
Health and Wellbeing Board

13 March 2019

Report of the Director of Public Health

Update on development of a Healthy Weight Strategy in the City of York

Summary

1. This report updates the Health and Wellbeing Board (HWBB) with progress on the development of a Healthy Weight Strategy for adults and children in the City of York, and invites any comments from the board about the strategy.
2. The report seeks approval to undertake public consultation on the draft strategy.

Background

3. The Healthy Weight Steering Group (HWSG) was established in April 2018 to co-ordinate the implementation of the Healthy Weight strategy for children and adults, involving key stakeholders specifically:
 - a) To prevent and reduce the numbers of adults and children that are obese in the city of York.
 - b) To oversee the implementation and ensure delivery of the Healthy Weight strategy.
 - c) To oversee the partnerships and manage the inter-relationships between task and finish groups.
4. One of the first aims of the group was to establish the extent of obesity of adults and children in York and any gaps in weight management services. The group has met six times since April 2018 to explore these issues.

5. To achieve the aims and objectives of the group, membership constitutes representatives from a wide range of organisations with a particular interest and focus on healthy weight in the City of York. These include members from the organisations and teams listed below but membership is increasing:
 - NHS:
 - Clinicians
 - Managers
 - NHS Vale of York Clinical Commissioning Group (CCG)
 - City of York Council (CYC) teams:
 - Public Health
 - Healthy Child Service
 - Commissioning and Contracts
 - Local Area
 - Strategic Business Intelligence
 - Travel Planning
 - Communications, Communities and Equalities
 - Voluntary Organisations:
 - Good Food York
 - York Older People's Assembly
 - Food Poverty Alliance
 - Public Health England (PHE)
 - University of York
 - North Yorkshire Sport
6. A draft Healthy Weight strategy has been developed utilising local evidence on obesity rates and input from the expertise of the steering group. The strategy has a life course approach to enable individuals of any age to achieve and maintain a healthy weight.

Main/Key Issues to be Considered

7. The Living and Working Well Theme of the Joint Health and Wellbeing Strategy states that we will support people to achieve and maintain a healthy weight, including promoting the benefits of walking and eating healthily.
8. The board agreed that they would scrutinise and challenge the development and delivery of local health and care services to ensure a focus on physical activity and healthy weight is embedded in the management of long term conditions. The board agreed to monitor progress on reducing the number of adults classed as overweight or obese.

9. The National Child Measurement Programme (NCMP) measures both the height and weight of children at school in reception year (aged 4 and 5 years of age) and Year 6 (aged 10 and 11 years of age). The obesity rate amongst reception children in York (8.5%) is not significantly different to the England average of 9.6% and the rate amongst year 6 children is 16.1% which is significantly lower than the England average of 20%.
10. However, the obesity rate approximately doubles from reception to year 6 for children in York and a number of inequalities exist. There is considerable variation by ward, where obesity rates are 2.5 times higher in the most deprived wards compared with the least deprived. Obesity rates are also significantly higher for boys in year 6 compared with girls and significantly higher for reception aged children from ethnic minorities.
11. 59.4% of adults in York are estimated to be overweight or obese (BMI>25) which is not significantly different to the England average of 61.3% and York has the lowest rates in the Yorkshire and Humber region. When compared with similar local authority neighbours York ranks seventh lowest for excess weight and/or obesity (out of 16).
12. Recent data reveals that overall physical activity levels in the City of York are good for both children and adults.
13. Recent data from a Sport England Active Lives survey of children and young people (aged 5-16 years of age) in 2017/18 revealed that compared with England and similar local authority neighbours, children in York engage in high levels (60 minutes or more) physical activity every day. This is mostly attributable to physical activity performed outside of school. Compared with regional and similar local authority neighbours children attending schools in York have slightly higher levels of physical activity.
14. Whilst the levels of physical activity performed indoors is lower for children residing in York in comparison with regional rates and comparatively similar local authorities in England, this may be because of high levels of activity outdoors.
15. With regards to physical activity the percentage of adults in York that are physically active has increased over recent years up to 72% in 2016/17. York also had a higher percentage of adults that

do any walking once per week (85.5% in 2016/17) and cycle at least 3 times per week (14.8% in 2016/17) when compared with England and local authorities that are similar to York. Individuals living in deprived areas may experience difficulties accessing services that provide sporting and leisure facilities.

Consultation

16. The Healthy Weight Strategy is being progressed through the Healthy Weight Steering Group, membership of which has been outlined in paragraph five above.

Options

17. The board is asked to consider approving the draft Healthy Weight Strategy and ensure that they are satisfied that it aligns with The Living and Working Well Theme of the Joint Health and Wellbeing Strategy.
18. The Board is asked to approve a wider public consultation on the draft Strategy.

Analysis

19. Local data reveals that whilst obesity levels for adults and children are in the main similar to rates for England, inequalities in relation to obesity rates in adults and children are related with differences in socio-economic factors, ethnicity and gender. It should also be noted that achievement of similar rates to England is undesirable and nationally there is ambition to reduce the rates of obesity.
20. Physical activity levels of children and adults in York are good but could be improved. There is a need to target those not engaged in any physical activity.
21. The draft Healthy Weight Strategy outlines how we will support individuals in York to achieve and maintain a healthy weight taking a life course approach by modifying the obesogenic environment to reduce inequalities.

Strategic/Operational Plans

22. The work of the Healthy Weight Steering Group relates to the Council Plan priority to focus on frontline services for residents, and the Joint Health and Wellbeing Strategy.

Implications

23. **Financial** - There are no financial implications to this report. The HWSG is undertaken within the budget of Public Health.
24. **Human Resources (HR)** - There are no HR implications.
25. **Equalities** - The aim of the HWSG is to enable all residents of the City of York to achieve and maintain a healthy weight.
26. **Legal** - There are no legal implications.
27. **Crime and Disorder** - There are no relevant implications.
28. **Information Technology (IT)** - There are no IT issues relating to this report.
29. **Property** - There are no property issues relating to this report.

Risk Management

30. The recommendations within this report do not present any risks which need to be monitored.

Recommendations

31. The Health and Wellbeing Board are asked to:
 - a. Receive the update on the work being carried out to understand the obesity levels of adults and children in York.
 - b. Approve the draft Healthy Weight Strategy for consultation
 - c. Agree to receive the final version of the Healthy Weight Strategy when it is finalised.

Reason: To keep the HWBB informed of issues relating to obesity in York and provide assurance that action is being taken to address any areas where concerns are raised.

Contact Details

Author:

Martin Ramsdale
Specialist Registrar in
Public Health
Martin.ramsdale@york.gov.uk

Chief Officer Responsible for the report:

Sharon Stoltz
Director of Public Health

**Report
Approved**



25/02/19

Annexes

Annex 1 - Draft Healthy Weight Strategy