

Healthy Weight & Obesity



**Health Liaison Board
1st October 2014**

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.

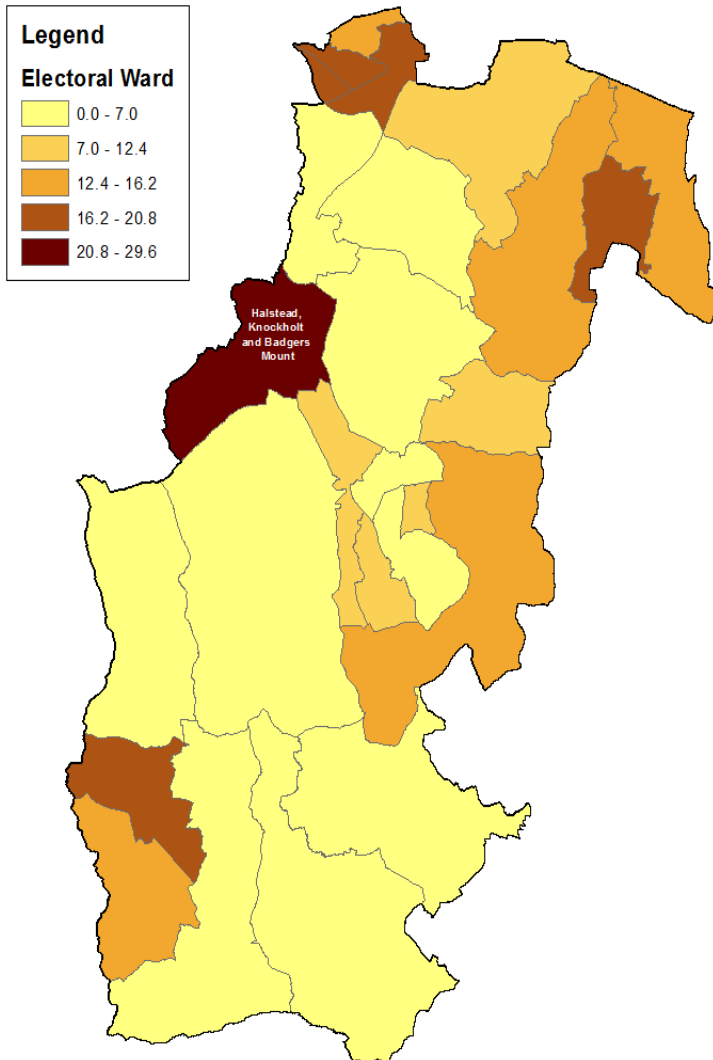


Kent Picture

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	65.3
Tonbridge and Malling	65.2
Dover	63.2
Tunbridge Wells	59.4
Canterbury	54.2

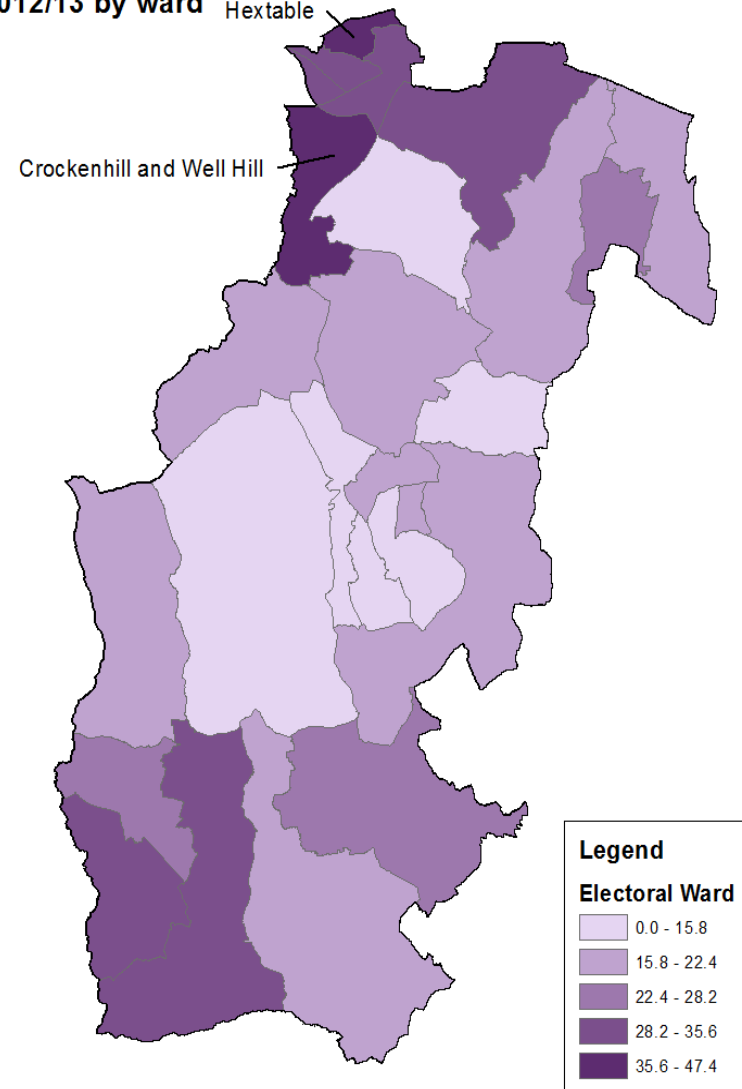
And Children...

