

Child and Young People Obesity

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This presentation aims to

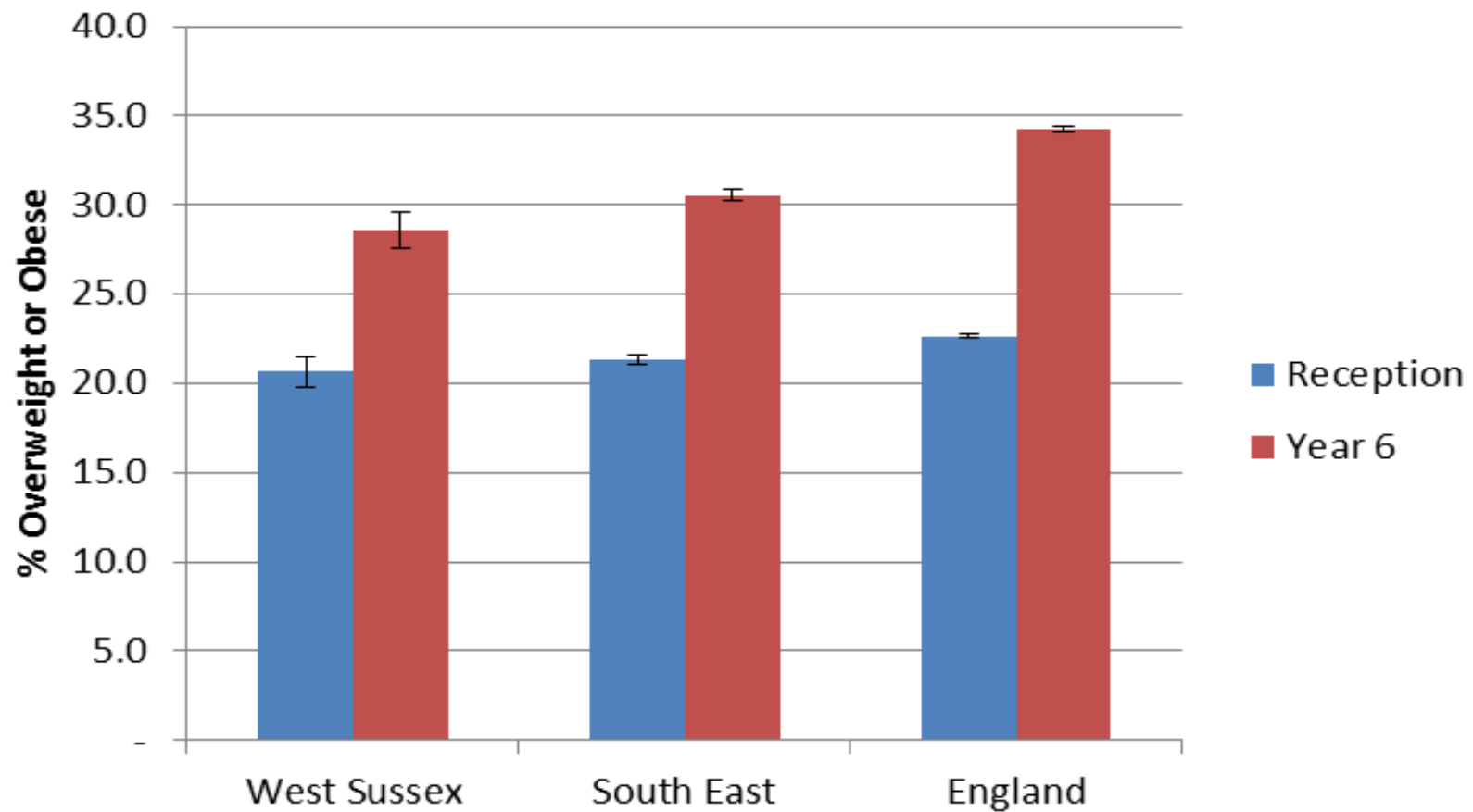
- Provide an overview of child overweight and obesity in West Sussex
- Give the outcomes of the West Sussex County Council 2016 Task and Finish Group on Child obesity
- Gain support from the Health and Wellbeing Board to create a whole system approach to tackling obesity.

