

09 January 2018

Agenda Item: 5

**REPORT OF THE DIRECTOR OF PUBLIC HEALTH****OVERVIEW OF OBESITY PREVENTION AND WEIGHT MANAGEMENT SERVICES****Purpose of the Report**

1. To provide information on the issue of obesity, and programmes and plans that contribute to obesity prevention, and weight management services.

**Information and Advice****Excess weight**

2. The terms overweight and obesity<sup>1</sup> (together referred to as excess weight) is when weight gain has reached a point which increases a person's risk of ill health. Unhealthy diets, physical inactivity and sedentary lifestyles have led to an increase in excess weight in recent years.

**Why is excess weight an issue?**

3. Obesity during pregnancy increases childhood obesity and infant death as well as impacting on the mother's immediate and future health. Overweight and obese children and young people have an increased risk of becoming overweight adults. Very overweight children face bullying, low self-esteem and school absence.
4. In adults, being overweight or obese is associated with an increased risk of many serious long term conditions including type 2 diabetes, fatty liver disease, cancer, heart disease and musculoskeletal conditions. The risk of poor health increases sharply with increasing weight. Severe obesity can result in physical and social difficulties and is costly on health and leads to increased demands on social care services. Obesity (Body Mass Index [BMI] 30+) reduces life expectancy by an average of 3 years whilst severe/morbid obesity (BMI 40+) reduces life expectancy by 8-10 years.
5. It is estimated that the NHS in England spent £5.1 billion on overweight and obesity related ill health in 2014/15. This is more than is spent each year on the police, fire service and judicial system combined and it does not cover the costs of wider economic and societal impacts including sickness absence, reduced productivity and welfare payments.

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<sup>1</sup> Overweight and obesity is generally measured in body mass index (BMI) (weight (kg)/height (m<sup>2</sup>).  
Children: Overweight = BMI ≥ 91<sup>st</sup> centile for age & sex; Obese = BMI ≥ 98<sup>th</sup> centile for age & sex.  
Adults: Overweight = BMI 25-29.9; Obese = BMI ≥30; Morbidly Obese = BMI ≥ 40

6. The percentage of adults who have excess weight in Nottinghamshire is significantly higher than the England average (table 1). Levels of overweight and obesity are highest in Bassetlaw and lowest in Rushcliffe.

**Table 1 Prevalence of Excess Weight in Adults in Nottinghamshire (from the Public Health England Public Health Outcomes Framework)**

**2.12 - Percentage of adults (aged 18+) classified as overweight or obese - current method** 2015/16 Proportion - %

Area	Count	Value	95% Lower CI	95% Upper CI
England	-	61.3	61.1	61.5
Nottinghamshire	-	65.0	63.0	66.8
Ashfield	-	68.5	63.6	73.7
Bassetlaw	-	71.5	66.9	76.4
Broxtowe	-	56.9	52.6	61.5
Gedling	-	69.4	64.3	74.8
Mansfield	-	67.3	62.7	72.0
Newark and Sherwood	-	66.7	60.9	72.4
Rushcliffe	-	58.0	53.4	62.3

Source: Public Health England (based on Active Lives survey, Sport England)

7. The percentage of children in England who are obese, doubles between Reception age (age 4-5 years) and Year 6 (age 10-11 years). The percentage of Year 6 children who have excess weight in Nottinghamshire is lower than the England average (table 2). Levels of overweight and obesity are highest in Ashfield and lowest in Rushcliffe.

