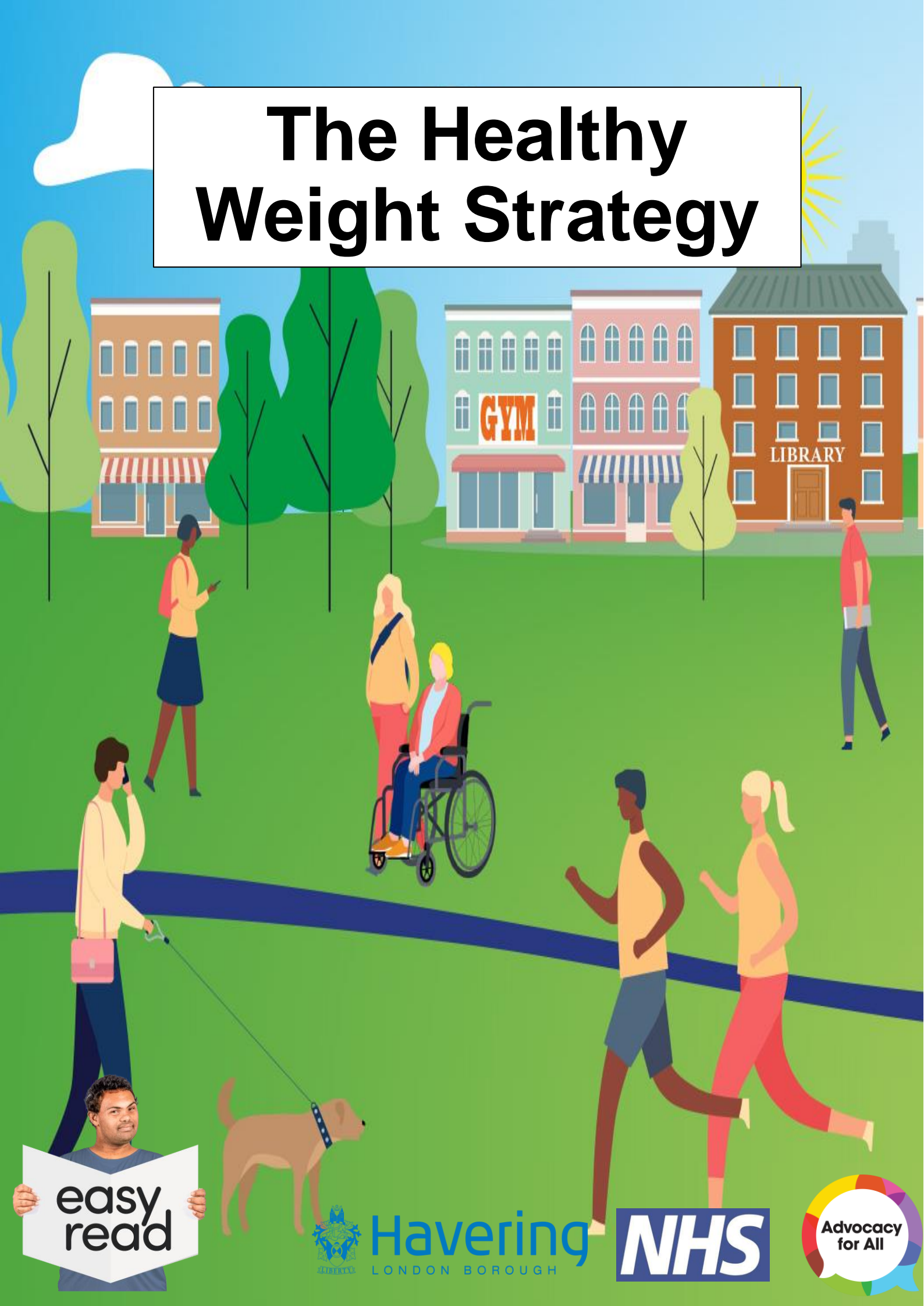


The Healthy Weight Strategy



easy
read



Havering
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The Obesity Problem



Many people in **Havering** are **obese**

This means they are **unhealthy and overweight**



This is a problem that is **getting worse**



Being **overweight** can be a **problem** because

- It can **make people die early**
- It can **affect** how **good** your **life** can be

The Obesity Problem



Some people think that you can **control how much you weigh**, and that your weight is because of **your choices** in life

This is **wrong**



Many things can affect your weight



There are a **lot of ways** our country gets us to **make unhealthy choices** and **be less active**, such as

- It is **cheaper**
- It is **easier to access**
- Our **work and lifestyle**

What did we do?



Havering Council, the NHS, and local organisations want to make good changes



100 local organisations had a meeting to look at the **obesity** problem, and find ways to make it better



They made the **5 Year Healthy Weight Strategy**

This is a **plan** to help people in **Havering** with their **weight and healthy living**

What are we going to do?



- Make it **easier** for people to **choose healthier options** and be **active**



- Help people **get to** and **stay** at a **healthy weight**



- Work with areas that **might find it hard to access this help**, such as Gooshays and Heaton

What do we want to see at the end of the plan?



- Havering will be a place that encourages and helps people be a healthy weight



- Making **healthy choices** will be the **easy** choice



- We will see the **numbers** of **children that are overweight** go down



- More **reception age children** will be a **healthy weight**



- There will be **less children in year 6** who are **overweight**



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With thanks to **Advocacy for All's**
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