The cost of obesity

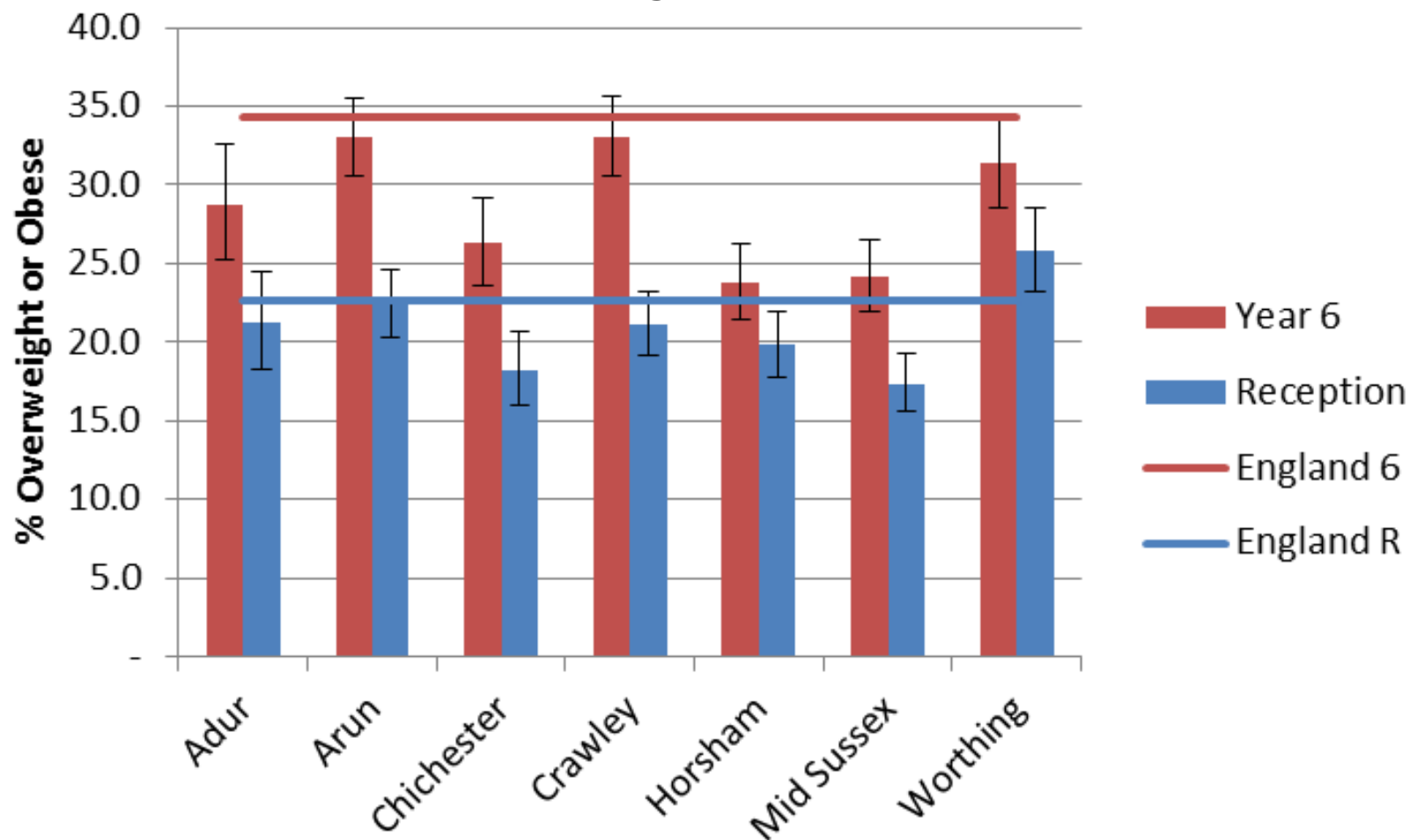
- Obesity is a major public health problem costing West Sussex £415 million annually .
- The national annual spend on the treatment of obesity and diabetes is more than the amount spent on the police, the fire services and the judicial system combined.



