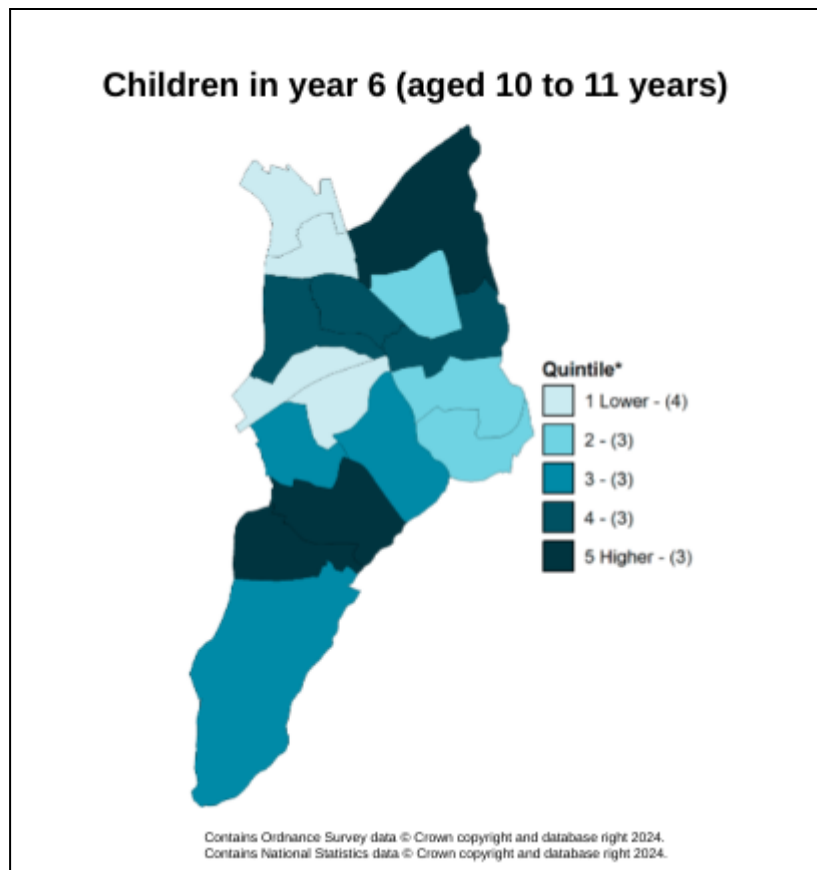
Figure 7: NCMP Prevalence of obesity in Kingston upon Thames wards, Children in reception (aged 4 to 5 years)^{61 62}



⁶¹ ["Obesity Profile - Data - OHID."](#)

⁶² Number of wards in each quintile is shown in brackets in the map legends; Data combined 3-years, (2019 to 2020, 2021 to 2022, and 2022 to 2023)

Figure 8: NCMP Prevalence of obesity in Kingston upon Thames wards, Children in year 6 (aged 10 to 11 years)^{63 64}



Weight stigma occurs across the life course; children living with a higher body weight are known to have poorer experiences of education and academic achievements. Action to combat weight stigma, both within schools and in wider society, is required to help address health inequalities and education disparities that in turn can impact health in later life.⁶⁵

Recommendations:

12. Ensure the provider of NCMP increases the uptake of the NCMP to 95%
13. RBK Public Health and NCMP provider to review NCMP feedback mechanisms to parents to best support families to access support following feedback letter in a non-stigmatising approach
14. RBK Public Health to promote NHS E-learning "About the Complications of excess weight (CEW) in children and young people programme" across services and primary care to support non-stigmatising supportive conversations between frontline staff and residents⁶⁶

⁶³ ["Obesity Profile - Data - OHID."](#)

⁶⁴ Number of wards in each quintile is shown in brackets in the map legends; Data combined 3-years, (2019 to 2020, 2021 to 2022, and 2022 to 2023)

⁶⁵ ["Links between obesity, weight stigma and learning in adolescence." 15 Jan. 2022.](#)

⁶⁶ ["Complications of excess weight \(CEW\) in children and young people."](#)

15. When promoting Public Health services, including campaigns and publications RBK Public Health partners to take a person-first, non-stigmatising approach including through influencing partners

Healthy Lifestyle Interventions (HENRY)

The NICE guidance for 'Weight management: lifestyle services for overweight or obese children and young people' (2013)⁶⁷ recommend developing a tailored plan to meet individual needs taking account of the child or young person's mental wellbeing, self-esteem, self-perception and any previous attempts to manage their weight.

The HENRY programme outlined in chapter 2 is also available to school aged children in Kingston from ages 5-12 through the HENRY Healthy Families Growing Up programme. HENRY is not described as a weight management programme but addresses obesity in childhood and beyond by helping parents adopt a healthier family lifestyle. The HENRY programme provides a range of innovative and evidence-based family support services which fully comply with all relevant NICE guidance⁶⁸. Similar to the 0-5 programme, this programme is an 8 week course delivered by the Your Healthcare CIC School Health for up to 12 parents at a time. From inception in 2020 to March 2023, the 5-12 programme has had a total of 52 parents participating, reaching 105 children. The outcomes from 21 measures such as parenting confidence, healthy eating score, daily exercise and family lifestyle score all show an improvement. The programme has a 87% retention rate, compared to 73% nationally, and 100% of respondents rated it as 'good' or 'great'.

Recommendations:

16. HENRY provider to ensure families/children attending are from targeted groups (e.g. via NCMP, specific schools, families of children and young people identified as being at high risk of being above a healthy weight – such as children with at least one parent above a healthy weight and/or from target postcodes)
17. RBK Public Health, Achieving for Children and VCS to expand borough level physical activity offer for early years and school age children with a focus on areas on higher deprivation

School Based Interventions

Healthy Schools London (HSL)⁶⁹ is an awards programme which recognises schools' achievements in supporting pupil health and wellbeing. Any school can apply and it is free of charge to participate. As of December 2023, 11 schools hold an in date Bronze, 5 Silvers and 4 Golds. Historically, 37 Bronze awards have been awarded but in recent years the engagement has meant only 11 schools (out of 47 schools) are in date. Working alongside colleagues in Richmond, RBK has commissioned School Food Matters training programmes for primary school teachers to feel supported in the food environment. This includes:

- Cooking without a kitchen: ½ day training to get practical skills tips and knowledge to deliver cooking classes for pupils from reception to year 6 without a kitchen using minimal equipment.

⁶⁷ ["Weight management: lifestyle services for overweight or obese" 23 Oct. 2013](#)

⁶⁸ ["HENRY: Homepage."](#)

⁶⁹ ["Healthy Schools London."](#)

- Gardening: ½ day training for the primary and secondary school staff to gain practical skills, tips and knowledge on how to use school's green spaces for growing fruits and vegetables.

There are a number of national campaigns to support health and wellbeing in schools such as the Daily Mile. The Daily Mile is a recognised and established campaign to encourage all children to run a mile at school each day⁷⁰ and supports the National Plan of Action on Child Obesity recommendation for all schools to implement 30 minute daily physical activity for all children⁷¹.

Kingston has a School Games Organiser whose role is to promote the importance of physical activity within schools and deliver a successful calendar of School Games activities for the 58 Primary and Secondary Schools within the borough. This includes a variety of sports development festivals and competitions (50 in the 2022/23 academic calendar) and supporting schools to prioritise and deliver 60 active minutes, as recommended by the Chief Medical Officer, for every child. This provides opportunities for young people to improve their social, emotional and physical wellbeing. For example, there are projects to support equal access to sports specifically at the moment with football.

The School Health Education Unit (SHEU) survey is delivered to secondary school pupils across the Borough every 2 years. The latest SHEU survey in 2023, was completed with 3942 pupils aged 11-15 across 11 Kingston secondary schools⁷². The report highlighted:

- 77% of children did not eat at least 5 portions of fruit and vegetables per day
- 70% of pupils said they exercised for 60 minutes or more that made them breathe harder and faster on at least three days in the week before the survey.

Recommendations:

18. RBK Public Health and School Health team to increase the number of schools achieving Healthy Schools London (HSL) accreditation, particularly targeting schools with higher levels of children above a healthy weight identified in the NCMP.
19. Use the Healthy School London and Health in Early Years framework to support schools to deliver RBK's Public Health priorities including Whole School Food Policies, Water Only Schools, Oral Health Promotion and Daily Mile
20. RBK Public Health to scope access to school play venues in terms of weekend access in areas of low physical activity/ high body weight where access to green space is limited

School Food Provision

In Kingston, there are currently 17 schools (out of 47 schools) participating in the central schools meals contract which is provided by Caterlink⁷³, the remaining primary and secondary schools are responsible for their own catering. Caterlink's primary objective is to provide pupils, staff and visitors with a choice of homemade, nutritious and well balanced

⁷⁰ ["The Daily Mile | UK."](#)

⁷¹ ["Childhood Obesity: a plan for action - GOV.UK" 2017](#)

⁷² SHEU report available on request from Kingston Public Health

⁷³ ["Caterlink: Home."](#)

meals. All Caterlink's food is fresh on-site using quality produce in line with both Food For Life Silver standard, and the school Food Standards.

