

## Appendix B: Summary of Objectives for each of the Task and Finish groups

Task and Finish Group	Aims and Objectives
<b>Children and Young People</b>	<p><b>Aims:</b> To support children and young people in achieving and maintaining a healthy weight through a Whole System Approach in Slough, making full use of our existing assets.</p> <p><b>Objectives</b></p> <ol style="list-style-type: none"> <li>1. Develop comprehensive strategies focusing on nutrition, physical activity, and education for children and young people and families.</li> <li>2. Coordinate initiatives across the schools, early years settings, and community programmes.</li> <li>3. Focus on reducing health disparities among CYP by using a life course approach from perinatal period, early childhood, adolescence, working age, preconception and family building years and into older age.</li> </ol>
<b>Pathway Development</b>	<p><b>Aims:</b> To utilise pathway development in supporting Slough’s residents to maintain a healthy weight as part of a Whole System Approach to Healthy Weight, guided by the following principles:</p> <ul style="list-style-type: none"> <li>• Develop clear and accessible care pathways.</li> <li>• Strengthen coordination across services.</li> <li>• Improve access to relevant resources and interventions.</li> <li>• Promote and implement evidence-based practices.</li> <li>• Collaborate with key stakeholders and partners.</li> <li>• Provide ongoing support and conduct robust evaluations.</li> <li>• Prioritise early intervention strategies.</li> <li>• Foster integrated care across sectors.</li> <li>• Empower communities through education and engagement.</li> </ul> <p><b>Objectives</b></p> <ol style="list-style-type: none"> <li>1. Understand current pathways: Identify the existing weight management pathways in Slough, focusing on accessibility, equity, and their effectiveness in supporting healthy weight opportunities.</li> <li>2. Identify best practice: Explore and integrate best practices for weight management pathways, ensuring they align with Slough’s Whole Systems Approach, prioritising early intervention and evidence-based strategies.</li> <li>3. Promote coordinated care: Enhance collaboration among statutory and non-statutory stakeholders, ensuring integrated, holistic care that is well-coordinated and accessible across all sectors in Slough.</li> <li>4. Develop collaborative solutions: Bring together stakeholders to co-develop and implement innovative solutions using pathway development, ensuring these interventions are practical, sustainable, and tailored to the needs of Slough’s diverse population.</li> </ol>

<b>Task and Finish Group</b>	<b>Aims and Objectives</b>
<b>Physical Activity</b>	<p><b>Aims:</b> To identify the systemic barriers to physical activity in the community and undertake actions to address these system problems, resulting in improved healthy weight, physical activity levels, and quality of life in Slough.</p> <p><b>Objectives</b></p> <ol style="list-style-type: none"> <li>1. Identify and map the physical activity system and the barriers that exist at varying levels of the system.</li> <li>2. Partner with community and regional organisations to tell us what the experiences and barriers are to physical activity in the community</li> <li>3. Identify solutions to help organisations and local people improve access, and up-take in education and services</li> <li>4. Develop a Systems plan and intervention to improve systematic barriers</li> <li>5. Conduct further behavioural and data insights research where needed</li> </ol>
<b>Healthy Eating Environment</b>	<p><b>Aims:</b> To explore the healthy eating environment contribution to maintaining a healthy weight in Slough.</p> <p><b>Objectives:</b></p> <ol style="list-style-type: none"> <li>1. To understand the current state of Slough's healthy environment infrastructure in relation to healthy weight opportunities for residents</li> <li>2. To understand best practice to achieve a healthy eating environment to support the whole systems approach to healthy weight in Slough.</li> <li>3. To review and improve planning policies to support the healthy eating environment in Slough, focusing particularly on reducing health disparities.</li> <li>4. To promote healthy food choices through different initiatives including statutory and non-statutory stakeholders.</li> </ol>