The prevalence of overweight and obese children in Reception and year 6; 2016/17; West Sussex and higher geographies



The prevalence of overweight and obese children in Reception and year 6; 2016/17; Authorities within West Sussex and England baselines



What does this data tell us?

- The weight of children in West Sussex is in line with England.
- There is an increase in overweight and obesity between Reception and Year 6.
- There is variation between District and Boroughs
- Being overweight or obese is an inequalities issue.

West Sussex Task and Finish Group

- Established in December 2016 on request of Cabinet Member
- Cross party membership, led by the Cabinet Member for Community Wellbeing
- Public Health Officers and a community Paediatric Consultant
- Input provided from colleagues in transport, planning, county catering, IPEH and District and Boroughs amongst others
- Three meetings. Recommendations published in March 2017
- TFG now concluded and work will be taken forward via current workstreams

Task and Finish Group: Recommendations

Environment	Community	Individual
<ul style="list-style-type: none">• To work with planning authorities to develop operating guidelines and proposals to ensure fast food outlets are not concentrated in any one area and not outside schools.• Maintain a long term commitment to healthy weight through use of “health impact assessments” on policy changes.	<ul style="list-style-type: none">• Share GBSF guidance for food in leisure centres with D and B as commissioners of this sector to implement• Encourage uptake of Eat Out Eat Well Award.• Pilot projects to support children become independent cyclists• Incorporate national healthy rating scheme into the WS whole school approach	<ul style="list-style-type: none">• To explore digital approaches for developing an app for children and young people to encourage and reward healthy eating• Monitor KPIS related to healthy weight within the HCP contract

Task and Finish group: Interventions to date

Environment	Community	Individual
<ul style="list-style-type: none"> • Reduction in sugar content of WSCC school meals by 65% • PH Inputting into the WSCC responses to planning process. • Uptake of Bikeability level 2 • PH part of the WSCC cycling and walking strategy group • National soft drinks levy and sugar reformulation programme. 	<ul style="list-style-type: none"> • Supporting GBSF in leisure in Arun District and Worthing • ERSB programme in schools • Promotion of the C4L campaigns- Food Smart and 10MSU through libraries and summer camps • PH part of the Adur and Worthing walking and cycling strategy group • Living Streets WOW project • Promotion of One You nutrition and Active 10 campaign • H4F programme • Dental toolkit • Crawley Child Obesity Task Group • Sugar reduction debates with youth councils and schools. • Active Sussex support with sport in schools 	<ul style="list-style-type: none"> • NCMP results letters and resources. • Health visitors and school nurses now raise the topic of unhealthy weights. • Successful weight management programme for adults delivered by the wellbeing programme. • Change 4 life stepper activity set.

Examples of Good News stories in Arun

- Reduction in sugar content of school meals by 65% through the contract with Chartwells.
- Supporting the Government Buying Standards for Food in the contract for Arun Leisure Centres (Freedom)
- Sugar reduction debates

Key childhood weight statistics: Nationally identified risk factors, awareness and consequences

- more likely in those families with overweight/ obese parents/carers.
- more likely in babies who are bottle fed than those who are breastfed.
- higher in children from the most deprived areas.
- more likely to become adults who are above a healthy weight.
- Nearly 1 in 4 parents think their child is a healthy weight when in fact they are above a healthy weight.

