

CENTRAL BEDFORDSHIRE HEALTH AND WELLBEING BOARD

Date of Meeting

12 July 2017

Enabling People to Stay Healthy for Longer – Reducing Excess Weight

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Public

Purpose of this report

1. To receive an update on the actions being taken to reduce excess weight particularly in the context of reducing the prevalence of diabetes.

RECOMMENDATIONS

The Health and Wellbeing Board is asked to:

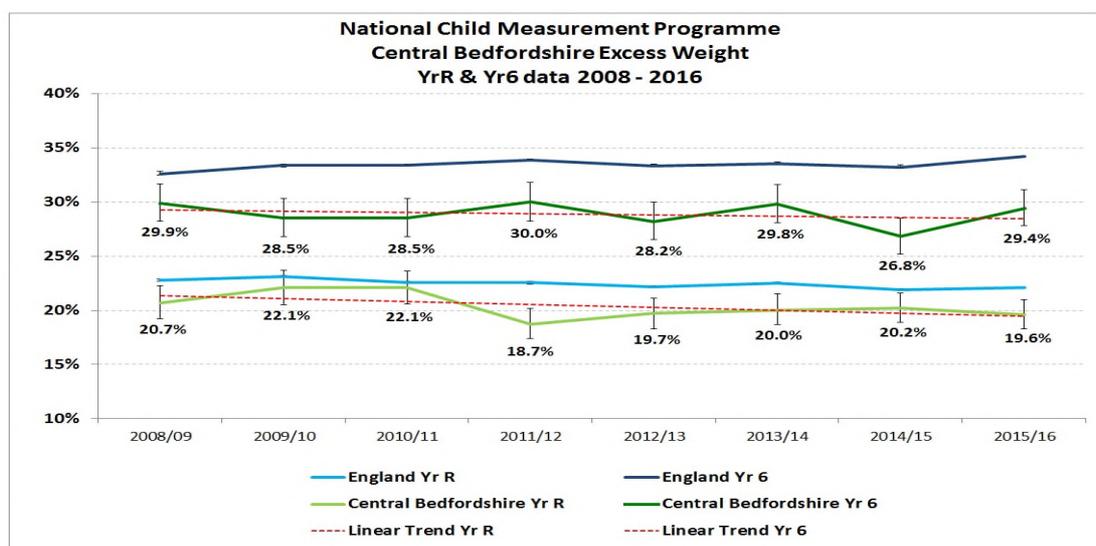
1. **endorse and support the actions to deliver the Excess Weight Partnership Strategy (EWPS) 2016 -2020 which will help reduce the prevalence of diabetes; and**
2. **provide leadership by promoting the actions outlined in the EWPS, by acting as positive role models, providing healthy workplaces for employees and by ensuring that relevant commissioned services support residents to achieve a healthy weight.**

Issues

Prevalence of Excess Weight in Adults and Children

2. The England average for excess weight in adults is **64.8%** but in Central Bedfordshire this figure is **67.1%**. Almost 1 on 4 adults (**24.2%**) are obese.

- The trend for excess weight in children aged 4-5 remains stable, however there is a slight increase in the excess weight levels of children aged 10 – 11.



NCMP Excess Weight YrR & Yr6 2008 – 2015.

Targets for reducing excess weight

- The target for excess weight is a 1% reduction year on year across the 4 years of the Strategy. This would mean that by 2020 the percentage for adult excess weight would be 65.1% and is currently on track to be achieved.
- The challenging targets for excess weight in children for the school year 2016/17 is 18.8% for Year R (4 -5 year olds) and 27.3% for Year 6 (10 – 11 year olds) The data will be publicly available in December.

The relationship between excess weight and diabetes

- 6% of Central Bedfordshire's adult population have been diagnosed with diabetes and if current trends in the size of population and levels of obesity continue the total prevalence of diabetes is expected to rise to 7.3% by 2020 and 8.3% by 2030.
- The latest health survey for England showed that the prevalence of both diagnosed and undiagnosed diabetes rose with BMI, from 3% of normal weight adults, to 15% of obese adults.
- Obesity is the most potent risk factor for Type 2 diabetes. It accounts for 80– 85 per cent of the overall risk of developing Type 2 diabetes.
- There is also a strong relationship between excess weight and the management of diabetes, making it more challenging to achieve treatment targets if an individual remains overweight or obese.