As an emergency cost of living support measure, The Mayor of London committed to providing all primary school children in state-funded schools in London free school meals (FSM) for the 2023-24 school year and has extended this for an additional year for 2024-25. Previous to this, there was no support nationally or at a local level for children not receiving FSM. However, evidence shows that many children experience food insecurity regardless of whether they receive FSM, suggesting the eligibility criteria needs to be widened to prevent overlooking those in need⁷⁴.

When children are out of school and do not have the nutritional safety net of FSM, children's food insecurity continues to rise. The Government funded Holiday Activities & Food programmes (HAF) supports children on FSM (currently 3,824 children December 2023) for an additional 6 weeks per year until December 2024. FUEL is the name of Kingston and Richmond's HAF programme and is coordinated by Achieving for Children. In order to access a place young people must be receiving benefit related free school meals and there are only a limited number of places available for children who are not eligible.

Recommendations:

21. For The Cost of Living working group (internal) and network (hosted by the VCS) to continue to share and explore as a partnership, the experiences of families impacted by the rise in cost of living. This includes working together to better support those impacted, without support mechanisms in place. For example, when funding for Holiday Activities & Food programmes (HAF) and universal free school meal (FSM) provision funding comes to an end.

Secondary schools

A current gap in Kingston is the provision of interventions in secondary schools. The NCMP data allows us to understand obesity prevalence in primary schools but we do not know the weight status of 11-16 year olds. As the current HENRY offer is for 0-12 years olds, we do not have a healthy lifestyle intervention offer for 12-16 year olds. Additionally, the number of secondary schools participating in Healthy Schools is low, only 2 out of 11 currently hold a Bronze award. Combined with the fact that no secondary schools are under the central school food contract, we have very little or no oversight or influence of the food schools in secondary schools.

Recommendations:

22. RBK Public Health to continue to advocate for equal engagement in secondary schools (e.g. Healthy schools, school food provision, healthy lifestyles services) and consider a review of food provision and healthy eating education
23. RBK Public Health with partners to continue to support universal communication campaign for 11-16 year age groups in order to increase participation in group activities (e.g. Connected Kingston) particularly for women/girls.

⁷⁴ ["Are free school meals failing families? Exploring the ... - BMJ Open."](#)

24. RBK Public Health continues to engage with secondary schools through the work of school games organiser with a focus on equal access for girls and diverse range of opportunities available.

Dental Health

Dental caries were the number one reason for child admissions to hospital for children aged 5-19 years in Kingston between 2017-18 to 2020-21⁷⁵. A 2015 Public Health England (PHE) local authority level data evidence summary, and a further 2019 analysis⁷⁶ of individual child level data investigated the relationship between dental caries and obesity. These reports showed higher rates of dental caries in children living with a higher body weight compared with those of a healthy weight, even when deprivation was considered. Inpatient admission data shows children from households in more disadvantaged areas (deciles 2-5) and decile 6, having the largest number of hospital admissions⁷⁷. The most deprived ward, Norbiton, had the highest rates of hospitalisation, with approximately 25% higher admissions than the area with the second highest admissions (St James' ward)⁷⁸. Data on inequalities published for England, indicated that children living in the most deprived areas are three times more likely to experience dental decay than those living in the least deprived areas⁷⁹.

Kingston's current offer to address dental caries is provided by King's Oral Health Promotion (OHP) Service, part of King's College Hospital NHS Foundation Trust Community Special Care Dentistry. Whilst addressing oral health across the lifecourse, provision focuses on early prevention. Ten priority schools have received input during 2023 and 2024, with more than 3000 children provided with toothbrush packs and in-person lessons/ school assemblies during academic year 2022/23. Oral health support to Kingston Health Visiting Service has focused on MESCH (Maternal Early Childhood Sustained Home-visiting) during 2023/24, with workforce support and targeted offers for 37 families.

Recommendations:

25. Enhance local oral health service offer by delivering options which could include developing an early years supervised toothbrushing programme (STP), with a focus on maintained nurseries; extension of the priority primary schools oral health education scheme; provision of toothbrush packs and education to under 5s and their parents/ carers through Health Visitor child development milestone checks.
26. Utilise Healthy Schools, Healthy Early Years London and Early years foundation stage statutory frameworks⁸⁰ to embed and expand the oral health promotion offer in Kingston Schools and Early Years settings to reduce levels of childhood dental caries' hospital admissions.

Voluntary and Community Sector (VCS)

Kingston is fortunate to be home to a number of strong VCS partners across the Borough. One of those is Voices of Hope (VOH) who have set up a project called BriteBox⁸¹. BriteBox

⁷⁵ ["Hospital Episode Statistics \(HES\) - NHS Digital." 17 Aug. 2023.](#)

⁷⁶ ["Hospital Episode Statistics \(HES\) - NHS Digital." 17 Aug. 2023.](#)

⁷⁷ ["Hospital Episode Statistics \(HES\) - NHS Digital." 17 Aug. 2023.](#)

⁷⁸ ["Local Health - Office for Health Improvement and Disparities."](#)

⁷⁹ ["Oral Health for children in London.2022" Accessed 13 Nov. 2023](#)

⁸⁰ Early years foundation stage statutory framework for group and school-based providers [Link](#) Accessed 22 Jan 2024

⁸¹ ["BRITE Box - Voices of Hope."](#)

is a weekly meal recipe kit with all the ingredients and an illustrated recipe guide to families to cook a healthy meal on a budget.

VOH currently offers BriteBox to primary school children on free school meals across the Borough. RBK has enhanced this offer by offering BriteBox to families attending the 5-12 HENRY programme and whole classes of 2 schools identified by the NCMP. This will not only help with wider food insecurity but hopefully engage more children in cooking and eating healthily as a group. Both of these offers are funded up until the end of the 2023/24 academic year.

Recommendations:

27. RBK Public Health and VCS to review uptake and impacts of BriteBox (weekly meal recipe kit) and it's whole school approach
28. RBK Public Health and VCS to continue to support and empower community groups to reduce food insecurity and promote healthy eating and food skills with children and young people.

Healthy Environment - School Superzones

The School Superzones project has been funded by the Mayor of London through the Local Government Association (LGA) since its pilot in 2018. This initial pilot saw 13 London Boroughs create School Superzones aimed to create healthier and safer places for children and young people to live, learn and play⁸². Since then, The Greater London Authority (GLA) has committed to expanding the School Superzones Programme by providing funding for 50 grants of up to £30,000 to London boroughs between 2022 and 2023. The School Superzone aims to protect children's health and enable healthy behaviours, using local authority powers and place-shaping potential to implement environmentally based actions.

Following consultation with internal stakeholders and schools, RBK was successful in applying for a School Superzone in April 2023. The zone covers the areas around and in between King's Oak Primary School and St Joseph's Catholic Primary & Nursery School and including the Cambridge Road Estate, which is located in Norbiton ward. This area has been chosen due to its high levels of deprivation and both schools having higher than the RBK average prevalence of obesity following the 2022/23 National Childhood Measurement Programme (NCMP)⁸³. There is a steering group delivering this project with internal and external partners and until the end in July 2024.

RBK, has committed to delivering the following initiatives across the superzone area during 2023/24:

- Healthy Catering Commitment (HCC) for local restaurants
- High Fat Sugar Salt (HFSS) Legislation for local retailers
- Review of local retail shops to enforce legislation (underage sales vapes, alcohol cigarettes)
- Bikeability & Scootability Sessions
- Recycled/Repurposed Bikes for some families
- Healthy Schools awards

⁸² ["School Superzones - Greater London Authority."](#)

⁸³ ["National Child Measurement Programme, England, 2021/22 school" 3 Nov. 2022](#)

- Wilderness / wildlife walks and assemblies
- Food growing workshops
- Superzone “What’s going on” communications

Recommendations:

29. RBK School Superzones project to be delivered with support from partners from transport, environmental services, RBK Public Health and schools in line with the agreed action plan and timelines (completion April 2024) including evaluation. Share reporting with all schools in Kingston and review how the projects can be sustained.

Chapter 3: Adults and Older People

The number of adults above a healthy weight in Kingston is 57.2% of the population compared to the national figures of 63.8% in England⁸⁴. In Kingston, the latest data from GP records show that 10,240 adults in the borough were recorded as being obese in 2021/22. The data indicates that obesity levels are highest among the more deprived areas of the borough. High Body Mass Index (BMI), high fasting glucose and poor diet are among the risk factors leading to ill health and premature death for adults (2019 data, in the Kingston JSNA 2023). As we recover from the COVID-19 pandemic and are in the phase of 'Living with COVID-19', we face several obstacles to living a healthy life, including cost of living and education. We want to address the challenges we face in a holistic and proactive way.

