

Healthy Weight & Obesity



Health Liaison Board

1st October 2014

Sevenoak Adult Excess Weight Rates

• The England rate is 63.8% and Kent is 64.6%, Sevenoaks District is 65.3%.

Source: Active People Survey, Sport England, published Feb 2014

- Within West Kent there is no authority area which has levels of obesity that are different to the England average.
- However there is no cause for complacency as

only about a third of West Kent residents are a healthy weight.

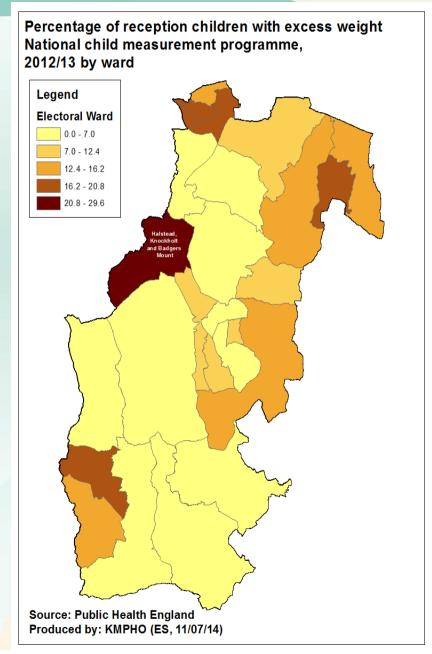


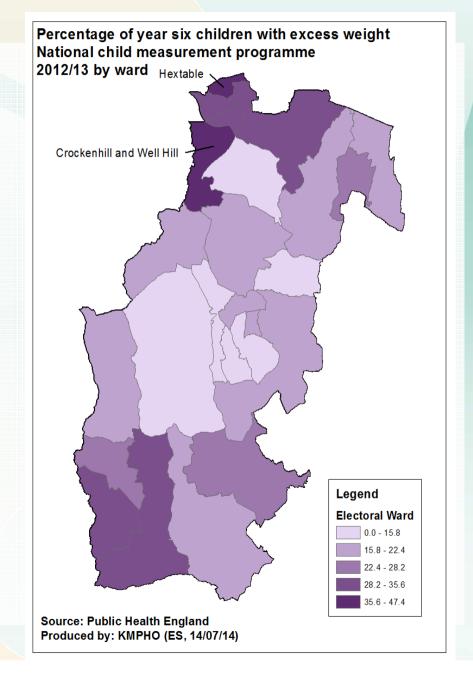


Kent Picture

Area	Value
England	63.8
South East	63.1
Swale	68.8
Thanet	68.4
Dartford	68.1
Ashford	67.4
Maidstone	66.2
Shepway	66.0
Gravesham	65.9
Sevenoaks Sevenoaks	65.3
Tonbridge and Malling	65.2
Dover	63.2
Tunbridge Wells	59.4
Canterbury	54.2

And Children...







The Facts

Obesity levels in the UK have been rising steeply since the 1980s

Two thirds of adults & one third of children now obese or overweight

Half of all men & women in the UK could be obese by 2030

10,000 obesity-related premature deaths annually in the UK

Obese people are 2-3 times more at risk of ill health

Cost to NHS already exceeds £5 billion per year



'Inactive' Data (2012-13)

- Kent 44.9%
- West Kent area:

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- ➤ Tonbridge & Malling 44.2%
- ➤ Tunbridge Wells 41.4%
- Sevenoaks (inc Swanley) 41%

