

Wokingham Health & Wellbeing Board - Healthy Weight Briefing

The World Health Organisation (WHO) defines overweight and obesity as abnormal or excessive fat accumulation that presents a risk to health. Health risks relating to obesity are many and well known with the WHO highlighting the fact that overweight and obesity are major risk factors for many chronic diseases, including type 2 diabetes, cardiovascular disease (which is the main cause of premature death in the UK) and some cancers, in addition to joint and mobility issues, depression, low mood and fertility issues.

For children and young people the health risks include those of adults with signs usually being seen later in life. Risk factors for type 2 diabetes are similar for children as for adults with obesity being a leading risk factor. Childhood obesity has significant consequences for children's physical and mental health and wellbeing.

In response to the COVID-19 pandemic, the impact that is likely to be having on the health of nation, as well as the emerging risks of obesity and COVID-19 - the Government has launched the Better Health campaign to support people to kick start health and get active. The campaign launched by outlining that being overweight or obese increases the risk of poor outcomes with COVID-19. The second week will start the focus on motivating people to make healthy changes and the focus will be initially on physical activity.

The Government's Tackling Obesity policy paper - empowering adults and children to live healthier lives also launched on July 27th 2020 outlines that whilst health risks of overweight and obesity have been known for decades and that obesity reduces life expectancy in the last few months we have also seen that being overweight or obese also puts you at risk of dying from COVID-19. **Clear links are seen between Covid-19 outcomes and obesity. This is an inequality that can be addressed as part of the well-being strategy.**

Tackling Obesity outlined that new evidence in the UK and internationally, indicates that being overweight or living with obesity is associated with an increased risk of hospitalisation, severe symptoms and advanced levels of treatment such as mechanical ventilation or admission to Intensive Care Units and death from COVID-19. It is highlighted that risks increase progressively as body mass index (BMI) increases. This evidence from the UK and internationally is consistent suggesting the risk posed by being overweight or living with obesity to people with COVID-19 is relatively high. This relationship cannot be explained by factors such as age, sex or race, or other diseases. It is also known that Black, Asian and minority ethnic populations and those living in deprived areas are also at greater risk of dying from COVID-19. Part of this risk may relate to obesity as obesity is more common in people living in deprived areas, and some people from black, Asian and minority ethnic populations are susceptible to obesity-related diseases.

A positive factor is that excess weight or obesity is one of the few modifiable factors regarding COVID-19.

The government outlined key priority actions to tackle obesity -

- Being committed through the NHS Long Term Plan to make weight management services available from 2021 to those most at risk and to ensure that these services are also available for people living with obesity
- Accelerating the expansion of the NHS Diabetes Prevention Programme to support people most at risk, providing access to high-impact weight loss services for those that need it the most.
- Working to expand weight management services available through the NHS, so more people get the support they need to lose weight
- Publishing a 4-nation public consultation to gather views and evidence on the current 'traffic light' label to help people make healthy food choices
- Introducing legislation to require large out-of-home food businesses, including restaurants, cafes and takeaways with more than 250 employees, to add calorie labels to the food they sell
- Consulting on intention to make companies provide calorie labelling on alcohol
- Legislating to end the promotion of foods high in fat, sugar or salt (HFSS) by restricting volume promotions such as buy one get one free, and the placement of these foods in prominent locations intended to encourage purchasing, both online and in physical stores in England
- Banning the advertising of HFSS products being shown on TV and online before 9pm and holding a short consultation as soon as possible on how we introduce a total HFSS advertising restriction online

Obesity - The National Picture

Currently over half (62.3%) the population are classed as overweight and or obese. Obesity including severe obesity - 27% men and 30% women were classed as obese and 2% of men and 5% of women morbidly obese (defined as a BMI 40 and above).

(Health Survey for England 2017). Models predict that obesity in Europe will continue to rise by with predictions for the UK indicating that 36% of men and 33% of women will be obese by 2030.

