

Partnership Board for Health and Wellbeing Report

Date: 9th February 2011

Report Title: Shaping Up: A Strategy to Help People in B&NES Achieve and Maintain a Healthy Weight

Agenda Item: 13

List of attachments to this report: Shaping Up- Adult Pathway, Children Pathway

Summary

Purpose

- 1 The purpose of this report is to present the new strategy, Shaping Up, to the health and Wellbeing Partnership Board along with the pathways for treatment for overweight and obese adults and children.

Recommendation

- 2 The Partnership Board for Health and Wellbeing is asked to recommend that:
 - The Cabinet Member approve the strategy for Bath and North East Somerset Council
 - The Health and Social Care Committee approve the strategy for NHS B&NES

Rationale

- 3 To promote health and wellbeing through supporting residents of Bath and North East Somerset achieve and maintain a healthy weight.

Other Options Considered

- 4 None

Financial Implications

- 5 There are no new financial implications of the strategy; money has already been allocated to programmes.

Risk Management

- 6 The strategy takes a broad approach to tackling the increasing problem of obesity in children and adults. This approach ranges from influencing different partners locally and regionally to providing interventions for individual, families and communities. The risks are that we are unable to significantly influence partners. However, this risk is managed in a number of ways. We have included partners throughout the process of developing the strategy. We have been to the overview and scrutiny committee who have commented and approved the strategy which provides a powerful lever. Through the governance structure we will ensure we include a number of partners in the strategy group and in the stakeholder group.

There is also the continuing risk that interventions will be ineffective. However, we have clearly stated our intention to develop the data so we can accurately evaluate the effectiveness of what we are doing. Through the strategy and commissioning group we can ensure we respond to problems in services and improve them. We

will ensure there is regular contract reviews and monitoring which will help us determine the effectiveness of interventions.

The major risk is in doing nothing. The cost burden of obesity is rising and we cannot afford to ignore and not tackle the problem.

Equality issues

- 7 We have undertaken an equality impact assessment of the strategy to ensure that we have considered the equality and diversity implications of the strategy. The published evidence on obesity strongly indicates that obesity is most prevalent amongst people from lower socio-economic groups. The aim of the healthy weight strategy is to contribute to the narrowing of the gap in life expectancy between the richest and the poorest.

Legal Issues

- 8 There are no legal issues

Engagement & Involvement

- 8 The strategy was written with input from a range of people from across the partnership. These people are listed in the acknowledgements at the beginning of the strategy. The strategy was circulated for consultation and we held an event where people were able to express their views. These were incorporated into the strategy where appropriate. The strategy was then taken to PEC for approval and then to the Overview and Scrutiny committee and their comments and suggestions were incorporated. This report has been viewed by the Council monitoring officer and section 151 officer.

- 9 Sport and Active Lifestyles Team
Planning Policy Team
Transport Policy Team
Dietetics Service
Children's Services
School Sports Partnership
Aquaterra
School Nursing
Health Visitors
The Care Forum
Slimming World
Parks and Gardens
Health Improvement Team
Service Improvement and Performance
Weight Watchers

Partnership Board for Health and Wellbeing Report

Date: 20th January 2011

Report Title: Shaping Up: A Strategy to Help People in B&NES Achieve and Maintain a Healthy Weight

Agenda Item: 13

The Report

1. Obesity in both children and adults is a public health risk. This has been acknowledged in the Government's white paper on public health, Healthy Lives, Healthy People.
2. Obesity in children is a major predictor for obesity in adults. Through the national child measurement programme we have reliable data collected every year so we can accurately report how many children aged 5 and 10 are overweight and obese. According to the 2009/10 data, 15.8% of reception year children (age 4/5) were overweight and 8.4% were obese. Amongst year 6 children (age 10/11) 13.1% were overweight and 16.7% were obese.
3. Obesity in adults is implicated in a range of health problems including cardiovascular, musculoskeletal and some cancers. In addition, obesity is interconnected with anxiety and depression, being both a cause and symptom. The cost of obesity is growing with the cost to the health service of treating conditions such as type II diabetes and hip and knee operations. There is a wider cost from obesity and it impacts on social care, welfare benefits and carers to name a few. The impact is felt on business too as days are lost to preventable conditions.
4. In line with guidance from NICE there are several areas for actions. We have identified we must tackle the global determinates of health and illness through access to cheap and healthy food, open spaces to exercise, active travel and that children learn the skills to develop a healthy lifestyle.
5. We also recognise that people must be encouraged to recognise the problem and ensure that they do what they can to look after their health and achieve and maintain a healthy weight. This is done through ensuring there is good, consistent information that health professionals are able to screen and offer good advice and that people become equipped with the tools to make good choices.
6. However, for those whose weight is already causing problems we need to ensure that there is weight management programmes based on evidence and good practice. It is cost effective to invest in helping people lose weight then to treat the ill health caused by it. A small number of people will be eligible for intensive support and surgical intervention.
7. This strategy sets out our intentions of how to meet the needs of the population. We shall ensure that there is good governance through the development of a commissioning and strategy group and stakeholder events. We intend to ensure that we halt the rise in childhood obesity and help adults in B&NES become healthier individuals.

8. The governance of the strategy requires the formation of a strategy and commissioning group who will develop the strategy and will formulate an plan to implement the strategy through the next 3 years.
9. The strategy has been to PEC and received a number of comments. It was agreed that there was a problem with obesity and that this must be tackled in a number of ways from working in the planning department to providing weight loss interventions for patient who are overweight.
10. The strategy has also been to the Overview and Scrutiny committee. The councillors broadly welcomed the strategy and made a number of valuable suggestions. These comments, to ensure that people who have long term conditions are well catered for in the pathways and that the strategy is disseminated to parish councils so that we can encourage all parts of the community to be involved in the broader aims of health and wellbeing.
11. The overview and scrutiny committee also commented that work in schools should continue and that interventions to promote healthy lifestyles was key to healthy adults.
12. These suggestions will be incorporated in to the action plan that will be developed by the strategy group and we appreciate their insights and concerns.

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Background papers	Shaping Up: A strategy to help people in B&NES achieve a healthy weight Adult Treatment Pathway Children's Pathway.

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