

Healthy Weight Strategy

Progress on tackling unhealthy weight in Childhood

Public Health Team

Report for Children and Young People's Scrutiny Panel

26th February 2026

What does the data tell us ?

National Child Measurement Programme (NCMP) Data

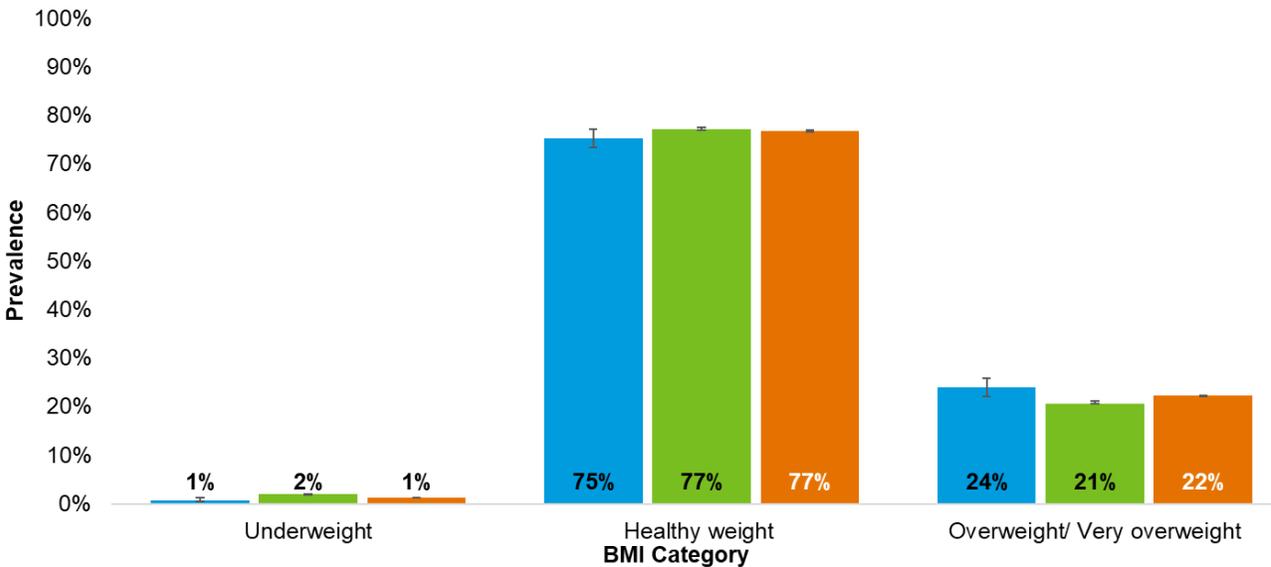
Data from the 2023/24 National Child Measurement Programme, which measures the height and weight of reception and year 6 pupils.

Haringey's 2023/24 results are broadly in line with those of London and the rest of England

Reception

Prevalence of Overweight and Underweight in Haringey, in comparison to London and England (Reception), 2023/24.

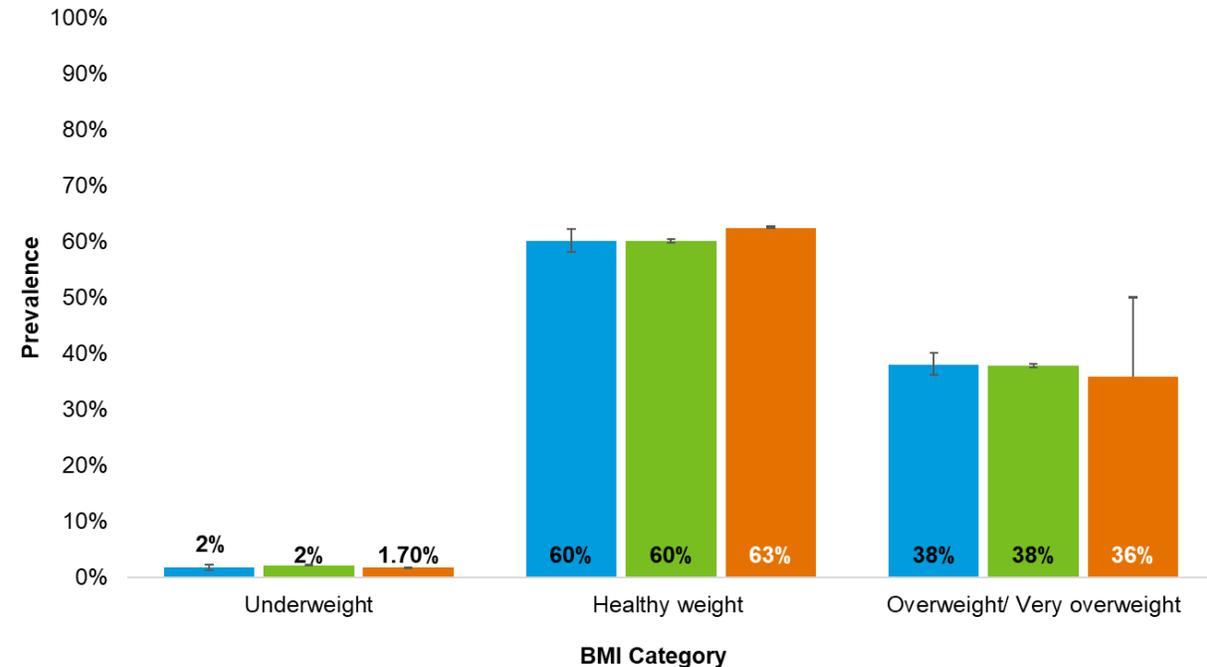
■ Haringey ■ London ■ England



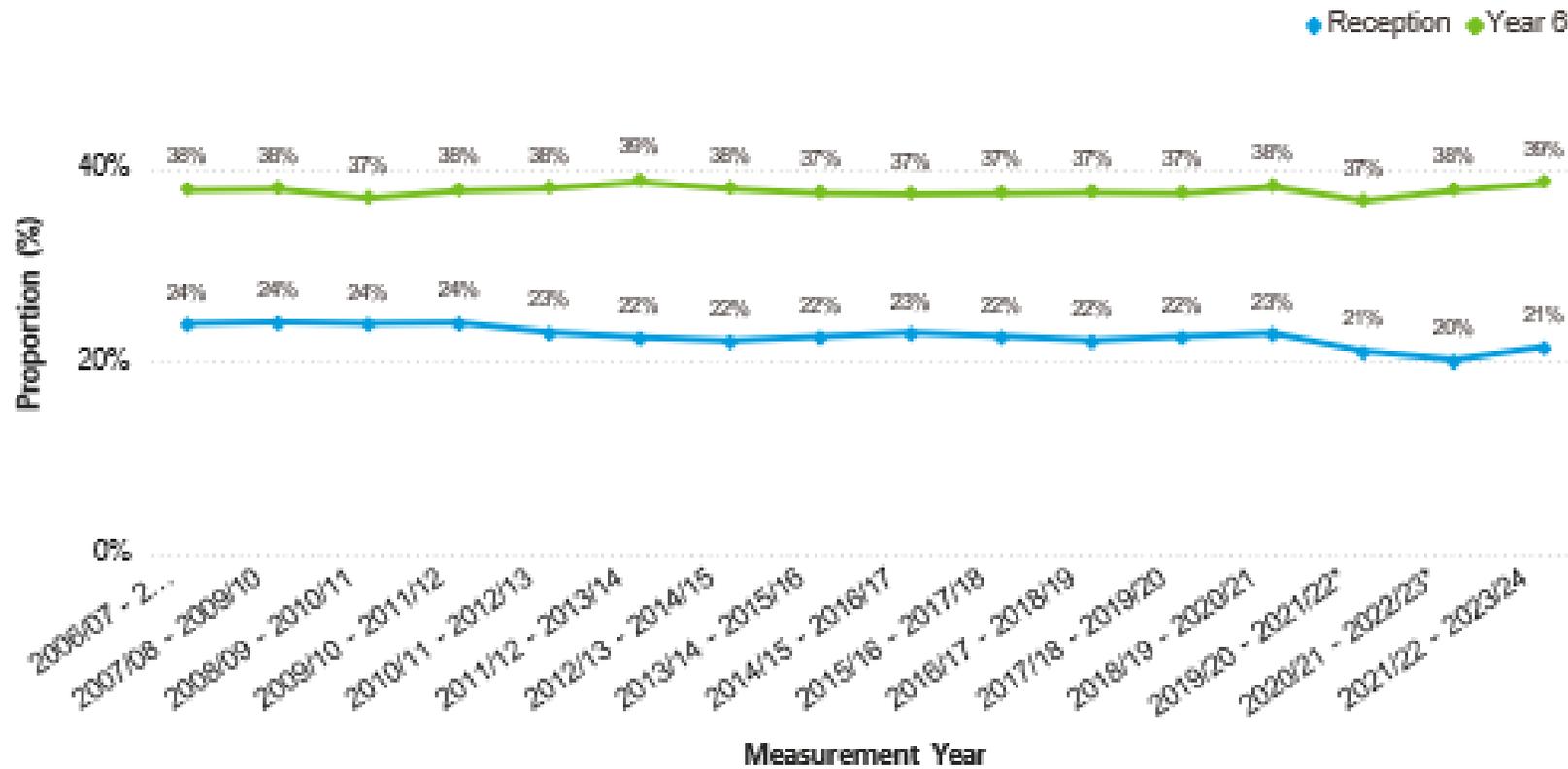
Year 6

Prevalence of Overweight and Underweight in Haringey, in comparison to London and England (Year 6), 2023/24.

