

## Policy Extract

### [Healthy Lives, Healthy People: A call to action on obesity in England](#)

The serious nature of the challenge of obesity calls for a new level of ambition as well as a new direction. We are therefore setting out two new national ambitions for us all to play a part in achieving:

1. A sustained downward trend in the level of excess weight in children by 2020.
2. A downward trend in the level of excess weight averaged across all adults by 2020.

Delivery of the ambitions will call for a distinctive, new approach. The main components are:

- Empowering individuals.
- Giving partners the opportunity to play their full part.
- Giving local government the lead role in driving health improvement and harnessing partners at local level.
- Building the evidence base.