**Table 2 Prevalence of Excess Weight in Children aged 10-11 years in Nottinghamshire (from the Public Health England Public Health Outcomes Framework)**

**Year 6: Prevalence of overweight (including obese)** 2015/16 Proportion - %

Area	Count	Value	95% Lower CI	95% Upper CI
England	186,074	34.2	34.0	34.3
Nottinghamshire	2,229	30.6	29.5	31.6
Ashfield	415	34.8	32.1	37.5
Bassetlaw	333	32.2	29.5	35.1
Broxtowe	264	29.8	26.8	32.9
Gedling	326	30.7	28.0	33.5
Mansfield	311	32.6	29.7	35.6
Newark and Sherwood	345	32.1	29.4	35.0
Rushcliffe	235	21.5	19.2	24.1

Source: NHS Digital, National Child Measurement Programme

### At risk groups

8. The burden of obesity is uneven across our communities, with certain groups being more at risk such as lower socio-economic and socially disadvantaged groups. Other groups at risk include those with physical disabilities (particularly in terms of mobility which makes exercise difficult), those with learning difficulties, people diagnosed with a severe and enduring mental illness, particularly schizophrenia or bipolar disease and older people.

### How do we tackle excess weight?

9. Excess weight is a complex yet common issue however a whole system approach needs to be taken so that elements of the environment that are 'obesity promoting' are tackled as well as providing people with support to improve their diet and physical activity levels to enable them to be a healthy weight. The prevention of weight gain, beginning in childhood offers the most effective means of achieving healthy weight in the population.

10. Sustained collective leadership, taking a life course and place based approach, is needed to tackle the 'obesity promoting' environment. Coordinated action and integration is required across various council departments, services and partner organisations including: planning and the environment, environmental health, public health, leisure and fitness providers, transport, health and social care, parks and green space, education and learning early years, housing, the third sector, and business as employers and particularly the food industry.
11. For those individuals who are already overweight or obese the provision of treatment services that are accessible and appropriate are needed. These services are described in 4 tiers:
- **Tier 1 Preventative programmes:** Universal public health interventions aimed at prevention and reinforcement of healthy eating and physical activity messages across the life-course.
  - **Tier 2 Weight management services:** Weight management, healthy eating, physical activity and behaviour change delivered in the community to children, young people, and adults.
  - **Tier 3: Specialist weight management service:** Community or hospital based, potentially with outreach delivered by a team led by a specialist obesity physician including specialist dietetic, psychological and physical activity input.
  - **Tier 4: Severe and complex obesity services (bariatric surgery and after care for 2 Years):** Specialist obesity medical and surgical multidisciplinary team. Referral by a Tier 3 service for those patients who have undergone an optimum level and duration of assessment and engagement with the tiered weight management service pathway so that referral for surgery is at the most appropriate time for the individual meeting NICE criteria. Surgical intervention is treatment of choice for adults with BMI greater than 50 and for adults with a BMI greater than 40 or 35 with serious co-morbidities that would be improved with weight loss. Obesity surgery is also recommended by NICE for patients with a BMI 30-35 with recently diagnosed diabetes mellitus.

### **Nottinghamshire Plans Programmes and Services**

12. Nottinghamshire County Council's Public Health Division has a programme of work to tackle obesity. This involves working with relevant County Council Divisions, District and borough councils, the NHS and other Partner organisations. These Public Health programmes are:
- Strategic Leadership and Partnership Working to address the causes of obesity
  - A commissioned Obesity Prevention and Weight management Service
  - Healthier Option Take away scheme (HOT)
  - National Child Measurement Programme
  - Joint working between Public Health and Planning departments
  - Breastfeeding support and Breastfeeding Friendly Nottinghamshire

### **Strategic Leadership and Partnership working to enable people to make healthy choices to reduce obesity**

13. This work is led by County Council Public Health in partnership with district and borough councils and other partners. The 2018-2022 Health & Wellbeing Strategy now has workstreams to address the impact of the food environment on health & wellbeing; reduce physical inactivity amongst priority groups working with Active Notts (formerly Sport Nottinghamshire) and the Transport Strategy team; and influence how the Planning System can impact positively on health and wellbeing. These new workstreams will impact on how Nottinghamshire as a Place can influence obesity and other issues.

