



## Preventing Obesity in Havering

Following recent publication of the cross-Government ‘Childhood Obesity: A Plan for Action’, Havering Council has launched its [Prevention of Obesity Strategy 2016-2019](#) in association with local health partners.

We have seen a steady rise in the number of residents in the borough who are overweight, putting them at increased risk of a range of health problems as they get older. Achieving and maintaining a healthy weight is influenced by a complex array of factors and is not simply down to individual choice or willpower. Informed by our [Obesity Needs Assessment 2016](#) which has been published on behalf of the Health and Wellbeing Board, the strategy explores these many influences and considers how we can shape our environment to make healthy choices easier, support a culture that sees physical activity and healthy eating as the norm, and empower residents to make positive changes to their lifestyle.

We encourage people to read the strategy, and those with concerns about their own weight, or that of friends or family, can visit the Council’s [‘Achieving a healthy weight’](#) webpage for information and advice.