

HAMPSHIRE COUNTY COUNCIL

Report

Committee:	Hampshire Health and Wellbeing Board
Date:	7 th December 2023
Title:	Healthy Weight Update
Report From:	Director of Public Health

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Purpose of this Report

1. This report seeks to update the Health and Wellbeing Board on the Healthy Weight Strategy for Hampshire, providing examples of the successes achieved by system partners in contributing to the strategy and makes recommendations on how to progress with the ambition to mitigate against the prevalence of obesity in Hampshire and support Hampshire residents who are overweight or obese.

Recommendation(s)

That the Hampshire Health and Wellbeing Board:

2. Recognise the ongoing impacts on the health of Hampshire residents of being overweight or obese.
3. To note progress made by system partners in delivering core objectives of the Healthy Weight Strategy.
4. Seek opportunities to collaborate on measures to mitigate excess weight gain among Hampshire residents and support those residents who are living with obesity.
5. Recognise the opportunities for Districts and Borough Councils to apply good practice identified in taking a whole systems approach building and linking healthy weight objectives into various policies.

Executive Summary

6. The prevalence of overweight & obesity in Hampshire is slightly higher than the regional prevalence and the same as the national prevalence. This highlights the need for ongoing action among partners to tackle this important public health problem.
7. Partners from Local Authorities, Integrated Care Boards, to Childrens Partnerships and Public Health continue to work with ambition to mitigate weight gain and help those living with obesity to manage their weight. The Hampshire healthy weight strategy exists to support this ambition.
8. This report makes recommendations on how to proceed with the Healthy Weight Strategy with the ultimate objective of reducing the prevalence of overweight and obesity in Hampshire and reducing it's impact on population health.

Contextual Information

9. It is estimated that the current percentage of adults in England (aged 18+) affected by overweight or obesity is 63.8% (2021/22)¹. Although there are people in all population groups who are above a healthy weight, obesity is related to social disadvantage with some population groups are more affected than others. For example, the prevalence of excess weight 11% higher in the most deprived compared to the least deprived areas².
10. Being overweight or obesity can lead to chronic and severe medical conditions³. The urgency of addressing excess weight in the population was highlighted during the COVID-19 pandemic. Living with excess weight put people at greater risk of serious illness or death from COVID-19, with risk growing as body mass index (BMI) increases.
11. A national policy paper was published in July 2020, announcing a set of new policies to empower people to make healthier choices. This paper established that “helping people to achieve and maintain a healthy weight is one of the most important things we can do to improve our nation’s health”⁴.

¹ Office for Health Improvement and Disparities. Public health profiles- obesity. 2023.

<https://fingertips.phe.org.uk/search/obesity>

² Active Lives Survey data 2017/18, extracted from Public Health England Profiles

³ <https://www.nice.org.uk/guidance/qs111/chapter/Introduction>

⁴ <https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives>

12. In Hampshire, the percentage of adults estimate to be living with overweight or obesity is 63.2%, which is similar to England at 63.5% and slightly higher than the regional average of 62.4%⁵.

Hampshire Healthy Weight Strategy

13. The Hampshire Healthy Weight Strategy 2022-2026 supports the overarching [Public Health Strategy for Hampshire](#) in its ambition to increase the number of years Hampshire residents can expect to live in good health and reduce the gap in healthy life years between the most and least healthy.
14. Through effective partnership working to deliver cross-cutting actions and using a whole systems approach, the Hampshire Healthy Weight Strategy 2022-2026 aims to reduce or level off the prevalence of overweight and obesity.
15. While the Hampshire Healthy Weight Strategy 2022-2026 remains a key document of reference focussing on overweight and obesity in Hampshire, there are obvious synergies with allied [strategy and policy documents](#), including the Hampshire Physical Activity Strategy, the draft Local Transport Plan (LTP4), and the District and Borough Local Plans.
16. Through our three overarching strategic objectives we will work towards a healthier Hampshire:
- a. We will support places and communities to enable residents to achieve a healthier weight.
 - b. We will work with health, care, education and community settings and systems to promote healthier weight across the life course.
 - c. We will reduce inequalities in health by focusing on people and populations most at risk.

Action on objective 1: We will support places and communities to enable residents to achieve a healthier weight

17. Partners are working together to ensure that health and wellbeing is enhanced with action on active travel, opportunities for physical activity, access to green and blue space, food environment and encouraging quality food businesses.

⁵ Office for Health Improvement & Disparities, Local Authority Health Profiles. [Internet] Hampshire. Accessed 12th December 2022. Available from: [Local Authority Health Profiles - Data - OHID \(phe.org.uk\)](#)

18. District and Borough Councils have built health into Local Plans so that future developments can provide opportunities to develop healthy weight urban environments.
19. The draft Local Transport Plan (LTP4) put health and wellbeing at the heart of transport policy, including promoting quality places for people to live and putting measures in place to enable active travel choices.
20. Partners continue to work together to deliver whole systems approaches (WSA) to obesity in Havant and Rushmoor. Work is underway to identify and deliver renewed actions for and with partners.
21. To make progress on healthier food environments, in 2024 a Hampshire-wide healthier food award will be launched for food premises such as caterers, restaurants and take-aways, to apply for (at no cost to the food business).
22. Partners continue to work together to support those Hampshire residents experiencing food insecurity, working with food banks, food pantries, library services and others to improve access, availability, affordability, and quality of healthier food options.