Being above a healthy weight can significantly increase the risk of developing conditions (some of which also feature in the Kingston Top 5 JSNA 2023 causes of ill health and mortality), including type 2 diabetes, some cancers, cardiovascular and liver disease, dementia and mental health conditions⁸⁵. Cancer Research UK has highlighted the role of obesity in cancer, second only to tobacco as a cause and a growing risk factor⁸⁶. Obesity can also impact day-to-day living as a result of breathing difficulties, tiredness and joint pain. People who are of a higher body weight are also more likely to live with mental health conditions and to be unemployed, as a result of weight related stigma. The fear of being stigmatised can result in the avoidance of seeking medical care and desperate pursuits of weight loss can lead to disordered eating⁸⁷⁸⁸.

Heart disease is a prominent health concern in Kingston, with ischaemic heart disease being a significant contributor to ill-health and death among older residents (70+ years)⁸⁹. Factors contributing to heart disease prevalence include smoking, physical inactivity, and poor diet⁹⁰. Preventing heart disease necessitates a multifaceted approach that involves promoting healthy lifestyles, improving access to nutritious foods, and ensuring access to quality healthcare.

The 2023 Kingston Joint Strategic Needs Assessment (JSNA) ranks 'high body mass index' and 'poor diet' as two of the top five risk factors for mortality. For morbidity 'high body mass index' is the second highest risk factor⁹¹.

Figure 9: Top five risk factors for death in Kingston, 2019 (age 20-69 yrs)⁹²

⁸⁴ ["Obesity statistics - UK Parliament." 12 Jan. 2023.](#)

⁸⁵ ["Obesity - Causes - NHS."](#)

⁸⁶ ["Obesity, weight and cancer | Cancer Research UK."](#)

⁸⁷ ["Obesity stigma: a newly recognized barrier to comprehensive and"](#)

⁸⁸ ["An Understudied Framework for Addressing Weight Stigma - PubMed."](#)

⁸⁹ ["Global Burden of Disease \(GBD\)."](#)

⁹⁰ ["Global Burden of Disease \(GBD\)."](#)

⁹¹ [Pooled Prevention Fund Report 2023](#)

⁹² ["Diet - IHME"](#)

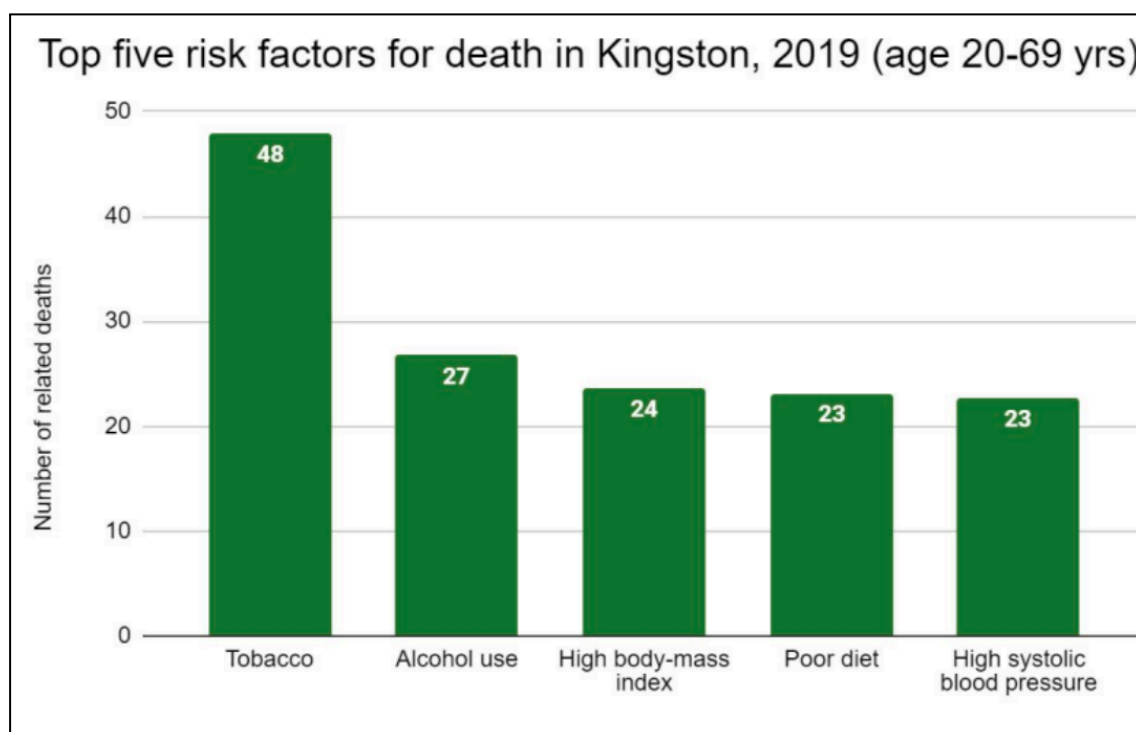
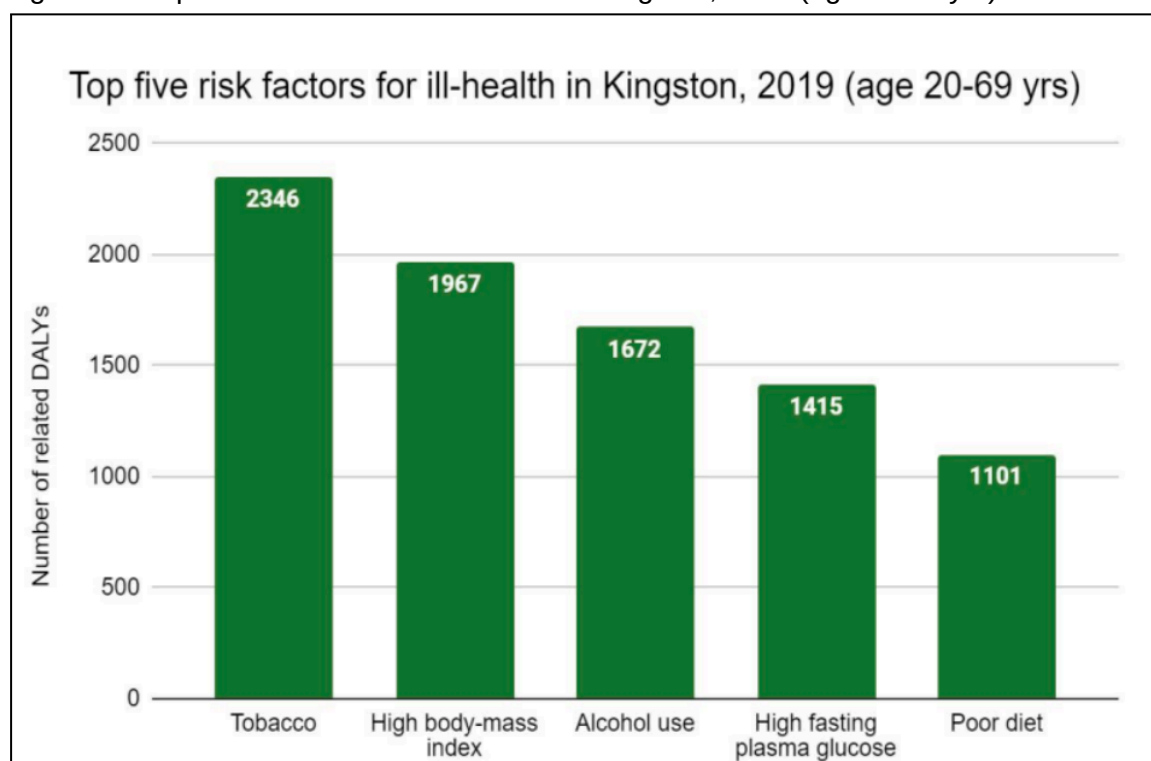


Figure 10: Top five risk factors for ill-health in Kingston, 2019 (age 20-69 yrs)⁹³



*DALYs is Disability-Adjusted Life Years [DALYs] - one DALY is equal to one year of healthy life lost)

⁹³ ["Diet - IHME"](#)

Supporting access to healthy food and food insecurity

Food insecurity has increased over the last few years, largely driven by increasing food prices and increasing inequalities. This insecurity has been exacerbated by the 'Cost of Living Crisis'. It is now affecting 1 in 4 households with children, meaning that they do not have access to or cannot afford nutritional and adequate food⁹⁴.

Food insecurity is linked to obesity, malnutrition and ill mental health, among other things⁹⁵. In 2021/22, 4.7 million people in the UK (around 7%) were living in food poverty, according to the Department of Work and Pensions (DWP)⁹⁶. In the same financial year, Kingston reported that 22% of its population lived in a poverty, equating to nearly 40,000 people⁹⁷.

Adults and families on a low income are more likely to have diets that are high in sugar, saturated fats and salt while low in vegetables, fruit, fibre and fish. This is both an issue of affordability and access to healthy food⁹⁸. Food insecurity is a contributor to a poor diet which is one of the main contributors to obesity and related diseases in the borough, especially in the more deprived areas of Kingston. The Trussell Trust runs seven foodbanks in Kingston, and their reports showed a 47.5% increase in emergency food parcel provision from the 21/22 financial year to 22/23, with the number of food parcels distributed going from 4407 to 9268^{99 100}.

