



Public Health
England



Protecting and improving the nation's health

Obesity in the UK – what are we doing about it?

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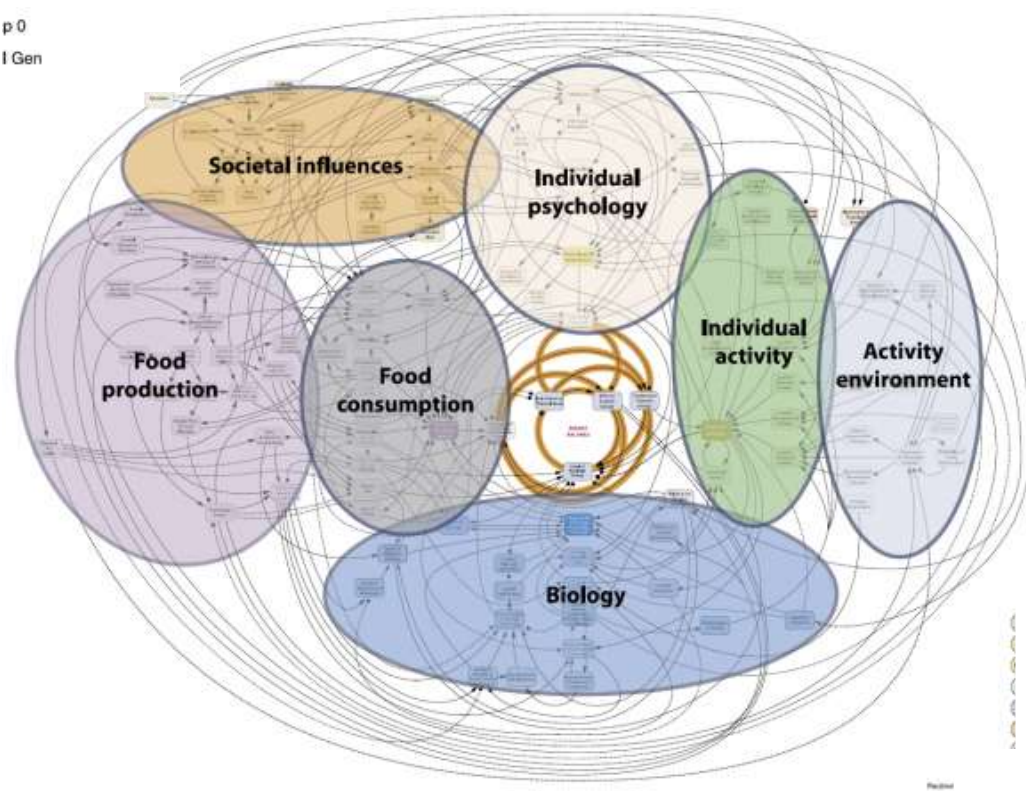
Professor Jonathan Valabhji OBE MD FRCP
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Tuesday 29th October, 2019

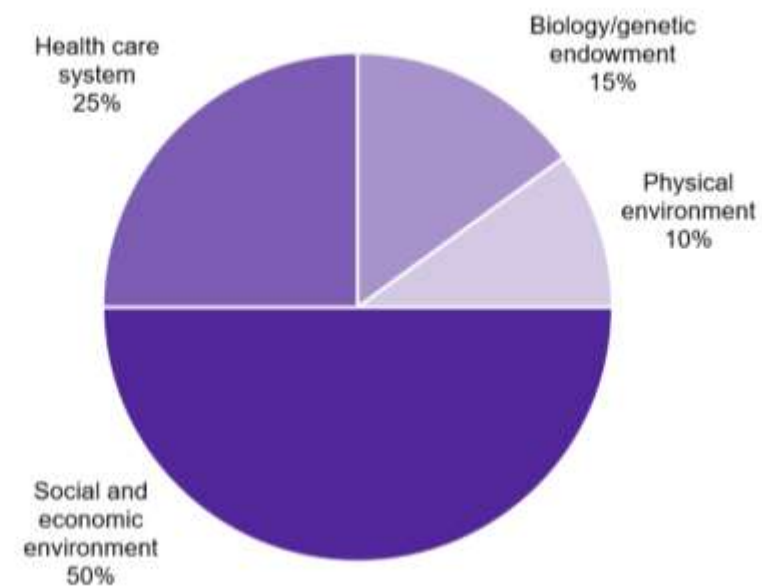
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Obesity: Complexity and opportunities

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Estimated impact of determinants on health status





