

Islington healthy weight programme update

March 2026

Dear colleagues,

We have some exciting updates to share with you since our last newsletter in November. We have finalised and published the [healthy weight statement of principles](#), commenced our phase two projects, continued work on advocacy activities, and begun developing our plans for monitoring and evaluation.

Given the whole systems nature of this programme many of you or members of your teams have been involved during this time. We would therefore like to extend a big thank you to all who have contributed.

Healthy weight statement of principles

Our steering group and Public Health's department management team have now reviewed and agreed [Islington's eight healthy weight principles](#). The Health and Wellbeing Board endorsed the principles at its meeting on 17th March. The eight principles provide an ambitious, evidence-based standard, and help guide our work so that it increasingly meets that standard. We are currently developing our plans for engaging council teams and external organisations on the principles – if you would be interested in joining this conversation please get in touch.

Our healthy weight principles inform our approach to achieving the following aims:

- To increase physical activity and healthy eating patterns across the population, with a focus on our most vulnerable residents.
- To encourage healthy relationships with physical activity, food and body image.

We anticipate that this work will contribute to an increased proportion of residents maintaining a healthy weight, alongside wider improvements in health and wellbeing.

The eight principles are:

1. We ensure the easiest option is the healthier option
2. We do not stigmatise weight
3. We support health at different sizes
4. We take an inclusive and culturally competent approach
5. We deliver early interventions and support across the life course
6. We support the whole family
7. We embed psychologically informed approaches
8. We take a whole systems approach



We encourage you to read the [further detail about each principle](#) and refer to the accompanying [healthy weight needs assessment](#). If your service area 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

With the support of our steering group, we agreed on five projects to take forward into phase two. These projects have now commenced.

- Develop work on food for secondary school aged students
- Deliver training on weight stigma and compassionate approaches to weight
- Design an active travel activation plan for liveable neighbourhoods and other transport projects
- Support local initiatives to increase healthy options in food aid
- Support anchor institutions to deliver co-benefits for healthy weight within their carbon emission reduction work (we have discussed initial opportunities with the group and await a decision on whether this will be agreed as a priority for the coming year)

Healthy weight advocacy

Since our last update, we have begun our advocacy work. Our statement of principles acknowledges that achieving a truly whole systems approach means advocating for national and/or regional action to address systemic barriers to physical activity and healthy eating that sit beyond local authority control.



If you are aware of any upcoming opportunities for us to include healthy weight considerations in consultations or strategies, please get in touch with emily.clarke@islington.gov.uk and julie.edgecombe@islington.gov.uk.

Next steps

We are currently developing our plans for monitoring and evaluation, and we look forward to sharing more on this in the next update.

Please let us know if you have any questions or feedback on the work to date or would like to be involved in any existing or upcoming work.

Thank you again for your continued interest and support,

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