For children and young people National Childhood Measurement Programme [NCMP] data for 2018/19 data indicates that 22.6% of reception age children (4-5years old) are overweight or obese and 34.3% of year 6 aged children (10-11 years old). This means that more than 1 in 5 children aged just 4 / 5 years old are overweight and or obese and this increases to 1 in 3 for children aged 10 / 11 years old. It is well known that obese children are more likely to be obese adults (Biro 2010)

Obesity prevalence by level of deprivation

There is a strong relationship between deprivation and obesity. The Royal Society for Public Health report 2015 emphasised the strong correlation between deprivation and prevalence of obesity, with rates of obesity on leaving primary school in areas in the most deprived decile at 24.7% compared with 13.1% in areas in the least deprived decile. Current data highlights that the gap in inequality is not reducing with both reception and year 6 age ranges obesity prevalence in the most deprived areas being over double obesity prevalence in the least deprived areas

Obesity - The Local Picture for Wokingham

At first glance local data indicates that Wokingham fares much better than nationally given that Wokingham has some of the lowest obesity rates when compared to national and regional data, this often results in the perception that partners and stakeholders take a view that obesity should not be a priority. However it should be noted that whilst local prevalence is lower than the both the national and South East averages there are still over half the adult population across Wokingham classified as overweight or obese at 60.2% together with 1 in 6 reception children and 1 in 4 year 6 children who are overweight or obese aged 10/ 11 years old.

Obesity is also linked to a number of other strategic priorities within the Berkshire West CCG including Cancer, Cardiovascular Disease and diabetes. The local Strategic Transformation Partnership (STP) which includes Berkshire, Oxfordshire and Buckinghamshire (BOB) and the Clinical Commissioning Group (CCG) have priorities that are clearly focused on reducing type 2 Diabetes due to UK rates. Local estimated diabetes diagnosis rates for Wokingham increased from 62.3% in 2015 to 67.7% in 2018.

Deprivation

Local data on adult obesity in Wokingham mirrors that of national data where by obesity prevalence is strongly correlated with deprivation and is highest in the most deprived areas. Negative impacts on health outcomes are well known and significant for people who are above a healthy weight. However, these negative health outcomes may be preventable and through continual attention to healthy behaviors including healthy eating, and regular physical activity incorporated into daily life. This is echoed by WHO stating that overweight and obesity, as well as their related diseases, are largely preventable and so should be considered a high priority.

Wokingham is the second least deprived area in the UK however **two areas within Wokingham are ranked as in the most deprived areas in the UK** these are Wokingham Without and Norreys. Wokingham residents benefit from two years extra life expectancy for both men and women, however men in the most deprived 20% have 4.5 years less left expectancy and for women the gap is wider still at 5.5 years less life expectancy.

Ethnicity

In relation to children and young people local data mirrors the national distribution for NCMP obesity data when combined for ethnicity.

Local Policy Drivers

Wokingham Borough Council's Health & Wellbeing Strategy also has a key priority on keeping communities physical active and reducing inequalities. Priority long terms indicators relate to both physically active communities and weight (for both adults and children). Weight can also contribute to broader indicators for example, infant mortality.

Wokingham has committed to the overarching Berkshire West Healthy Weight Strategy outlining priorities for healthy weight work. The strategy, dated 2018, is up to date and remains fit-for-purpose with the health and wellbeing boards of all three local authorities having previously signing up to this strategy and the

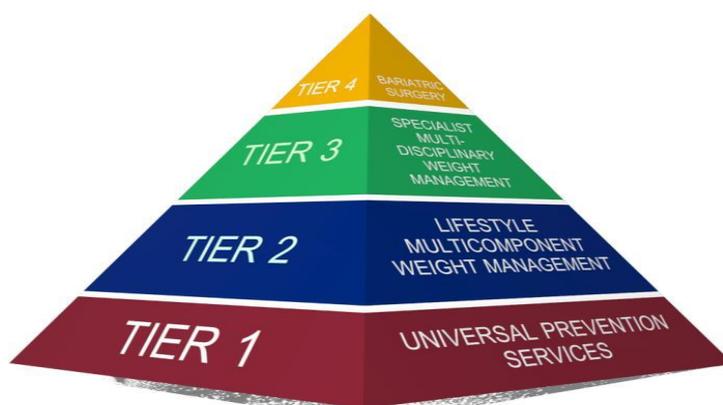
recommendations. A health needs assessment undertaken in 2019 made recommendations for taking the healthy weight agenda forward - Appendix 1 including the need to work towards delivering the Berkshire West Healthy Weight Strategy to develop clear commissioning intentions for Tier 2 adult weight management services.

However, whilst there is clearly a strategy in place and commitment and enthusiasm across Wokingham there is currently a lack of tier 2 weight management provision.