**Percentage of reception children with excess weight
National child measurement programme,
2012/13 by ward**



Source: Public Health England
Produced by: KMPHO (ES, 11/07/14)

**Percentage of year six children with excess weight
National child measurement programme
2012/13 by ward**



Source: Public Health England
Produced by: KMPHO (ES, 14/07/14)

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:
 - Maidstone 46.6%
 - Tonbridge & Malling 44.2%
 - Tunbridge Wells 41.4%
 - Sevenoaks (inc Swanley) 41%

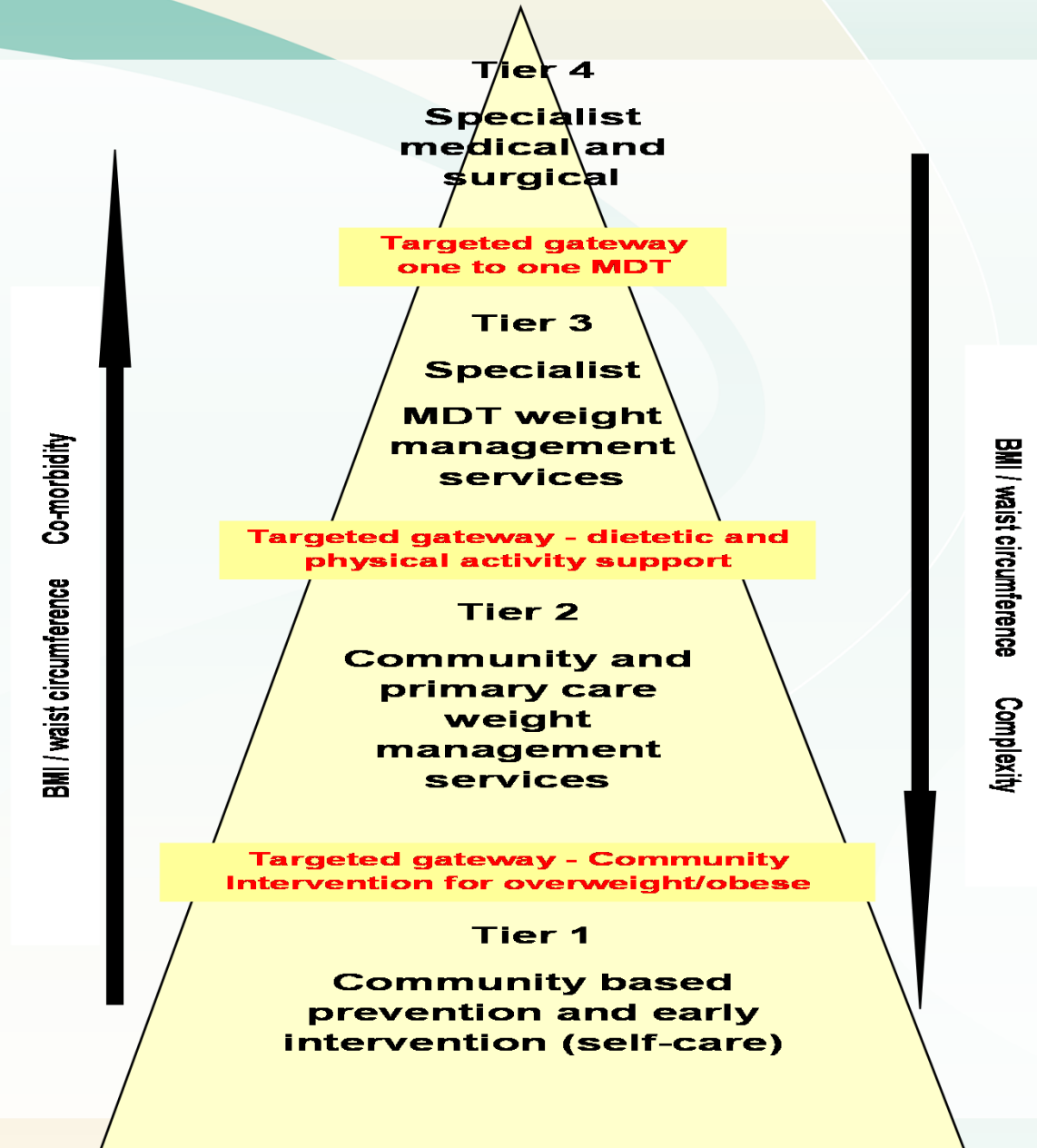
Source: Sport England Active People Survey