Action on objective 2: We will work with health, care, education and community settings and systems to promote healthier weight across the life course.

- Hampshire County Council (Public Health, Childrens Services and participating schools) actively promote a whole setting approach to healthy weight in educational settings.
 - This includes the provision of lessons in living healthily, provision of a nutritious and varied menu at mealtimes with free school meals for some eligible children, environments in school settings that promote physical activity and opportunities for families to build active travel into their daily routine to/from school.
23. This allows all children to experience and develop positive beliefs and behaviours about eating and exercise that last into adulthood. Support includes training for all staff, resources, and policy guidance.
 24. The Holiday Activity and Food (HAF) programme provides funded holiday activities for children who are in receipt of free school meals. HAF schemes provide healthy meals, and many of these community-based providers carry out the Daily Mile at their provisions, others are specialist sports providers offering a range of sporting activities.

25. Programmes such as the Golden Mile and the Hampshire School Games delivered by Energise Me in partnership with other organisations are key, alongside the great work of our teachers leading PE lessons. Funding has also been achieved to boost physical activity in our communities particularly for those populations who are most inactive.
26. The first 1001 days is recognised as crucial in the best start for children. Hampshire County Council has with stakeholders and the community to [review](#) the support for the first 1001 days of a child's life.
27. Partners are working together to design and test a family lifestyle support programme that sensitively supports factors affecting family members weight. This is to be driven by insights from the very communities partners are trying to support.
28. Childrens Services have successfully increased e-learning uptake among staff on healthier eating in educational settings.

Action on objective 3: We will reduce inequalities in health by focusing on people and populations most at risk.

29. The newly commissioned Tier 2 adult weight management service is focussed on addressing inequalities with priorities including men, residents living in deciles of greater deprivation and those living with comorbidities. Face to face, digital and physical activity formats ensure greater accessibility to the service. Demand for the service has been high.
30. Man V Fat is a physical activity and weight management intervention tailored to the needs of men. Informal football and weight loss achievements equate to points in a league, motivating men to lose weight. There are currently leagues in Aldershot, Andover, Basingstoke, Eastleigh, Gosport, and Havant, reflecting target area where the prevalence of obesity is higher.
31. Public Health, commercial partners and the community are working together to pilot support for women too: working with Horizon Leisure to deliver a women-only programme in Havant and with My Health Revolution to deliver a women-only programme in Gosport and Rushmoor.
32. General practices and community pharmacies can also refer eligible Hampshire residents to the NHS digital weight management programme.

This programme supports Hampshire adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health. It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer. The ICB are reviewing the current uptake of this service to increase referrals into the programme.

33. NHS commissioned Tier 3 and Tier 4 (bariatric) weight management interventions continue to support residents with higher needs. The impact of recent NICE guidelines on Semaglutide for weight loss on services is not clear at the time of writing.
34. We recognise inequalities in access to weight management support for Hampshire residents living with a Learning Disability (LD). Partners are working together to build on the good practice of other Local Authority weight management programmes to support this specific community.
35. We recognise that mental health may present a barrier to uptake or affect the impact of a standard weight management support offer. Partners are working together to identify accessible support with appropriate outcome expectations.

Conclusion

36. Much work has been undertaken by system partners in seeking to mitigate the opportunities for weight gain and to help those living with obesity in Hampshire. It remains that the work needs to continue, building on the learning derived from the many partners that contribute to mitigating obesity impact in Hampshire.

REQUIRED CORPORATE AND LEGAL INFORMATION:

Links to the Strategic Plan

Hampshire maintains strong and sustainable economic growth and prosperity:	Yes
People in Hampshire live safe, healthy and independent lives:	Yes
People in Hampshire enjoy a rich and diverse environment:	Yes
People in Hampshire enjoy being part of strong, inclusive communities:	yes
OR	
This proposal does not link to the Strategic Plan but, nevertheless, requires a decision because:	

Section 100 D - Local Government Act 1972 - background documents

The following documents discuss facts or matters on which this report, or an important part of it, is based and have been relied upon to a material extent in the preparation of this report. (NB: the list excludes published works and any documents which disclose exempt or confidential information as defined in the Act.)

Document

Location

None

EQUALITIES IMPACT ASSESSMENT:

1. Equality Duty

The County Council has a duty under Section 149 of the Equality Act 2010 ('the Act') to have due regard in the exercise of its functions to the need to:

- Eliminate discrimination, harassment and victimisation and any other conduct prohibited by or under the Act with regard to the protected characteristics as set out in section 4 of the Act (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation);
- Advance equality of opportunity between persons who share a relevant protected characteristic within section 149(7) of the Act (age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation) and those who do not share it;
- Foster good relations between persons who share a relevant protected characteristic within section 149(7) of the Act (see above) and persons who do not share it.

Due regard in this context involves having due regard in particular to:

- The need to remove or minimise disadvantages suffered by persons sharing a relevant protected characteristic that are connected to that characteristic;
- Take steps to meet the needs of persons sharing a relevant protected characteristic that are different from the needs of persons who do not share it;
- Encourage persons sharing a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

2. Equalities Impact Assessment

An Impact assessment has not been undertaken for this report as it does not propose new undertakings requiring such an assessment and reports on strategy progress.