

We need a chat....a Big Fat Chat

In Staffordshire 1 in 4 adults and 1 in 5 10 year olds are obese.

Not only does this limit the chances of people in Staffordshire living a long, healthy life, it also costs Staffordshire's NHS and social care services over £100million every year in dealing with issues linked to obesity.

We've got lots of data that tells us our weight can be a result of the personal choices we make as well as the environment we live in.

This means that we can all play a part in tackling obesity, but we need to agree where our responsibilities lie and how far we're willing to go to make change happen.

Staffordshire's Big Fat Chat is a public debate being run by Staffordshire's Health and Wellbeing Board. It's about hearing the opinions of people in Staffordshire on how we should tackle obesity across the county.

Your views, alongside other research and evidence, will be used to agree a joint plan to tackle obesity across Staffordshire.

So head over to www.bigfatchat.com and tell us what you think.