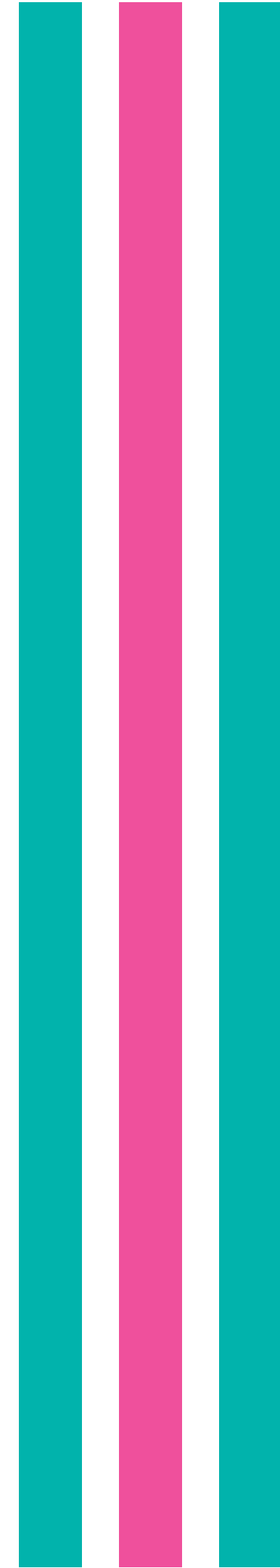
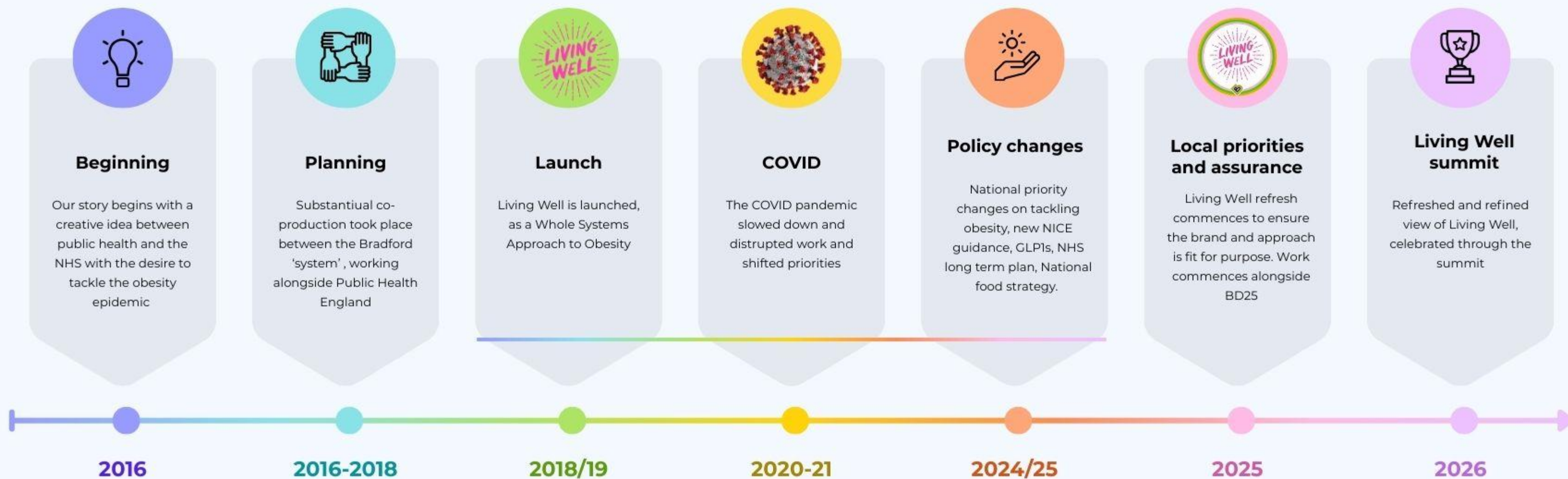




