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

Jamie Blackshaw  
Team Leader: Obesity and Healthy Weight, Public Health England

Karen Turner  
Director of Prevention, NHS England and NHS Improvement

Jonathan Valabhji  
Professor Jonathan Valabhji OBE MD FRCP  
National Clinical Director for Diabetes and Obesity

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Estimated impact of determinants on health status

Canadian Institute of Advanced Research 2002

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
• 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.
Investigating provision & the evidence base

Evidence base guides & tools building on user insight

Supporting obesity in the NHS LTP

2013-15 2017 2020
Protecting and improving the nation’s health

Scale of the problem

Obesity trends

Trend in severe obesity among adults

Health Profile for England, 2019 PHE

Health Survey for England 1993 to 2017 (three-year average)
Obesity and health inequalities

Adult obesity prevalence by income
Health Survey for England 2017

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

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

Child obesity: BMI ≥ 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

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

- Planning a healthier food environment
- The school and childcare setting
- Increasing healthy food consumption
- Creating healthy workplaces
- Increasing active travel

Health Matters

- Providing access to weight management support
- Promoting local opportunities and community engagement
- Educating people about the benefits of healthy eating and physical activity
- Planning and creating an environment that promotes physical activity
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...

The NHS Long Term Plan

#NHSLongTermPlan www.longtermplan.nhs.uk
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.
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?