 XXX Borough address and logo

Dear xx (insert name of Healthwatch colleague),

xxx (insert borough) is working with other London councils and NHS organisations to launch ['The Great Weight Debate - a London conversation on childhood obesity'](http://gethealthy.london/greatweightdebate)on xxx (date to be inserted)

To protect London’s children, we want to involve all Londoners in a conversation about childhood obesity. We want to make Londoners more aware of this problem and hear what ideas they have for tackling childhood obesity, both in their communities and at a pan-London level. We want to understand what measures people may support towards creating a healthier living environment.

London has more overweight and obese children than any other global city. Over a third of London’s children are overweight or obese by the time they leave primary school. Obese children are at increased risk of high cholesterol, high blood pressure, pre-diabetes, bone and joint problems and breathing difficulties. Being overweight or obese can affect a child’s mental well-being, lead to low self-esteem and absence from school.

Evidence from global experts highlight that Londoners are living in an abnormal environment where our surroundings make it harder to follow a healthy lifestyle and maintain a healthy weight. Londoners have easy access to high fat, sugar and salty foods in abundance 24/7. Children are not as physically active as they used to be, with less outdoor play time and more indoor screen time.

We will be encouraging all residents to complete a short Great Weight Debate survey: <https://www.surveymonkey.co.uk/r/GWD2016>. Please feel free to share the survey widely through your network and to host the survey on your website. We will also be issuing a media release (attached) and would welcome a quote from Healthwatch.

XXX (Borough to insert here any other work they are doing – for example holding a Great Weight Debate).

If you would like to get involved in The Great Weight Debate or have any ideas please contact xxx (insert contact name and number).

The Great Weight Debate is being coordinated by Healthy London Partnership and supported by London’s councils, 32 CCGs, NHS England (London), the Greater London Authority, Public Health England and NHS England. We are really grateful for any support you can provide us and thank you in advance for your time.

Yours sincerely,

Signed and sent from Borough Councillor/Mayor