**Bradford Live – 18<sup>th</sup> March 2026 – 09:00 – 16:00**

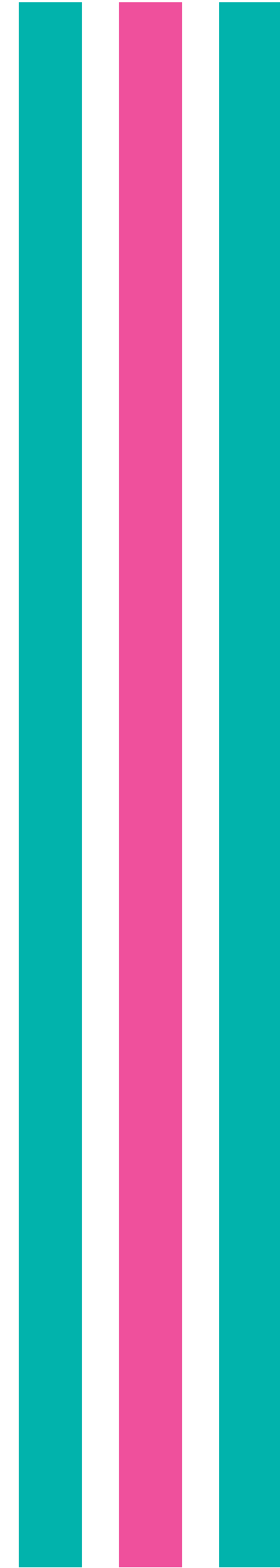


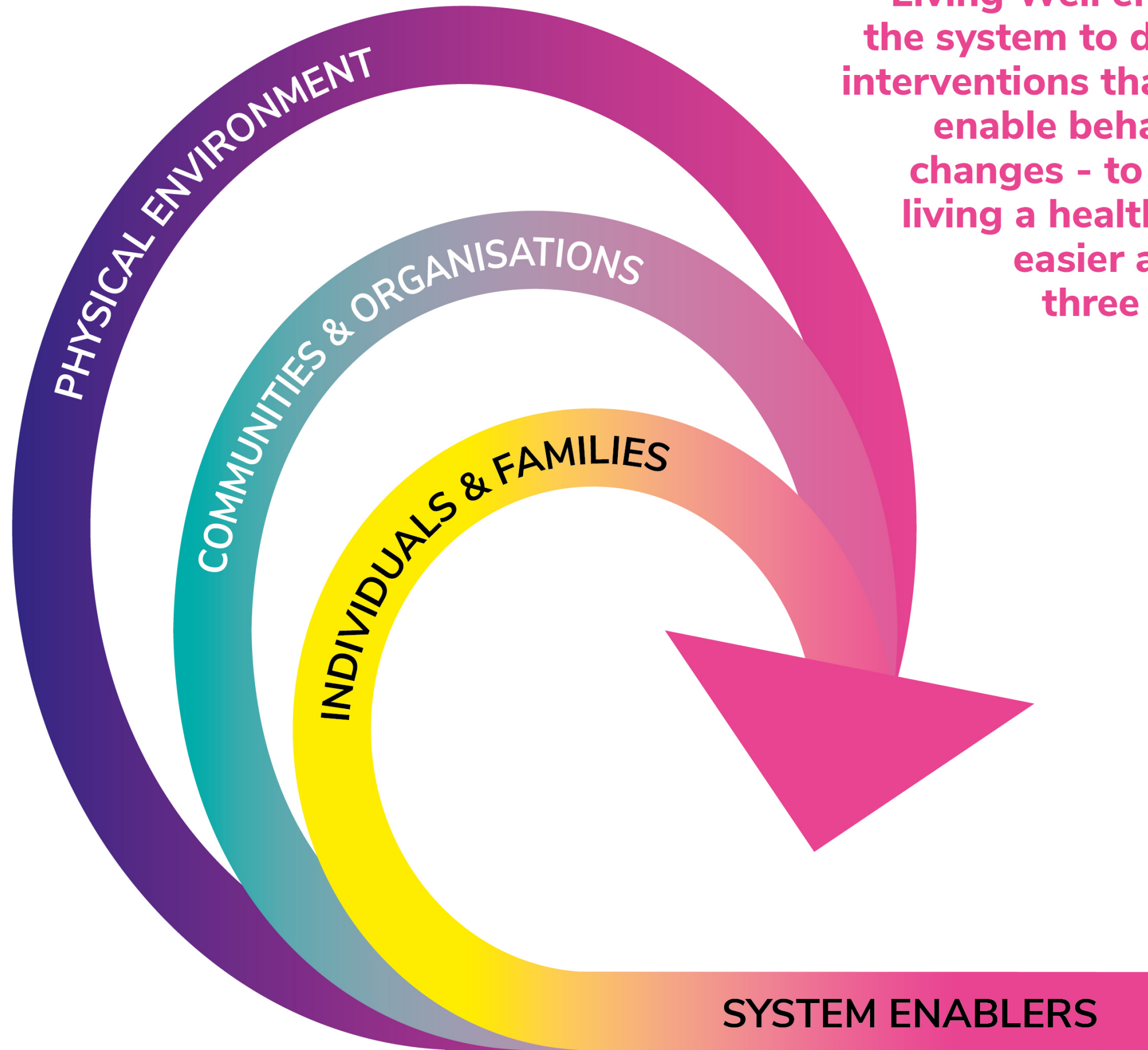


**A quick history.....