The poorest fifth of UK households would need to spend 47% of their disposable income on food to meet the cost of the Government-recommended healthy diet. This compares to just 11% for the richest fifth¹⁰¹. We recognise that improving residents' health is a long-term plan where we need to reduce health inequalities, collaborate and include all of society in the process, making it a system-wide approach to drive the work throughout the life course.

Voluntary and Community Sector

The Kingston Good Food Group is a partnership of nearly 30 organisations that provide food support and wider wrap-around support (e.g. advocacy, mental health support, signposting etc) to reduce food insecurity. Food support is wide reaching, including pantries, foodbanks, community meals, cooking classes, food growing spaces, access to and redistribution of surplus. It also partners closely with Kingston University and RBK Public Health to work strategically together to tackle health inequalities across the borough and to evaluate impact. It's vision is 'Delicious, nutritious, affordable food for everyone in Kingston'¹⁰²

NHS (2019), Putting Health into Place, recommends local authorities provide opportunities to learn about healthier eating and cooking¹⁰³. Since 2022, with the support of RBK Public

⁹⁴ ["Why preventing food insecurity will support the NHS and save lives." 21 Oct. 2022.](#)

⁹⁵ ["Why preventing food insecurity will support the NHS and save lives." 21 Oct. 2022.](#)

⁹⁶ ["Food poverty: Households, food banks and free school meals." 24 Aug. 2023.](#)

⁹⁷ [Trust for London, Kingston Upon Thames, 2023.](#)

⁹⁸ ["The Broken Plate 2022 report - Food Foundation."](#)

⁹⁹ ["End of Year Statistics - The Trussell Trust."](#)

¹⁰⁰ ["Emergency food parcel distribution in the UK: April 2022 – March 2023."](#)

¹⁰¹ ["The Broken Plate 2022 report - Food Foundation."](#)

¹⁰² ["Our Projects - Kingston Voluntary Action."](#)

¹⁰³ ["Putting Health into Place: Executive Summary - NHS England." 2 Sept. 2019.](#)

Health, Kingston Voluntary Action (KVA), has facilitated the building of community cooking programmes in the borough which are sustainable and culturally appropriate for the audience being delivered to. As of December 2023, there are 15 community cooking groups in Kingston currently delivering 8-10 weekly community cooking courses, the programme is funded until 2024. In addition, there are a number of community cafes which provide lunch, community fridge and food across the borough, supported by the Good Food Group¹⁰⁴.

RBK has secured funding that will be invested into reducing food insecurity with the VCS to deliver a surplus food distribution hub, Kingston Kitchens Project. Supporting the establishment of a local surplus distribution hub (Surplus Hub), will bridge the gap between food waste and food poverty locally. Empowering the Good Food Group to source and redistribute fresh surplus food that would have otherwise gone to waste will allow community groups to be more effectively resourced. This Surplus Hub will also be essential in developing sustainability for the Good Food Group by utilising surplus for paid services.

Recommendations:

30. RBK Public Health to develop a local Food Insecurity Strategy to address the wider determinants of food security for the population.
31. VCS sector and the community, with support from RBK Public Health, to develop surplus food redistribution and improve local food insecurity, reducing the dependency on food banks, and creating more options for social supermarkets and other 'move on solutions', developing community food skills and knowledge to develop sustainable food provision.
32. Kingston Voluntary Action to evaluate the community cooking programmes and support VCS organisations to find solutions to sustain the community cooking programmes in the borough.

Weight management services

Weight management services are divided into Tiers:

- Tier 1 covers universal services (such as health promotion)
- Tier 2 covers lifestyle multicomponent interventions
- Tiers 3 and 4 are managed by the local Integrated Care System (ICS), which includes clinical and surgical interventions such as Bariatric Surgery.¹⁰⁵

The majority of Tier 2 weight management services are commissioned by local authorities and are delivered by community groups or by a commercial provider in a structured way¹⁰⁶. NICE recommends that there is a choice of interventions available for people for whom tier 2 services have been unsuccessful¹⁰⁷. This includes agreed pathways for referral to tier 3 services, or equivalent, and awareness among healthcare professionals of the criteria for referral to these services and how to make a referral if the person agrees¹⁰⁸.

¹⁰⁴ ["Our Projects - Kingston Voluntary Action."](#)

¹⁰⁵ ["Weight management: lifestyle services for overweight or obese" 28 May. 2014.](#)

¹⁰⁶ ["National mapping of weight management services - GOV.UK."](#)

¹⁰⁷ ["Discussion on the choice of interventions | Obesity: clinical ... - NICE."](#)

¹⁰⁸ ["Discussion on the choice of interventions | Obesity: clinical ... - NICE." 4 Aug. 2016.](#)

In Kingston, RBK Public Health currently provides a Tier 2 weight management service delivered by Slimming World. Patients can self-refer or be referred; referral sources include GP's who are often the first port of call for people with weight related issues or comorbidities, Kingston Hospital Foundation Trust (KHFT), dietitians and NHS Health Checks. In 2023/24 276 people were signposted through the Healthy Lifestyle team to Slimming World, of which 264 had come through a GP service. Slimming World had a total number of 170 people starting a programme in 2023, with 155 women and 15 men. Kingston GP's can also refer to the NHS Digital Weight Management Service, which supports adults living with a higher body weight who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health ¹⁰⁹. Given there are over 10,000 people living in the borough with obesity the number of people attending these weight management programmes is low.

NHS Health Checks are offered to people aged 40-74 who do not currently have a long term health condition. On 21/22 86.8% of people receiving an NHS health check were above a healthy weight. Additional investment has been made in 2023/24 into increasing the delivery of NHS Health Checks, aligning with the Health and Care strategy to find, treat and prevent more long term conditions.

With regards to Tier 3 and 4 services, St George's Hospital offers bariatric surgery to Kingston's residents as part of ICS offer to South-West London¹¹⁰. In addition, in 2024, KHFT developed a new healthy weight service called the 'Kingston Healthy Weight Centre' which includes surgical and medical treatment such as Laparoscopic Surgery and Gastric Bypass. This service is based upon new bariatric guidance that no longer requires residents to pass through the tiers of support before bariatric surgery. It is offered to patients with a BMI >40kg/m², patients with a BMI between 35 and 40kg/m² with obesity related health condition(s) and patients with a BMI above 30kg/m² with a T2DM for less than 10 years. Kingston Council can support these treatment routes, particularly in the cost of living crisis, with referral to initiatives such as community kitchens and cost of living support.

Whilst Kingston Council offers a range of lifestyle and healthy weight services for adults in the borough¹¹¹ further evaluation is required to understand gaps in local provisions. For example, how many referrals are received via General Practice. Given that obesity figures in Kingston stand at approximately 57.2%, lower than the national average, we also aim to address these challenges holistically. We recognise the need for proactive measures, especially in the context of post-pandemic recovery, financial constraints, and educational disparities.

Recommendations:

33. RBK Public Health to review data on who uses its services e.g. by geographical area, age, sex, condition and consider reorienting offer to meet local needs (ie check offers are available in high overweight areas)
34. RBK Public Health to work with ICS to review and improve referral pathways between its services and clinical settings including General Practice, Kingston Hospital Foundation Trust Dietetics and Healthy Weight Centre. In addition to

¹⁰⁹ "The NHS Digital Weight Management Programme. NHS."

¹¹⁰ "The NHS Digital Weight Management Programme. NHS".

¹¹¹ "Get Active - Kingston Council."

- increasing uptake of Tier 2 services, RBK Public Health can support referral to Tier 3 and 4 services with community offers
35. RBK and partners to ensure campaigns and publications, take a person-first, non-stigmatising approach
 36. RBK to promote Health Education England 'Healthy Weight Coach elearning programme' across services and primary care to support non-stigmatising supportive conversations between frontline staff and residents¹¹²
 37. Consider implementing evidence based 'brief interventions;' in General Practice to provide healthy weight advice. See example from Oxford ¹¹³.
 38. RBK Public Health to continue to scope new, innovative ideas to support the estimated 10,000 residents living with a higher body weight in the borough and to improve the wider environment to improve health
 39. Connected Kingston pages to be created to support people before, during and after accessing tier 3 & 4 services to access community activities and services.

Pharmacotherapy

There are currently three approved anti-obesity medicines with an evidence base to suggest they are safe and effective for use on the NHS for weight management; orlistat, liraglutide and semaglutide. These medicines should only be prescribed if the patient has already made significant effort to lose weight through diet, exercise or changing lifestyle. It is recommended these medicines are used alongside healthy eating and exercise¹¹⁴. One of these pharmacotherapy options has recently gained media attention and popularity in the United Kingdom, the semaglutide called Wegovy. Wegovy launched in the UK in September 2023 and is available on the NHS as an option for weight management in line with NICE guidance, alongside a reduced-calorie diet and increased physical activity ¹¹⁵.

