

**TITLE OF REPORT:**        **Review of healthy weight (across the life course)**

**REPORT OF:**                **Director of Public Health**

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## **SUMMARY**

This report gives details of the evidence gathering session that will take place on 6<sup>th</sup> December 2018. The views of the Committee are being sought on the evidence presented and the future plans outlined.

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### **Background**

Families Overview and Scrutiny Committee have agreed that the focus of its review in 2018-9 will be healthy weight across the life course.

The review will help the Committee to consider and understand the complexity of the agenda. The causes of obesity are indeed complex and it is important to strive for a balanced perspective about the roles of the individual and the environment and influences, to which they are exposed. There is no simple solution and an approach that involves action at an individual, environmental and societal level needs to be explored further.

### **Purpose of this session**

The scoping report agreed by OSC on 14<sup>th</sup> June 2017 described the complexity of the obesity agenda and that

- The evidence base suggests that in order to tackle obesity effectively we need an approach that involves the whole system.

- Consideration of factors influencing the healthy weight agenda that can be tackled by joint working across working a number of areas need to be part of the solution, the local authority is uniquely positioned to take this forward.
- Successfully tackling obesity is a long term, large scale commitment. The current prevalence of obesity in the population has been at least 30 years in the making. This will take time to reverse and it is reported that it will at least 30 years before reductions in the associated diseases are seen.
- The evidence is very clear that policies aimed solely at individuals will be inadequate and will not be sufficient to reverse this trend. Significant effective action to prevent obesity at a population level is required.
- Identifying opportunities to disrupt the current system, which involves identifying the most likely and productive areas of activity in the local system where Gateshead Council and its partners can take action.

This second evidence gathering session will hear a presentation of twenty minutes from:

- Beverly Oliver, Health and Wellbeing Programme Lead. Public Health England
- Emma Gibson, Programme Lead in Public Health, Gateshead Council

**The presentation from our Public Health England speaker will outline-**

-The national context and provide an update of key actions from the recently published 'second chapter of the childhood obesity plan' (including a focus on sugar reductions, advertising and promotion and energy drinks etc.). To outline the implications of the plan for local authority areas, including high impact areas for focus.

-An update from a national perspective on the learning that is emerging from the whole system LA pilot sites. What emergent learning can be transferred from local practices and tried and tested methods as part of the pilot? What can Gateshead

take forward from this approach? The next steps of this programme of work will be detailed.

-An outline of new and emergent work at a national level to inform future practice in Gateshead.

**The presentation from the Programme Lead at Gateshead Council will outline-**

-An update of actions and progress in terms of the healthy weight agenda in Gateshead.

-The implications for Gateshead in terms of the national perspective.

**Issues to Consider**

When considering the evidence outlined above the Committee may wish to consider the following:

- Childhood Obesity: a plan for action chapter 2 outlines the actions the Government will take towards its goal of halving childhood obesity and reducing the gap in obesity between children from the most and least deprived areas by 2030. The plan aims to be ambitious in the actions outlined.
- The whole systems approach to obesity was introduced to help local authorities deliver co-ordinated actions involving partners across the system. This is an emerging programme of work and is being led by the Local Government Association (LGA) and Association of Directors of Public Health (ADPH) to develop the programme

**For children in particular:**

- Obesity rates are highest for children from the most deprived areas. Children aged 5 and from the poorest income groups are twice as likely to be obese compared to their most well-off counterparts and by the age of 11 they are three times as likely.
- In the UK, one in 10 children start school obese, this is enough to fill London's Olympic Stadium four times over.

- Of those children who are obese at preschool age, research suggests that between 26% and 41% will go on to be obese in adulthood.
- Studies have also shown that a child with at least one obese parent is more likely to be obese themselves in adulthood.
- By the time children reach Year 6, Gateshead has one of the highest rates of excess weight levels in the North East (36.8%). This compares to a national rate of 32.3% and a regional rate of 27.5%.
- The Year 6 for children obesity prevalence, this is highest in London (23.15), North East (22.8%) and the West Midlands (22.5%).

### **Recommendation**

Overview and Scrutiny Committee is recommended to agree:

- The approach and content as set out in this report and presentation.

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**Contact: Alice Wiseman Ext: 2777**