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'

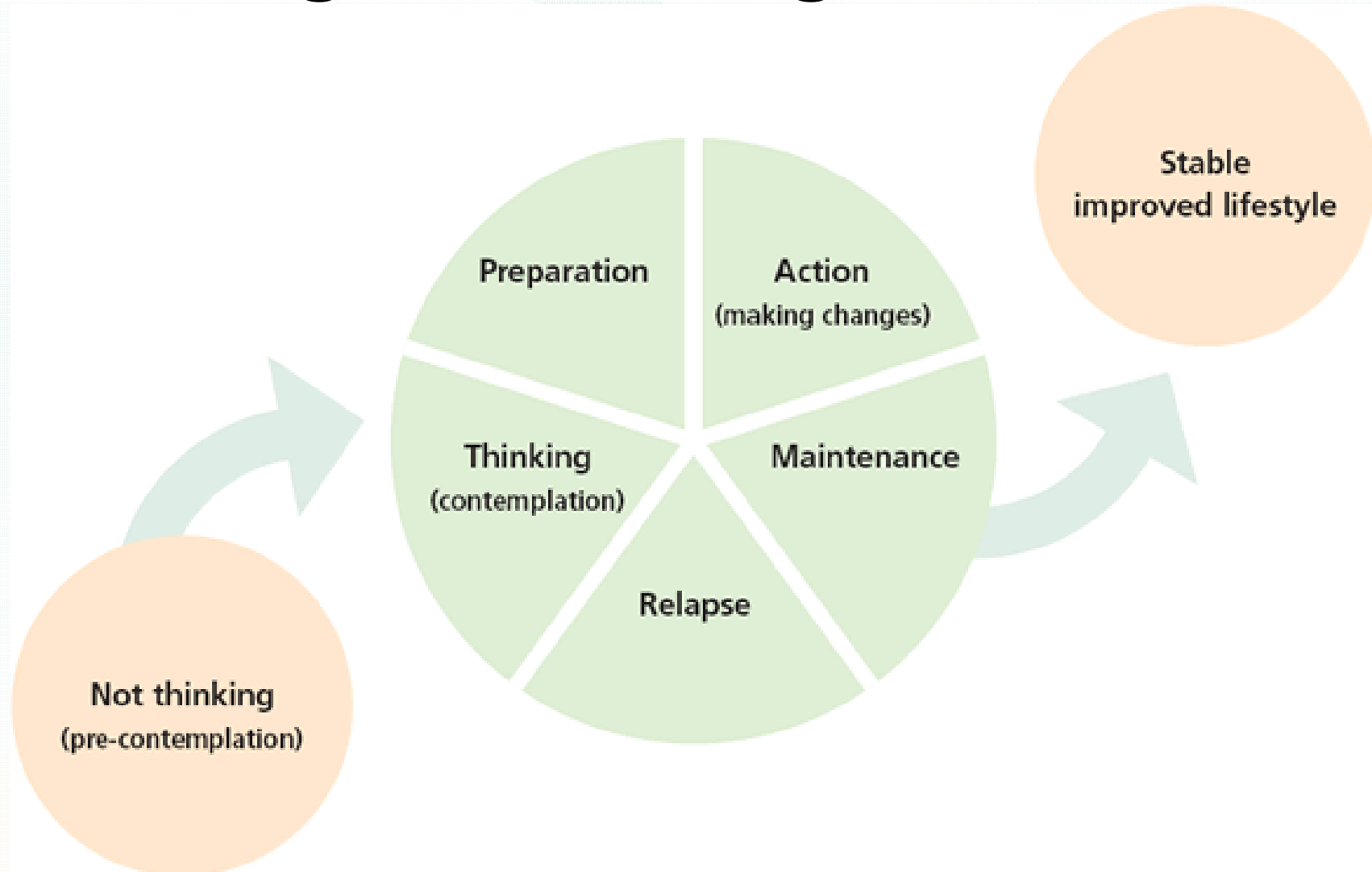


Kent Healthy Weight Model



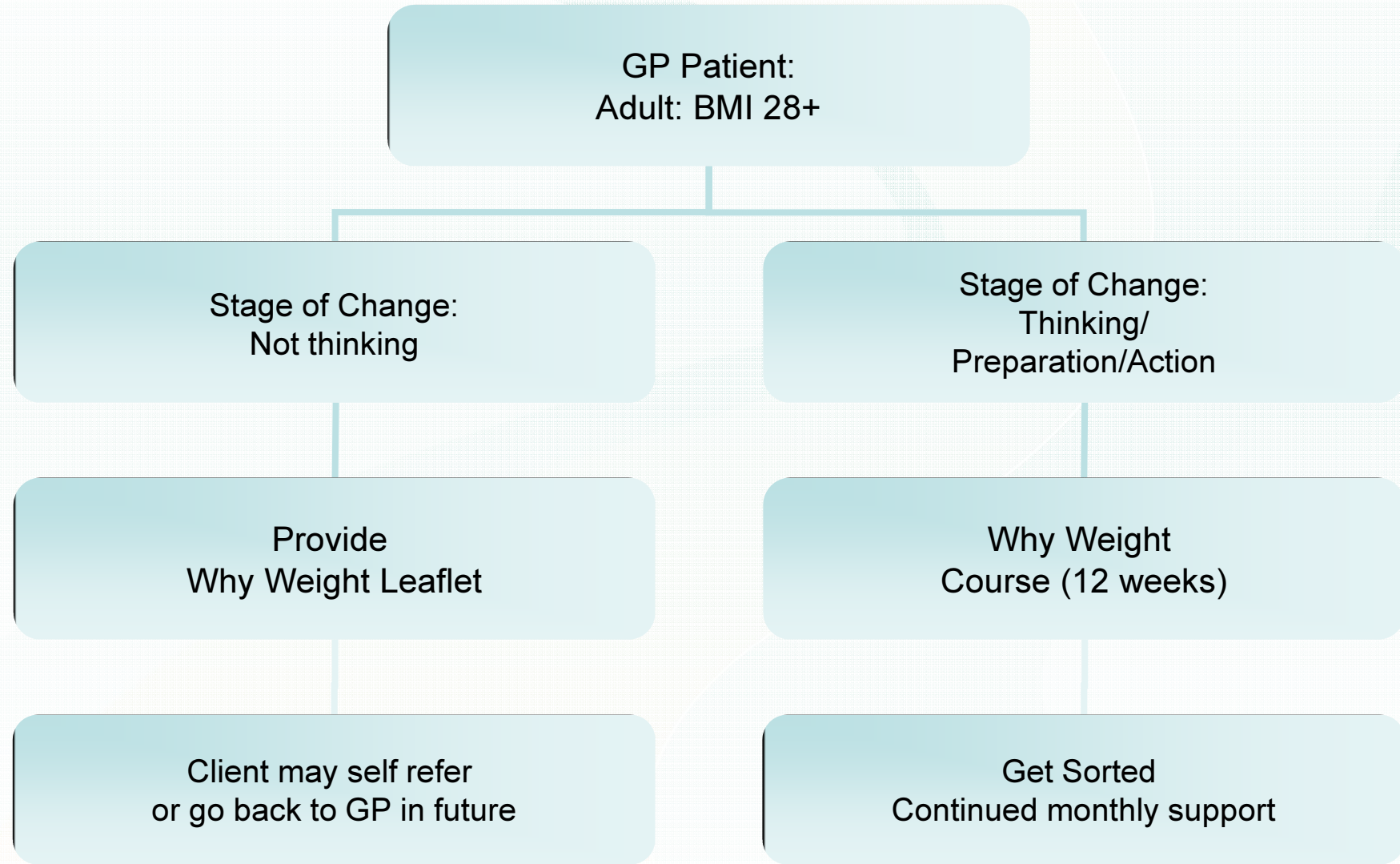
