



Although a formal committee of Brighton & Hove City Council, the Health & Wellbeing Board has a remit which includes matters relating to the Clinical Commissioning Group (CCG), the Local Safeguarding Board for Children and Adults and Healthwatch.

Title:	Director of Public Health Annual Report: A whole City Approach to Healthy Weight
Date of Meeting:	22 July 2025
Report of:	Caroline Vass, Director of Public Health
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Wards Affected:	All
FOR GENERAL RELEASE	
Executive Summary	
<p>The Health and Social Care Act 2012, sets out a requirement for all Directors of Public Health to produce an annual independent report on the health of their local population and for their local authority to publish it.</p> <p>The reports can highlight areas of specific concern and make recommendations for change</p> <p>The 2024 DPH Annual Report for Brighton & Hove describes our One Council and Whole City Approach to Healthy Weight.</p> <p>The report:</p> <ul style="list-style-type: none"> • sets the scene and makes the case for the importance of focus on healthy weight in Brighton & Hove • describes our Brighton & Hove journey and achievements over the past 20 years • provides a model for whole systems working that can be used across 	

- multiple topics
- highlights what we have done in Brighton & Hove to make it easier to maintain a healthy weight, using a life-course approach, and a whole city approach
- sets out recommendations that will support the ongoing journey to becoming a city where it is easy to maintain a healthy weight.

Glossary of Terms

DPH – Director of Public Health

1. Decisions, recommendations and any options

- 1.1 That the Board notes the DPH annual report of 2024
- 1.2 The Board acknowledges the continuing commitment of all partners to make Brighton & Hove a place where it is easier to maintain a healthy weight.

2. Relevant information

- 2.1 This paper introduces the DPH annual report for 2024. This report delivers the requirement of the Health and Social Care Act 2012 for directors of public health to produce an independent annual report on an element of the health of their local population, and for the local authority to publish it.
- 2.2 The reports can highlight specific issues and make recommendations for change. The DPH Annual Report for 2024 describes our whole city approach to Healthy Weight. Where we are working together to make in Brighton & Hove a city where it is easy for everyone of every age to be a healthy weight.
- 2.3 Chapter one makes the case for the health and wellbeing benefits of a healthy weight, and the financial and health impacts of obesity. Exploring the data that shows:
 - 80% of 4-5 year olds are a healthy weight
 - 70% of 10-11 year olds are a healthy weight
 - 43% of adults are a healthy weight
 - Although presenting a better picture than the national average, we are seeing a worsening trend in healthy weight in adults and 10-11 year olds
- 2.4 The data go on to show the impact of deprivation on healthy weight, shining a spotlight on this and other factors leading to inequalities in health such as age, black and racially minoritised groups, people with disabilities, or poorer mental health.
- 2.5 This chapter also looks at the environmental, social and physical factors that play a part in our ability to maintain a healthy weight. Looking at the food

environment, for example the density of fast food outlets, and physical activity and opportunities for active travel.

2.6 Chapter two describes the past 20 years of the whole systems approach to health weight and some of the achievements of Brighton & Hove.

2.7 Of particular note is the journey map on page X plotting our local initiatives alongside national policy drivers. This highlights some of our achievements such as:

- The B&H concept of Sugar Smart in 2015 which has been adopted by many other local authorities
- Initiatives such as 'Peas Please', and 'Work on Veg' to try to increase the number of different vegetables people chose to eat

2.8 Other achievements include:

- 6th highest levels of healthy weight in year 6 children
- Highest levels of physical activity and lowest levels of inactivity in the country
- Silver and Gold sustainable city awards
- High levels of active travel
- 75% of babies breastfeeding compared to 53% nationally (23/24)

2.9 Chapters 3 and 4 describe the whole systems approach model and how we apply this to Brighton & Hove and Healthy Weight.

2.10 The whole systems approach reflects the complexity of the issue and the need to address rising rates of obesity and improve the environmental, social, political and economic environment to help make Brighton & Hove an easy place to maintain a healthy weight.

2.11 The report takes a life course approach to healthy weight, starting with the first pregnancy and childhood and the first 1000 days, the school years, young adults, older adults and then the wider city elements that can support a health weight and physical activity.

2.12 Chapter 4 describes why healthy weight is important and showcases activity and innovation in Brighton & Hove, for example:

- Breastfeeding support
- Family Hub support for young children and families, and introductions to fresh food and toothbrushing via TasteEd
- Active lessons in schools, healthy choice breakfast clubs
- Parks and a range of green and blue space
- Holiday activities and food programme
- 'This Girl Can' events
- Leisure centre improvement plans

- Support for healthy workplaces
- Community garden scheme
- Food and community partnership

2.13 Chapter 5 describes recommendations that help to support the life course: healthy weight in the early years, a whole school healthy weight approach, business and workplace support. With further recommendations for healthy weight environments, including advertising, and accessible food offers. Including:

- Pregnant parents
- Healthy food offer in early years setting
- Healthy affordable school meals
- Active schools
- Encourage an active workday
- Advertising restrictions
- Healthier food offer in the out-of-home setting

2.14 This report reflects a whole city collaboration, and I am proud to present it as the DPH annual report for 2024.

3. Important considerations and implications

Legal:

3.1 The DPH is mandated to write an annual report that highlights an issue relevant to the population and the local authority is required to publish it. This report meets that Health and Social Care Act requirement.

Lawyer consulted: Natasha Watson

Date: 11/07/25

Finance:

3.2 There are no financial implications identified from this annual report that are additional to the current grant commitments

Finance Officer consulted: Steve Williams

Date: 07/07/25

Equalities:

3.3 The report highlights significant inequalities in health outcomes and healthy weight for cohorts in Brighton & Hove, considers drivers for healthy weight and obesity, and identifies opportunities to address these inequalities in the recommendations.

Sustainability:

3.4 No issues identified

Health, social care, children's services and public health:

3.5 This report is the Annual Report of the Director of Public Health

Supporting documents and information

Appendix1: The Annual report of the Director of Public Health 2024