NICE recommend that Wegovy should be prescribed alongside diet and physical activity support for adults with a weight-related health condition, such as hypertension or cardiovascular disease and a Body Mass Index (BMI) of at least 35, or, exceptionally, a BMI of 30, provided they meet the criteria for referral to specialist weight management services, including that conventional treatment has been unsuccessful¹¹⁶. Pharmacotherapy drugs such as Wegovy would need to be prescribed by Tier 3 service such as Kingston Hospital's Healthy Weight Centre.

Recommendations:

40. RBK Public Health to work with NHS to feedback on patients Tier 2 journey in order to support (where appropriate) referrals for pharmacotherapy
41. RBK Public Health to offer support to patients receiving NHS pharmacotherapy, with signposting to healthy eating and physical activity (for example through social prescribing to community cooking programmes and exercise referral).

Mental health

The relationship between mental health conditions and obesity is bidirectional. People living with a higher body weight are at greater risk of mental health conditions due to weight-related stigma, potential diet-related impacts and body image issues¹². However, people with mental health conditions, due to stress and trauma (particularly adverse childhood experiences), are at greater risk of emotional eating, resulting in overeating and

¹¹² ["Healthy Weight Coach - elearning for healthcare."](#)

¹¹³ ["Screening and brief intervention for obesity in primary care..."](#), 2016

¹¹⁴ ["Obesity - Treatment - NHS."](#)

¹¹⁵ ["Accessing Wegovy for weight loss: Everything you need to know." 4 Sept. 2023](#)

¹¹⁶ ["Semaglutide for managing overweight and obesity | Guidance - NICE." 4 Sept. 2023](#)

being above a healthy weight^{117 118 119}. Eating healthy food, particularly fruit and vegetables, can positively affect mental as well as physical health. Physical activity can positively affect stress, self-esteem, anxiety, dementia and depression and is recommended in the treatment of these conditions¹²⁰¹²¹

Although there is no correlation between BMI and severity of depressive symptoms, there is a correlation between severity of depressive symptoms and emotional eating, with emotional eating behaviours increasing as the severity of depressive symptoms increases¹²². The combination of low mood and unhealthy eating habits negatively affects people with mental health conditions' compliance with current weight loss programmes available¹²³.

To address the issue of emotional eating and poor mental health for people above a healthy weight, RBK Public Health can ensure that consideration is given to mental health and well-being in all current projects and consider trauma-informed practice¹²⁴.

Recommendations:

42. RBK Public Health to review pathways between weight management and mental health services for all ages to ensure:
- those with mental health conditions are able to access timely support with weight management and
 - those experiencing mental health problems as a consequence of their weight are able to access timely support with their mental health needs
 - There is cross promotion of mental health and physical health initiatives for those who need it

People with severe mental illnesses

People with severe mental illnesses such as bipolar disorder or psychosis are at particularly high risk of physical ill health as a result of medication side effects, lifestyle-related risk factors and socioeconomic determinants. Certain psychotropic medications are known to cause weight gain and obesity¹²⁵¹²⁶.

In the 2022 Care Quality Commission (CQC) Community Survey, patients scored South West London and St George's Mental Health NHS Trust (SWL&StG)¹²⁷ for the help they

¹¹⁷ ["Working together to address obesity in adult mental health secure units: A systematic review of the evidence and a summary of the implications for practice - Public Health England."](#) Feb 2017.

¹¹⁸ ["The Association of Emotional Eating with Overweight/Obesity, Depression, Anxiety/Stress, and Dietary Patterns: A Review of the Current Clinical Evidence."](#) 26 Feb. 2023

¹¹⁹ ["Adverse Childhood Experiences and Obesity: A One-to-One Correlation?"](#) 12 Aug. 2022

¹²⁰ [Mental health and wellbeing: JSNA toolkit PHE 2017](#)

¹²¹ [Royal College of Psychiatrists. No health without public mental health: The case for action \(2010\)](#)

¹²² ["The Association of Emotional Eating with Overweight/Obesity, Depression, Anxiety/Stress, and Dietary Patterns: A Review of the Current Clinical Evidence."](#) 26 Feb. 2023.

¹²³ ["Working together to address obesity in adult mental health secure units: A systematic review of the evidence and a summary of the implications for practice - Public Health England."](#) Feb 2017.

¹²⁴ ["Clinical review: Implementation of trauma informed care to optimally impact the treatment of childhood obesity."](#) Mar. 2023.

¹²⁵ ["National Obesity Observatory \(Brand Profile\) - yippy GREEN."](#)

¹²⁶ ["South West London and St George's Mental Health NHS Trust - CQC."](#) 27 Oct. 2022.

¹²⁷ ["Community mental health survey 2022 - Care Quality Commission."](#) 27 Oct. 2022.

received finding support with physical health needs (4.8/10). Whilst this is similar to other trusts it still indicates the desire by mental health patients for more support in this area.

As described in the Better Mental health JSNA 2022¹²⁸, the percentage of under 75 mortality rate in adults with serious mental illness¹²⁹ in Kingston is much higher than London and England¹³⁰ suggesting more work is needed in this area. There were 1,785 people on Kingston GPs Mental Health registers in 2021/22. This register includes all patients with a diagnosis of schizophrenia, bipolar affective disorder and other psychoses¹³¹.

Recommendations:

43. Increase access to supported exercise provision for young people and adults with mental health problems e.g. the Good Energy Club by encouraging referrals and ensuring programs are relevant for this population group
44. RBK Public Health to work with local mental health services and voluntary sector organisations working with young people and adults with mental health problems to increase referrals to local weight management and physical activity offers.

Diabetes

There are two forms of Diabetes; Type 1 diabetes is an autoimmune disease where the body cannot produce insulin, and Type 2 diabetes is where the body is not producing enough insulin or where the insulin cannot work effectively¹³². Nationally, about 90% of people with diabetes have Type 2 diabetes¹³³. One in fifteen people in the UK have Diabetes, including 1 million people who have Type 2 but have not been diagnosed yet. In Kingston, there are around 800 incidences of Type 1 diabetes, 8,500 known Type 2 diabetes cases and an estimated 3,300 undetected cases of Type 2 diabetes¹³⁴. Type 2 diabetes is two to four times more likely in people of South Asian and African-Caribbean or Black African descent and two to six times more likely in a person with a family history of the disease¹³⁵. The majority (90%) of people with Type 2 Diabetes are also above a healthy weight and are more likely to have higher levels of inactivity¹³⁶.

Early diagnosis with a simple and fairly inexpensive blood glucose test and referral to an intensive lifestyle intervention programme, has been found to delay or prevent the progression of pre-diabetes to Type 2 diabetes¹³⁷. NHS Health Checks can also be an important tool to help diagnosis of Diabetes or pre-Diabetes. NHS Health Checks are offered to people aged 40-74 who do not currently have a long term health condition. In 21/22 86.8% of people receiving an NHS health check were above a healthy weight, with 10.7% found to be pre-diabetic and 2.2% to have Diabetes. Additional investment has been made in 2023/24 into NHS Health Checks, aligning with the Health and Care strategy to find, treat and prevent more long term conditions.

¹²⁸ ["Kingston's Better Mental Health Joint Strategic Needs Assessment"](#)

¹²⁹ [Premature mortality in adults with severe mental illness \(SMI\)." 19 Apr. 2023](#)

¹³⁰ ["Public health profiles - OHID."](#)

¹³¹ ["Mental Health and Wellbeing JSNA - Data - OHID."](#)

¹³² ["What is diabetes? | Getting to know the basics."](#)

¹³³ ["Number of people living with diabetes in the UK tops 5 million for the" 13 Apr. 2023](#)

¹³⁴ ["All about: Diabetes services - Healthwatch Kingston." 1 Nov. 2021](#)

¹³⁵ ["Type 2 diabetes risk factors."](#)

¹³⁶ ["Diabetes - World Health Organization \(WHO\)." 5 Apr. 2023.](#)

¹³⁷ ["Diabetes - World Health Organization \(WHO\)." 5 Apr. 2023](#)

In addition to the Tier 2 adult weight management programmes there are three additional interventions available; The National Diabetes Prevention Programme, Book & Learn and NHS Type 2 Diabetes Path to Remission Programme .

The Healthier You NHS Diabetes Prevention Programme, identifies people at risk of developing type 2 diabetes and refers them onto a nine-month, evidence-based lifestyle change programme¹³⁸. In 2022/2023 there were a total of 499 referrals into the National Diabetes Prevention Programme.