**



**So....what is Living Well?**





Living Well enables the system to deliver interventions that will enable behaviour changes - to make living a healthy life easier across three levels

**PHYSICAL ENVIRONMENT:**

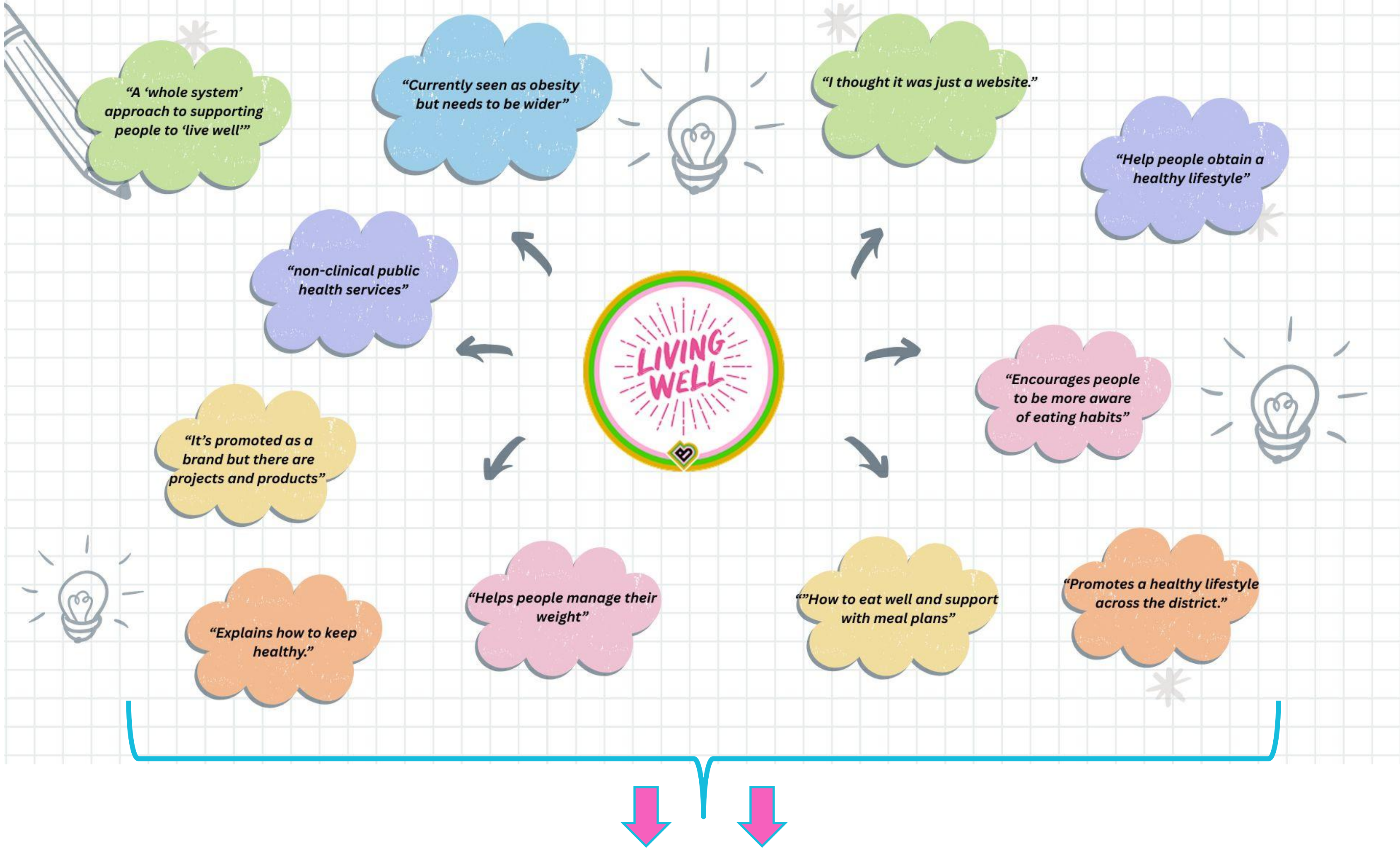
Enabling behaviour change through facilitating physical changes to our environment that make it easier to be healthy.