■ Haringey ■ London ■ England



Rolling three-year trend in prevalence of overweight/very overweight among Reception and Year 6 pupils in Haringey, 2006/07 - 2023/24



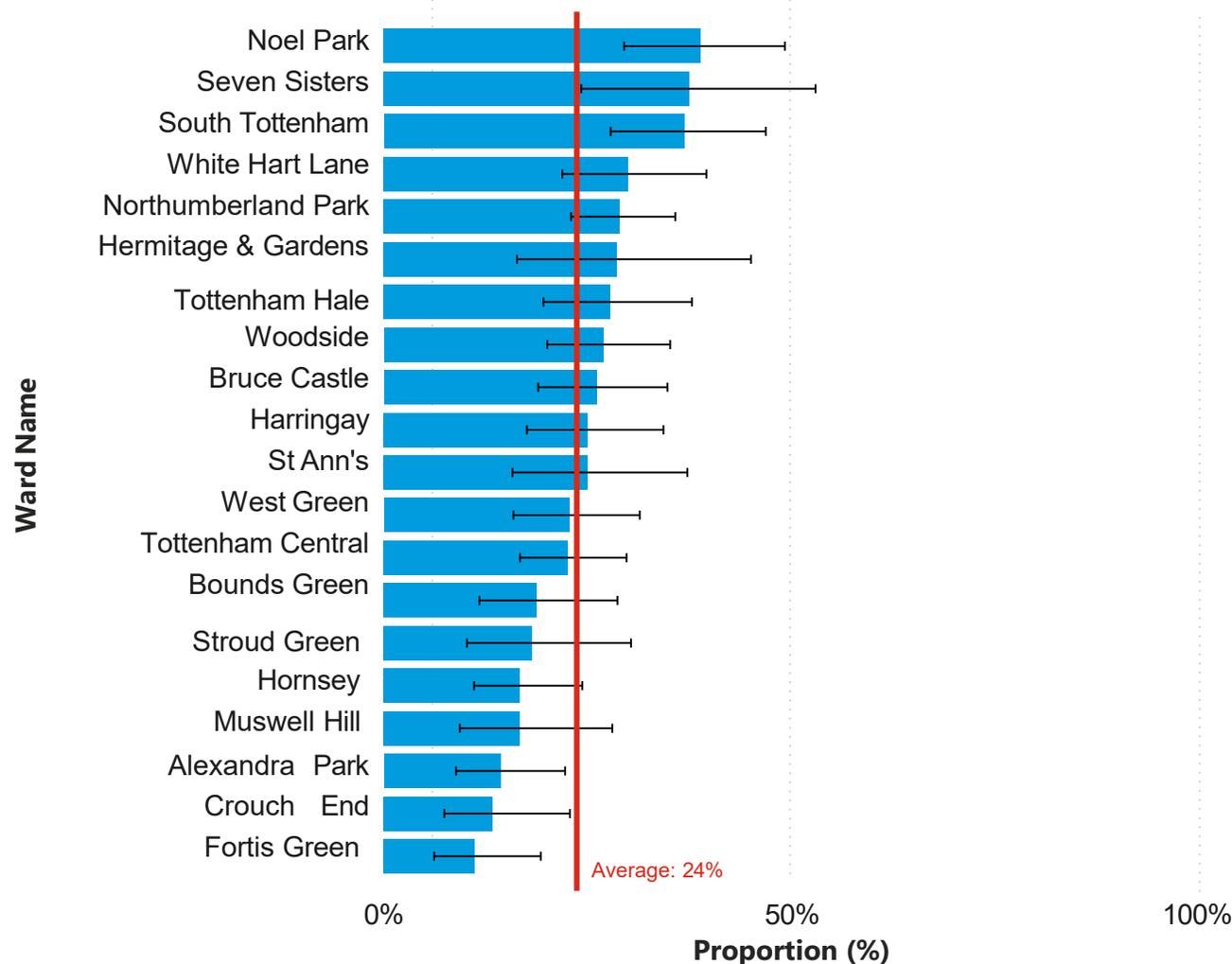
Viewing the data in three-year rolling averages helps account for random fluctuations in the prevalence of overweight/very overweight in Haringey

The percentage of Year 6 pupils who are overweight/very overweight has not changed significantly in the latest 3-year rolling average.

The percentage of Reception pupils who are overweight/very overweight has not changed significantly in the latest 3-year rolling average.

* NB: In 2019/20 and 2020/21 the NCMP was not carried out in Haringey due to the COVID-19 pandemic. Therefore, in the 2019/20-2021/22 3-year rolling average, only 2021/22 data is included.

Prevalence of overweight and very overweight in Reception in Haringey, 2023/24, by ward of residence



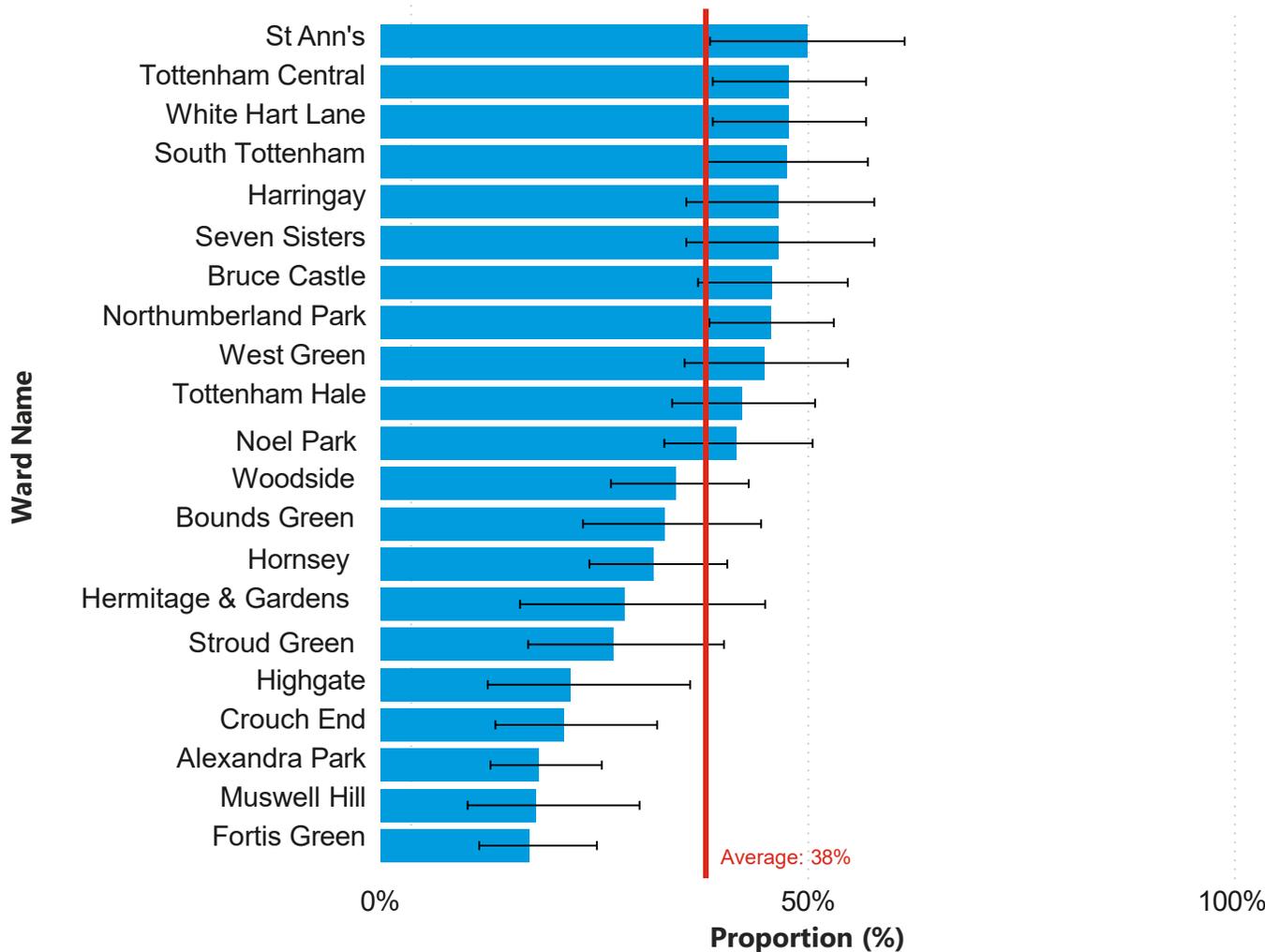
Ward Name	Proportion	Number of pupils
Alexandra Park	14%	15
Bounds Green	19%	15
Bruce Castle	26%	30
Crouch End	13%	10
Fortis Green	11%	10
Harringay	25%	25
Hermitage & Gardens	29%	10
Highgate		<8
Hornsey	17%	20
Muswell Hill	17%	10
Noel Park	39%	35
Northumberland Park	29%	55
Seven Sisters	38%	15
South Tottenham	37%	35
St Ann's	25%	15
Stroud Green	18%	10
Tottenham Central	23%	35
Tottenham Hale	28%	25
West Green	23%	25
White Hart Lane	30%	30
Woodside	27%	35
Haringey Average	24%	465