Source: Sport England Active People Survey

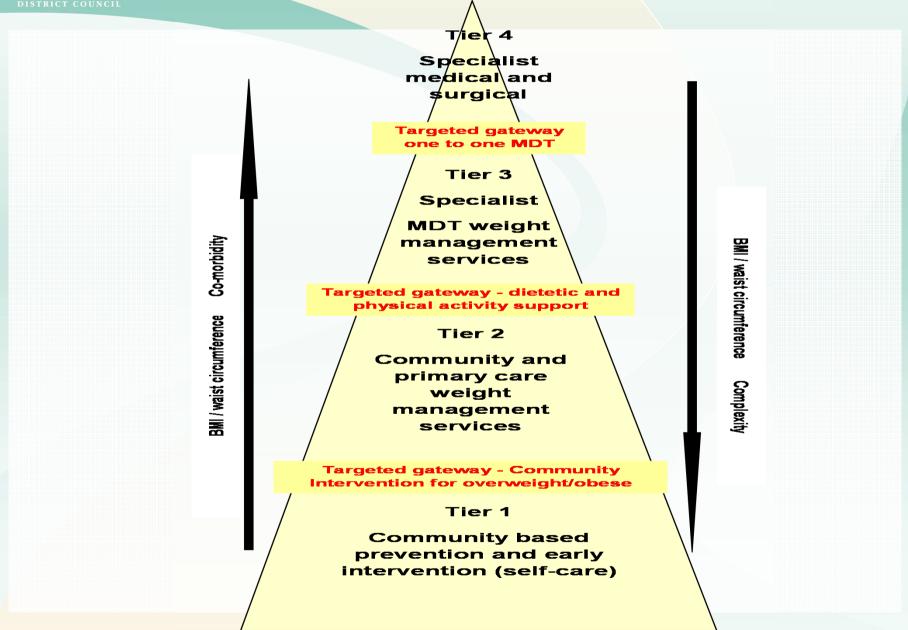
Seven The Need for a New Pathway

- All tiers of healthy weight services provided
- People are identified early on in the Care Pathway and access local services
- All services reviewed and integrated into primary prevention services
- Focus on early years and school settings that fosters a healthy environment
- Workplace health initiatives
- Public Health and Kent Planners to work together to 'plan for good health'





Kent Healthy Weight Model





Tier 1 and 2 Stages of Change Model

Preparation

Action (making changes) Stable improved lifestyle

Thinking (contemplation)

Maintenance

Relapse

Not thinking (pre-contemplation)

Healthy Weight Referral Pathway Tier 2 - SDC

GP Patient: Adult: BMI 28+

Stage of Change: Not thinking

Provide
Why Weight Leaflet

Client may self refer or go back to GP in future

Stage of Change: Thinking/ Preparation/Action

Why Weight Course (12 weeks)

Get Sorted
Continued monthly support



PH Outcome Framework

Children in Poverty
Fuel Poverty
16-18 NEET's
Employment for those with
Long Term Health Conditions
Social Contentedness
Self-reported Wellbeing
Sickness
Absence Rates

Public Health Outcome Framework Indicators

The District Offer

Economic Development and Business Support

Planning Regeneration LEP and City Deals Inward Investment Occupational H&S

Housing

Homelessness Housing Options Affordable Housing Housing Standards Statutory
Homelessness
Settled Accommodation
Child Poverty
Fuel Poverty
Infant Mortality
Excess Winter Deaths
Falls and Injuries
Hip Fractures

Advice and Support

Benefits Welfare Reform Targeted Interventions Community Safety

Community Safety Teams Reoffending

School Readiness Child Development Pupil Absence Fuel Poverty Children in Poverty The Wider Determinants Reoffending
Older Peoples Perception
of Community Safety
Domestic Abuse
Violent Crime
First-time Entrants to
Youth Justice System



District's Action

Wider Determinants

Economic Development and Business Support

Housing

Advice and Support Community Safety

Health Improvement

Smoking Cessation

Alcohol and Substance Misuse

Healthy Eating and Physical Activity

Health Protection

HP Powers

Food Safety

Air Quality

Contaminated Land

Private Water Supplies

Noise Control

Pest Control

Taking Public Heath Forward

Source: District Council's Network - District Action on Public Health



Planning for Good Health

- Planning can support improvements in health and well being
- Planning to contribute towards a wider public health strategy which aims to improve people's diets and long term health outcomes
- Public Health aims to work with Planners to develop a Supplementary Planning Document (SPD), two main elements:
 - Conditions attached to new fast food businesses (particularly in deprived areas, near schools and areas of poor health)
 - Promoting the creation of more allotments and encouraging community food growing opportunities

Sevenoak The Benefits of a 10kg Weight Loss

Mortality More than 20% fall in total mortality

More than 30% fall in diabetes-related deaths

More than 40% fall in cancer deaths (obesity-related)

Blood pressure Fall of 10mmHg systolic blood pressure

(in hypertensive people) Fall of 20mmHg diastolic blood pressure

Diabetes Fall of 50% in fasting glucose (in newly diagnosed people)

Cholesterol Lipids fall 10% of total cholesterol

Increase of 8% in 'good' (HDL) cholesterol

Fall of 15% in 'bad' (LDL) cholesterol

Plus: Improved lung function, reduced back and joint pain, improved fertility, better sleep

.....and the list goes on and on!!