Commissioning

Current Provision - Tiers 1-2

Weight management services are most commonly delivered in a tiered approach, with four levels of multi-component treatment options and weight maintenance support and entry based on BMI.



PHE 2016

- **Tier 1** covers universal prevention offers supporting people to maintain a healthy weight through education and campaigns and healthy lifestyle programmes.
- **Tier 2** covers lifestyle multicomponent weight management offers – encouraging long-term behaviour change.
- **Tier 3** covers specialist multi-disciplinary weight management support - participation of these are required to access tier 4 bariatric surgery.
- **Tier 4** covers bariatric surgery.

Commissioning responsibilities

From 2019, responsibility for commissioning of tier 1 and 2 remains with local authority and tiers 3 and 4 with the CCG suggesting the need for close partnership working to offer clear consistent messages regarding the healthy weight pathway at local level, best practice and the best journey for individuals moving from tiers 1 and 2 through to tiers 3 and 4 rather than seeing individuals slipping through gaps in tier provision.

Adults - Tier 1 offers

There are a range of universal prevention offers across Wokingham. Offers in place mainly focus on healthy eating and physical activity. The health needs assessment identified the need for consistent messages throughout Wokingham and the Better

Health Campaign will help in focussing and communicating key healthy weight messages and will provide resources that can be used across the borough. A joint communication plan across partners could help with amplifying the national offer, whilst allowing organisation to target specific groups or community and also promote local resources/support.

Adult Tier 2 offers

There is currently a lack of tier 2 provision in Wokingham.

Previous tier 2 weight management provision was in place from 2013 -2019. The programme commissioned was Eat for Health (E4H) this was provided by Solutions for Health (S4H). Despite there being some good individual outcomes, when the contract ended there was a decision not to recommission. Wokingham Borough Council commissioned 16 programmes annually. There were occasional issues with recruitment and retention an issue that is seen nationally. This programme did not allow self-referral.

Children and young people - Tier 1 offers

As with adults, there are a range of universal prevention offers Wokingham and again these focussed mainly on healthy eating and physical activity. The review did highlight the need for more resources to support work in schools across the borough. Public health are currently reviewing the possibility of a local healthy schools offer and have been consulting with Schools to identify local need.

Children and young people - Tier 2 offers

Previous tier 2 weight management offers for children and young people were provided by Solutions for Health (S4H) who provided the Let's Get Going programme for children and young people of 7 – 12 years of age. Wokingham commissioned 3 programmes annually. Despite there being some good individual outcomes, when the contract ended there was a decision not to recommission. Local offers occasionally struggled with recruitment and retention again a pattern that is seen nationally.

Gap analysis

There is a currently a gap in provision with a lack of tier 2 weight management provision for both adults and children and young people in Wokingham.

The way forward - Adults

Initial priority is to commission a local Tier 2 adult weight management offer as there is currently a gap in provision.

Bids will be requested direct from providers offering evidenced based programmes and who can evidence that they work to NICE guidance and PHE recommendations in relation to tier 2 weight management.

Providers will need to be established and able to establish a local offer quickly and efficiently whilst not compromising quality. Consideration is needed in relation to Covid-19 recovery and providers will have planned ahead and adapted offers to

provide safe effective support to the community whilst allowing support to continue in the event of a local or even national lockdown due to a second wave of Covid-19.

Commissioning is timely and will support the government work to encourage local authorities to offer and expand their tier 2 provision in addition to using the free NHS 12-week plan.

This work will be supported by continuing signposting to Tier 1 support and longer-term work supporting a whole system approach to obesity.

The way forward – Children and Young People

Initial priority is to commission a local Tier 2 adult weight management offer for Children and young people as there is currently a gap in provision and to work towards recommendations within the Berkshire West Healthy Weight Strategy.

Consideration is being given to identifying funding to support commissioning of an innovative offer supporting embedding healthy behaviours in children and young people.

The rationale being that local offers occasionally struggled with recruitment and retention, a pattern that is seen nationally.

Work is also being undertaken to review the options of offering a local healthy schools programme with themes including nutrition which would include healthy weight, physical activity, emotional health and wellbeing and PSHE.

References

Berkshire West Healthy Weight Strategy 2017-2020

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Appendix One

Recommendations from the 2019 health needs assessment.