The greatest proportion of overweight and very overweight pupils in Haringey live in Noel Park (39%). This was significantly higher than the Haringey average.

The largest number of overweight and very overweight pupils live in Northumberland Park (n=55).

NB: 335 Reception pupils attend Haringey schools but live outside the borough. These pupils have been removed from the analysis, and the average here reflects only Haringey residents.

Prevalence of overweight and very overweight in Year 6 in Haringey, 2023/24, by ward of residence



Ward Name	Proportion	Number of pupils
Alexandra Park	19%	25
Bounds Green	33%	25
Bruce Castle	46%	55
Crouch End	21%	15
Fortis Green	17%	20
Harringay	47%	35
Hermitage & Gardens	29%	10
Highgate	22%	10
Hornsey	32%	40
Muswell Hill	18%	10
Noel Park	42%	50
Northumberland Park	46%	80
Seven Sisters	47%	35
South Tottenham	48%	50
St Ann's	50%	35
Stroud Green	27%	15
Tottenham Central	48%	55
Tottenham Hale	42%	55
West Green	45%	45
White Hart Lane	48%	55
Woodside	35%	45
Haringey Average	38%	770

The greatest proportion of overweight and very overweight pupils in Haringey live in St Ann's (50%). This was significantly higher than the Haringey average.

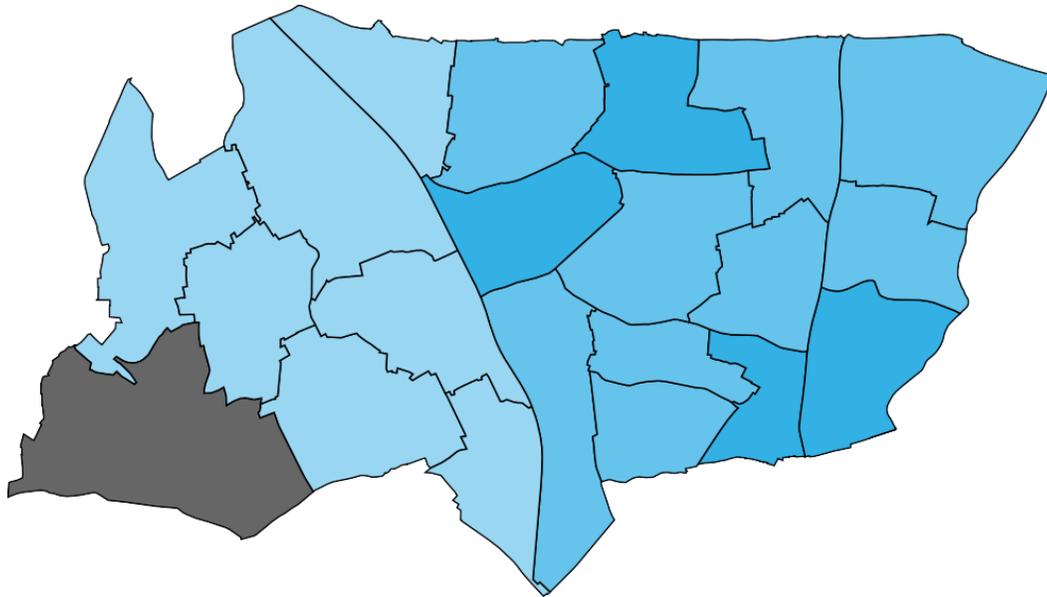
The largest number of overweight and very overweight pupils live in Northumberland Park (n=80).

NB: 449 Year 6 pupils attend Haringey schools but live outside the borough. These pupils have been removed from the analysis, and the average here reflects only Haringey residents.

Reception

Prevalence of overweight and very overweight in Reception in Haringey, 2023/24, by ward of residence

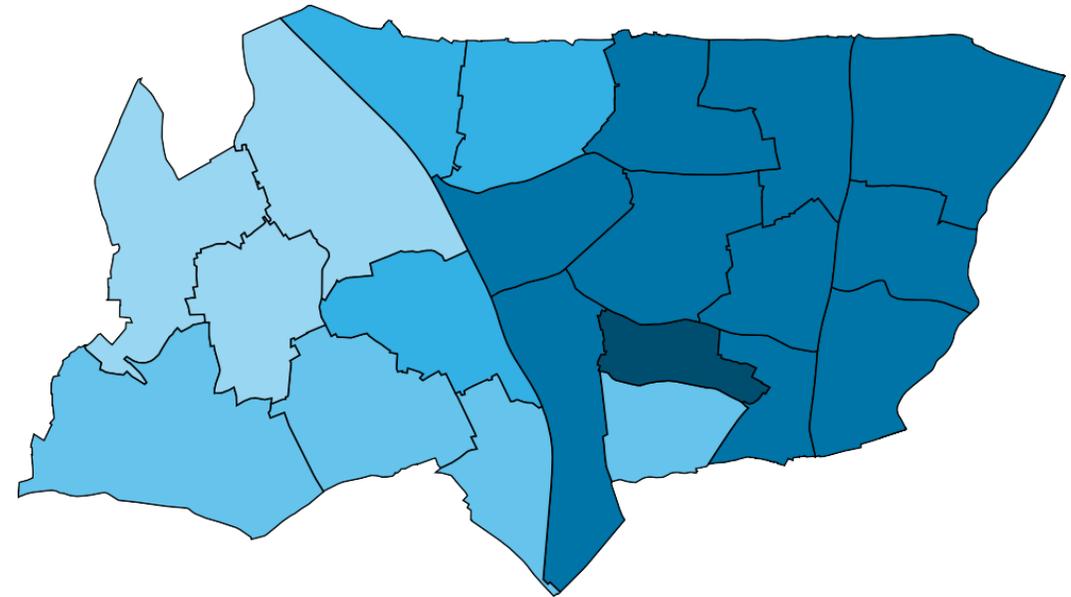
Proportion ● (Blank) ● 10-19% ● 20-29% ● 30-39%



Year 6

Prevalence of overweight and very overweight in Year 6 in Haringey, 2023/24, by ward of residence

Proportion ● 10-19% ● 20-29% ● 30-39% ● 40-49% ● 50-59%



Source: NHS Digital National Child Measurement Programme Enhanced Dataset

Note: Where number of students is less than 8, values have been suppressed and shown as blank

