

Torbay Healthier Weight Framework 2026-36. Programmes, outcomes and national indicators

Programmes in blue relate to Strategic Objective 1: Healthier weight support. Programmes in orange relate to Strategic Objective 2 Partnership whole system approach

Programme owners to indicate **current status** (On Track/Action Required/Not Started) underneath each programme.

Before the dedicated THWF Business & Governance oversight meeting (6 monthly) the Public Health Specialist with THWF oversight will consult with programme owners and include in the governance report if appropriate.

V1 December 2025

Cohort	Domains	Healthier weight programmes	Healthier weight environment	Physical activity programmes	Physical activity environment	Example outcomes	National Indicators and targets
Early Years	Breastfeeding	UNICEF Baby Friendly Joey Needham On track One Feed at a Time Campaign Joey Needham On track	Breastfeeding Friendly Spaces Joey Needham On track			Improved breastfeeding rates Reduction in the number of children arriving at primary school underweight, overweight or obese	Breastfeeding Initiation - Maintain positive trend Breastfeeding duration - Maintain positive trend in Phase 1 and better than England value in Phase 2
	Weaning	Infant Feeding Enhanced Peer Support Joey Needham On track				Increased number of babies on solid foods at the recommended six months of age	NCMP at Reception: underweight, overweight and obese - Reverse negative trend in Phase 1 and better than England value in Phase 2
	Healthier child and family weight	Healthy Start Vouchers Joey Needham/Vicky Glanville On track Early Years Nutrition Toolkit roll-out. Vicky Glanville / Mark Richards On track TC Child & Family Healthier Weight Support Programme Claire Tatton On track		Healthy Movers Kirsty Parker Calland Action required		Reduction in the number of children arriving at primary school underweight, overweight or obese Increased physical activity and reduced sedentary behaviour	NCMP at Reception: underweight, overweight and obese - Reverse negative trend in Phase 1 and better than England value in Phase 2

Cohort	Domain	Healthier weight programmes	Healthier weight environment	Physical activity programmes	Physical activity environment	Example outcomes	National Indicators and targets (See Action Plan for local measures)
School Age	Healthier child weight	NCMP post measurement support Vicky Glanville On track		Active Travel Schools programme Kirsty Parker Calland On track		Healthier child weight	NCMP at Reception: underweight, overweight and obese <ul style="list-style-type: none"> - Reverse negative trend in Phase 1 and better than England value in Phase 2 NCMP at Year 6: underweight, overweight and obese <ul style="list-style-type: none"> - Maintain positive trend Active Lives Survey child & young person indicator (proxy): Physically active children (5-16) <ul style="list-style-type: none"> - Reverse negative trend in Phase 1 and better than England value in Phase 2
		School Profile Pilot (Kings Ash) Mark Richards & Vicky Glanville Not Started		Active Schools programme Kirsty Parker Calland On track		Increased physical activity and reduced sedentary behaviour	
		Torbay Healthy Learning (online resource) Vicky Glanville On track				Reduced risk of anxiety, depression, and disordered eating Lower exposure to weight stigma and bullying	
		Fruit and vegetable uptake Vicky Glanville On track				Reduced risk of unhealthy weight in adolescence and adulthood	
		Breakfast clubs Vicky Glanville Not started					
		Free school meal auto-enrolment – Early Years expansion Joey Needham & Vicky Glanville On Track					
		Milk and water in schools Vicky Glanville On track					