Impacts across the lifespan

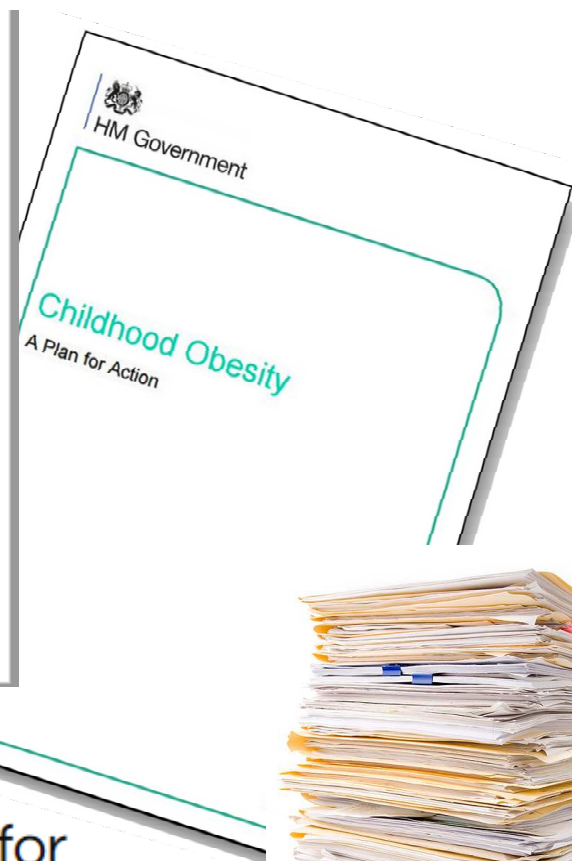
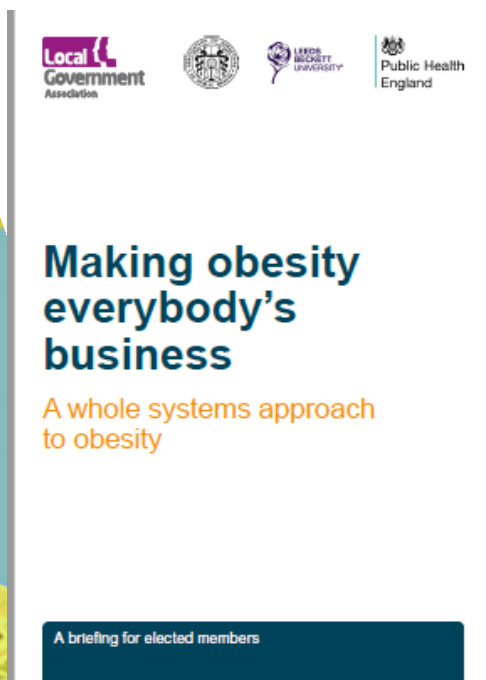
Child and adolescent obesity

- Low self esteem
- Bullying
- School absence
- Type 2 diabetes
- Asthma
- Obstructive Sleep Apnoea (OSA)
- Cardiovascular risk factors (CVD)
- Musculoskeletal problems

Obesity in later life

- Increased risk of certain cancers, including being 3 times more likely to develop colon cancer
- More than 2.5 times more likely to develop high blood pressure - a risk factor for heart disease
- 5 times more likely to develop type 2 diabetes
- Musculoskeletal problems
- Dementia
- Depression and low self esteem

