

Healthy Weight Strategy 2021 to 2026

What do you think?



easy read

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Introduction



Leicestershire County Council is writing a plan to help everyone in Leicestershire be a healthy weight.



We want to work together with other organisations in the county to make sure everyone:

- eats well
- gets physically active
- is a healthy weight.



Before we write our plan, we want to know what you think about our ideas.

You can tell us what you think by answering the questions that start on page 5.



We need your answers by midnight on Sunday, 27 December 2020.

Why do we need a plan?



Being a healthy weight is important for your **wellbeing**.

Wellbeing is about being happy and healthy in your body and mind.



At the moment in Leicestershire, more than half of all adults and a third of children leaving primary school are overweight.



Being overweight can lead to long term illnesses like diabetes.



These illnesses can reduce the length of your life.



We need a plan in Leicestershire that will:

- support people who are overweight to reach a healthy weight
- help people understand how to stay a healthy weight.



About you



Question 1: Are you...

- ☐ Someone who uses Leicestershire County Council's weight management services
- ☐ Someone who uses another weight management service
- ☐ An interested member of the public
- ☐ Working at a weight management service
- ☐ Working for the NHS or the County Council
- ☐ A councillor
- ☐ Speaking for a public service, like the NHS
- ☐ Speaking for a school or college
- ☐ Speaking for a community group
- ☐ Speaking for a business
- ☐ Other - please say



Question 2: If you are answering for a group, organisation or business, please tell us:

The name of your group, organisation or business:

Your name:

Do you think we need a plan?



Question 3: Do you agree or disagree that we need a plan to help people in Leicestershire be a healthy weight?



Strongly
agree

☐

Agree

☐

Neither
agree nor
disagree

☐

Disagree

☐

Strongly
disagree

☐

Don't
know

☐

Why do you say this?

Our main ideas



We have 3 main ideas to help people be a healthy weight:

1. To help people find healthy food and be active close to home.
2. To support people to be a healthy weight.
3. To help professionals support people to be a healthy weight.



Question 4a: Do you agree or disagree that we should help people find healthy food and be active close to home?



Strongly agree

☐

Agree

☐

Neither agree nor disagree

☐

Disagree

☐

Strongly disagree

☐

Don't know

☐



Question 4b: Do you agree or disagree that we should support people to be a healthy weight?



Strongly
agree

☐

Agree

☐

Neither
agree nor
disagree

☐

Disagree

☐

Strongly
disagree

☐

Don't
know

☐

Question 4c: Do you agree or disagree that we should help professionals support people to be a healthy weight?



Strongly
agree

☐

Agree

☐

Neither
agree nor
disagree

☐

Disagree

☐

Strongly
disagree

☐

Don't
know

☐

Question 5: Do you have any comments about these ideas?

Finding healthy food and being active close to home



We want to:

- make sure people understand which foods are healthy and make more healthy food available



- support services and businesses to help people eat more healthily and keep active.



Question 6a: Do you agree or disagree that making sure people know which foods are healthy and making those foods available will help people be a healthy weight?



Strongly agree

☐

Agree

☐

Neither agree nor disagree

☐

Disagree

☐

Strongly disagree

☐

Don't know

☐



Question 6b: Do you agree or disagree that supporting services and businesses to help people to eat more healthily and keep active will help people be a healthy weight?



Strongly
agree

☐

Agree

☐

Neither
agree nor
disagree

☐

Disagree

☐

Strongly
disagree

☐

Don't
know

☐

Question 7: Do you have any comments about these ideas?

Actions

We are suggesting these actions to help people find healthy food and be active close to home. We would:

- have rules for fast food places, especially if they are near schools
- support places that provide healthier foods
- encourage shops to sell more fresh local foods.



Question 8: Do you have any comments about these actions?



Supporting people to be a healthy weight



We want to help people have clear ways to reach a healthy weight, and stay a healthy weight.



Question 9: Do you agree or disagree that we should help people with clear ways to manage a healthy weight?



Strongly agree

☐

Agree

☐

Neither agree nor disagree

☐

Disagree

☐

Strongly disagree

☐

Don't know

☐

Question 10: Do you have any comments about this idea?