Recommendation One - Whole Systems Approach

Whilst there has historically been a focus on individualised approaches to tackling obesity through the commissioning of weight management services, this in itself is unlikely to successfully address the obesity epidemic. A growing body of evidence now suggests that a whole systems approach (WSA) is needed to tackle obesity involving a wide range of partners and stakeholders. Given the enthusiasm reported by stakeholders to work collectively to reduce obesity, adopting a whole systems approach can add value by providing the opportunity to engage stakeholders across the wider system, to develop a shared vision and actions that tackle the upstream drivers of obesity, many of which lie outside the realms of public health.

Recommendation Two - Establish clear governance

There appears to be a lack of governance / ownership of the Berkshire West Healthy Weight agenda. Governance and ownership is needed to raise Healthy Weight as a priority and drive, facilitate and monitor progress of the Healthy Weight Strategy recommendations and future WSA work.

Recommendation Three- Greater partnership working between NHS and LA's

There is a need to commission and develop effective children and adult weight management provision across all tiers of the pathway. Provision is current. In particular, there is a need for the CCG to commissioning Tier 3 and Tier 4 adult provision.

Recommendation Four – LA's to develop clear commissioning intentions for Tier 2 adult weight management services

Current Tier 2 adult weight management provision is inconsistent across the three local authorities. Local authorities should consider developing a consistent offer that provides clarity on the eligibility and referral criteria that takes into account the diabetes prevention programme and the local dietetics service.

Recommendation Five – To work towards delivering the Berkshire West Healthy Weight Strategy 2017-2020

Though the 2017-2020 Berkshire West Healthy Weight Strategy remains fit for purpose governance is required to ensure actions are progressed and that healthy weight remains a priority. Once governance is established, the Healthy Weight Steering Group should draft a local delivery plan. The plan should work across the life course including health in pregnancy and target at risk groups to maximise prevention (using universal programmes and a universal proportionalism approach). The Berkshire West Healthy Weight strategy recommendations were and remain:

Tier 1 - A health-promoting environment:

Align with national policy such as the PHE sugar, calorie reduction and reformulation programmes.

- Raise awareness of why a healthy weight is important, what a healthy weight is for adults and children and how to maintain this. For example through supporting National campaigns (such as Change 4 Life and One You), the NCMP and training front line staff in more settings to be able to use a 'Making Every Contact Count' style approach to raising the issue.
- 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. This includes promoting and enabling active play, walking, cycling and other forms of active travel, exercise and sport.
- Encourage children and adults to minimise prolonged periods of sedentary behaviour such as screen time.
- Provide appropriate information about healthy weight, the impact of maternal obesity and appropriate infant feeding; ideally given to parents before conception, but also during pregnancy and in infancy.
- Ensure that residents can access advice about preparing and or buying affordable, culturally acceptable, healthy meals and snacks.
- To maximise community assets and support community engagement

Tier 2 - Focus on inequalities: Work with the most deprived communities to ensure that interventions, services and approaches delivered through local authorities and the NHS can be shaped and targeted to ensure the whole community benefits, particularly those most in need.

- Consider targeting tier 2 programmes for adults to support facilitation to tiers 3 and 4 and targeting tier 2 programmes for children and young people as no dietetic provision is offered for Berkshire West.
- Work with the most deprived communities to ensure that interventions, services and approaches delivered through local authorities are shaped to ensure the whole community benefits.
- Consider using remaining resources to develop universal support for schools.
- 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 year's settings and for teenagers.

Tier 3

- 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.

Recommendation Six – Greater emphasis on the built environment

Working to achieve a health promoting environment e.g. in relation to critical behaviours such as food intake and physical activity. This could involve working more collaboratively with local planners to restrict and limit access to unhealthy foods or encourage active travel.

Recommendation Seven - Training and communications

Establish training and quality assurance to ensure evidenced based consistent healthy weight / lifestyle messages are promoted throughout Berkshire West. This might include the production of a healthy weight communications strategy.

Recommendation Eight - Policy and development

Commissioners and Providers should adopt a 'healthy weight in all policies approach', whereby all policies consider the negative or positive consequences on health weight. This could involve the three local authorities signing up to Food Active's 'Declaration of Health Weight' which would demonstrate commitment to reducing the number of people who are overweight or obese.

Recommendation Nine - Monitoring and evaluation

All interventions and services to be monitored with data recorded to support evaluation and improvement and to allow resources to be tailored to best meet population needs.

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