Health Related Behaviours Questionnaire (HRBQ) Data

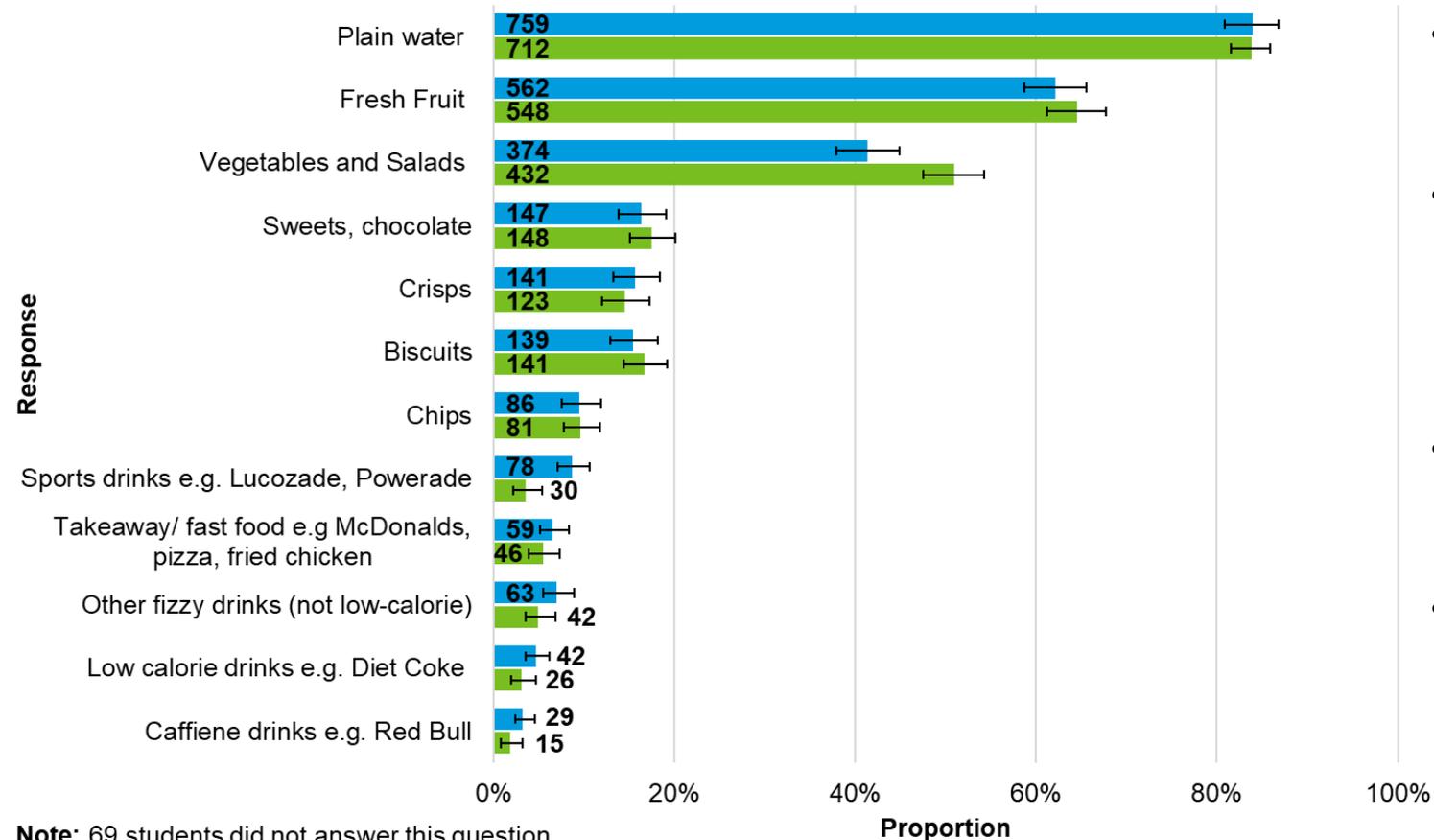
Data from the 2023/24 Health Related Behaviours Questionnaire, which surveyed:

- 1780 primary school pupils from years 4 & 6
- 817 secondary pupils from years 8 & 10.

21 schools took part in 2023/24.

How often do you eat or drink any of the following? Proportion answering 'on most days'

■ Boy ■ Girl

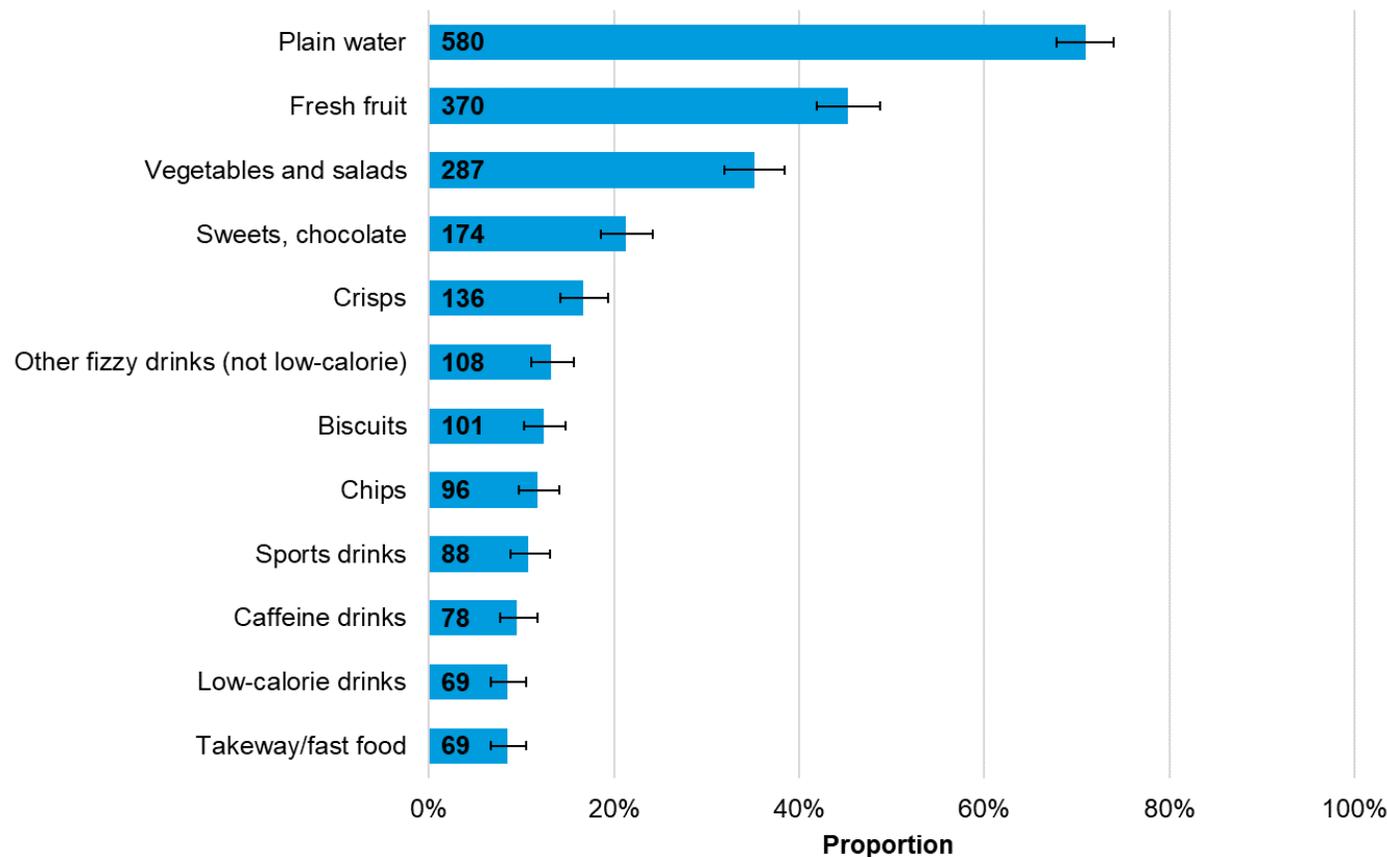


- Year 4 students were significantly less likely to drink plain water on most days than Year 6 students (77% vs 89%).
- There were no other differences between the eating habits of Year 4 and Year 6 students.
- Girls were significantly more likely to eat vegetables and salads every day (51% vs 41%) while boys were significantly more likely to consume sports drinks (9% vs 4%)
- 2% (n=44) of primary school students said they drank **caffeine drinks** on most days.
- Overall, the proportion of pupils who reported that they consume **fresh fruit (63%)** or **drink plain water (84%)** on most days has not changed from 2022/23 (64% and 83% respectively).

