

London Borough of Bexley

News Release

For Immediate Release

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TACKLING OBESITY - GET INVOLVED!

Bexley is taking part in London's Great Weight Debate to look at ways to tackle the capital's growing obesity problem and the number of adults who take little or no exercise.

It is a fact that London has more overweight and obese children than any other global city, including New York. Bexley has the second highest rate of excess weight in adults in London and one in four children in our reception classes are overweight. Being overweight can increase the risk of high cholesterol, high blood pressure, diabetes, bone and joint problems and breathing difficulties. Being overweight or obese can also affect mental well-being, leading to low self-esteem and absence from the workplace or school.

Cabinet Member for Community Safety, Environment and Leisure, Cllr Peter Craske said; "As part of the Great Weight Debate campaign we, together with our partners at Bexley Voluntary Services Council and the NHS Bexley CCG, are calling on schools, voluntary groups, businesses and individuals to get involved and pledge their support to help us reverse this trend. We want to hear about changes big or small that we can make as a community to help create a healthier Bexley."

Involvement in the Great Weight Debate could include -

- a coffee morning where you discuss healthy diet swaps
- a play group session where you look at holding a regular fun fitness activity
- cooking events with local parents and carers
- a discussion around food packaging and contents
- a survey with service users on healthy eating or exercise
- a campaign to raise awareness of local services that could help tackle obesity or lack of exercise.

The year-long project will also include a special local event on 25 January, at which health partners, other community groups and schools will be able to come along to discuss their findings so far and see what changes we can all make.

Community groups that would like more information or to get involved contact Carol Penny, Operations Manager at Bexley Voluntary Service Council by email on cpenny@bvsc.co.uk or call 01322 524682.

Schools and partners should call 020 8303 7777 and ask for Public Health or email public.health@bexley.gov.uk

To book a place at the special event on 25 January should email Shanie at strategic.partnerships@bexley.gov.uk

Follow the Great Weight Debate on Twitter by following @LBofBexley and using #bexleyGWD

ENDS

Please contact: Jane Parson on 020 3045 4868
communications@bexley.gov.uk



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