Update on the Excess Weight Partnership Strategy 2016 – 2020

10. The Excess Weight Partnership Strategy has 4 priorities each has outcomes with multiple actions and initiatives that partners have identified to support a reduction in excess weight in adults and children across Central Bedfordshire.
11. Examples of some of the areas of focus over the last year are outlined below.

Priority 1 - Creating positive environments which actively promote and encourage a healthy weight

12. The planning development management team has received Health Impact Assessment (HIA) training and is working with public health to ensure that an HIA is submitted on all applications for new developments of 200+ dwellings.
13. The Transport department successfully bid, from the Department for Transport (Bedfordshire STARS project) to fund a health based sustainable travel programme, which will enable the Sustrans 'Bike It' programme to continue for another year when their contract with Public Health comes to an end in March 2018.
14. A new Healthier Options Award Scheme will start in September 2017, initially until the end of 2018. The Award will be based around a pledge system and be available to food businesses and take-aways who already have a hygiene rating of 4 or 5 stars. This will include all 6 Leisure Centres across Central Bedfordshire and the country parks and visitor centres.

Priority 2 - Giving all children and families the best start in life and supporting them in achieving a healthy weight and lifestyle.

15. The outcomes for the Bike It Officers in 2016/17 show that in the schools that are participating in Dunstable, Leighton Buzzard and Caddington area, there was an increase of 2.9% in pupils cycling and a 4% increase in pupils scooting to school regularly with a 4.6% decrease in car travel to school.
16. For those schools participating in the Sandy area, there was an increase of 3.9% in pupils cycling and a 3.8% in pupils scooting to school regularly with a 2% decrease in car travel to school.
17. The 5-19 team internet page is complete and there is an embedded link to Beezee bodies website, as well as Change4life life and health4teen boys/girls and NHS choices.
www.eput.nhs.uk/schoolnursingbeds

Priority 3 - Empowering adults and older people to attain and maintain a healthy weight.

18. Leisure Services secured a small grant to fully fund a 1 year pilot programme to support an 'Oomph!' branded seated exercise project starting in May 2017. The project aims to engage staff and volunteers that already work with vulnerable older adults by providing training and on-going support to lead regular seated exercise sessions.
19. Referrals by Health Visitors to Beezee Bodies are increasing, and mothers in CBC seen antenatally by Health Visitors when weight is discussed both in Antenatal and postnatal period.

Priority 4 - Enabling practitioners working in Central Bedfordshire to have a meaningful discussion about weight in a confident and effective manner.

20. BeeZee Bodies have trained 55 staff from the 0-19 team in 'Raising the Issue of weight', giving staff the confidence to start off this discussion resulting in an increase in referrals to weight management services.
21. Making Every Contact Count (MECC) training was highlighted as a particular need for a wide range of partners. Since October the MECC programme has been delivered to staff members including those from Sustrans, Leisure Services, One Life and the 0-19 team.
22. The next meeting of the Excess Weight Implementation Group where the Action Plans will be discussed will be in September 2017.

Financial and Risk Implications

23. The implementation of the Excess Weight Strategy will be delivered through existing budgets and funding streams. There is some short term additional funding from the public health strategic reserve for a Project Officer to implement the new Healthy Options Food Award Scheme.

Governance and Delivery Implications

24. 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.

Equalities Implications

25. The PSED requires public bodies to consider all individuals when carrying out their day to day work – in shaping policy, in delivering services and in relation to their own employees. It requires public bodies to have due regard to the need to eliminate discrimination, harassment and victimisation, advance equality of opportunity, and foster good relations between in respect of nine protected characteristics; age disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

Conclusion and next Steps

26. This has been a productive 6 months for the partners of the Implementation Group working on the actions and outcomes of the Excess Weight Partnership Strategy. The successful implementation of the strategy will help limit the rising prevalence of diabetes associated with excess weight.
27. There are still challenges around areas of maternal obesity within our local hospitals and ongoing discussions around new protocols and engagement of professionals are taking place to rectify this.

Appendices

None.