**Healthy Futures**

A Strategic Framework to Prevent the Harm caused by Obesity, and Improve Diets and Levels of Physical Activity in Northern Ireland

Consultation Questions

November 2023

**Overview**

Consultation to seek views on Healthy Futures Strategic Framework to Prevent the Harm caused by Obesity, and Improve Diets and Levels of Physical Activity in Northern Ireland

**Consultation opened on Friday 24 November 2023.**

**Consultation closes on** **Friday 16 February 2024 at 17:00.**

**Summary**

The Department of Health has worked with key stakeholders to co-produce a new strategic framework to reduce the harm related to living with overweight and obesity in Northern Ireland.

**Consultation Description**

The new strategic framework for obesity – **“Healthy Futures”** – was issued for public consultation on 24 November 2023 and is available online at <https://www.health-ni.gov.uk/publications/consultation-obesity-strategy-healthy-futures>

## How to Respond:

You can respond online by accessing the consultation documents on the ‘Citizen Space’ web service and completing the online survey there. The online version can be accessed at <https://consultations2.nidirect.gov.uk/doh-1/healthy-futures-consultation-2023-2032/>.

To respond in writing, please email the Department at: [HDPB@health-ni.gov.uk](mailto:HDPB@health-ni.gov.uk) or write to:

Health Development Policy Branch

Department of Health

Room C4.22, Castle Buildings

BELFAST BT4 3SQ

**Next Steps**

Following this consultation, we will collate and analyse all views and inputs, and begin the process of developing the final strategy. This will need to be agreed by the Minister of Health and the NI Executive before being published. It is important to note that AFFFA – and all the structures that support action and collaboration – will remain in place until any new strategy is put in place.

**The Closing Date for responses is** Friday 16 February 2024 at 17:00

**Your details**

**Name:**

**Email:**

**Are you responding as an individual or organisation?**

Individual □

Organisation □

**Name of organisation if appropriate:**

**Screening**

The strategic framework has been equality and rural screened to consider impacts on this important group. These documents are available at <https://www.health-ni.gov.uk/publications/obesity-strategy-2023-2033-rnia-and-eqia-0>.

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| **CONSULTATION QUESTION 1 – SCREENING:**  **Have you any comments on either the Equality/Good Relations or Rural screening documents?** |
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| **Consultation Question 2 – Screening:**  **Are there any areas or issues you feel we should be considering in future Equality/Good Relations or Rural screenings?** |
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**Vision, Principles, Outcomes, Thematic approach**

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| **Consultation Question 3 – Vision:** the overall vision for this new strategic framework is to *“create the conditions in Northern Ireland which enable and support people to improve their diet and participate in more physical activity, and reduce the risk of related harm for those living with overweight and obesity”.*  **Do you agree with this vision?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments:** |

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| **CONSULTATION QUESTION 4 – PRINCIPLES:** The project board proposed a range of principles for the development and implementation of the new strategic framework, these are: taking **whole system approach** with the framework being **health led but not solely health owned**, taking **a life course approach** and targeting or prioritising certain groups, focusing on reducing **inequalities**, acknowledging the **alignment with other policy areas** and not duplicating effort,being **outcome-based**, and that the framework will provide an **umbrella for actions to prevent and address overweight and obesity.**  **Do you agree with these principles?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments:** |

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| **CONSULTATION QUESTION 5 – OUTCOMES:** This strategic framework focuses on four main long-term population level outcomes across the life course: Reducing the percentage of people in Northern Ireland who are living with overweight and/or obesity; Improving the population’s diet and nutrition;  Increasing the percentage of the population who participate in regular physical activity; and Reducing the prevalence of overweight and obesity-related Non-Communicable Diseases (NCDs).  **Do you agree with these 4 population level outcomes?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments:** |

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| **CONSULTATION QUESTION 6 – THEMATIC APPROACH:** The strategic framework takes a thematic approach to the issues focusing on four key themes: Health Policies, Health Places, Healthy People, and Collaboration and A Whole System Approach.  **Are all the key areas covered within this thematic approach?** |
| Yes: □ No: □ |
| **Comments:** |

