

# What needs to change to enable Shropshire residents to achieve a healthy weight?

Please help us by sharing your views

## What needs to change to enable Shropshire residents to achieve a healthy weight?

- achieving a healthy weight (BMI 18.5 to 25 kg/m<sup>2</sup>) is important to long term health and wellbeing
- children who are overweight are more likely to be obese as adults and suffer poor mental wellbeing and ill-health as a consequence
- genetics play a role in influencing weight but many other factors play a role too:
  - **The food environment** (not having the opportunity to make healthy food choices)
  - **The physical activity environment** (not having easily walkable or active travel options)
  - **Breaking unhealthy habits** formed in childhood
  - **Prevention** is better than cure!

## Please tell us what makes it difficult for you and/or your family to achieve a healthy weight

- What can the council, working in partnership with our colleagues in the NHS and community and voluntary organisations do to help?
- What needs to change?
- Reducing obesity is a priority for Shropshire Council and Shropshire's Integrated Care System (local NHS and partners)
- We are developing a strategy to help Shropshire residents achieve and maintain a healthy weight – doing all we can to prevent obesity
- The strategy will describe priorities for action that reflect evidence of what works in promoting healthy weight, local data and the views of local people and of the staff who deliver health and care services or support

# Your views are Important!

Please complete this short public survey via this link or QR code

<https://www.surveymonkey.co.uk/r/HealthyWeightPublic>

or



If you work for the council, the NHS or a local community or voluntary group please complete this short 'stakeholder' survey via this link or QR code

<https://www.surveymonkey.co.uk/r/HealthyWeightStakeholders>



Please encourage others to complete the surveys too!

**Thank you for your help.**