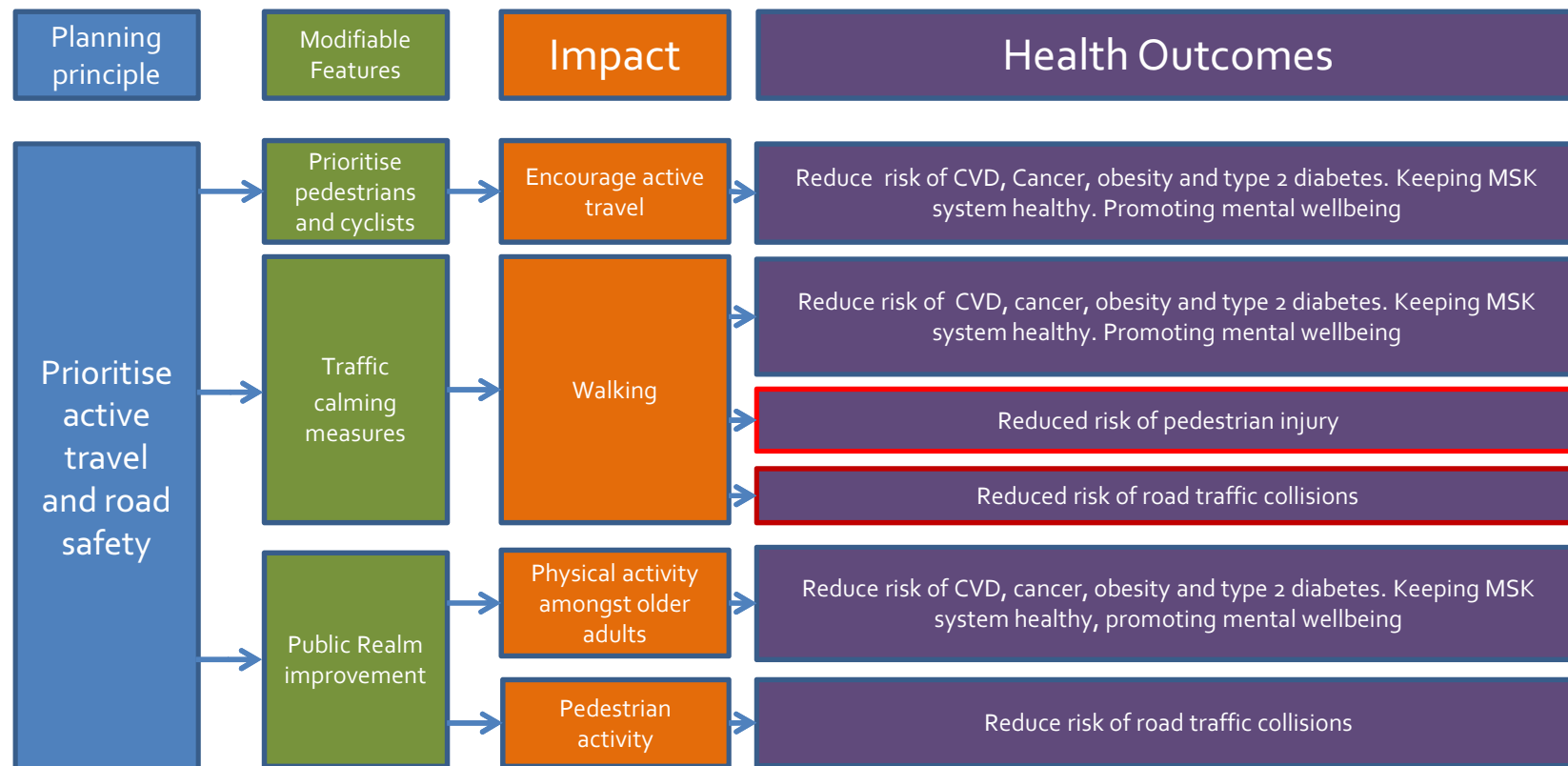
So what should we be doing?



NICE National Institute for Health and Care Excellence

Primary interventions and co- benefits: An example

(Source PHE 2017 Spatial Planning for Health)



Increased daily activity by residents of West Sussex this could mean

- Improved mental wellbeing and reduced anxiety
- Diabetes – up to 20,000 fewer on register
- Coronary Heart Disease – up to 10,000 fewer on register
- Depression – up to 20,000 fewer on register
- Dementia – up to 3,000 fewer on register
- Breast cancer – up to 170 fewer new cases per year
- Colorectal cancer – up to 300 fewer new cases per year
- Hip fractures – up to 800 fewer hip fractures in those aged 65+ years

TFG considered a multi level approach

Partnership: the key to success



In Summary

- Overweight and obesity is an issue in West Sussex with 60% of adults 30 % of 11 year olds and 20% of 4 year olds being overweight or obese.
- Overweight and obesity is an inequalities issue.
- There are pockets of good practice across the county, but it is not systematic.
- Addressing obesity needs to remain focus of a whole system approach.

How can the Health and Wellbeing Board support us to move forward on a whole system approach?

- Help to get good practice happening systematically across the county, and be able to measure its impact.
- Include prevention principles in procurement and planning eg Government Buying Standards for Food

Thank you

- Any Questions?

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