

Public Health Spotlight

Eat Well Be Active – February 2020

Welcome to the first public health update of 2020 for all of our elected members. With the start of a new year and new year's resolutions, this month we focus on eating well and being active and feature the launch of the Food Active Healthy Weight Declaration Partner Pledge here in west Cheshire.

Please help spread the word about the Eat Well Be Active messages to your residents and encourage organisations in your wards to sign up to the Healthy Weight Declaration Partner Pledge. More information is available from: publichealth@cheshirewestandchester.gov.uk

Eat Well

Eating a healthy, balanced diet is an important part of maintaining good health.

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You can find the Eatwell Guide here: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Change4Life

Change4Life is here to help families be healthier and happier and has a variety of Eat Well Be Active resources.

Find out more about what's really in the food your family eats. The Food Scanner app is a great way to find out what's in the food and drink we're buying and can be downloaded here: <https://www.nhs.uk/change4life/food-facts#fsapp>

Public Health England (PHE) One You

The PHE One You campaign is here to help people make small changes so they feel better and healthier, every day. What you eat, and how much, is so important for your health.

The PHE free Easy Meals app is a great way to eat foods that are healthier for you. Search recipes by meal time and create shopping lists. <https://www.nhs.uk/oneyou/apps/#one-you-easy-meals>

GULP

The Kind to Teeth and Give up Loving Pop (GULP) campaigns aim to help promote healthier drink choices and are delivered across schools and early years settings within the borough.



Further information on eat well key messages can be found here:

<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating>



Be Active

Whatever your age, there are lots of easy ways to be active. Being active can help deal with anxiety, depression, feeling low or lacking energy. It can also reduce your risk of getting type 2 diabetes, heart disease and some cancers.

Physical activity guidelines

- **Adults** 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity per week
- **Children and young people** aged 5 to 18 should aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week

Further information on be active key messages can be found here: <https://www.nhs.uk/live-well/exercise>

Local physical activity opportunities

Within the borough there are lots of opportunities to be active from the local Brio Leisure Centres to the wonderful parks and greenspaces and award winning Natural Health Service.

For more information visit Live Well Cheshire West:

<https://livewell.cheshirewestandchester.gov.uk/>

Parkrun and Junior Parkrun

There are also a number of weekly adult and junior Parkrun's. Check out the website for full details: <https://www.parkrun.org.uk/>

PHE apps

A good way to monitor how active you are is to download the PHE Active 10 app and, if new to running, why not try the Couch to 5K app – both can be downloaded from the PHE One You website: <https://www.nhs.uk/oneyou/>

Healthy Weight Declaration Partner Pledge

On Thursday 9 January the Council's Eat Well Be Active (EWBA) group and Food Active officially launched the Healthy Weight Declaration Partner Pledge.



The Partner Pledge contains a set of commitments, which organisations pledge to work towards to impact on the health and wellbeing of their staff, clients and the wider community. The pledge aims to support the actions of the Council's Declaration.

Members of the EWBA group who have already pledged their support include:

- Active Cheshire,
- Brio Leisure,
- Chester School Sport Partnership,
- Edsential,
- Ellesmere Port School Sports Partnership, Healthbox,
- The Mersey Forest,
- The Welcome Network
- Vale Royal School Sport Partnership

I would really value your feedback and recommendations for future updates. Please send through your views to publichealth@cheshirewestandchester.gov.uk

Thank you for your continued support.

Ian Ashworth
Director of Public Health