Government commitments

- Prevent excess weight gain across the life course
- Identify risk(s) earlier and support behaviour change to minimise weight gain and support appropriate weight loss.
- Help people maintain a healthier weight for longer
- Improve nutrient content of food and drinks
- Create and plan a health promoting environment





PHE Strategy 2020-25

2 Healthier diets, healthier weight



Across the population, we consume too much sugar, salt and saturated fat and not enough fruit, vegetables, fibre and oily fish. According to latest estimates, poor diets and excess body weight deprive people in England of more than 2.4 million life years through premature mortality, illness and disability each year. Rates of obesity continue to cause a disproportionate impact on families from poorer areas as the gap between the most and least deprived widens.

Ambition

To enable current and future generations to live in local environments that promote a healthier weight as the norm and make it easier for everyone, regardless of background, circumstance or where they live, to access healthier food, enjoy healthier diets and live active lifestyles.

Aims

This will contribute to the Government's aims in the Childhood Obesity Plan to halve childhood obesity and reduce the gap in obesity rates between children from the most and least deprived areas by 2030.

- 20% reduction in levels of sugar in a range of everyday foods consumed by children
- 20% reduction in numbers of calories in a range of everyday foods consumed by children
- increased consumption of healthy food groups among children
- reduced levels of salt in average diets across the population

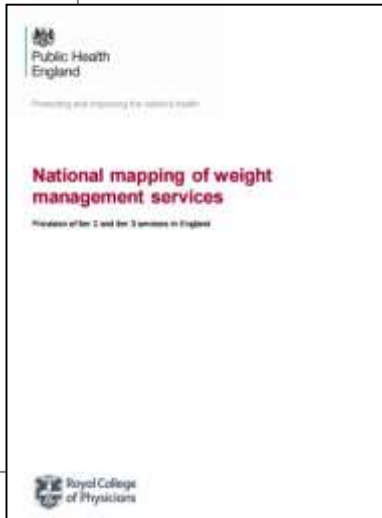
- The strategy places an emphasis on universal, up-stream approaches AND support on personalised and population targeted approaches.
- The aim is to seek to support those people with the most to benefit; and address inequalities and inequity associated with obesity and its causes.

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Report of the working group into:
Joined up clinical pathways for obesity

Prepared by a joint working group with representation from:

- Association of Directors of Adult Social Services
- West Midlands Association of Directors of Public Health
- Bradford Metropolitan District Council
- Department of Health
- London Borough of Lambeth and Southwark
- National Institute for Health and Clinical Excellence
- National Obesity Forum
- NHS England
- Patient User Representatives
- Public Health England
- Rotherham Institute for Obesity
- Royal College of Physicians
- Staffordshire County Council Public Health Team
- Stoke On Trent City Council



Investigating provision & the evidence base

2013-15



LET'S TALK ABOUT WEIGHT
A step-by-step guide to conversations about weight management with children and families for health and care professionals.

ASK
"Would it be okay to check (parent/carer) child's weight and height today?"
"If you've had a GP feedback, would you or I talk about the feedback to the parent?"

ADVISE
"The child who's the 25th centile of BMI is already above the healthy weight range for a child of their height and age."
"We know from talking with other families, one thing that has helped is to talk about the changes in regular, brief visits, and there are lots of resources, healthy lifestyle programmes, 1-800-486-0888 if you're adding to your 3-1-1 app."

ASSIST
If parent/carer creates an action and offers an interest possibility:
"I'll be happy to help with the next steps and measure the family but you are there to help them. I could be a DASH up appointment to monitor the family at previous visits and programmes."
If parent/carer does not perceive that their child has excess weight:
"I acknowledge the difficulties in progressing further weight."
"I reassure the family that support is available, acknowledge that this is a difficult situation. Explain what the family could expect from the national web-based referral."
If parent/carer is really open to advice and asks what would be helpful to engage in conversation about their child's weight:
"I show an overview of the system or user's manual, measure them and give you more help and to offer your support should they change their mind."
"Don't force the issue but leave the door open."

ACTIONS
1 Make the referral if the family accepts the offer.
2 Hold to the child's records and conversations about weight and substances.
3 Remember to follow up with the family.

