

Tackling childhood obesity in West Yorkshire the role of nature and the outdoors

25th November 2015 • Advanced Technology Centre • Central Bradford
9:30 am to 3:30 pm • £30 (incl. lunch)

This workshop will bring together participants from both the health sector and those who have a direct influence over natural outdoor spaces. The aim is to inform and initiate outcome-oriented, long-term innovative partnerships operating at the local and regional level. While the focus is on tackling childhood obesity, it will also acknowledge the wider benefits of local nature and the outdoors for local communities.

The event is for CCG representatives • GPs and primary healthcare staff • public health and social care specialists • spatial planners • Local Nature Partnerships and others involved in improving access to nature and the outdoors.

Chairperson: Pam Warhurst OBE

Speakers include:

- *Professor Harry Rutter, Senior strategic adviser on obesity, Public Health England*
- *Cllr. Hawarun Hussain (Bradford)*
- *Dr. Sally Barber and Dr. Sara Ahern, Born in Bradford Project*
- *Dr. Zoe Knowles and Dr. Lynne Boddy, Liverpool John Moores University*

The direct costs to the NHS for treating overweight and obesity are set to rise. Parts of West Yorkshire are performing poorly in the national statistics for excess weight in children. For instance, evidence suggests that if no action is taken, by 2050 25% of children in Bradford will be obese.

Improved access to natural outdoor spaces can play a cost-effective role in addressing our obesity epidemic, not least due to the multiple health and other benefits for children and their families. If investments in parks, woodlands, community gardens and landscapes are made with health outcomes and health budgets in mind, the cost savings and wellbeing benefits will be clear and sustained.

Ensuring that local nature plays a part in tackling childhood obesity in West Yorkshire requires long-term partnerships between the health sector and those who have a direct influence over the quality and availability of natural outdoor spaces.

To book: Visit <https://childhood-obesity-nature-outdoors.eventbrite.co.uk>

For further information and programme: <http://ecosystemsknowledge.net/about/events/health>
info@ecosystemsknowledge.net.