Tier 1 and 2

Stages of Change Model



Healthy Weight Referral Pathway

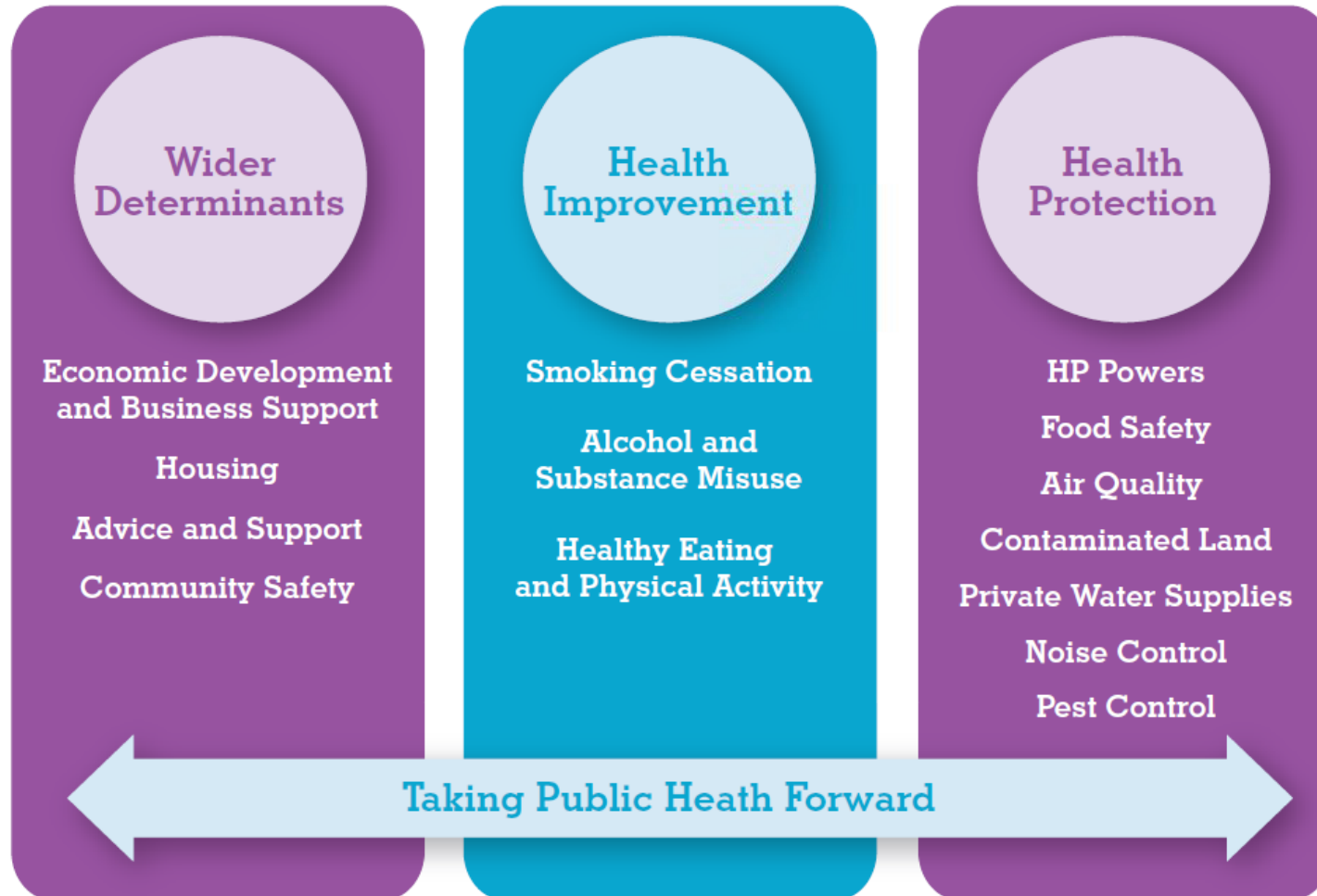
Tier 2 - SDC



PH Outcome Framework



District's Action



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*

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!!