The NHS South West London Diabetes Book and Learn is a service designed to improve access to diabetes courses in South West London. This service provides information on effective patient education for the management of diabetes, and includes online, local and face to face support. There are a number of courses for people with Type 2 diabetes ¹³⁹

The NHS Type 2 Diabetes Path to Remission Programme provides a low calorie, total diet replacement treatment for people who are living with type 2 diabetes and obesity or overweight. The programme is based on research showing that a 3-month specially formulated diet comprising of total diet replacement products including soups and shakes, followed by healthy lifestyle support. The programme can be offered by GPs in the borough¹⁴⁰

Recommendations:

45. RBK Public Health to support healthcare and community groups to reach diverse population groups and communicate risk factors for type 2 diabetes and signs and symptoms of diabetes, using available tools such as Diabetes UK 'Know Your Risk' tool¹⁴¹ and NHS Health Checks ¹⁴².
46. RBK Public Health to support uptake of diabetes interventions including National Diabetes Prevention Programme, Tier 2 adult weight management services and Diabetes Book & Learn
47. RBK Public Health to work with the NDPP provider to localise the service to improve social connection and retention, (for example, promoting the 8 week cooking workshops for pre-diabetes and type 2 diabetes delivered by a local community group¹⁴³ in addition to scoping creation of social and community based groups for people with pre-diabetes).
48. RBK Public Health to work with NHS and Kingston Adult Education (KAE) to scope community group-led diabetes prevention programme, delivering cooking and physical activity sessions, coupled with brief educational sessions, with people with pre-diabetes.

¹³⁸ ["NHS Diabetes Prevention Programme \(NHS DPP\) - NHS England."](#)

¹³⁹ ["Diabetes Book & Learn: NHS South London Diabetes Education"](#)

¹⁴⁰ ["Diabetes Remission, NHS"](#)

¹⁴¹ ["Diabetes UK – Know Your Risk of Type 2 diabetes."](#)

¹⁴² ["NHS Health Check - Home."](#)

¹⁴³ ["Kitchen Roots Community."](#)

Back Pain

Back pain is a prevalent health issue among Kingston's adult population, with 1,752 adults affected¹⁴⁴. Lower back pain is the number one cause of ill health in adults in Kingston¹⁴⁵. Research indicates that obesity can be a risk factor for back pain, with increasing body mass contributing to a higher likelihood of experiencing back pain. Physical inactivity, often linked to being overweight, also plays a role in back pain development¹⁴⁶.

Recommendation:

49. RBK Public Health to engage with the NHS to understand the Kingston offer of back pain services and local support to ensure that individuals are linked to the available preventive offers where appropriate. In addition, referrals are made from primary care providers to nutrition and physical activity programmes where high body weight is a contributing factor to back pain.

Carers

Recognising all carers was one of the 4 key themes in the 2022 Kingston Health & Care Plan¹⁴⁷. Kingston committed to improve our practice in identifying and recognising carers of all ages so they are linked to appropriate support options, enabling carers to reduce the social, financial and health impacts they face.

The UK 2011 census reports that in Kingston 13,288 carers (8.3% of the population) provide care for people with physical and mental disorders, mostly in their own homes and of these, 2,346 provide care for over 50 hours a week. Kingston's All Age Carers' Strategy 2022 - 2027¹⁴⁸ includes an action to 'Ensure all low cost/ free activities - including physical activities) for carers are on Connected Kingston and accessible to carer support organisations.'

Recommendations:

50. RBK Public Health to work with providers to ensure there are no barriers for carers to attend Public Health Services
51. RBK Public Health to ensure all low cost/ free activities - including physical activities for carers are on Connected Kingston and accessible to carer support organisations.'

Older Adults (70+ years)

The number of adults above a healthy weight rises with age, peaking in mid- to later life (45-74 years). National data highlights that nearly three-quarters of individuals aged 65-74 years are above a healthy weight. The prevalence of diabetes in Kingston is higher among older individuals and specific ethnic groups, with South Asian and African-Caribbean populations experiencing higher rates compared to the white population.

The 2023 Kingston Joint Strategic Needs Assessment (JSNA) ranks high fasting glucose, high body mass index and poor diet as three of the top five risk factors for mortality. For morbidity high fasting glucose is the second highest risk factor¹⁴⁹.

¹⁴⁴ ["Global Burden of Disease \(GBD\)."](#)

¹⁴⁵ ["Kingston JSNA 2023 \(Main Document\)."](#)

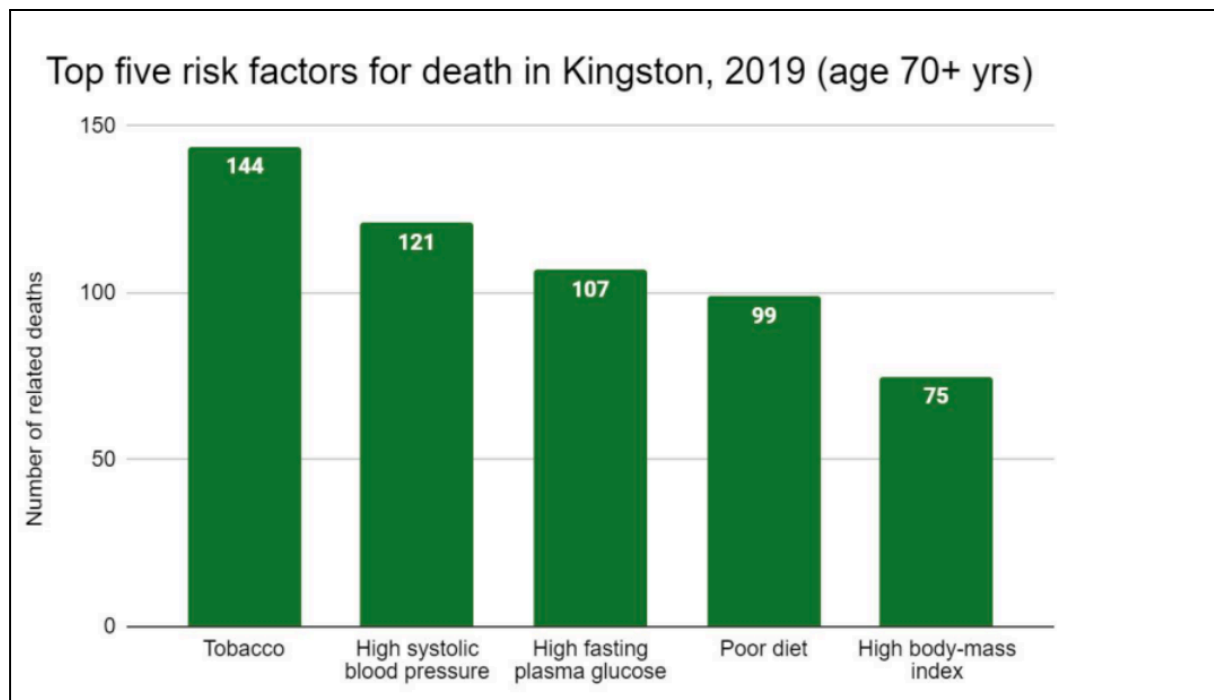
¹⁴⁶ ["Association between sedentary behavior and low back pain - NCBI." 19 Dec. 2021](#)

¹⁴⁷ ["Refreshed Health and Care Plan 2022-2024 - South West London ICS."](#)

¹⁴⁸ [Kingston Carers Strategy. 2024](#)

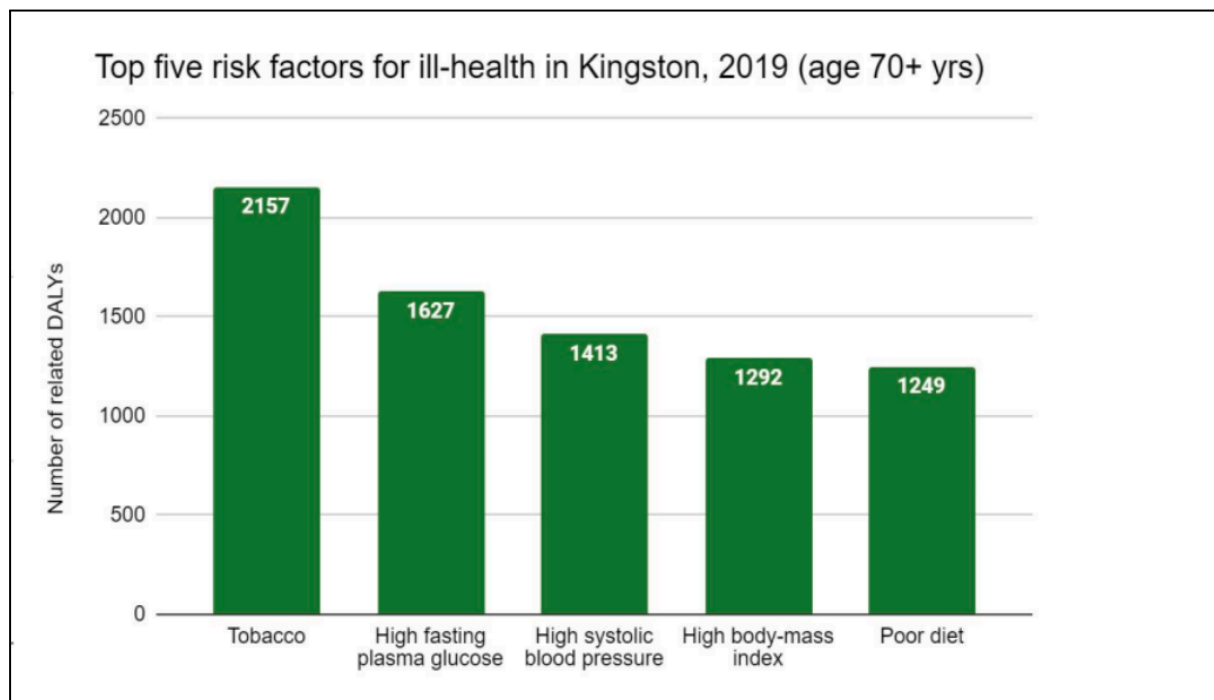
¹⁴⁹ [Pooled Prevention Fund Report 2023](#)

