

Islington healthy weight programme update

August 2026

Dear colleagues,

Since our last update in March, we have made progress implementing the healthy weight principles, advancing phase two projects, developing our evaluation approach, and advocating for healthier food environments nationally.

As always, we are grateful to everyone who has contributed their time, expertise and enthusiasm to this work across the council and partner organisations.

Embedding the healthy weight principles

Following endorsement of [Islington's healthy weight principles](#) earlier this year, we have begun developing resources to support services and organisations to apply the principles in practice. As a recap, the eight principles provide an ambitious, evidence-based standard, that help guide healthy weight work across the borough and support continuous improvement.

Key developments include:

- The development of a self-assessment tool to help services and organisations assess alignment with the principles and identify opportunities for improvement. We are currently testing the tool and anticipate launching it at the Health and Wellbeing Board in the autumn.
- The development of a language guide to support consistent, inclusive and compassionate communication about weight, physical activity and healthy eating. The guide draws on evidence relating to weight stigma and will be shared later this year.



We continue to welcome opportunities to work with teams and organisations interested in applying the principles within their own areas of work. If your service area or team is interested in collaborating with us to align your work with the principles, please get in touch with emily.clarke@islington.gov.uk and julie.edgecombe@islington.gov.uk.

Phase two projects

While some phase two projects are now concluding, others have evolved into longer-term areas of work.

Internally these projects have involved the collaboration of colleagues in learning and achievement; family help and safeguarding; human resources; climate change and transport; planning and development; and communications and campaigns. We are grateful to everyone who has contributed their time, knowledge and insight.

Recent progress includes:

- Completion of a review of secondary school food environments, identifying opportunities to strengthen support for healthy eating among young people.
- Development of a plan to increase awareness and understanding of weight stigma, including opportunities to strengthen existing internal training offers and organisational practice.
- Development of a new approach to align active travel promotion with transport infrastructure projects, which will be piloted later this year.
- Ongoing work with the Islington Food Partnership to improve the availability of healthy options within food aid settings.

Healthy weight advocacy

Advocating for action at regional and national level remains an important part of our whole systems approach to healthy weight.

Since our last update, with support from the public affairs team, we have:

- Collaborated with colleagues in learning and achievement on a response to the Department for Education's [school food standards consultation](#), drawing on Islington's experience of enhanced standards and highlighting opportunities to improve meal quality nationally as well as in local education settings who provide food outside of the council catering contract.

- Collaborated with colleagues in trading standards on a response to the Department of Health & Social Care's consultation on [applying the new nutrient profile model to advertising and promotion restrictions](#), supporting stronger regulation of unhealthy food advertising and promotions.

We will continue to identify opportunities to influence regional and national policy and advocate for the wider changes needed to support healthy weight.

Monitoring and evaluation

We have updated the programme logic model and commenced a process evaluation to understand how effectively the programme is being implemented, identify opportunities for improvement, and capture learning from its first year. Findings from this will be taken to the Health and Wellbeing Board in November.

We look forward to sharing key findings and learning in due course from this first year of the programme.

Please get in touch if you have any questions, feedback, or would like to become involved in any aspect of the programme.

Thank you for your continued support and collaboration.

Fran, Harriett, Julie, Emily and Aphra – the healthy weight programme team