Changing Behaviour: Techniques for Tier 2 Adult Weight Management Services

Evidence base guides & tools building on user insight

2017



Developing and testing digital approaches

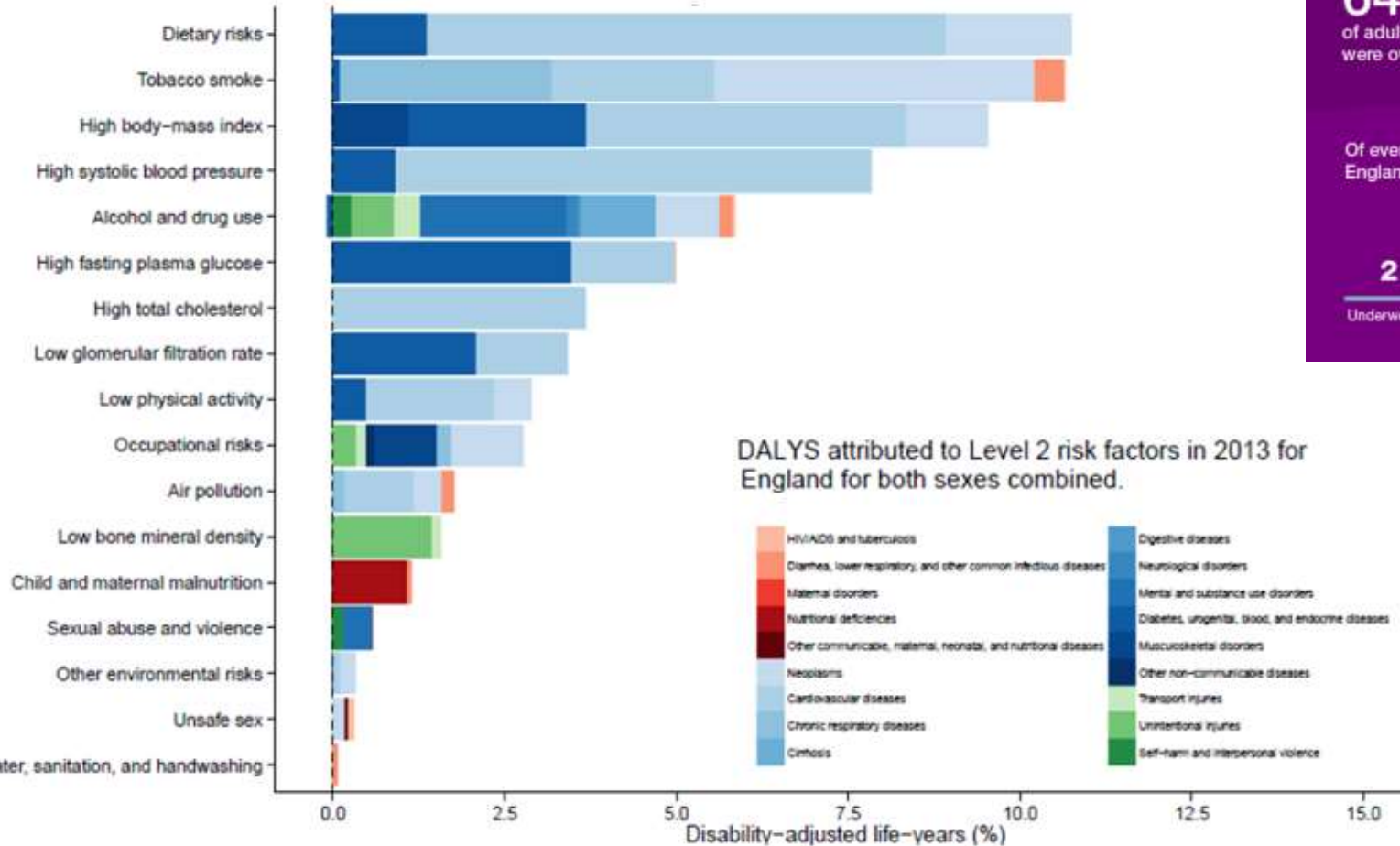


Supporting obesity in the NHS LTP

2020



Scale of the problem

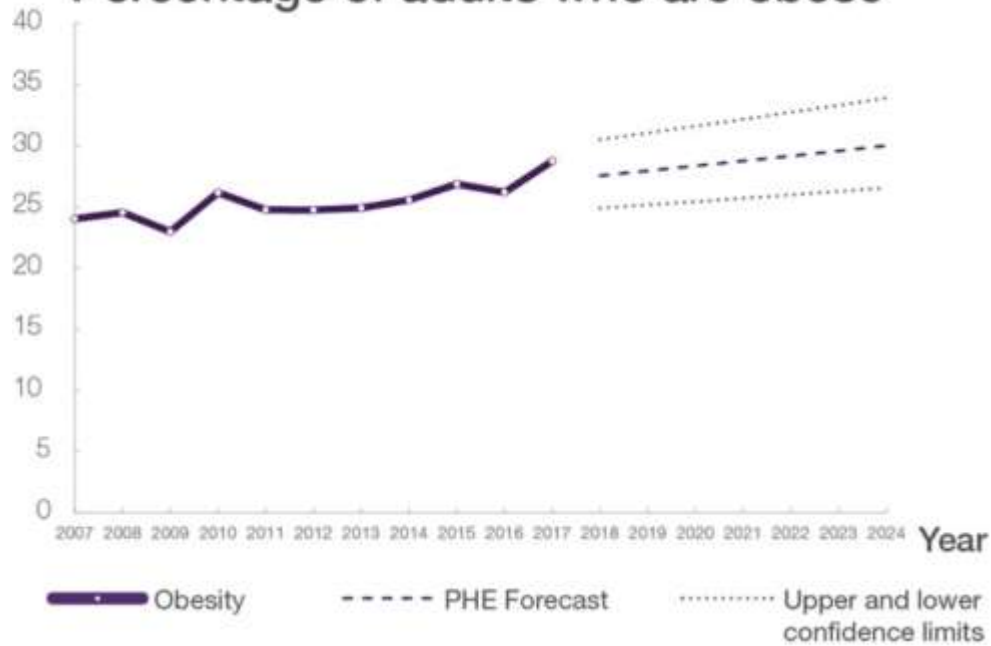