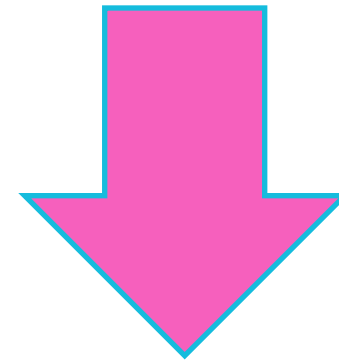
**COMMUNITIES & ORGANISATIONS:**

Enabling behaviour change through facilitating adjustments to policies and practices in schools, businesses, and community settings that make it easier to be healthy.

**INDIVIDUALS & FAMILIES:**

Enabling behaviour change through provision of accessible personalised support services that make it easier to be healthy.





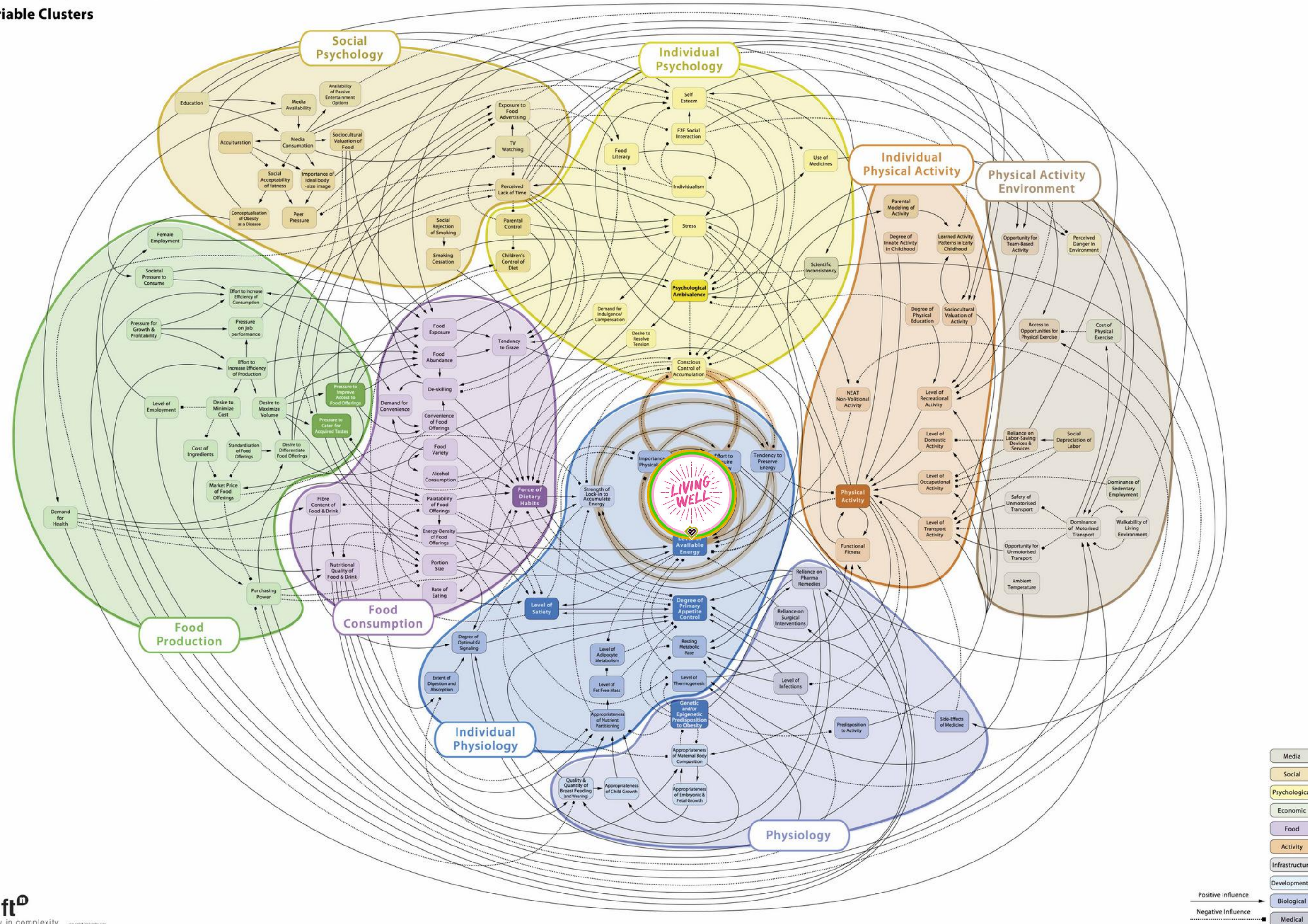
## The 'Living Well' Vision;

“To create a district where **we are all** making it easier for everyone to live a healthy and active lifestyle”



# Obesity System Map

## Variable Clusters



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# So, to recap....

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Living Well isn't an organisation

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Living Well isn't a person

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Living Well isn't a single team

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Living Well is **our** way of helping people live a healthy and more active life

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**Cllr Sue Duffy, portfolio holder for  
Living Well, and Children and  
Families**