**Healthy Policies**

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| **CONSULTATION QUESTION 7 – HEALTHY POLICIES:** Our ability to eat a healthy diet, participate in physical activity, and to maintain a weight that is good for our health, is very much influenced by the wider environment in which we live our lives. This theme focuses on the strategies, policies, regulations and stakeholders that control the wider food and physical environment, therefore playing a key role in addressing the obesogenic environment.  **Do you agree with this theme and what it is seeking to achieve?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments:** |

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| **CONSULTATION QUESTION 8 – HEALTHY POLICIES:**  **Do you agree with these priorities?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments: Food environment priorities** |
| **Comments: Food labelling and information priorities** |
| **Comments: Heathier food options priorities** |
| **Comments: Physical activity and active travel priorities** |

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| **CONSULTATION QUESTION 9 – HEALTHY POLICIES:**  **Is there anything missing that is likely to have a positive impact on this theme and what it is trying to achieve?** |
| **Comments:** |

**Healthy Places**

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| **CONSULTATION QUESTION 10 – HEALTHY PLACES:** At all ages, we can spend a significant portion of our lives in places and settings that influence our ability or inability to eat healthily, be physically active and to manage our weight. This can be through a lack of access to opportunities, barriers to participation and lack of availability. However, settings can also play a positive role in supporting the health and wellbeing of the people who access them. This theme focuses on creating supportive places and settings.  **Do you agree with this theme and what it is seeking to achieve?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments:** |

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| **CONSULTATION QUESTION 11 – HEALTHY PLACES:**  **Do you agree with these priorities?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments: Early years settings priorities** |
| **Comments: School settings priorities** |
| **Comments: College, university, and workplace settings priorities** |
| **Comments: Healthcare settings priorities** |
| **Comments: Local government and community settings priorities** |

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| **CONSULTATION QUESTION – 12: HEALTHY PLACES:**  **Is there anything missing that is likely to have a positive impact on this theme and what it is trying to achieve?** |
| **Comments:** |

**Healthy People**

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| **CONSULTATION QUESTION 13 – HEALTHY PEOPLE:** As well as amending the wider policy and legislative environment and ensuring that a range of settings support people to be healthy, this theme therefore focuses on the need to help, support, and enable people to prevent poor health and wellbeing, to provide early interventions for those who may need additional help, and to provide appropriate treatment and interventions which seek to reduce the harm to those who may be living with overweight and obesity.  **Do you agree with this theme and what it is seeking to achieve?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments:** |

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| **CONSULTATION QUESTION 14 – HEALTHY PEOPLE:**  **Do you agree with these priorities?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments: Pregnancy and early years priorities** |
| **Comments: Prevention and awareness programmes priorities** |
| **Comments: Weight management services priorities** |

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| **CONSULTATION QUESTION 15 – HEALTHY PEOPLE:**  **Is there anything missing that is likely to have a positive impact on this theme and what it is trying to achieve?** |
| **Comments:** |

**Collaboration and Whole System Approach**

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| **CONSULTATION QUESTION 16 – Collaboration and a Whole System Approach:** Overweight and obesity is complex and interrelated with other issues and outcomes. It is vital therefore that this strategic framework is a living document which is regularly updated in line with the latest international research and evidence, that we work collectively across the UK and Ireland, and that we enable people to come together to find solutions and take a systematic approach to achieving our goals.  **Do you agree with this theme and what it is seeking to achieve?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments:** |

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| **CONSULTATION QUESTION 17 – Collaboration and a Whole System Approach: Do you agree with these priorities?** |
| Strongly agree: □ Agree: □  Disagree: □ Strongly disagree: □ |
| **Comments: Whole System Approach and collaboration priorities** |

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| **CONSULTATION QUESTION 18 – Collaboration and a Whole System Approach: Is there anything missing that is likely to have a positive impact on this theme and what it is trying to achieve?** |
| **Comments:** |

**Thank you**

Thank you for completing the consultation. We are keen to hear a wide range of views and ideas to make our new strategy, and proposed interventions, even better targeted at the factors that will make the most positive difference.

You may also be interested in the Department’s consultation on a Proposed Regional Obesity Management Service (ROMS) for Northern Ireland which is running at the same time as this consultation. Details are available online at <https://www.health-ni.gov.uk/consultations/proposed-regional-obesity-management-service-roms-northern-ireland>.