## **Commissioned Obesity Prevention and Weight Management Service**

14. Public Health commission the obesity prevention and weight management service. This service is provided by Everyone Health, a division of SLM Ltd, for children and adults resident in Nottinghamshire providing increasing levels of service based on the need. The services comply with the latest National Institute of Health and Clinical Effectiveness (NICE) guidance.
15. Tier 1 of the service, is community health promotion activity aimed at women during the prenatal, pregnancy postnatal periods, children (0-4, 5-19 years) and families in areas of high child obesity prevalence, people with learning disabilities and with physical disability, adults with mental health problems, adults in the workplace, older adults at increased risk of falls. Examples of activity in 2017/18 include:
- Group sessions on healthy eating and physical activity in residents with mental health problems.
  - Group sessions on healthy eating and physical activity with older people.
  - Engagement of local food businesses in the Healthy Options Takeaway Scheme working with ENvironment Health officers.
  - Groups sessions on breastfeeding, weaning and healthy eating for new mums.
  - Sessions on healthy eating and exercise with primary school children.
  - Promoting the “mile a day” initiative with Primary schools.
  - Supporting volunteers to promote physical activity and healthy eating.
  - Maintenance sessions for clients who had accessed the weight management programme to encourage and support them to continue to be physically active.
  - Working with volunteers to run walking groups.
  - Promoted the national Active 10 campaign linking in with local groups and large events such as the Tour of Britain.
  - Delivered brief intervention training to staff in other agencies to improve their skills in raising the issue of health weight.
  - Setting up an older peoples strength and stability physical activity programme across the county which will also support falls prevention working with Adult Social Care and the NHS.
16. Tier 2 provides the ChangePoint Weight Management services for those overweight or obese across the county. In 2016/17 408 adults and children used this service and were supported at 6 and 12 months to maintain weight loss. The proportion of service users who have lost weight as a result of the weight management intervention is 80.2% of measurements following the 12 week programme and 61.0% of measurements of those having the higher level service for morbidly obese.
17. From May 2017 the service has sub-contracted Slimming World and Weight Watchers. In quarter 2 2017/18, 339 service users accessed these options.
18. Tier 3 weight loss programmes are for those who are morbidly obese and require a more complex intervention involving members of a multi-disciplinary team. In 2016/17, 602 adults and 59 children were supported through this service. The commissioned services also work with obese women who are pregnant and adults after they have had weight loss (bariatric) surgery. So far the service has supported 26 women and 60 post bariatric patients. From 1st

April 2018, the commissioning of Tier 3 will transfer to NHS Clinical Commissioning Groups in line with national guidance.

19. The commissioning of bariatric surgery for patients in Nottinghamshire is the responsibility of the Clinical Commissioning Groups and provided by the NHS.

### **Healthier Option Take Away Scheme (HOT)**

20. The HOT Schemewas launched in 2015. County Council and Environmental Health Officers (EHO) at District councils work together to support healthier eating by increasing the accessibility and awareness of healthier options in any food establishment offering hot food takeaways. Such premises are awarded a certificate and promotional material to display in premises. Other benefits include: increasing customer choice, increasing customer satisfaction and sales, enhancing the reputation of the business and it educates customers on healthier options. Such options can be created by making small changes to what is offered or how food is prepared, cooked or served to offer healthier choices to customers. So far 141 businesses across the whole of the County have been awarded the merit. Further Information can be accessed here: <http://www.nottinghamshire.gov.uk/care/health-and-wellbeing/healthier-options-takeaways>

### **National Child Measurement Programme (NCMP)**

21. Nottinghamshire County Council has the statutory responsibility for NCMP, which is run annually. Findings from the programme are used to inform local planning and delivery of services for children and gather population-level surveillance data to allow detailed analysis of prevalence and trends in weight. The weighing and measuring of children takes place in school and is part of the Integrated 0-19 Years Public Health Nursing Contract by the Healthy Families Team (HFT). Parents and carers are informed of the programme in advance and have the option to opt out. The programme records the height and weight measurements of children in state-maintained schools in Reception (aged 4-5 years) and year 6 (aged 10-11 years) across England. These result are used to calculate the body mass index (BMI) of children. Through provision of a child's result to their parents, the NCMP provides the opportunity to raise parents' awareness of their own child's weight status and potential health impacts and provide an opportunity to provide further support to families to make healthy lifestyle changes. The NCMP ran across Nottinghamshire in 2015/16 with 100% of schools participating in the programme.