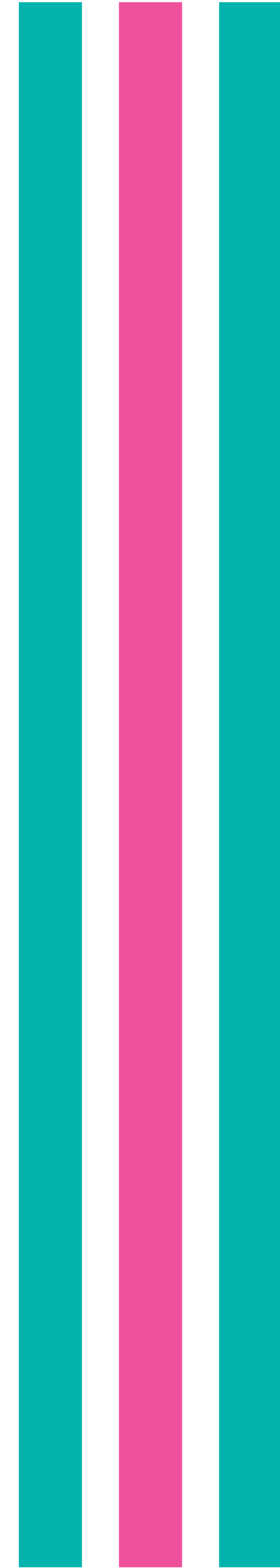




**Foluke Ajayi, Chief Executive Officer  
for Airedale Hospital**

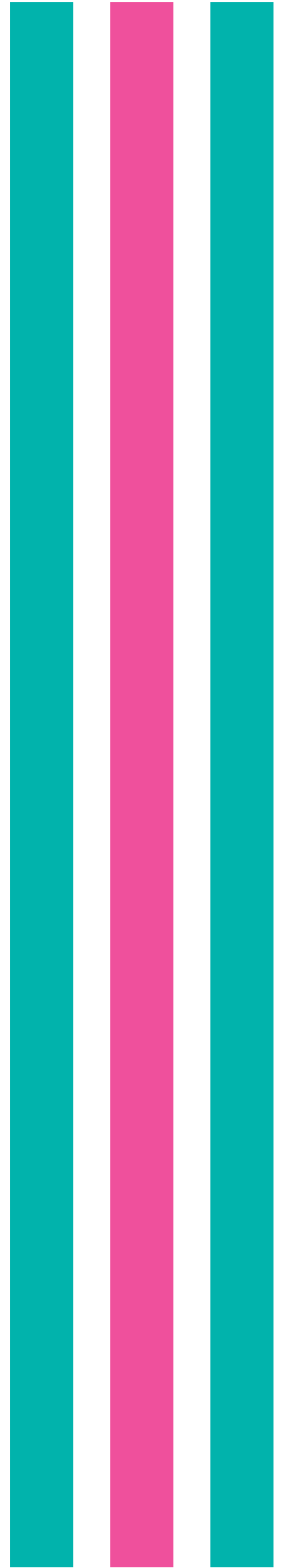


Workshop/Session	Location
<b>Refreshments, lunch, networking and marketplace area</b>	The Circle Bar, 1 <sup>st</sup> floor
<b>Main event, morning and afternoon keynote presentations</b>	The Ball Room, 1 <sup>st</sup> floor
<b>Physical Activity and the active environment workshop</b>	The Boiler Room, Basement Level
<b>Food production and consumption workshop</b>	VIP room, 2 <sup>nd</sup> floor
<b>Biology (NHS and Weight management) workshop</b>	The Circle Bar, (Far end), 1 <sup>st</sup> floor
<b>Psychology (Mental wellbeing) workshop</b>	VIP room 1, North Turret, 3 <sup>rd</sup> floor
<b>Societal Influences (Wider determinants) workshop</b>	The Ball Room, 1 <sup>st</sup> floor





**William Roberts, Chief Executive  
Officer for the Royal Society of Public  
Health (RSPH)**

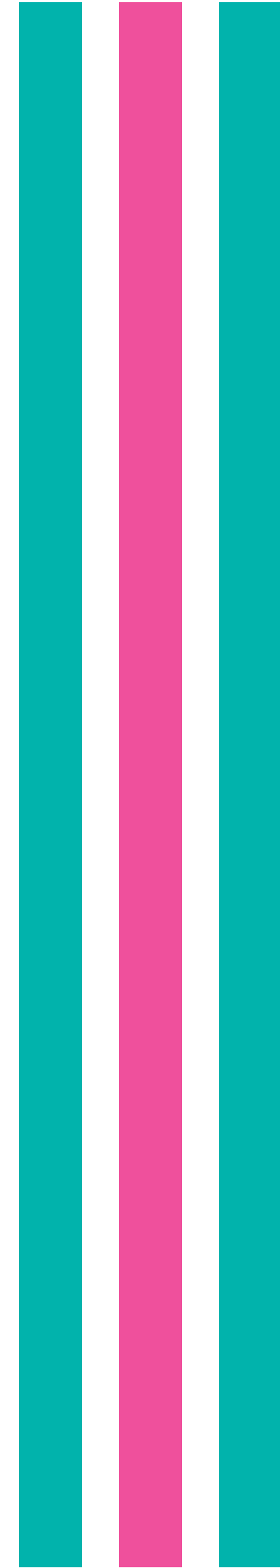




**Professor Louisa Ells, Co-director of  
the Obesity Institute**



Workshop/Session	Location
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# Thank you