Newton JN et al., (2015) Changes in health in England, with analysis by English regions and areas of deprivation, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. Lancet. S0140-6736(15)00195-6.

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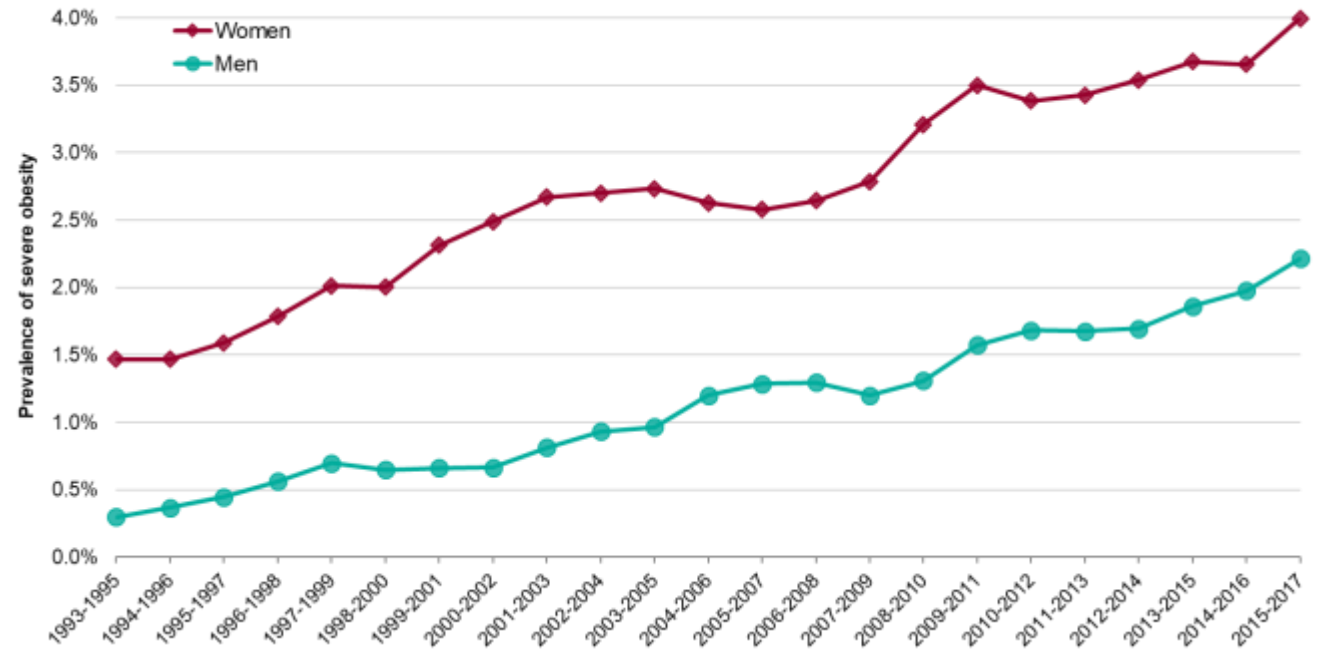
Obesity trends