		<p>Lunchbox improvement Programme Vicky Glanville On track</p> <p>School meals improvement – OHID Programme Mark Richards & Vicky Glanville Not started</p> <p>Food and nutrition guidance for special needs schools Mark Richards & Vicky Glanville On Track</p>					
Cohort	Domain	Healthier weight programmes	Healthier weight environment	Physical activity programmes	Physical activity environment	Example outcomes	National Indicators and targets (See Action Plan for local measures)
Adult	Healthier adult weight	<p>TC Adult Healthier Weight Support Programme Claire Tatton On track</p> <p>NHS weight management and healthier weight self-support options (included as part of AHWSP above) Claire Tatton Action required</p>				<p>Healthier adult weight</p> <p>Reduced risk of depression, anxiety, and stress-related disorders</p> <p>Increased productivity and reduced absenteeism at work</p>	<p>Active Lives Survey Adult indicators (proxies):</p> <ul style="list-style-type: none"> - Excess weight - Physical activity and inactivity - 5-a-day fruit & vegetable intake <p>Obesity in pregnancy</p> <ul style="list-style-type: none"> - TBC

Cohort	Domains	Healthier weight programmes	Healthier weight environment	Physical activity programmes	Physical activity environment	Example outcomes	National Indicators and targets (See Action Plan for local measures)
Adult	Healthy food		<p>Neighbourhood Growing Programme Mark Richards On track</p> <p>Healthier options within local food outlets Mark Richards Not Started</p> <p>Torbay Food Partnership (incl. food inequality) Mark Richards/Laura Hills On track</p> <p>Restricting hot food takeaways Andrew Gunther On track</p> <p>Restricting unhealthy food advertising Mark Richards On track</p>			<p>Healthier child and adult weight</p> <p>Reduction in the number of children arriving at primary school underweight, overweight or obese</p>	<p>NCMP at Reception: underweight, overweight and obese</p> <ul style="list-style-type: none"> - Reverse negative trend in Phase 1 and better than England value in Phase 2 <p>NCMP at Year 6: underweight, overweight and obese</p> <ul style="list-style-type: none"> - Maintain positive trend <p>Active Lives Survey Adult indicators (proxies):</p> <ul style="list-style-type: none"> - Excess weight - 5-a-day fruit & vegetable intake
	Physical activity			<p>Workplace Challenge Kirsty Parker-Calland On track</p> <p>Cycle Training offer Kirsty Parker-Calland On track</p> <p>More Active More Often Kirsty Parker-Calland On track</p> <p>Torbay Leisure Card Kirsty Parker-Calland On track</p>		<p>Healthier child and adult weight</p> <p>Reduction in the number of children arriving at primary school underweight, overweight or obese</p> <p>Increased physical activity and reduced sedentary behaviour in the family</p>	<p>NCMP at Reception: underweight, overweight and obese</p> <ul style="list-style-type: none"> - Reverse negative trend in Phase 1 and better than England value in Phase 2 <p>NCMP at Year 6: underweight, overweight and obese</p> <ul style="list-style-type: none"> - Maintain positive trend <p>Active Lives Survey child & young person indicator (proxy):</p> <ul style="list-style-type: none"> - Physically active children (5-16)

All Age							Active Lives Survey Adult indicators (proxies): <ul style="list-style-type: none"> - Excess weight - Physical activity and inactivity
	Active Travel Planning and transport		Local Plan and updated Healthy Torbay Supplementary Planning Document (SPD) Andrew Gunther On track		Active travel infrastructure schemes Andrew Gunther On track Active travel local programmes Andrew Gunther On track Green and Blue Infrastructure Framework Andrew Gunther On track Local Transport Plan and Cycling & Walking Plan (LCWIP) Andrew Gunther On track Active travel within public transport Andrew Gunther On track	Healthier child and adult weight Reduction in the number of children arriving at primary school underweight, overweight or obese Increased physical activity and reduced sedentary behaviour in the family	NCMP at Reception: underweight, overweight and obese <ul style="list-style-type: none"> - Reverse negative trend in Phase 1 and better than England value in Phase 2 NCMP at Year 6: underweight, overweight and obese <ul style="list-style-type: none"> - Maintain positive trend Active Lives Survey child & young person indicator (proxy): <ul style="list-style-type: none"> - Physically active children (5-16) Active Lives Survey Adult indicators (proxies): <ul style="list-style-type: none"> - Excess weight - Physical activity and inactivity