

## Central Bedfordshire Council

EXECUTIVE

2 August 2016

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### Excess Weight Strategy

Report of Cllr Maurice Jones, Executive Member for Health  
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**This report relates to a non-Key Decision**

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#### Purpose of this report

1. This report provides the Executive with an opportunity to review and endorse the Excess Weight Strategy which has been developed with partners to tackle this important public health issue.

#### RECOMMENDATIONS

**The Executive is asked to:**

1. **endorse the Excess Weight Partnership Strategy for Central Bedfordshire which provides the basis for partnership actions to tackle excess weight in children, young people and adults.**

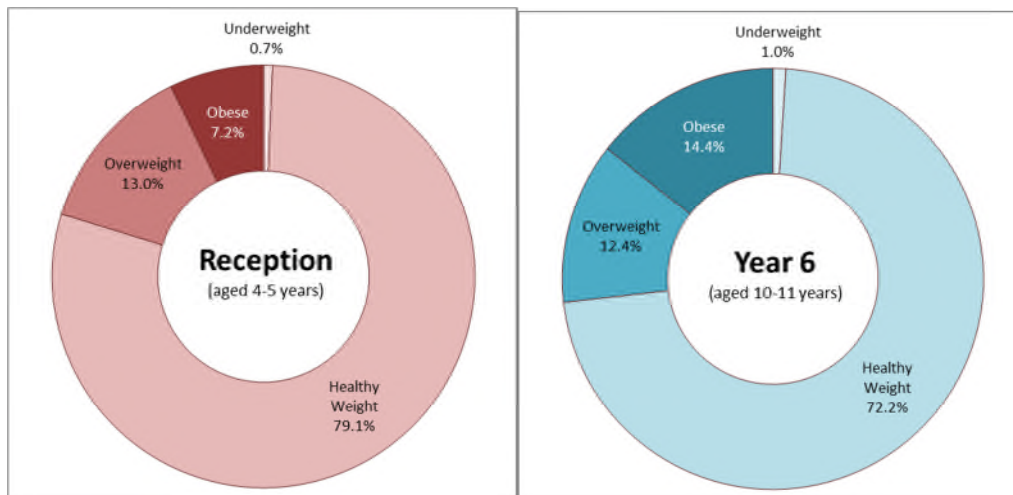
#### Overview and Scrutiny Comments/Recommendations

2. The Strategy was considered at the Social Care, Health and Housing Overview and Scrutiny Committee on 21 March 2016.
3. The recommendations were:
  - a) That the Committee recognised it is the responsibility of all (including parents in respect of their children) to ensure a good diet and exercise are the foundations for a healthy life.
  - b) That the Executive Member encourages schools to be even more proactive in tackling excess weight through the curriculum and sport.
  - c) That a further report be submitted in 12 months in relation to whether the Council has achieved success.
  - d) That the Strategy be shared with the Bedfordshire Clinical Commissioning Group (BCCG).
  - e) That Town and Parish Councils be informed about this work.

## Key Points

### Prevalence of Excess Weight

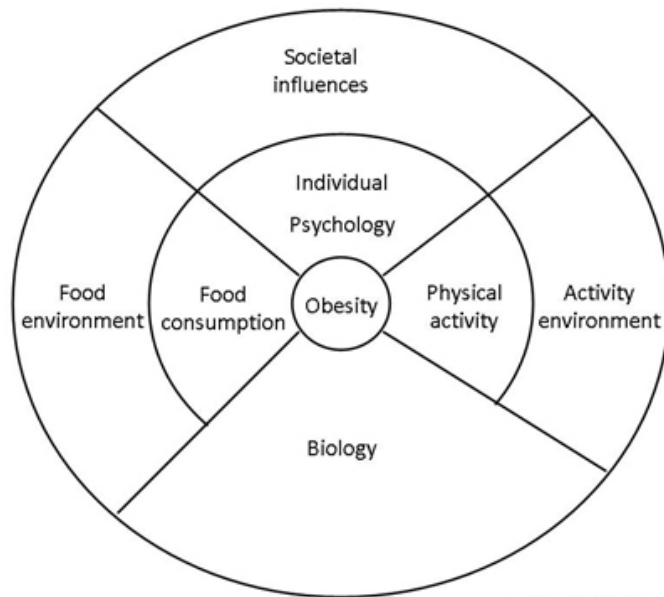
4. The prevalence of overweight and obesity is increasing in virtually every country in the world and among virtually all age groups. Obesity rates in England have more than doubled in the last 25 years with almost two thirds of the adult population now overweight or obese. Central Bedfordshire is no exception.
5. The detailed location picture and trends are outlined in the strategy attached but in summary 69% (145,000 adults) in Central Bedfordshire are estimated to be either overweight or obese.
6. The latest position for children (academic year 2014/15) is illustrated in the figures below.



7. Whilst the cost to the wider community has not yet been established at Local Authority level, in 2008 obesity cost NHS Bedfordshire £98.8 million, and this is predicted to have risen to £136 million by 2015.

### How are we tackling Excess Weight in Central Bedfordshire?

8. There are a number of programmes in place and the contract for excess weight was re-commissioned in 2015, the new provider, Bee Zee Bodies commenced in September 2015.
9. However a wider partnership approach is also required because the causes of excess weight are complex and multifactorial, and wider determinants including the so-called 'obesogenic environment' must also be addressed. The following diagram below broadly identifies the issues surrounding weight:



Source: Foresight systems map, 2007

10. Tackling excess weight requires a 'whole systems' approach, creating strong links with other directorates, and internal and external services such as Environmental Health, Planning, Transport, the 0-19 team and the voluntary sector; and developing a shared strategy for tackling the causes of excess weight is essential.
11. These plans have been formalised in the Excess Weight Partnership Strategy 2016-2020. The priorities identified in the strategy are:
  - Creating environments which actively promote and encourage a healthy weight.
  - Giving all children and families the best start in life and supporting them in achieving a healthy weight and lifestyle.
  - Empowering adults and older people to attain and maintain a healthy weight.
  - Enabling practitioners working in Central Bedfordshire to have a meaningful discussion about weight in a confident and effective manner.

### **Reason/s for decision**

12. The Excess Weight Strategy brings together the current position on excess weight and outlines the priorities for tackling the issue. Endorsing it as a strategy for action provides increased recognition and support.

## **Council Priorities**

13. The proposed action supports the following Council's priorities:

- Enhancing Central Bedfordshire – Creating positive environments which actively promote and encourage a healthy weight.
- Protecting the vulnerable; improving wellbeing – Develop programmes to support families and communities most at risk of excess weight.

## **Corporate Implications**

### **Legal Implications**

14. None.

### **Financial Implications**

15. The current programme is funded through the ring fenced public health grant. However central government has made significant cuts to the public health allocation putting at risk future funding of public health prevention programmes. Therefore all programmes are being reviewed to ensure that the best outcomes are achieved with the resource available.

### **Equalities Implications**

16. Commissioned weight management services are delivered in line with Central Bedfordshire's Equality and Diversity Policy. An Equalities Impact Assessment was completed for the draft Excess Weight Partnership Strategy.
17. Following the EIA, no major changes were required to the Excess Weight Partnership Strategy, as no potential or actual discrimination was identified.

## **Conclusion and next Steps**

18. Tackling Excess Weight is a key priority due to the health, social and economic costs associated with being overweight and obese. However, the scale of the challenge should not be underestimated. Good foundations are in place, but a partnership approach is required to impact on population levels of excess weight. Excess weight is 'everybody's business'.

## **Appendices**

Appendix A - Excess Weight Partnership Strategy