Percentage of adults who are obese



Health Profile for England, 2019 PHE

Trend in severe obesity among adults

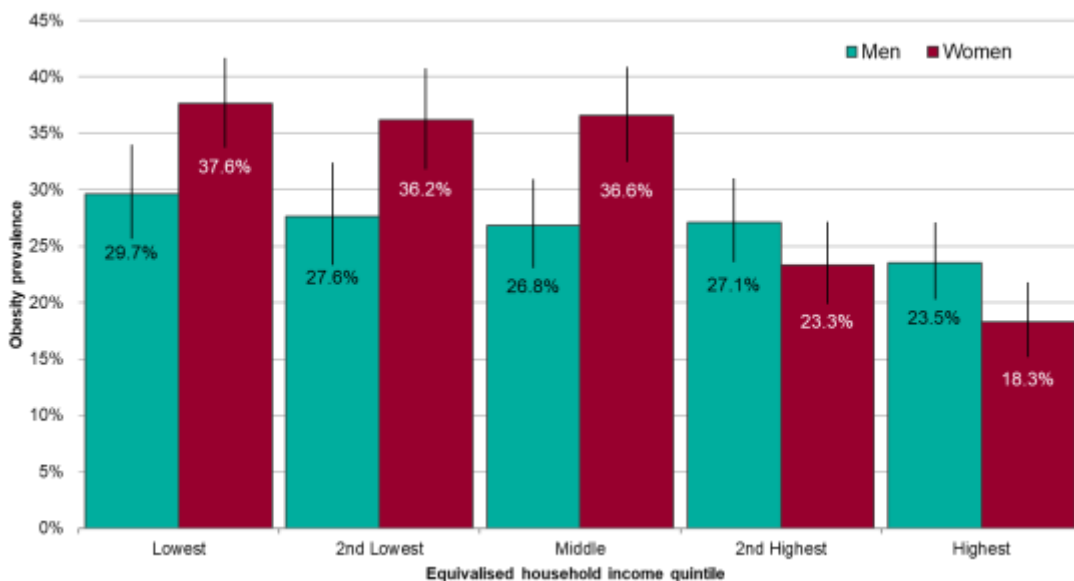


Health Survey for England 1993 to 2017 (three-year average)

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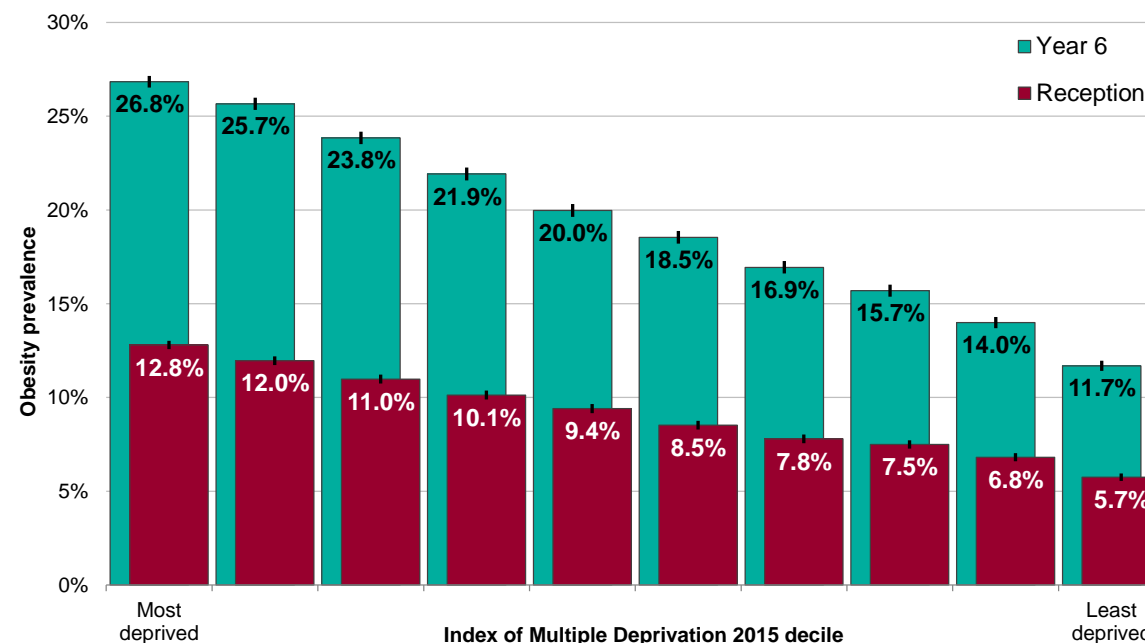
Obesity and health inequalities