Actions



We are suggesting these actions to help people have clear ways to manage a healthy weight. We would:

- get more people going to the Leicestershire Weight Management Service
- make sure people who need the most support can get extra help.



Question 11: Do you have any comments about these actions?



Helping professionals to support people to be a healthy weight

We want:



- health professionals to be confident about talking to people properly about their weight



- to work together with other organisations so that all services are helping people to be a healthy weight.



Question 12a: Do you agree or disagree that health professionals should be more confident about helping people be a healthy weight?



Strongly agree

☐

Agree

☐

Neither agree nor disagree

☐

Disagree

☐

Strongly disagree

☐

Don't know

☐



Question 12b: Do you agree or disagree that all services should be helping people to be a healthy weight?



Strongly
agree

☐

Agree

☐

Neither
agree nor
disagree

☐

Disagree

☐

Strongly
disagree

☐

Don't
know

☐

Question 13: Do you have any comments about these ideas?

Actions

We are suggesting these actions to help professionals support people to be a healthy weight. We would:

- train health professionals so they can talk to people about their weight
- work with organisations to make sure our towns and cities have plenty of green spaces so people can keep active.



Question 14: Do you have any comments about these actions?



The plan overall



Question 15: Do you agree or disagree with our ideas for the plan overall?



Strongly agree

☐

Agree

☐

Neither agree nor disagree

☐

Disagree

☐

Strongly disagree

☐

Don't know

☐

Question 16: What do you like about the plan?



Question 17: What could be improved about the plan?



Question 18: Who do you think will get the most out of this plan? Why do you think this?



Question 19: Who do you think will not do well with this plan? Why do you think this?



Question 20: How will you be affected by this plan?



Question 21: Is there anything else we could do to help people be a healthy weight?



Question 22: Do you have any other comments?

More about you



Please answer these questions about yourself. Your answers will help us to make sure we are hearing from all different groups of people in Leicestershire.

Question 23: Are you...

☐

Male

☐

Female

☐

I prefer to use my own word



Question 24: Are you the same gender as the one you were given at birth?

☐

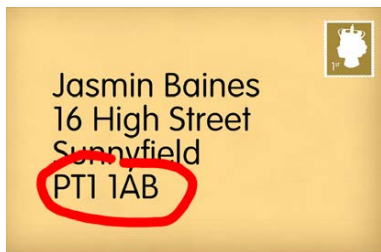
Yes

☐

No



Question 25: How old are you?



Question 26: What is your postcode?



Question 27: Are you the parent or carer of someone aged 17 or under?

☐ Yes

☐ No



Question 28: Are you the parent or carer of someone aged 18 or over?

☐ Yes

☐ No



Question 29: Are you disabled or have a long term illness?

☐ Yes

☐ No



Question 30: What is your ethnic group?

- ☐ White
- ☐ Black
- ☐ Mixed
- ☐ Asian
- ☐ Other



Question 31: What is your religion?

- ☐ No religion
- ☐ Christian
- ☐ Buddhist
- ☐ Hindu
- ☐ Jewish
- ☐ Muslim
- ☐ Sikh
- ☐ Any other religion



Question 32: Are you...

- ☐ Bisexual - you are attracted to both men and women
- ☐ Gay - you are a man and attracted to men
- ☐ Heterosexual or straight - you are attracted to people of the opposite sex
- ☐ Lesbian - you are a woman and attracted to women
- ☐ Other



Question 33: Do you work for Leicestershire County Council?

- ☐ Yes
- ☐ No

Thank you



Thank you for your answers.

Please now send your answers back to:



**Healthy Weight Strategy Consultation
Public Health Department
Room G58
Leicestershire County Council
Have Your Say
FREEPOST NAT 18685
Leicester
LE3 8XR**



You don't need a stamp.



For more information

If you need more information please contact us by:

Phone: **0116 305 0705**

Email: **HealthyWeight@Leics.gov.uk**



Website: **www.leicestershire.gov.uk/weight-strategy**

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