

Agenda Item:

13

Joint Public Health Board

Bournemouth, Poole and Dorset councils working together to improve and protect health

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| Date of Meeting | 8 May 2014 |
| Officer | Director of Public Health |
| Subject of Report | Public Health Review Topics - Obesity |
| Executive Summary | <p>Levels of obesity in the UK have been increasing since the 1980s. Current information suggests that nearly two thirds of adults and one third of children are either overweight or obese. Unless more is done to address these trends around half of our adult population is expected to be obese by 2030.</p> <p>Over the last five years, the Public Health teams in NHS Dorset and NHS Bournemouth and Poole have supported a number of projects attempting to address the rising levels of obesity. Examples are described.</p> <p>The Health and Social Care Act moved the responsibility of Public Health from the NHS to local authority in April 2013. This gives an opportunity to re think and re direct the approach to obesity prevention with partners, and to also begin to embed and integrate work in this area into policy and strategy across council services.</p> |
| Impact Assessment: | <p>Equalities Impact Assessment:</p> <p>Not applicable as this is not a new policy or strategy</p> |
| <i>Please refer to the protocol for writing reports.</i> | <p>Use of Evidence:</p> |

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|-------------------------------|---|
| | Budget: There are no direct budgetary implications of this report. |
| | <p>Risk Assessment:</p> <p>Having considered the risks associated with this decision using the Council's approved risk management methodology, it is the officer's opinion that there are no risks that need to be reported.</p> |
| | Other Implications: |
| Recommendation | Members are asked to consider obesity as a developmental topic and agree an approach to take forward discussion of developing a new approach to the topic. |
| Reason for Recommendation | Current information suggests that nearly two thirds of adults and one third of children are either overweight or obese. Unless more is done to address these trends around half of our adult population is expected to be obese by 2030. This will be associated with major health social cost. |
| Appendices | |
| Background Papers | |
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Obesity: An Introduction

1. Background

- 1.1 Levels of obesity in the UK have been increasing since the 1980s. Current information suggests that nearly two thirds of adults and one third of children are either overweight or obese. Unless more is done to address these trends around half of our adult population is expected to be obese by 2030.
- 1.2 Obesity is a key contributing factor to many serious illnesses including, heart disease, type 2 diabetes, stroke, cancer and depression. There are estimated to be over 10 000 obesity related premature deaths a year in the UK, most of which are preventable.
- 1.3 The costs of overweight and obesity to society and the economy were in the region of £16bn in 2007.
- 1.4 Whilst in children levels of obesity tend to be higher in areas of higher deprivation this pattern is changing in adults.
- 1.5 Excess weight in adults and children is almost always due the consumption of too many calories and not enough physical activity. Our environment is often described as “obesogenic” in that it is often easier to over consume and not be very active than it is to adopt a healthier lifestyle.
- 1.6 In October last year NICE issued guidance on “Managing overweight and obesity among children and young people: lifestyle weight management services”, acknowledging that these services are just one part of a comprehensive approach to the prevention and treatment of obesity.