Figure 10: Top risk factors for death in Kingston, 2019 (age 70+)¹⁵⁰



*DALYs is Disability-Adjusted Life Years [DALYs] - one DALY is equal to one year of healthy life lost)

Figure 11: Top risk factors for ill-health in Kingston, 2019 (age 70+)¹⁵¹



¹⁵⁰ [Malnutrition in this context can include disorders of both under- and overnutrition, in very young children under-nutrition is more common](#)

¹⁵¹ <https://www.healthdata.org/diet>

Recommendation:

52. RBK Public Health to deliver Healthy Active Ageing for Older people which ensures that appropriate offers for older people are available in all parts of Kingston, with a focus in areas, places and groups with poorer health in older people, to stay active. The program will consider timing and location of offers and other considerations to make it attractive, including linkage to volunteering. It will also consider suggestions related to the 'Age Friendly Communities' guidance¹⁵² and the NICE guidance on Mental wellbeing and independence for older people relating to physical activity, in particular involving older people in the design and delivery of activities¹⁵³.
53. RBK Public Health to work with older people to reduce barriers to access physical activity through the Kingston Age Friendly commitment (Age Friendly Ambassadors and related work) e.g. specific exercise programmes and use promotion to increase uptake of physical activity initiatives

Physical Activity

Inactivity plays a crucial role in the risk of obesity. In 2021/22, 15% of adults in Kingston reported being physically inactive, a figure significantly lower than the national average of 22.3% and one that has reduced in Kingston over the past 5 years, down from 20.8% in 2016/17¹⁵⁴. National evidence indicates that some Minority Ethnic Groups, as well as Disabled People, have lower rates of participation in physical activity. Furthermore, men are more active than women and activity declines with age¹⁵⁵.

To address the issue of physical inactivity, it is essential to promote the use of outdoor spaces, parks, and public areas that facilitate physical movement.

Recommendations:

54. Active Kingston Network (AKN) to deliver the Active Kingston Framework¹⁵⁶. It is hoped that the combined effect of promoting our indoor and outdoor spaces will contribute towards an increase in physical activity participation, improve people's mental well-being by reducing stress, increasing social interaction and improve their mood.
55. RBK planning and development to maximise green spaces, parks and open spaces in the borough to enable movement activity at a variety of levels.

Alcohol and obesity

Despite there being strong evidence of the many long-term health risks associated with alcohol misuse (cancer, heart and liver disease, type 2 diabetes and stroke), the link between alcohol and obesity is more complex. Recent studies have been unable to confirm the causal link between alcohol and obesity, independent of socioeconomic factors, drinking frequency and drinking volume¹⁵⁷. However, it is known that alcohol provides approximately 10% of energy intake for adults who drink, these are often additional/empty/hidden calories at the end of the day¹⁵⁸, and is high in calories and sugar.

¹⁵² ["What's an Age-friendly Community? | Centre for Ageing Better."](#)

¹⁵³ ["Older people: independence and mental wellbeing | Guidance - NICE." 17 Dec. 2015.](#)

¹⁵⁴ ["Percentage of physically inactive adults - Public health profiles - OHID."](#)

¹⁵⁵ ["Comment on or view a planning application - Kingston Council." 11 Jul. 2023](#)

¹⁵⁶ ["Active Kingston Framework 2023"](#)

¹⁵⁷ ["Associations between alcohol and obesity in more than 100 000" 8 Jan. 2018](#)

¹⁵⁸ ["Increasing awareness of 'invisible' calories from alcohol."](#)

Prevention and ensuring that people take greater responsibility for their own health has been emphasised with the recent launch of The NHS Long Term Plan (2019) which includes alcohol as a key area¹⁵⁹.

Smoking and obesity

Smoking is associated with a wide range of diseases and conditions including cancer, respiratory disease, heart disease and other circulatory disease¹⁶⁰. It can also be linked to other risk factors for poor physical health including reduced physical activity due to smoking related ill health or increased body mass. Stopping smoking at any time has considerable health benefits, including for people with a pre-existing smoking-related disease¹⁶¹. The UK offers the world's most comprehensive support for smokers to quit. Stop Smoking Services have been established throughout the country and in England are now under local authority control. These services offer practical support and pharmaceutical treatments on prescription to help smokers to quit. In Kingston, 'Kick It' have been providing the smoking cessation service since 2012. RBK Public Health also support the NHS Quit Smoking app, a 4-week program offering motivation and tips for residents to quit smoking.

Recommendations:

56. RBK Public Health to Improve links between alcohol prevention programmes and opportunities such as the online e-drink check and GP and pharmacy brief interventions. With the aim to increase cross-referrals between services
57. RBK Public Health to continue support for smoking cessation programs and work with NHS to increase referrals through GP pathways.
58. RKB Public Health to continue to deliver national communication programmes on alcohol consumption and smoking cessation in Kingston

¹⁵⁹ ["NHS Long Term Plan v1.2 August 2019." 2 Aug. 2019](#)

¹⁶⁰ ["National Institute for Health and Care Excellence \(NICE\), 'Smoking cessation: What are the harms caused by smoking?'](#)

¹⁶¹ [OHID Guidance: Smoking and Tobacco: Applying all our Health, April 2022](#)

Chapter 4: Healthy Environment

There is a complex relationship between individual choices and the environment, where personal decisions are heavily influenced by factors such as availability, access and affordability to healthy food, the accessibility and safety of cycling to school or work, exposure to advertising of unhealthy products, inequity of skills to prepare a healthy diet, the cost of fuel to cook it, and access to essential amenities like playgrounds, parks, and leisure facilities. RBK Public Health is supporting systematic-change so that it is easier to be healthy in the community.

Supporting people to walk and cycle

Encouraging active travel, such as walking and cycling, plays an important role in increasing people's physical activity levels. According to the NICE guidelines, infrastructure that facilitates safe and accessible walking and cycling routes can significantly contribute to improved levels of physical activity¹⁶².

Walking is a simple, free, convenient and accessible activity that stands out as one of the easiest ways to increase physical activity and maintain a healthy weight¹⁶³. Even a brisk 10-minute walk every day can have substantial health benefits and contribute to the recommended 150 minutes of weekly exercise¹⁶⁴.

Cycling serves as a healthy, low-impact exercise that is suitable for people of all ages. It's an enjoyable, cost-effective and environmentally friendly way to get around town, blending exercise with everyday activities. The benefits of cycling also extend to maintaining a healthy weight, facilitating fat burn and improving heart health¹⁶⁵.

Recommendations:

59. RBK Sustainable Transport team to expand the Pedal My Wheels "try before you bike" and ebike hire services
60. RBK to invest in more cycle parking including cycle hangars in highway and council estate locations
61. RBK Sustainable Transport team to continue adult and children cycle skills lessons (currently largely Transport for London funded) and recruit a Personal Travel Planner to help residents and people working in the borough to understand how active travel could transform their lives, identify and tackle their barriers to active travel and support lasting behaviour change
62. RBK to continue to expand Kingston's cycle route network to provide children, families and cyclists of all ages safer routes to school, work, shops etc.

Play & School Streets

Play Streets¹⁶⁶ are regular road closures to enable children to play safely in the street where they live, helping build community cohesion and a sense of place. In Kingston, 3 consistent

¹⁶² ["Recommendations | Physical activity and the environment | Guidance."](#)

¹⁶³ ["Walking for health - NHS."](#)

¹⁶⁴ ["Physical activity guidelines: UK Chief Medical Officers' report." 7 Sept. 2019](#)

¹⁶⁵ ["Calories burned in 30 minutes of leisure and routine activities." 8 Mar. 2021](#)

¹⁶⁶ ["Play streets - Kingston Council." 17 Oct. 2023.](#)

Play Streets have been set up at Sycamore Grove (New Malden), Homersham Road, (Kingston) and Piper Road, (Kingston), normally one day per month.

School Streets¹⁶⁷ are timed pedestrian and cycle zones outside a school e.g. roads with a temporary restriction on motorised traffic entering at school drop-off and pick-up times, supporting active travel and road safety and helping reduce schoolchildren's exposure to air pollution. In Kingston, there are currently 7 permanent School Streets already in place and two trial streets¹⁶⁸.