Adult obesity prevalence by income
Health Survey for England 2017



95% confidence intervals are shown
Adult (aged 16+) obesity: BMI \geq 30kg/m²

Child obesity prevalence by deprivation decile
National Child Measurement Programme 2017/18



Child obesity: BMI \geq 95th centile of the UK90 growth reference



Whole systems approach

Traditional

Silo working

Generalising

Individual,
isolated activities

Linear causes
and effects

Top down control

Systems

Integrated/
the whole system

Tailored to context:
what matters here?

Looking at how systems
work as a whole

Dynamic feedback loops

LA holding the ring,
stakeholders are partners

Systems ingredients

- Definition of a local whole systems approach
- Simple and complex systems
- Local context
- Shared vision and aligned actions
- Prioritisation of actions
- Dynamic approach
- Feedback loops
- Unintended consequences
- Leadership at all levels

Systems behaviours

Common areas of obesity activity identified as part of a whole systems approach to obesity



Obesity and the Long Term Plan



Prevention is a key part of the NHS Long Term Plan and the obesity related **commitments** are:

- A **targeted support offer** and access to weight management services (WMS) in primary care for people with a diagnosis of **type 2 diabetes or hypertension with a BMI of 30+** (Tier 2 services); and
- **Nutrition training**, and an understanding of what is involved in achieving and maintaining a healthy weight, varies between medical schools.... together with the professional bodies and universities we will ensure nutrition has a greater **place in professional education training**

Other areas of focus over the next five years include:

- Doubling of the NHS Diabetes Prevention Programme including a new digital option
- Test an NHS programme supporting very low calorie diets for obese people with type 2 diabetes
- Continuing to take action on healthy NHS premises

In the news...



Heavy drinking patients will be targeted by NHS care team

Life expectancy stalls: Preventable diseases cause Britons to die earlier

Fully Secured Energy Bonds

Hospital patients who smoke or drink to be helped to quit

QUIT CIG SQUADS Hospitals to send experts into wards to lecture smokers and boozers how to quit under radical NHS plan

We need a cultural change over how we treat alcohol abuse

DEADLY THREAT Tiny GRAZES could regularly kill like in the Dark Ages if the NHS doesn't stop prescribing antibiotics

Obesity should be recognised as a DISEASE because it is 'caused by genes rather than greed and laziness', claims royal college

OBESITY CANCER RISK Being fat is almost as likely as smoking to cause cancer, experts warn

Obesity is no disease: it's a bad lifestyle choice, says STEPHEN POLLARD

NHS reform pledges to save half a million lives

OBESITY SHOULD BE RECOGNISED AS A DISEASE, MEDICAL EXPERTS SAY

England failing to tackle alcohol 'epidemic', say researchers

smokers admitted to hospital will be offered help to quit in new NHS plan to highlight personal responsibility for health

NHS goes to war on cigarettes and alcohol: Doctors put on alert to spot problem drinkers while smokers who go to hospital will be offered counselling

'It is NOT ok to be fat, Dr!' Should the NHS pay to treat obesity? – Express.co.uk POLL

The NHS Long Term Plan

#NHSLongTermPlan / www.longtermplan.nhs.uk

health & fitness Women Men Love & sex Beauty Home & garden Money Cars

I lost 13 stone - now I know the truth about obesity

Alcohol deaths in England at record high after 6 per cent rise in a year, NHS data shows

Obesity - interventions



We, working in partnership with local government, Public Health England and alongside the existing NHS Diabetes Programme will:

- Invest **£24 million targeted funding to expand weight management services** over the next 5 years.
- Focus on supporting **high risk communities** in particular.
- Test different methodologies to understand the **optimal approaches to promoting uptake** and delivery of WMS.
- Explore opportunities to deliver **brief advice in primary care** to people with BMI 30+ and assess the impact of this in the context of the local weight management pathway.

The NHS Long Term Plan

[#NHSLongTermPlan](#) / www.longtermplan.nhs.uk

Obesity and the Long Term Plan



We need your help?

- How should we engage with **local authorities**?
- How can we best **communicate** with service users and patients?
- How would you **measure success**?