Note: 69 students did not answer this question

Source: Health Related Behaviour Questionnaire, 2023/24

How often do you eat or drink any of the following? % responding on most days



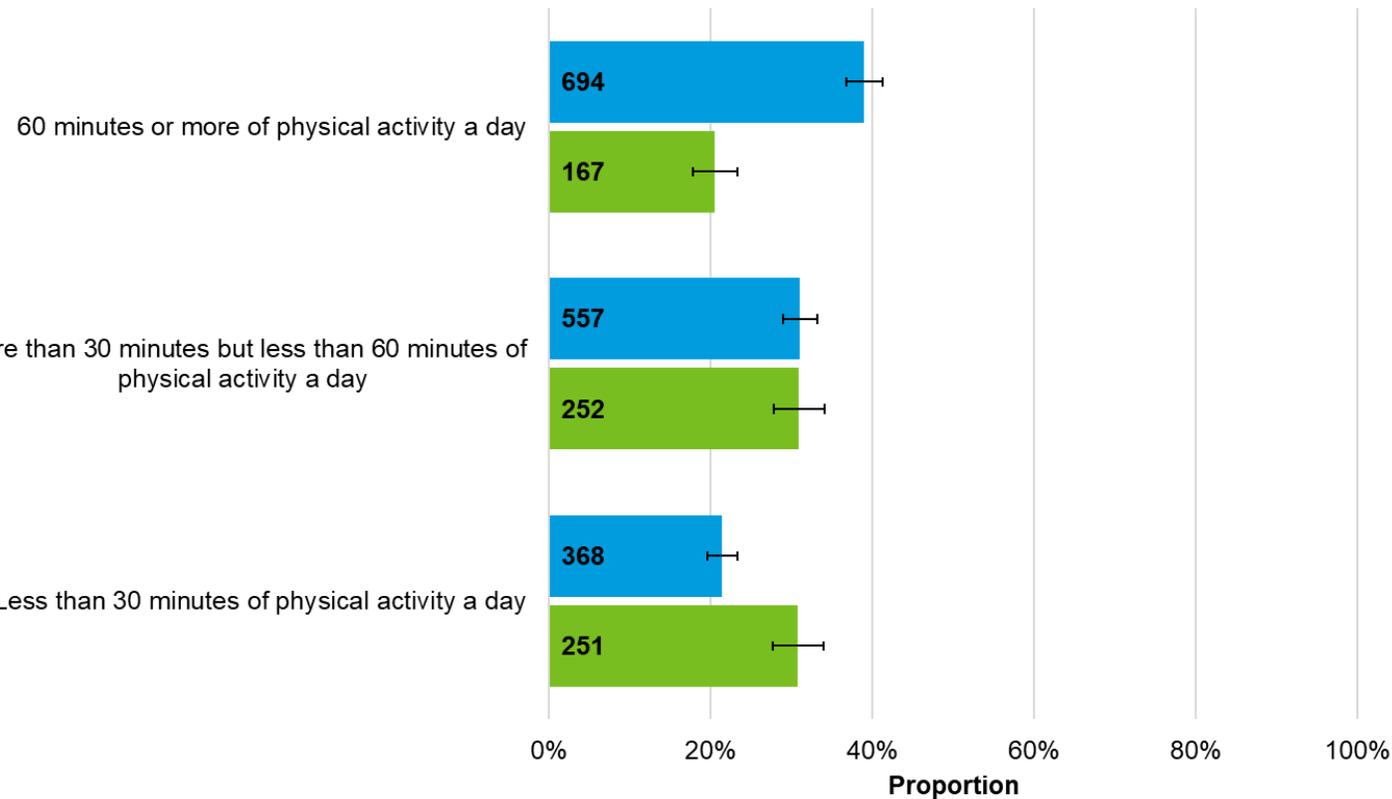
- 71% of secondary school students said that they drank plain water on most days.
- 45% ate fresh fruit on most days while 35% said they ate vegetables or salads.
 - This was significantly lower than in primary school pupils.
- 10% of secondary school students said they drank caffeine drinks on most days.
- Students were asked whether they consider their health when choosing what to eat. 15% said that they never consider their health, while 29% said they often or always consider their health when choosing what to eat.

Note: 124 students did not answer this question

Source: Health Related Behaviour Questionnaire 2023/24

On an average, how active are you each day?

■ Primary ■ Secondary



Primary school students were significantly more likely than secondary students to do more than 60 minutes of physical activity a day (39% vs 20%) and to have been active every day the previous week (22% vs 15%).

Overall, the proportion of students who agreed or strongly agreed that they enjoy taking part in exercise and sports significantly decreased from 2021/22.

Note: 148 primary and 147 secondary students did not answer this question

Source: Health Related Behaviour Questionnaire, 2023/24

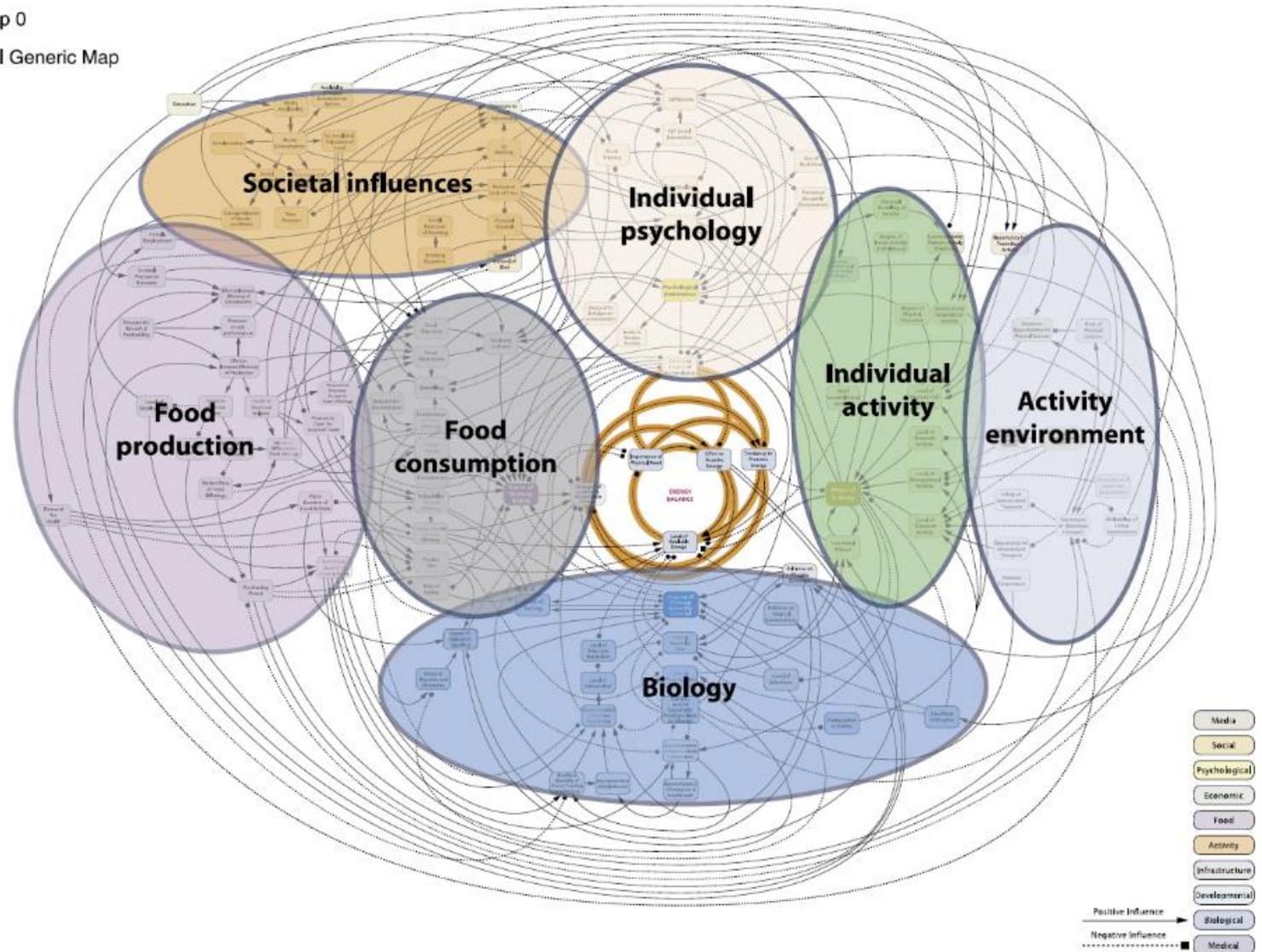
Unhealthy weight is influenced by multiple overlapping factors from individual behaviours to the wider environment, economy and social conditions.

No single service can address this alone.

A whole systems approach brings together partners to create a long-term population level change, combining top-down policy action with bottom-up community-led intervention.

This reflects Haringey's Health in All Policies commitment ensuring health considerations are embedded across planning, housing, transport, parks, licensing and regeneration.

Map 0
Full Generic Map



Healthy Weight Partnership

Multi-sector leadership bringing together Public Health, NHS, leisure, parks and green spaces, early years, active travel, GP federation.

