

Agenda Item 71.

TITLE	Berkshire West Healthy Weight Strategy
FOR CONSIDERATION BY	Health and Wellbeing Board on Thursday, 8 February 2018
WARD	None Specific
DIRECTOR/ KEY OFFICER	Graham Ebers, Director Corporate Services, Darrell Gale, Public Health Consultant

Health and Wellbeing Strategy priority/priorities most progressed through the report	Priority 3. Reducing health inequalities
Key outcomes achieved against the Strategy priority/priorities	<p>Tackling obesity contributes towards a number of Public Health Outcomes Framework indicators including:</p> <ul style="list-style-type: none"> • utilisation of outdoor space for exercise / leisure purposes • reducing excess weight in 4-5 year olds and 10-11 year olds • reducing excess weight in adults • percentage of physically (in)active adults • reducing obesity related co-morbidities such as diabetes.

Reason for consideration by Health and Wellbeing Board	The Board's views and their support of the Berkshire West Healthy Weight Strategy is considered to be key in tackling obesity in the locality.
What (if any) public engagement has been carried out?	<ul style="list-style-type: none"> • A Stakeholder Event was held and a planning group met in the early stages of developing the strategy. This gave an opportunity for partners from the public, private and voluntary sectors to contribute towards identifying the needs and priorities for tackling overweight and obesity. • Council staff and external providers were invited to contribute to a scoping exercise to profile work currently underway and its reach. • A Berkshire-wide commissioner's workshop considered current provision at different Tiers (1-4) of weight management service for the community and where we need to focus efforts to ensure good support at each level.

State the financial implications of the decision	<p>The engagement associated with the action plan development will be met using existing resource and will not in itself require additional capital or revenue investment.</p> <p>It will be an imperative that the action plan drives the efficient use of resources and identifies clear health benefits on investment so as to protect a sustainable local health and care system.</p>
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<p>RECOMMENDATION</p> <ol style="list-style-type: none"> 1) That the Board endorses the Berkshire West Healthy Weight Strategy 2018 – 2020. 2) That the Board supports the development of a Healthy Weight action plan for Wokingham. 3) That the Board requests an update on the development of a localised action plan to the April 2018 meeting. 	<p>SUMMARY OF REPORT</p> <p>This report seeks endorsement of the Berkshire West Healthy Weight Strategy 2018 – 2020 (Appendix A). The report highlights that the Strategy provides a framework for Berkshire West to tackle obesity in the locality and outlines the Strategy priorities which will form the basis of the action plan. The report also proposes next steps to take this work forward.</p>
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Background

National context: ‘Childhood Obesity: a plan for action’ (2016), is the Government’s strategy to significantly reduce childhood obesity by 2026. The plan emphasises:

- Reducing the amount of sugar in food and drinks
- Encouraging primary school children to eat healthily and be more active, supported by schools and parents
- The production of revised guidelines and resources on diet, physical activity, weaning and healthy weight for healthcare professionals who support families.

Local context:

- Wokingham Borough Council’s JSNA module on ‘overweight and obese adults’ recommends that working with all stakeholders to increase the profile of self-management of weight.
- Wokingham’s Health and Wellbeing Strategy for 2017 – 2020 includes a priority on ‘reducing health inequalities’, with a focus on physical activity.
- Berkshire West’s Healthy Weight Strategy 2018 – 2020 provides a framework to co-ordinate work to tackle obesity in the locality.

Analysis of Issues

Berkshire West’s Healthy Weight Strategy 2018 – 2020 was informed through a number of actions, including:

- Examining data sources to identify need; including Wokingham's Joint Strategic Needs Assessment and Health and Wellbeing Strategy, longitudinal data from the National Child Measuring Programme, The Active People Survey and Health Profile data.
- A Berkshire West stakeholder conference, held to map current services that contribute to prevention or treatment of overweight and obesity and identification of where more support is needed.
- A development group brought together in the early stages of writing the statement, including representation from the voluntary sector, Dietetics, Health Visiting, leisure, transport, CCGs and Children's services.
- Acknowledgement of relevant National strategy and NICE guidance on best practice, for the prevention and management of overweight and obesity.

The above helped identify the range of programmes available to support residents to be a healthy weight in Wokingham and highlighted where to further focus efforts.

The six priorities outlined in the Strategy are:

- Providing information and support to help people manage their weight
- Helping the least active members of the population move more
- Working with schools and families to help more children be a healthy weight
- Providing more support for parents in early years settings
- Ensuring our leisure centred offer support and activities to help people maintain a healthy weight throughout life

The key actions relating to the unmet needs as presented below which will form the basis of the action plan:

Tier 1 / Primary prevention: To prevent children and adults from becoming overweight or obese through supporting healthy eating and active lifestyle habits throughout life.

- Raise awareness of why a healthy weight is important, what a healthy weight is for all ages and how to maintain this
- Promote healthy eating and an active lifestyle for all children in schools and at home
- Enable and encourage people of all ages to move more on a daily basis through structured or unstructured physical activity, in line with Chief Medical Officer Guidelines
- Encourage children and adults to minimise prolonged periods of sedentary behaviour such as screen time
- Ensure that residents can access advice about preparing or buying affordable, culturally acceptable, healthy meals and snacks.

Tier 2 services / Community Weight Management Programmes.

- Continue to ensure that commissioned Lifestyle based programmes for overweight or obese adults and children in the community adhere to NICE guidance
- Ensure that providers of these programmes encourage sustainable behaviour change by signposting people to Tier 1 healthy eating and physical activity programmes or to their GP if more intensive support is required
- Work to provide more healthy weight support for families in early years settings and for teenagers.

Tier 3 services: Commissioned by CCGs

- Continue to work with our partners to consider how gaps in Tier 3 provision could be addressed
- Ensure that providers of Tier 2 commissioned services recognise when to refer obese patients or those with significant health conditions to their GP to access specialist clinical support; for example Dietetic services or clinical psychology.

Next steps:

- Develop a localised Healthy Weight Management action plan, including engagement/input from key stakeholders and to report back to the HWB in April with a draft action plan.
- To develop a Berkshire West Healthy Weight steering group to ensure co-ordinated action across the locality.

Partner Implications

It is important that all partners feel engaged with and contribute the localised action plan.

Given the breadth of influences on obesity, this is an opportunity to maximise use of resources across different partner agencies, in terms of work on the delivery of shared priority agendas.

The outcomes are beneficial for all partners in respect to reducing obesity and thus the impact on the health and social care system.

Reasons for considering the report in Part 2

N/A

List of Background Papers

Wokingham Borough Council's Joint Strategic Needs Assessment
Wokingham Borough Council's Health and Wellbeing Strategy 2017 - 2020

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