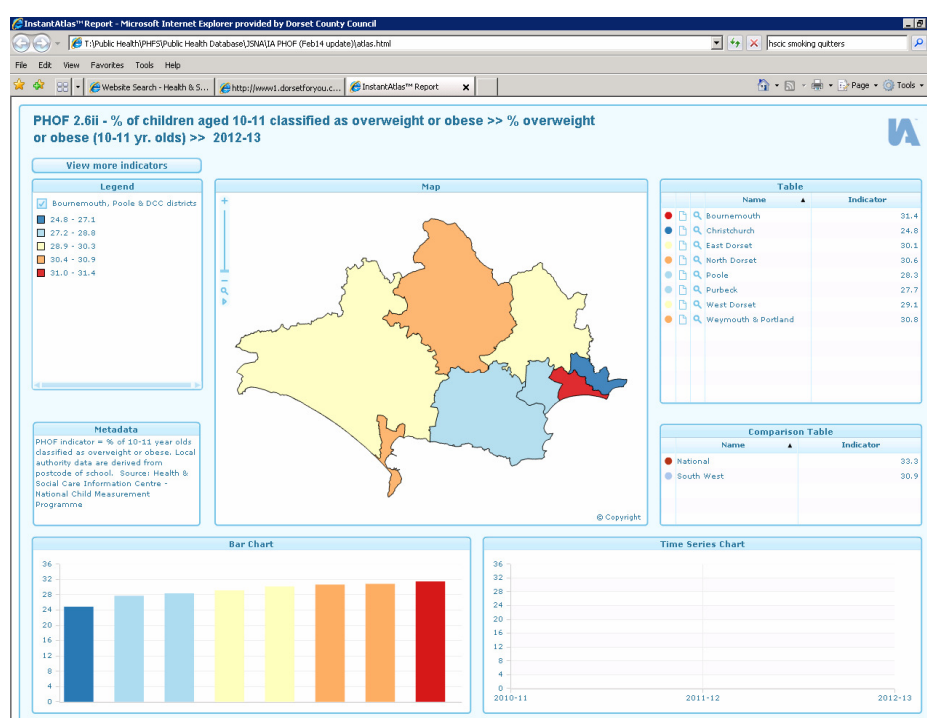
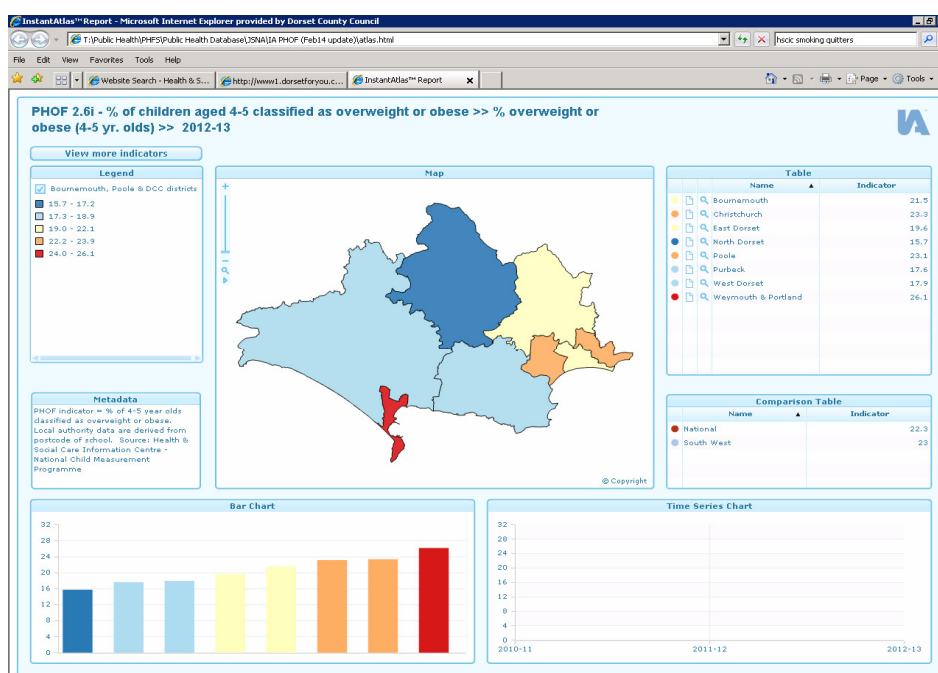
2. What has been done locally?

- 2.1 Over the last 5 years, the Public Health teams in NHS Dorset and NHS Bournemouth and Poole have supported a number of projects attempting to address the rising levels of obesity. Examples include:
 - Breast feeding support and promotion
 - 0-3 obesity care pathway within health visiting services
 - Incredible edibles programme for under 1's
 - Active factor project for young people aged 9-12
 - 'Bike It' programme
 - 'Activate 1000' project in East Dorset
 - Healthy weight strategies
 - 'Healthy Choices' adult weight loss programmes
 - 'Dimensions' project for obese young people aged 8-12 years
- 2.2 These initiatives have varied significantly in terms of uptake and impact. Where evaluation has been positive, e.g. Activate 1000, plans to extend the programme have been supported.

3. National Child Weight Measurement Programme (NCMP)*

3.1 Every year, children aged 4-5 and aged 10-11 have their height and weight measured as part of the NCMP in schools. The aim of the NCMP is to gather population-level data to allow analysis of trends in childhood growth patterns and obesity.

3.2 The most recent information from the NCMP for the school year 2012/13 shows that across Dorset approximately 20% of 4-5 year olds and 30% of 10-11 year olds are overweight or obese. Although the picture in Dorset is similar or better than the England average this is still very concerning. Further detail is shown on the maps below.



- 3.3 The most important long-term consequence of being overweight or obese as a child is that it may persist into adulthood and could result in the earlier onset of the obesity-related disorders such as diabetes and heart disease.

4. What can be done locally?

- 4.1 Once established, obesity is notoriously difficult to treat, so prevention and early intervention is essential for both families and communities.
- 4.2 The evidence base locally and nationally is evolving and we are at a point where a new approach is needed under commitment.
- 4.3 Examples of what could be done locally through working in partnership to help reduce levels of and prevent obesity across the life course are shown in the table below:

| | Pregnancy | Early years | School age | Wider community |
|-------------------------------------|--|--|--|--|
| Local Authority and partners | Access to children's centres | Nurseries: <ul style="list-style-type: none"> • Nutrition in nurseries/child minders • Physical activity in nurseries/child minders | School nursing: <ul style="list-style-type: none"> • Nutrition standards in schools • Physical activity in schools • Implementation school food plan • Cooking in schools | Leisure activities: <ul style="list-style-type: none"> • Support to active travel • Workplace health • Nutrition standards in public places • Health in planning • Health in transport planning • Health in housing • Support increasing activity in everyday life |
| NHS | Management of maternal BMI through maternity pathway | Primary care advice and support Support to healthy lifestyle messages Change for life programme | Primary care advice and support Change for life | Brief interventions for exercise, alcohol and weight loss Workplace health Change for life |

6. Recommendations

- 6.1 Members are asked to consider obesity as a developmental topic and agree an approach to take forward.

* NCMP is one of the mandated programmes for Public Health in local authority.

Dr David Phillips
Director of Public Health
 April 2014