

SEVENOAKS DISTRICT HEALTHY WEIGHT REPORT

Committee – Health Liaison Board 1 October 2014

Report of Chief Officer Communities & Business

Status: For Consideration

Key Decision: No

Executive Summary: This report sets out the work being undertaken by this Council in partnership with Kent County Council to reduce the amount of adults and children who are overweight or obese in Sevenoaks District.

This report supports the Key Aim of reducing health inequalities and improve health and wellbeing for all

Portfolio Holder Cllr. Hogarth

Contact Officer(s) Hayley Brooks Ext. 7272

Recommendation to Health Liaison Board:

Members are asked to note the report

Introduction and Background

- 1 In line with national statistical data, Kent and Sevenoaks District have an increasing number of people who are overweight and obese which contributes to people developing obesity related diseases including Type 2 diabetes, heart disease, high blood pressure, indigestion and some cancers.
- 2 Obesity can often be tracked from childhood into adulthood, so obese children are more likely to become obese adults. There are stark inequalities in obesity rates between different socioeconomic groups: among children in reception and year 6, the prevalence of obesity in the 10% most deprived groups is approximately double that in the 10% least deprived.
- 3 In 2012, it was estimated that 65.3% of adults in Sevenoaks District are classed as overweight or obese, with a Body Mass Index (BMI) over 25. Of these people, 24% are obese with a BMI over 30 (Kent is 28%). Primary prevention can help to reduce the number of people that fall into the unhealthy weight BMI categories.
- 4 There is a growing concern over the level of obesity amongst school age children. As part of the National Child Measurement Programme (NCMP), pupils are weighed at Reception year and at Year 6. In 2012/13, the NCMP recorded that

19.6% of children who were measured are overweight at Reception year and 30.6% overweight at Year 6.

- 5 This Council is commissioned by Kent County Council's Public Health Team annually to deliver a range of healthy weight programmes and prevention interventions. Since 2010, this Council has recruited and supported 1,052 people through weight management programmes (Why Weight), with a total weight loss of 2 tonnes. This Council continues to support people for two years to help them achieve their weight loss and behavioural change goals.

Healthy Weight Pathway

- 6 Maintained weight reduction is the aim for people who are already overweight and who are showing signs of weight related conditions. However, the reduction of unhealthy weight requires a whole system approach through the various life stages of individuals.
- 7 Weight loss in overweight and obese individuals can improve physical, psychological and social health. There is good evidence to suggest that a moderate weight loss of 5-10% of body weight in obese individuals is associated with important health benefits, particularly in a reduction in blood pressure and a considerable reduction in the risk of developing Type 2 diabetes and coronary heart disease.
- 8 Sevenoaks District Council in partnership with Kent County Council's and Clinic Commissioning Groups are developing an enhanced Healthy Weight Pathway to ensure there is a whole system approach to healthy weight and prevention services. As part of this work the following recommendations have been made:
 - Ensure that all tiers of the service model can be provided across Kent
 - To ensure that people are identified early on in the Care Pathway and enabled to access local services
 - Ensure all services are integrated into other primary prevention services
 - Review adult weight management and obesity prevention programmes
 - Develop models for providing interventions for obesity prevention
 - Focus on early years and school settings that fosters a healthy environment, and include cooking skills as part of the commissioned programmes for families.
 - The provision of appropriate workplace and workforce health initiatives.
 - Advice to colleagues and the Kent Planners forum on planning permissions for licencing of takeaway outlets near schools.
- 9 It is important that tiered services are holistically delivered with a streamlined and targeted approach between services and providers. These tiers include:

- Tier 1 – community based prevention and early intervention including self care (including Health checks and events co-ordinated by this Council)
- Tier 2 – Community and primary care weight management services (including this Council’s Why Weight programmes)
- Tier 3 – Specialist Multi-disciplinary Team (MDT) weight management services
- Tier 4 – Specialist medical and surgical services (including bariatric surgery)

Key Implications

Financial

10 In 2014/15, Sevenoaks District Council receives £62,000 to deliver healthy weight interventions as part of the overall £130,741 from Kent County Council for health prevention programmes.

Legal Implications and Risk Assessment Statement.

11 There are no legal implications relating to this report

Risk	Mitigation
Funding withdrawn for Health Prevention Programmes in 2015/16 resulting in interventions being significantly reduced or no longer running	Alternative external funding may be sourced to deliver healthy weight interventions targeted at those of greatest need, depending upon external funding criteria’s and availability

Equality Impacts

Consideration of impacts under the Public Sector Equality Duty:		
Question	Answer	Explanation / Evidence
a. Does the decision being made or recommended through this paper have potential to disadvantage or discriminate against different groups in the community?	No	The Action Plan will have a positive impact in reducing health inequalities across the District.
b. Does the decision being made or recommended through this paper have the potential to promote equality of opportunity?	Yes	
c. What steps can be taken to mitigate, reduce, avoid or minimise the impacts identified above?		N/A

Conclusions

12 Members are asked to note this report.

Background Papers: Sevenoaks District 'Mind the Gap' Health
Inequalities Action Plan – Members Portal

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