

No	Output (deliverable)	Life course	Milestones	Partners	Target completion date
Cross-cutting themes					
1	Develop a borough-level plan to address inequalities affecting weight	All-age	We will create an all-age inequalities plan to 1. tackle weight-related disparities, and 2. identify and recommend actions to assist groups negatively impacted by inequalities in weight.	Healthy Children and Families Healthy Adults	March 2025
		Children and Adolescents	We will develop and implement a new service specification for the Healthy Lives team in April 2025 informed by our tackling inequalities agenda and the findings from the commissioned service evaluation.	Healthy Children and Families Healthy Lives Team	April 2025
		Early Years, Children and Adolescents	a. We will fund SEND specific providers to deliver holiday clubs (easter, summer and Christmas). b. We will review the current Junior SEND physical activity offer to increase access and provision across the borough, in collaboration with the new Be Well Leisure service. (tbd - dependant on the SPA service transformation - keep or remove?)	Healthy Children and Families	December 2024 March 2025
2	Deliver an All-Age Healthy Weight Summit	All-age	We will deliver an all-age healthy weight summit	Healthy lives Family Hubs Barts ICB GP Care Group Pharmacy Adult Social Care	January 2025
		All-age	We will develop an All-Age Healthy Weight action plan for delivery in FY 2025/26, informed by the healthy weight summit		March 2025
Healthy places					
Play					
3	Play	All-age	a. We will lead the delivery of the Play Estates, Inclusive Play and School Playground pilot programmes, by August 2024	Healthy Environments Healthy Children and Families Team Layla Richards, Chair of the Charter Working Group Comms	Completed
			b. We will develop a behaviour change comms plan to raise awareness of the importance of Play and will develop a training module to help embed the principles of play as outlined in the Play Charter.		January 2025
Local Plan					
4	Review existing social spaces for young people in the borough	Adolescents	We will support development of the Local Plan, specifically, we will conduct a Play Spaces Audit and support the development of a Community Infrastructure Audit in 2024.	Healthy Environments	Completed
Food for Health Scheme					

5	Continue efforts to make fast food outlets healthier	All-age	a. We will recruit 10 new Food Outlets to receiving a Food for Health (FFH) Award.	Healthy Environment Environmental Health	March 2025
Healthy and Affordable Food					
6	Supporting residents to access healthy and nutritious food (Fruit and Vegetable Vouchers Scheme)	All-age	a. We will support 220 households to access healthier diet and reduce food insecurity. B. We will enable our residents to access £75k worth of fresh fruit & veg.	Healthy Environment	March 2025
Physical Activity					
7	Physical Activity Needs Assessment for Children, young people and adults	All-age	We will develop a Health Needs Assessment on physical activity for children, young people, and adults, accompanied by an action plan outlining steps to increase and maintain physical activity; and reduce inactivity.	Public Health, Leisure, Primary Care	December 2024
8	Children's access to green space	Children and Adolescents	We will maintain 64 council-owned playgrounds for children to play We will engage 7000 children in parks and play based activities in 2024/25. We will run 230 sessions in 2024/25 to engage children in parks / play spaces events.	Parks, Commissioning and Culture, Educations, Leisure, Young Tower Hamlets	March 2024
Healthy settings					
Fantastic Food in Schools [slide 19]					
9	Improve healthy eating in primary schools through delivering the Fantastic Food in Schools Programme (FFIS).	Children	We will support primary schools healthy eating initiatives (as identified through the Fantastic Food in Schools survey), supported by Healthy Lives and Contract Services (Year 3, programme delivery)	SFIP working group, including schools	July 2025
		Children	We will continue to support the implementation of the conditions of grant around school food provision in primary schools. (Year 3, programme delivery)		July 2025
		Children	We will support at least 10 new schools through the Healthy Schools for London award process in school food.		Mar 2025
		Children	We will support schools to engage pupils in food production, from growing to cooking and eating (as identified by the FFIS survey), by co-ordinating work across schools, sharing best practice and linking schools with initiatives in the borough		Mar 2025
Secondary Free School Meals Policy					
10	Continue to support healthy eating in secondary schools	Adolescents	We will monitor the uptake of Free School Meals to identify and remove barriers and ensure <i>all children</i> can access these	SFIP working group, including schools	Mar 2025

	through the delivery of free school meals	Adolescents	We will work with research partners to evaluate the effectiveness of the Free School Meal Policy in secondary schools	TH Secondary School's evaluation group	Ongoing
Other Settings					
11	Support the development of the health offer in the new Youth Service	Adolescents	We will ensure that youth services align with the council's aims around healthy eating, including through their food offer, inclusion of physical activity and training for youth workers	Young Tower Hamlets	TBC
Healthy services					
Workforce development					
12	Deliver healthy weight training for professionals [slide 22]	Early Years, Children and Adolescents	We will develop an online training library on child healthy weight - to be held on the GP Care Group website. This will allow health and community professionals easy access to reputable up-to-date training on topics related to healthy weight	Paediatric dietetics, Public Health, Barts	Mar -25
		Early Years, Children and Adolescents	We will develop and deliver a training offer to key workforce groups (including those working in, social care, Young Tower Hamlets, those working with looked after children, Social Prescribers and School Nurses working in special schools)	Public Health, GPCG	Mar -25
		Early Years, Children and Adolescents	We will evaluate the effectiveness of child healthy weight training, through an auditing programme in the 0-19 service	0-19 service	Mar -25
		Early Years	We will deliver Starting Solids training to 0-5 workforce groups, including Family Hubs staff	Family Hubs	Mar -25
Child Healthy Weight Pathway					
13	Implement the Child Healthy Weight Pathway [slide 23]	Early Years, Children and Adolescents	We will implement a CHW pathway that offers sustainable, family-focused and holistic support, including, across primary care and community organisations.	ICB, Public Health, GPCG	Mar-25
		Children and Adolescents	We will support the delivery of a GP Incentive Project to pilot the primary care CHW pathway	ICB, Public Health, GPCG	August -24

		Children and Adolescents	We will research the needs of underweight children and those who may have eating disorders (giving special consideration to the potential impact of healthy weight messages on these groups)	Public Health	Mar-25
		Children and Adolescents	We will improve the recording, collection and flagging of BMI data on the EMIS platform ensuring GP's are notified of very overweight children on their case load	ICB, Public Health, GPCG	Mar-25
Early Years Healthy Weight					
14	Promote Healthy Weight in the Early Years	Early Years	We will continue to deliver the UNICEF Baby Friendly Initiative to increase breastfeeding rate, and support families to introduce solids appropriately	Barts, GPCG, Family Hubs,	Mar-25
		Early Years	We will sample BMI data from 2-2.5 year reviews, to understand healthy weight rates in pre-school aged children	Emma Food	Mar-25