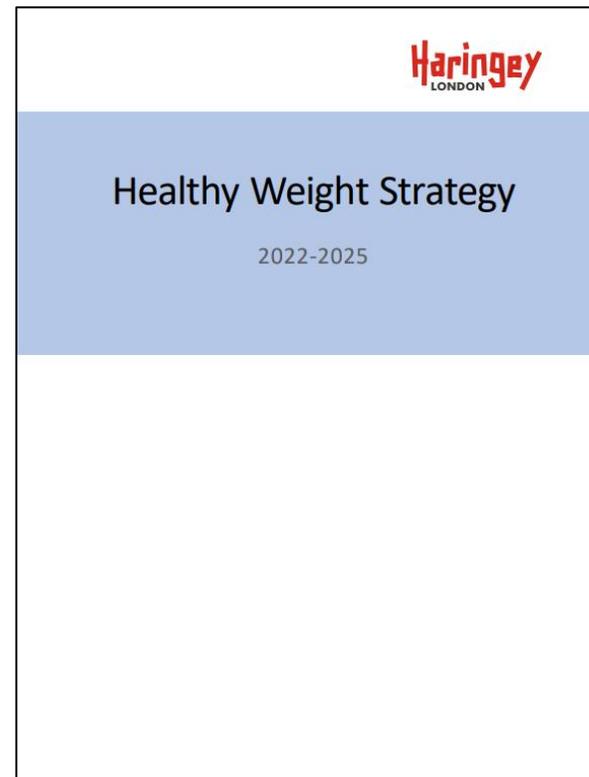
Healthy Weight Strategy and Action Plan

Co-developed using a whole systems approach in 2022; reviewed annually to ensure relevance to local drivers.

Childhood Healthy Weight
Early years, schools, families, community programmes.

Adult Obesity
Weight services, community programmes.

Healthy Place
Planning, active travel, parks, food environment, air quality, housing.



National Strategy/Plan
Childhood Obesity Plan (2016)
Obesity Strategy (2020)
NHS Long Term Plan (2019)

Local policies influencing healthy weight:

Haringey Health and wellbeing strategy, Local Plan, Air Quality, Parks and Green Spaces Strategies, Sports and Physical Activity, Walking and Cycling Action Plan.

Health in All Policies: Embedding health considerations across all council strategies, policies and decisions

Healthy Weight Whole System Delivery Plan

Overall Aim: 1) Reduce obesity in Children and Adults 2) Maintain healthy weight 3) Reducing the gap in obesity levels of the most and least deprived areas in Haringey

The Healthy Weight Whole System Delivery Plan focuses on taking a life course approach and recognises a person's physical and mental health and wellbeing are influenced throughout life by the wider determinants of health. Some of objectives may deliver on several stages of an individuals life.

Objectives

Start Well



- ⇒ Early years settings and schools provide healthy environments in which families and children are encouraged to make healthy lifestyle choices.
- ⇒ Haringey Local Infant Feeding Strategy incorporates support for Healthy Early Years London award scheme
- ⇒ Develop strong communication engagement plan to deliver Healthy Lifestyles messages

Live Well



- ⇒ Promote healthy behaviour in the workplaces
- ⇒ Clear pathways established and promoted for residents to access services for weight management and physical activity.
- ⇒ Work with partners in health and social care to increase uptake of physical activity and active community provision to our residents.
- ⇒ Align the Healthy Weight Strategy to Sports and Physical Activity Strategy/Implementation Plan.

Age Well



Healthy Place



- ⇒ Embed strong leadership and build partnerships to deliver the Healthy Weight Whole Systems Approach
- ⇒ Adopt Health in All Policies (HiAP) approach to improve partnership working to tackle key social determinants of health.
- ⇒ Increase quality open space and play provision through our Parks and Green Spaces strategy/ Sports and Physical Activity Strategy
- ⇒ Reduce the negative impact of fast food and takeaway outlets.

Measure of Success

- ⇒ Reduction in % of children who are measured as being overweight/obese against the last National Child Measurement Programme (NCMP) results.
- ⇒ Baby Friendly Initiative Stage 2 Accreditation achieved.
- ⇒ Increase uptake of London Healthy Schools programme i.e. Daily Mile, Sugar Smart Schools, Active Travel, Healthy Schools Award
- ⇒ Improved behaviour/knowledge outcome on healthy eating and physical exercise reported by children surveyed against SHEU survey
- ⇒ Increase number of water-only schools
- ⇒ Increase number of Early Years settings implementing Infant feeding objectives to achieve their HEYL award
- ⇒ Healthy Weight Communication Plan adopted

- ⇒ Increase number of healthy options available in large workplaces, council facilities and community events
- ⇒ Work with employers to sign up to London Healthy Workplace Charter/Sugar Smart
- ⇒ Adult Obesity Clinical Pathway implemented
- ⇒ Increase the number of front line practitioners trained in MECC and the referral sources across the system.
- ⇒ Residents partaking in physical activity programmes for families and children in open spaces e.g. GOGA, People Need Parks, Holiday Activities and Food Programme (HAF) and Health Walks Programme.
- ⇒ Increase number of vulnerable adults taking part in physical activity

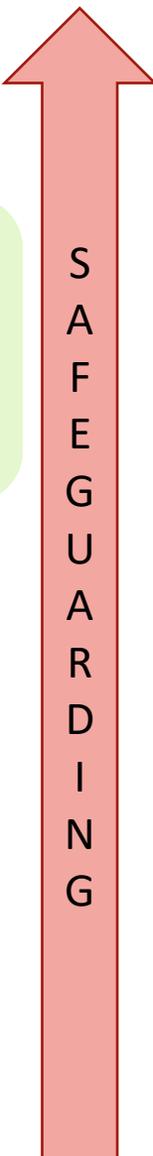
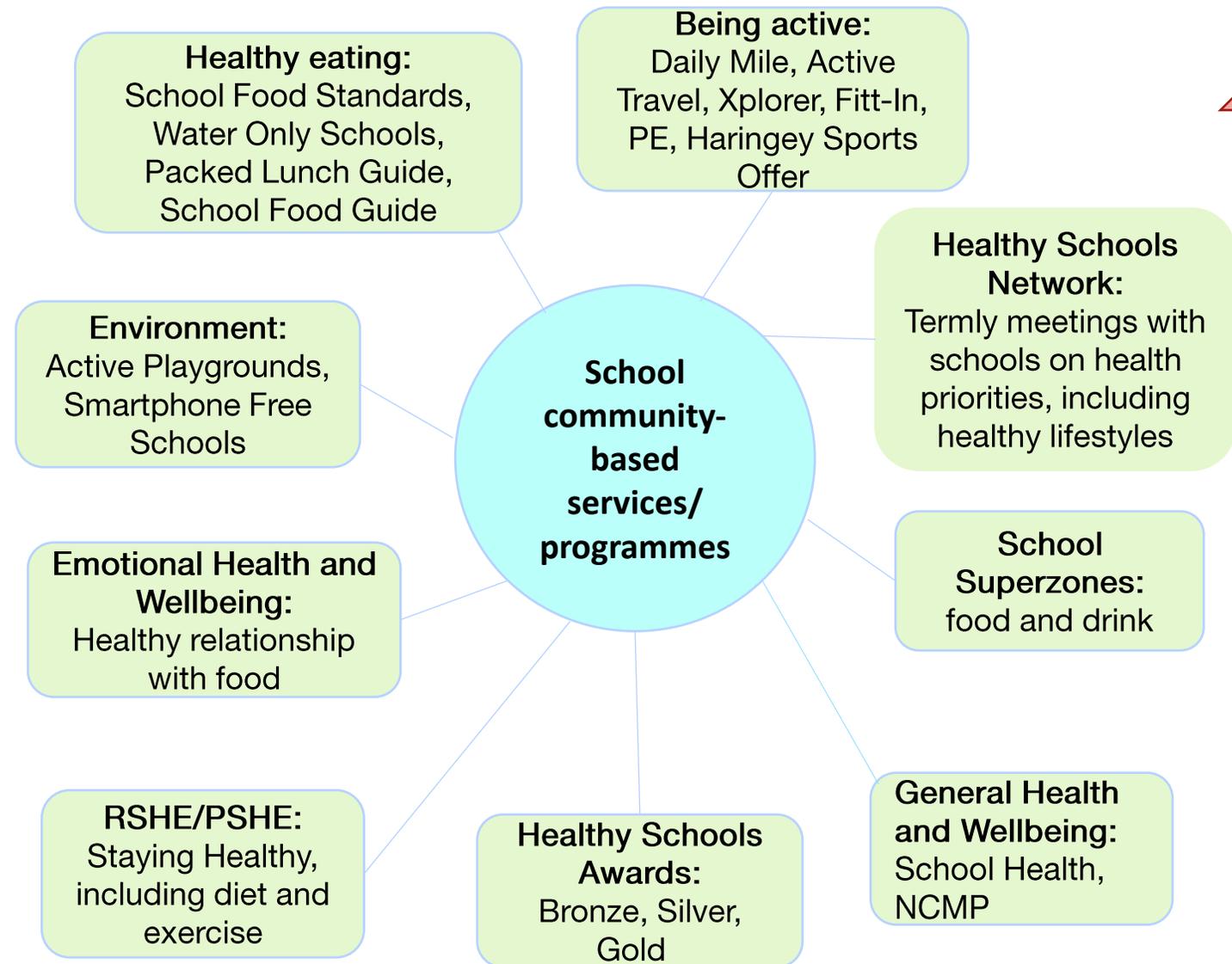
- ⇒ Increase engagement in the Alliance and ensure Healthy Weight is everybody's business
- ⇒ New Local Plan addresses Healthy Weight priorities and JSNA on Healthy Places is adopted informing local decision making.
- ⇒ Review Health Impact Assessments undertaken by developers for all large new developments
- ⇒ Review poor quality housing e.g. HMOs and the lack of facilities to address healthy lifestyle choices
- ⇒ Expansion of Play Streets and School Streets
- ⇒ Increase number of food businesses achieving Healthier Catering Commitment.

