

Family Healthy Living Programme

Context: rising obesity rates

Children in the most deprived areas of Leeds are 3 times more likely to be obese than those in the least deprived areas

- Community based approach
- Provides a programme of physical activities, healthy eating sessions and parent programmes in deprived areas of the city
- Includes scooting, BMX activities, fun games, community dance, cooking, HE, meal planning, HENRY 5-12 programme
- 3 local providers – Health for All, Dance Action Zone Leeds, LS-TEN – skatepark (Vol sector)
- Target families living in the most deprived areas and with the highest child obesity rates
- Deliver in schools, community venues, parks and local neighbourhoods -37 NCMP schools, 20 partners, 5,000 activity sessions to 4,500 children during 2021-22
- Children that attend; 45% ethnically diverse, 3.5% living with a disability, 3.8% CIC

90%

of DAZL participants state they feel happier and

85%

state they feel more confident



"We have taken a healthier lifestyle approach, we now regularly eat lots of fruit and vegetables and we're all getting regular exercise"

"My daughter has made lots of friends and become very confident and outgoing."

"We've seen previously inactive children constantly attend and participate in sessions"



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Added value

- Delivered by local people who know and understand their community
- Consistent staff enabling excellent relationships with communities, schools and local groups
- Success in engaging and recruiting children and parents to their programmes
- Organisations are respected and recognised by the local community
- Flexible and Adaptable e.g. outdoor dance opportunities during COVID
- Partnership project working e.g. Healthy Holidays, Active Leeds
- Facilitate Income generation – £250,000 raised in 2020/21