### **Joint Working between Public Health and Planning Departments**

22. Public Health are also involved with our Planning departments at county and district level. Nottinghamshire County Council Public Health and Planning teams have developed a Health and Wellbeing Engagement Protocol for Planners and the NHS to use; with sets out the functions and powers of each agency and how they can work together to benefit health and wellbeing. The Protocol also contains a health and wellbeing checklist to consider as part of developing planning policy for an area. This includes consideration of factors which influence obesity such as the nature and amount of green and open space, promoting walking and cycling, access to fast food and areas to grow food; as well as wider issues such as housing and air quality. Nottinghamshire are proud to be a pilot site for the Town and County Planning Association, the Berry Hill site in Mansfield is a leading area showing how developments can consider the health of the population.
23. Some districts are proposing policies to limit planning permission for new fast food outlets under certain conditions, as there is strong evidence that the number of outlets has increased

overtime and there are more in more disadvantaged areas. They may include having a policy whereby they ensure that hot food takeaways are not within a certain proximity to schools.

24. Further information from here: <https://www.tcpa.org.uk/developers-wellbeing>, planning document on Nottinghamshire County Council website, Engagement protocol for wellbeing and planning.

### **Breastfeeding support and breastfeeding friendly Nottinghamshire**

25. The World Health Organisation, UNICEF and the UK Government recommend that babies should be exclusively breastfed for their first six months of life to achieve optimal growth, development and health. There is evidence that babies who are not breastfed are more likely to become obese in later childhood<sup>[1]</sup>. A multi-agency breastfeeding framework for action, led by Public Health, drives efforts to increase the initiation and continuation of breastfeeding across Nottinghamshire.
26. All Nottinghamshire maternity, health visiting and children's centre providers are accredited to UNICEF Baby Friendly Initiative standards, meaning that the best practice advice, care and support around infant feeding is given routinely to all women. A range of support for breastfeeding women is commissioned: care from maternity services, the Healthy Families Programme, and from children's centre breastfeeding groups supported by volunteer peer supporters.
27. Breastfed babies feed frequently and need to be able to feed whenever required; mothers, particularly younger mothers, cite fear of breastfeeding in public as a barrier to continuing to breastfeed. It is important that women feel comfortable and welcome to breastfeed wherever they choose. Breastfeeding friendly Nottinghamshire, a partnership between Nottinghamshire County Council, Nottinghamshire Healthcare Trust, and all district and borough councils, aims to address this by encouraging business and venues to provide more welcoming environments for breastfeeding mums by signing up to being 'breastfeeding friendly'.

### **Other Options Considered**

28. No other options were considered in compiling this descriptive report.

### **Reason for Recommendation**

29. This report provides information on obesity prevention and weight management services as requested by the Committee.

### **Statutory and Policy Implications**

30. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, smarter working, sustainability and the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

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<sup>[1]</sup> <https://www.nice.org.uk/guidance/ph11>

## **Financial Implications**

31. There are no financial implications resulting from the recommendations of this report. The obesity prevention and weight management service commissioned by the Public Health Division is funded by the Public Health Grant and has an annual budget of £1.4M. The contract with the current provider expires in March 2019. The National Child Measurement Programme (NCMP) forms part of the Integrated 0-19 Years Public Health Nursing Contract commissioned by the Public Health Division.

## **RECOMMENDATION/S**

That the Health Scrutiny Committee:

- 1) Receives this report outlining obesity prevention and weight management services and asks questions, as necessary.
  
- 2) Indicates requirements for further information, as required

## **Barbara Brady**

Director of Public Health

## **For any enquiries about this report please contact:**

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## **Constitutional Comments (LMC 14.12.2017)**

32. The Health Scrutiny Committee is the appropriate body to consider the contents of the report.

## **Financial Comments (DG 13.12.2017)**

33. The financial implications are contained within paragraph 31 of this report.

## **Background Papers and Published Documents**

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

- 'None' or start list here

## **Electoral Division(s) and Member(s) Affected**

- 'All'.