
Report to West Sussex Health and Wellbeing Board

25 January 2024

Developing a strategic approach to food and nutrition across West Sussex

Report by: Alison Challenger, Director of Public Health

Summary

This report accompanies a verbal presentation, which will be delivered to the West Sussex Health and Wellbeing Board focusing on the link between the complex food landscape, the impact on population food consumption, and the effect poor nutrition can have on health and wellbeing.

The presentation will set out the intention and need to develop a strategic whole systems approach to food and nutrition for all ages across West Sussex to improve the health of the local population and reduce inequalities. Central to this, is a proposed West Sussex Food and Nutrition Strategic Framework for system wide action, to be developed across all partners, informed by a West Sussex Food and Nutrition Needs Assessment and a review of best practice evidence.

Recommendation(s) to the Board

The Health and Wellbeing Board is asked to;

- (1) Provide feedback on the proposed West Sussex Food and Nutrition Strategic Framework for implementing a whole systems approach across the county.
 - (2) Endorse the proposed approach to address the complex food and nutrition landscape in West Sussex, including prioritising actions within an interim action plan to tackle the food environment and impact on population food consumption in the county, undertaking a West Sussex Food and Nutrition Needs Assessment to inform the development of the West Sussex Food and Nutrition Strategic Framework, and reviewing best practice evidence.
 - (3) To discuss the intentions for this strategic approach with their own organisations and consider how to engage with the development of the interim action plan, needs assessment and strategic framework going forward to maximise this collaborative approach.
 - (4) Recognise the significant impact this proposed whole systems approach across West Sussex could have on improving the health of the local population and reducing inequalities across the life course (all ages).
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Relevance to [Joint Health and Wellbeing Strategy](#)

The West Sussex Joint Health and Wellbeing Strategy (JHWS) 2019-2024 refers to maximising opportunities for prevention across the life course (all ages).

Intentions to tackle overweight and obesity are mentioned most frequently in the Starting Well theme of the JHWS, with reference to prevention and risk factors across the life course.

The Living and Working Well theme includes the aim to ensure people can look after their own health and wellbeing with reference to diet as a risk factor and the importance of environments which encourage healthy choices.

1 Background and context

1.1 Detailed background and context will be included in the verbal presentation to be delivered to the Board on 2 November 2023.

2 Proposal Details

2.1 The purpose of this report is to outline the intention and need to develop a strategic whole systems approach to food and nutrition for all ages across West Sussex to improve the health of the local population and reduce inequalities.

2.2 Also, to make recommendations to the Board preparing it to participate in the development of the strategic approach.

2.3 Views are sought on this and the detailed content of the verbal presentation that will be delivered on 2 November 2023.

3 Consultation, engagement and advice

3.1 Consultation and engagement will be aligned with the development of the West Sussex Joint Local Health and Wellbeing Strategy (JLHWS) for the next period (to be published in 2024) and will include all internal and external stakeholders.

3.2 Advice will be sought throughout this process and will include representatives from the Office for Health Improvement and Disparities (OHID).

Contact:

Dr Kate Bailey, Consultant in Public Health, Tel: 0330 222 8688 Email:
kate.bailey@westsussex.gov.uk

Dr Sam Taplin, Consultant in Public Health, Email:
samantha.taplin@westsussex.gov.uk

Rebecca Howells, Public Health Lead, Tel: 0330 222 4515 Email:
Rebecca.Howells@westsussex.gov.uk

Appendices

None

Background papers

None