



## Central Bedfordshire Health and Wellbeing Board

**Contains Confidential or Exempt Information** No

**Title of Report** Enabling People to Stay Healthy for Longer – An update on the Excess Weight Partnership Strategy 2016 - 2020

**Meeting Date:** 19 October 2016

**Responsible Officer(s)** Muriel Scott, Director of Public Health

**Presented by:** Celia Shohet, Assistant Director of Public Health

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### Action Required:

- 1. The Health and Wellbeing Board is asked to endorse and support the Excess Weight Partnership Strategy.**
  - 2. To consider the implementation plan for the Strategy.**
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### Executive Summary

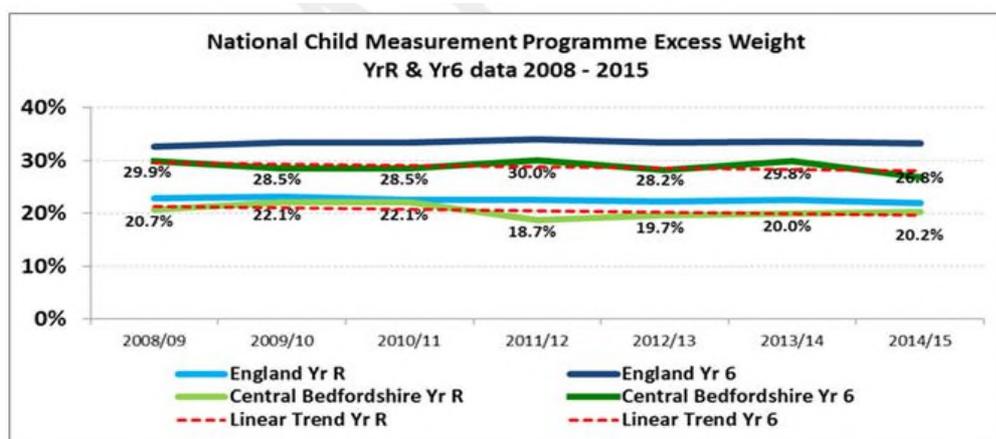
1.	<p>The report outlines the partnership strategy (Appendix A) and implementation plan (Appendix B) to reduce excess weight in adults and children.</p> <p>The strategy brings together, coordinated and focused contributions of all partner organisations. By aligning our efforts an environment can be created across Central Bedfordshire which supports every child, young person, adult and older person to achieve and maintain a healthy weight.</p> <p>It identifies how Central Bedfordshire Council, Bedfordshire Clinical Commissioning Group and partner organisations can work together to increase the impact of the strategy by facilitating the involvement of other stakeholders e.g. schools, GPs.</p> <p>The recommendations of the strategy are being taken forward through the Excess Weight Implementation Group which is made up of representatives from all partners who contribute to the strategy.</p>
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## Background

### 2. Adult Excess Weight prevalence:-

- In England the percentage of overweight and obesity (the combination of these two categories is called excess weight) is 63.8%.
- In Central Bedfordshire this figure is 69.1% and is statistically higher than the England average. However an update of the data (first published in 2014) is anticipated shortly.

### Child Excess Weight prevalence:-



NCMP Excess Weight YrR & Yr6 2008 – 2015.

Trend data over a 7-year period from 2008 shows a slight downward trend for Year R and Year 6 for excess weight.

### Causes of Excess Weight.

Physiological, psychological, social and environmental factors all contribute to overweight and obesity in individuals, communities and wider society. Although personal responsibility in relation to diet and physical activity levels, plays a crucial part in weight gain, so does the 'obesogenic' environment in which we live, with its abundance of energy dense food, motorised transport and sedentary lifestyles (Foresight, 2007).

The excess weight partnership strategy was developed from June 2015 – March 2016 to ensure that the factors from the Foresight Report are addressed by relevant partners.

3.	The Board has not had any previous consideration of the specific proposal.
<b>Detailed Recommendation</b>	
4.	<p>The Excess Weight Partnership Strategy has 4 priorities.</p> <ol style="list-style-type: none"> <li>1. Creating positive environments which actively promote and encourage a healthy weight.</li> <li>2. Giving all children and families the best start in life and supporting them in achieving a healthy weight and lifestyle.</li> <li>3. Empowering adults and older people to attain and maintain a healthy weight.</li> <li>4. Enabling practitioners working in Central Bedfordshire to have a meaningful discussion about weight in a confident and effective manner.</li> </ol>
5.	<p>The Excess Weight Implementation Group includes representatives from all partners who contribute to the strategy across both Central Bedfordshire and Bedford Borough. The detailed action plan is appended but some of the key actions are outlined in paragraphs 6-9.</p> <p>The Group will meet twice a year and progress is assessed by updating the Action Plan following each meeting. The Public Health Co-ordinator for excess weight will also have separate meetings as and when required with partners regarding current work and actions.</p>
6.	<p>To create positive environments which actively promote and encourage a healthy weight, the implementation plan will focus on:</p> <ul style="list-style-type: none"> <li>• Increasing access to healthier food choices within the proximity of schools, workplaces and places of education with residential accommodation.</li> <li>• Ensuring that local planning and policy decisions have a focus on preserving and creating healthier environments, which provide opportunities for physical activity and healthier food choices.</li> <li>• Increasing the provision of healthier food options in new and existing food establishments e.g. premises, workplaces, leisure facilities.</li> <li>• Increasing the number of residents accessing green spaces, communal areas for physical activity and sustainable travel choices.</li> </ul>

7.	<p>To give all children and families the best start in life and supporting them in achieving a healthy weight and lifestyle the implementation plan will focus on:</p> <ul style="list-style-type: none"> <li>• Reducing the number of pregnant women who gain excess weight during pregnancy.</li> <li>• Reducing the number of children starting school who fall into the excess weight category.</li> <li>• Reduce the prevalence of excess weight in school aged children and young people.</li> <li>• Increase the number of families using active travel i.e. cycling to work. school/for leisure.</li> </ul>
8.	<p>To empowering adults and older people to attain and maintain a healthy weight the implementation plan will focus on:</p> <ul style="list-style-type: none"> <li>• Reduce the prevalence of excess weight in all adults.</li> <li>• Reduce the prevalence of excess weight in specific groups of vulnerable adults.</li> <li>• Increase the number of safe and accessible opportunities to be active and eat healthily.</li> <li>• Increase senior buy-in and increase the number of professionals who are aware of recommendations for health and are able to support the population specifically target groups.</li> </ul>
9.	<p>To enable practitioners working in Central Bedfordshire to have a meaningful discussion about weight in a confident and effective manner the implementation plan will focus on:</p> <ul style="list-style-type: none"> <li>• Ensuring consistent and accurate healthy weight and lifestyle communications to all partners.</li> <li>• Supporting employees in the workplace to improve lifestyle habits.</li> </ul>

<b>Issues</b>	
Governance & Delivery	
10.	<p>The Healthy Weight Strategic Group will continue to steer the implementation and evaluation of the strategy and action plan. Progress against actions will be demonstrated through the performance measures within the Health and Wellbeing Board Performance Report.</p>

