

# Islington Healthy Weight Programme Update

November 2025

Dear colleagues,

The Islington Healthy Weight Programme is a new strategic approach to addressing what has become the leading risk factor for time lived in poor health for Islington residents. The programme uses a whole systems approach to effectively tackle the drivers of this complex problem and improve support provided to residents.

We kicked off with a workshop in May where key internal and external stakeholders met to be introduced to the approach and discuss proposed projects. Four projects were chosen for phase one and are now coming to a close. Since the workshop we have also advanced work on our statement of principles.

## **Statement of principles**

We have reviewed the evidence on the effectiveness of different approaches to promoting healthy weight. We have used this evidence to draft a “Statement of Principles” which sets out the broad, evidence-based principles which will guide our future work. Our steering group are currently reviewing the draft, and we hope to be able to share the final document with you in the next update.

## **Phase one projects**

The phase one projects were

1. Review food and physical activity provision in adult social care settings;
2. Increase pre- and post-natal support around physical activity, healthy diet, and weight management;
3. Connecting the adult and children & young people weight management pathways;

#### 4. Develop work on food in schools and childcare settings

These projects have each involved collaboration across council teams and key external stakeholders to achieve outcomes such as

- Better connecting existing work;
- Improving information available to health professionals and residents;
- Identifying gaps, and in some cases filling these with new offers for residents;
- Raising awareness and increasing knowledge to ensure prioritising healthier weight is everyone's business

If you would like further information on any of the above projects please get in touch with [emily.clarke@islington.gov.uk](mailto:emily.clarke@islington.gov.uk) and [isabel.mansfield@islington.gov.uk](mailto:isabel.mansfield@islington.gov.uk).

#### **Thank you**

We would like to thank everyone who has contributed to this work so far, whether by attending the initial workshop, participating in a task and finish group or supporting us through the steering group. We have been blown away by the enthusiasm and energy everyone has brought to the work.

The programme to date has only been possible due to the commitment and expertise brought by members of the following council teams and external organisations.

Islington Council teams:

- Homes & Neighbourhoods - Environmental Health
- Community Wealth Building - Local Economies; Inclusive Growth; Community Financial Resilience; Planning Policy & Development Viability Services
- Strategy & Programmes - Communications; Strategy & Engagement
- Climate & Environment – Greener, More Active; Active Travel; Transport Projects
- Children's Services – Family Hubs; Health & Wellbeing; Bright Start; School Support & Information
- Health & Social Care – Islington Learning Disability Partnership; Admission Avoidance & Hospital Discharge; Adult Social Care Complex Needs; Community nursing; Community Partnerships; Joint Commissioning; Quality & Performance

External organisations:

- Arsenal in the Community
- Age UK social prescribing team
- University College London (UCL)
- Healthy Generations
- The Brandon Centre
- Shape Up champions
- Help on Your Doorstep social prescribing team
- Islington Food Partnership
- Octopus Community Network
- GLL (Better)
- Breastfeeding Network
- Bright Start champions
- Access to Sport
- Islington GP Federation
- Healthwatch
- MoreLife
- Families for Life champions
- NHS – North Central London Integrated Care Board (ICB); Midwifery (UCH and Whittington); Health visitors; School nurses; Care home nursing

**Next steps**

We will be meeting our steering group to decide which projects will be taken forward in phase two. We are also working on an improved web presence for our programme which will include publishing our statement of principles.

Please do let us know if you have any questions or feedback on the work to date or would like to be involved in the next phase of projects.

Thank you for your interest and support,

Islington's Healthy Weight Programme team