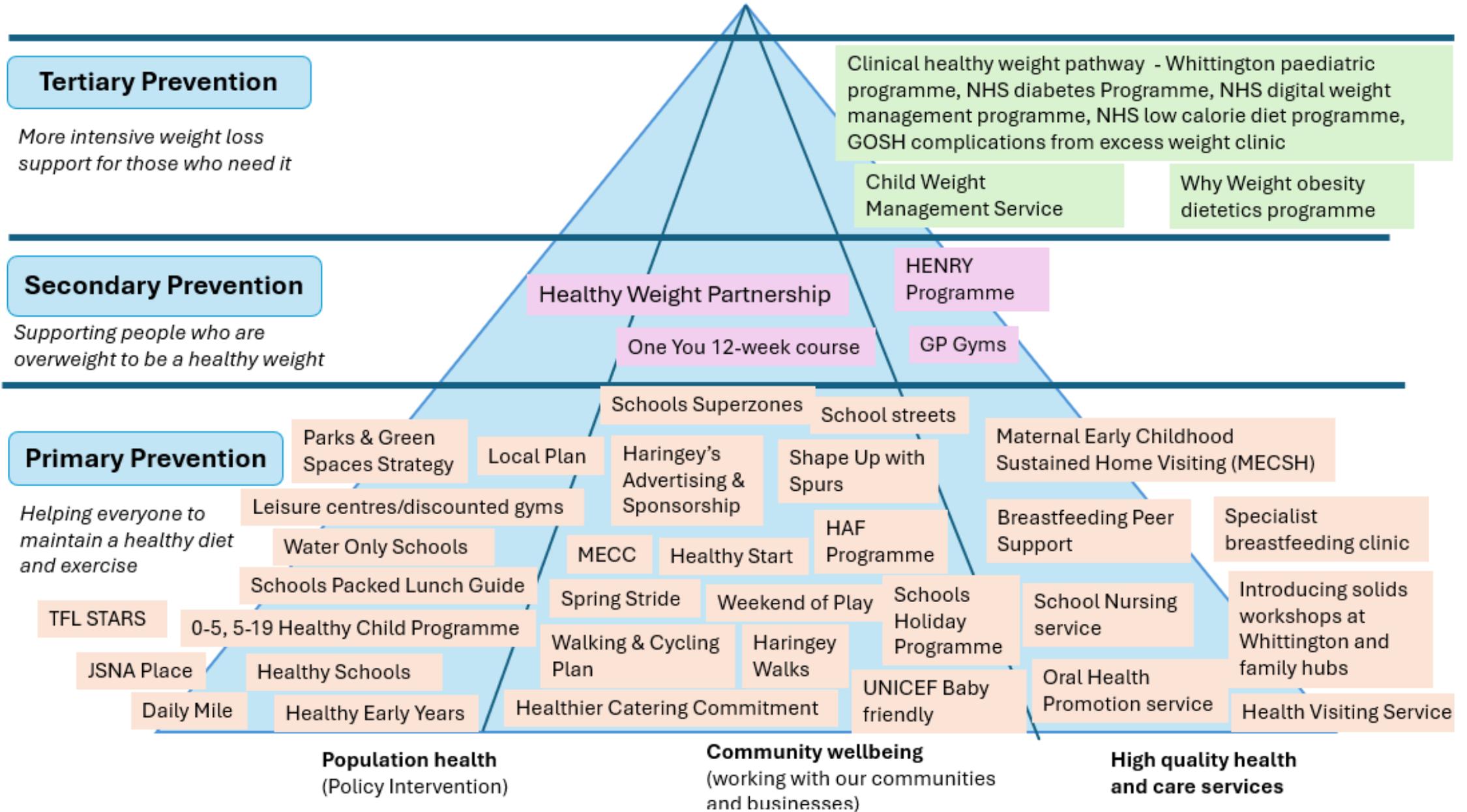
The Haringey Healthy Schools Programme aims to improve the health and wellbeing of children and young people across the borough through a whole-school and whole-systems approach to health. Much of this supports the healthy weight agenda.

The scheme is supported by the Mayor of London as part of the [London Healthy Schools Programme](#).

Healthy Child Programme

The Healthy Child Programme, 0-5 led by health visitors and 5-19 led by School Nurses both contribute to preventing/reducing unhealthy weight, through early identification, health promotion advice and information, signposting and referral to relevant services.





What are we doing?

Children and Young People: 0-5

Healthy Start Scheme

The Healthy Start Scheme is an NHS led scheme where pregnant women and families with children under the age of 4 with low-income background are provided with a prepaid card with monthly funds specifically for purchasing healthy foods such as fresh or frozen fruit and vegetables, pulses (like lentils and beans), plain cows' milk, and first infant formula.

The importance of the NHS Healthy Start scheme lies in its role as a nutritional safety net, supporting low-income families and pregnant women in accessing essential healthy foods and free vitamins, thereby improving diets, lessening financial strain, and promoting healthy growth and development for young children and mothers.

In Haringey, the uptake of the scheme increased by 2% from January 2025-January 2026. There is continued work to promote the scheme, raise awareness and to increase the uptake in Haringey. This includes partnership work with Early Years Settings, utilising Health Champions to promote the scheme with specific communities, and targeted communications campaigns.

Infant feeding

Breast Feeding is an important public health priority in Haringey. This requires supporting women to breast feed and increasing the number of babies who are breastfed.

Haringey's Baby Friendly and Early Nutrition Strategy seeks to improve breast feeding rates by removing barriers which may prevent women who wish to breast feed and to improve children's nutrition from age zero to two.

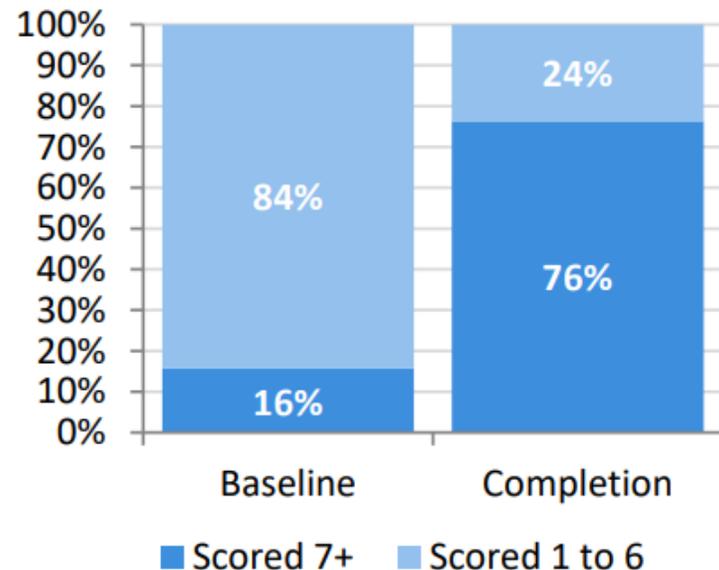
Our commissioned breast-feeding peer support service is a key element within our prevention and early intervention plan. The service is well established and has been instrumental in contributing to reducing health inequalities by targeting groups particularly in the East of the borough, where breastfeeding is unlikely to be the norm, and where additional support may be needed on healthy weaning.

