

**Written response to question / issue  
raised at Council**

**Meeting Date:** 20/07/2021  
**Public / Private\*:** Public  
**Minute Reference:** c.113/21  
**Written response to:** Cllr Marilyn Bowman  
**Written response from:** Cllr Jack Paton

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**Resolution / Question:**

That Councillor Paton provide a written response giving further information regarding the Council's signing of the Healthy Weight Declaration.

**Response:**

Carlisle City Council Signed the Healthy Weight Declaration in June 2018, along with the five other Cumbrian District Councils and the County Council. The Healthy Weight declaration is a vision to promote healthy weight and to improve the health and wellbeing of the local population, recognising the role of Councils as local leaders. The Declaration is a set of commitments and priorities identifying some key principles to support employees and local communities to make healthier lifestyle choices and endeavour to reach and maintain a healthy weight.

The Healthy Weight Declaration is a 'Food Active' initiative. Food Active is a collaborative programme launched by North West Directors of Public Health in November 2013 to tackle rising obesity levels in the North West. A copy of the Healthy Weight Declaration is available here: [Cumbria Healthy Weight Declaration.pdf](#)

The Healthy City Team lead on supporting the Carlisle and the Cumbria Healthy Weight Partnerships, with a particular focus on ensuring universal access to good food and safe places to exercise.

**Date:** 14/9/2021