Recommendation:

63. RBK Sustainable Transport team to continue to expand the 'Play Streets' and 'School Street' initiative to increase physical activity opportunities while supporting social cohesion

Advertising

Evidence shows that advertisements for unhealthy food and drink products directly influence purchasing behaviour, particularly for children¹⁶⁹. London Childhood Obesity Taskforce recommendations for school aged children that local authorities limit unhealthy marketing that influences what children eat by extending, through collaboration with the Mayor and London boroughs, Transport for London's advertising restrictions on unhealthy food (initially to all outdoor public spaces in London, sports stadia and leisure facilities, and then beyond) and working to restrict shops and supermarkets displaying unhealthy foods in children's eyelines¹⁷⁰. This was also mirrored in the NHS 2019 Plan 'Putting Health into Place'; Local Plans should recommend reducing advertising of less healthy food and increasing advertising of healthier food, as has happened on the London transport network since February 2019^{171 172}.

Recommendations:

64. RBK Public Health to look for opportunities to improve unhealthy marketing across the Borough.

Local government and NHS facilities

Kingston has a number of venues which provide food where the local government or NHS has control over what food is available, including Kingston Hospital. The Healthcare Food Standards and Strategy Group was set up by NHS England to describe the methods by which organisations must ensure the quality and sustainability of their food and drink provision for patients, staff and visitors, and how they should be applied and monitored, as well as recommending future improvement aspirations and actions¹⁷³. Kingston is also

¹⁶⁷ ["School Streets - Kingston Council." 5 Sept. 2023](#)

¹⁶⁸ ["School Streets - Kingston Council." 27 Sept. 2023](#)

¹⁶⁹ ["Awareness of marketing for high fat, salt or sugar foods, and the association with higher weekly consumption among adolescents: a rejoinder to the UK government's consultations on marketing regulation." 2020](#)

¹⁷⁰ ["EVERY CHILD A HEALTHY WEIGHT - Greater London Authority."](#)

¹⁷¹ ["Design, deliver and manage - NHS England." 2 Sept. 2019.](#)

¹⁷² ["Limiting harmful outdoor advertising: Supplementary information on"](#)

¹⁷³ ["National standards for healthcare food and drink - NHS England."](#)

supporting local workplaces to improve the health and wellbeing of their employers through the promotion of the Good Business Charter¹⁷⁴.

Recommendations:

65. RBK Public Health to review the food and drink that is served in all local government venues (including leisure centres), venues of commissioned services and NHS facilities in Kingston, and work with partners to implement the NHS National standards for healthcare food and drink. Where possible this should be a requirement as part contracts (e.g. leisure provider contracts).¹⁷⁵

Planning, Developments and Licensing

Environmental and planning strategies that increase access to healthy food and physical activity encourage healthy weight ¹⁷⁶. Leisure and culture strategies that improve access to facilities for structured leisure programmes and unstructured opportunities for physical activity (e.g. access to parks, open spaces and safe play areas, ensuring access to all including those with disabilities) encourage healthy weight ¹⁷⁷.

There is a clear link between deprivation and higher density of hot food takeaways. Improving the local food environment is important in enabling more people to access healthier options and giving equal access to healthy food¹⁷⁸. Local authorities are in a uniquely influential position to lead their communities and local partners to help improve the food environment and reduce inequalities. At the same time, there is potential to diversify the retail offer and help support a more vibrant high street¹⁷⁹.

The London Plan 2021 uses a distance of 400m to define the boundaries of the fast food exclusion zone from primary and secondary schools, as this is thought to equate to a walking time of approximately five minutes. As well as proximity to schools, it recommends planning should be evaluated on the over-concentration and clustering of fast food outlets¹⁸⁰.

The Draft Kingston Local Plan 2019-2041¹⁸¹ introduces a Hot Food Takeaways Policy which will see development proposals involving hot food takeaway resisted when they are within 400 metre walking distance from primary and secondary schools. In addition, planning proposals for new takeaways in town centres will be carefully considered to avoid over-concentration. When development proposals are permitted, the operators will be encouraged to comply with the Healthier Catering Commitment standards. The scheme recognises businesses that make a commitment to reducing the levels of saturated fat, salt and sugar in the food sold in their premises, in addition to make smaller portions available on

¹⁷⁴ ["Good Business Charter: Homepage."](#)

¹⁷⁵ ["Google Docs: Online Document Editor | Google Workspace."](#)

¹⁷⁶ ["Tackling Obesities: Future Choices – Project report - GOV.UK."](#)

¹⁷⁷ ["Tackling Obesities: Future Choices – Project report - GOV.UK."](#)

¹⁷⁸ ["Healthy High Streets Good place-making in an urban setting - GOV.UK." 24 Jan. 2018](#)

¹⁷⁹ ["Healthy weight environments: using the planning system - GOV.UK." 7 Feb. 2020.](#)

¹⁸⁰ ["THE LONDON PLAN." 1 Mar. 2021.](#)

¹⁸¹ ["Kingston's Local Plan" DRAFT.](#)

request¹⁸². In Kingston, The Healthier Catering Commitment has already been delivered with 49 venues signed up as of April 2024.

Recommendations

66. RBK to use the council's role in planning and transport, and policies from the Kingston Local Plan, to improve opportunities for incidental and planned physical activity, including by promoting usage of green spaces and sport and recreation facilities.
67. RBK to use the council's role in planning and licensing, and policies from the Kingston Local Plan, to reduce the over-concentration of fast food restaurants in close proximity to schools and with late night licenses.
68. RBK to continue to deliver Healthier Catering Commitment and revisit those early adopters who will now need to be re-assessed.

¹⁸² ["Healthier Catering Commitment"](#)

Glossary of terms

Acronym/glossary	Definition/explanation
AfC	Achieving for Children - a not for profit organisation focused on supporting children and young people to live safe, happy, healthy, and successful lives
AKN	Active Kingston Network- an operational group delivering the priorities of the Active Kingston Framework 2023
BFI	UNICEF Baby Friendly Initiative that supports breastfeeding and parent infant relationships by working with public services to improve standards of care
BMI	Body Mass Index
CEW	NHS E-learning programme 'Complications of excess weight (CEW) in children and young people programme
CQC	Care Quality Commission - independent regulator of health and social care in England.
DWP	Department of Work and Pensions
Food Insecurity	A lack of regular access to enough safe and nutritious food for normal growth and development and an active and healthy life. This may be due to unavailability of food and/or lack of resources to obtain food
FSM	Free School Meals - a government initiative which provides children with a nutritious meal at school during term time
FUEL	Kingston and Richmond's Holiday Activities and Food programme, coordinated by Achieving for Children
GLA	Greater London Authority
GP	General Practice/Practitioner
HAF	Holiday Activities and Food programmes- a program to support children in receipt of free school meals through holiday periods
HCC	Healthy Catering Commitment - a voluntary scheme that is promoted by local authorities to help caterers and food businesses offer healthier, nutritious food to the public
HENRY	A children's healthy lifestyle program, commissioned in Kingston, that takes a whole-family approach to achieving and maintaining a healthy weight from pregnancy to the end of primary school
HEYL	Healthy Early Years London - an awards scheme which supports and recognises achievements in child health, wellbeing and development in early years settings
HFSS	High Fat Sugar Salt (food and drinks)

HSL	Healthy Schools London - an awards programme which recognises schools' achievements in supporting pupil health and wellbeing
ICB	Integrated Care Board - NHS organisations responsible for planning health services for their local population
ICS	Integrated Care System - collaboration of local partners including the NHS, Councils, voluntary sector, and others to create better services based on local need
JSNA	Joint Strategic Needs Assessment - process and report that looks at the current and future health and care needs of the local population to inform and guide the planning and commissioning of health and social care services within Kingston
KAE	Kingston Adult Education- an initiative of Kingston Council with supports residents with a variety of skills, learning, and training to help them achieve
KHFT	Kingston Hospital Foundation Trust
KVA	Kingston Voluntary Action - a local organisation that supports voluntary and community sector groups to develop their skills, build their resources and amplify their voice
LGA	Local Government Association
LIFT	Low Income Financial Tracker Dashboard - a platform that identifies vulnerable residents so local authorities can target support to them
MESCH	Maternal Early Childhood Sustained Home-visiting - a programme commissioned in Kingston to promote maternal and child emotional and social wellbeing and assist parents to interact in ways that support their children's development
NCMP	National Childhood Measurement Programme
NHS	National Health System
NICE	National Institute Clinical Evidence
Obesity	A BMI greater than or equal to 30
OHP	Oral Health Promotion Service, part of King's College Hospital NHS Foundation Trust Community Special Care Dentistry.
Overweight	A BMI greater than or equal to 25
PHE	Public Health England
RBK	The Royal Borough of Kingston Upon Thames
STP	Supervised toothbrushing programme, delivered by the Oral Health

	Promotion Service
Surplus Hub	A local surplus distribution hub delivered by the Good Food Group which sources and redistributes fresh surplus food in the Borough that would have otherwise gone to waste to be more effectively resourced
The Good Food Group	A partnership of nearly 30 organisations in Kingston that support a reduction in food insecurity by making healthy, nutritious and delicious food accessible and affordable for all
UNICEF	The United Nations Children's Fund, child's rights organisation established by the UN
VCS	Voluntary and Community Sector
VOH	Voices of Hope -a locally founded charity in Kingston Upon Thames, dedicated to bringing hope to individuals and the wider community, improving physical and mental health through community-based projects
WHO	World Health Organisation