Children and Young People: 0-5

HENRY Programme (0-5)

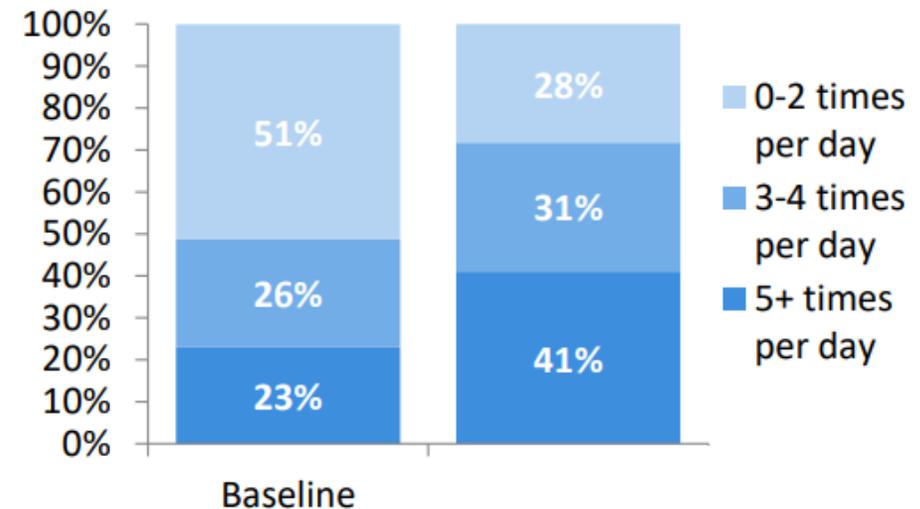
The HENRY Healthy Families programme is a free 8-week group course for Haringey parents with children under five, offering weekly sessions focusing on whole-family nutrition, healthy weight, and child development.

Respondents with a family lifestyle score of 7+



In 24/25, the proportion of respondents who rated the healthiness of their family lifestyle as 7 out of 10 or above increased from 16% at baseline to 76% at completion.

Children's daily consumption (fruit & vegetables)



In 24/25 The proportion of children consuming fruit & vegetables at least 5 times per day increased from 23% at baseline to 41% at completion.

Children and Young People: 5-19

Healthy Schools Programme

- Healthy School Awards include projects on healthy eating and physical activity, embedded across the teaching curriculum, clubs and activities, culture and ethos, and work with parents and the community
- Water Only Schools: Plain water and reduced fat milk are the only drinks permitted, all other drinks are not sold at school and are banned from being brought in. 80% surveyed schools in Haringey reported being Water Only in 2025/26.
- Daily Mile: Children are regularly encouraged to jog or run outside for 15+ minutes at school in addition to PE lessons. 37% surveyed schools in Haringey reported being doing the Daily Mile in 2025/26.
- National Child Measurement Programme: measures height and weight of Reception and Year 6 pupils every year in Haringey schools. In addition to using this borough-wide data, parents of children identified having an unhealthy weight are provided additional advice and support and some children are referred onward for further support.
- Packed Lunch Guidance and wider School Food Guidance provided to schools. Healthy Lifestyles webpage has additional advice and guidance for schools and parents.
- Work with Active Travel team to promote increased physical activity in children, including free cycle training, walking to school, and road safety.
- Xplorer programme run with schools and families to provide a day of exercise outside and encourage greater knowledge and use of Haringey's parks. 2025 saw 5 schools and 190 year 5 children take part.

Children and Young People: 5-19

Child Weight Management Service (5-18) – GP Federation

The Child Weight Management Service, part of Haringey GP Federation, offers children above the healthy weight range and their families free one-on-one sessions with a nutritionist to improve their well-being and prevent future health issues. These appointments can include working together to improve diet, increase movement, or make other lifestyle changes.

The service is open to children aged 5-17.5 who are over the healthy weight range and are registered to a GP practice in the East of Haringey. Children can be referred by a GP or school nurse, or by their parents.

Healthy Place

Healthier Catering Commitment

Local businesses are encouraged to sign up to Haringey's well-established Healthier Catering Commitment programme. 39 businesses have signed up to reducing salt, fats and sugars from their menus, improving the local food environment, targeting businesses near secondary school in deprived areas and across the borough.

Schools Superzones Programme

A place-based approach around schools in areas of the greatest disadvantage, aimed at addressing health and environmental inequalities in the area. Haringey had six Superzones area and we have worked with three schools in Northumberland Park, Haringey Play association and Youth Services to deliver holistic cycle and road-safety training for parents and children. We have also worked with Earlsmead Primary School, Priscilla Wakefield Care Home, Regeneration and Parks on the redevelopment of Rangemoor open space.

Annual 'Good Food for all Londoners' Report

London boroughs take part in the annual survey and covers themes such as community food growing, healthier food environments, Healthy Start uptake, Infant feeding, HAF provision, school meals, nurseries and early years. This helps to benchmark our progress in the council.

We're currently showing leadership in Healthier Food Environments, Healthy Start Uptake and HAF provision. Good practice in community food growing and school meals. We have shown significant improvement in Infant feeding.

Healthy Place

Place-making, Planning and Regeneration

Public Health's Health in All Policies Team assesses major development planning applications for the provision and quality of play space, food growing, green and open spaces and connectivity to existing communities. We work closely with Planning and Regeneration to strengthen design requirements that support reduced obesity and increased walking and cycling. We also provide comments on kitchen spaces and storages in HMOs and currently contributing to the review of the Haringey Local Plan, ensuring healthier food environments (assessed through health equity audit) and wider health considerations are embedded across all developments.

Haringey Advertising and Sponsorship Policy

Haringey is the first council in the country to adopt this policy. Working with Communications, we assess advertising applications on council-owned sites and have successfully rejected unhealthy food and drink advertising and sponsorships.

Children and Young People

- **31 Water Only Schools** in Haringey
- **Xplorer challenge day** with 5 schools and 190 year 5 children
- **GULP Oral Health Project** with healthy eating elements delivered in 10 primary schools
- **Children Centres & Family Hubs (FH)** passed the **Stage 1 UNICEF Baby Friendly Accreditation**
- **Expansion of Breastfeeding Network peer support sessions** in FH.
- **Breast pump loan scheme** available from FH.
- **Expansion of Breastfeeding Welcome scheme**
- **Haringey Healthy Start awarded on Leadership** in the Good Food Local Report 2025.
- **GLA Healthy Start Campaign** resulted in **5% increase**.
- **£13,799.51 was reimbursed** for every healthy start vitamin given.
- **HENRY programme - Significant improvements in family lifestyle, wellbeing, and healthy habits**, with strong gains in fruit, vegetable, and water intake among both parents and children.

Healthy Place

- **Strengthening the Healthy Weight Partnership**
- **Improving communications and promotion of initiatives** i.e. New Healthy Lifestyle webpages for residents
- **Conducted research on the health impacts of Ultra-Processed Foods (UPFs)** and recommendations for public health teams to be implemented in 2025/26.
- **Improved Haringey's standing in the Good Food for All London scores (1% increase)**
- **Healthy Advertising Policy** - including coordinating responses to objections and supporting its implementation to reduce exposure to unhealthy food marketing.
- **London Schools Superzones Project** -Supported the evaluation toolkit for the **redevelopment of Rangemoor Open Space**.
- **Engaged with all food businesses on Hornsey High Street** under the HCC initiative, raising awareness and improving understanding of health and compliance.

Healthy Weight Strategy and Action Plan refresh (2026-29)

- Assessing impact of actions from 2022-25 Healthy Weight Strategy
- Strengthening partnership working in line with our whole-systems approach
- Ensure that NCL sector-wide clinical pathway for children with unhealthy weight is embedded across services
- Working with the Policy and Strategy Team to strengthen our strategy and ensure we are addressing equity.
- Incorporating the research on Ultra-Processed Foods in the healthy weight action plan

Healthy Start Scheme

- Continue to promote Healthy Start Scheme to increase the uptake by targeting community groups through partnership working with Health Champions. This will include Turkish, Somali, Charedi Jewish and Eastern European community groups.

Infant feeding

- Haringey Family Hubs and Children Centres will be going for stage 2 & Stage 3 of the Baby Friendly Accreditation in 2026.
- The Breastfeeding Welcome Scheme is continuing to expand and has signed up over 100 venues throughout Haringey. The infant feeding team are launching a breastfeeding campaign in conjunction with the scheme in 2025/2026, involving local mothers and businesses that have signed up.

Healthy Schools

- Exploring how we can promote non-ultra-processed-foods (UPF) school meals and consider how this can be embedded within the whole-school approach to healthy eating in the next year.
- Refreshing School Food Guidance document.
- Signposting schools to further support in ensuring lunches meet and exceed Government School Food Standards.

Healthy Place

Working on Council Policies and Strategies to address Healthy Weight

- Place JSNA to be published by Spring 2026
- Discussions with planning policy team on embedding health and wellbeing in the local plan (e.g. health impact assessment) and improving the food environment.
- Draft new local plan policy on hot food takeaways being restricted within 400m radius from the education establishments.
- Ensuring the Air Quality Action Plan, Parks and Open Spaces, Sports and Physical Activity Strategy includes healthy weight priorities

Supporting Food Businesses

- Target eight council-leased businesses in parks under the HCC initiative and inspect non-food premises (e.g. retail shops, barbers) to identify any food being served to customers.

Contact Details

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