

MUNICIPAL YEAR 2018/2019 REPORT NO.

MEETING TITLE AND DATE:

Health & Wellbeing Board
26/07/2018

REPORT OF:

Assistant Director of Public Health
Glenn Stewart

Agenda – Part:	Item:
Subject: Healthy Weight Wards: Key Decision No:	
Cabinet Member consulted:	

Contact officer and telephone number

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1. EXECUTIVE SUMMARY

Addressing obesity and promoting healthy weight is one of Public Health's priorities, and has been identified as a priority for the Health & Wellbeing Board for 2017 - 2019. The paper provides an update on the Healthy Weight Partnership and the draft Healthy Weight Strategy and action plan, in addition to highlighting an opportunity to participate in the School Superzones pilot project. It also introduces the Whole Systems Obesity Programme and an opportunity to review a draft guide to implementing this programme at a Local Authority level.

2. RECOMMENDATIONS

It is recommended that the Board:

2.1 encourages their organisations to respond to the Healthy Weight Strategy consultation and consider what actions their organisation can take to support all residents to make healthy food choices, stay physically active and maintain a healthy weight throughout their lives

2.2 supports Enfield Council's efforts to participate in the School Superzones pilot project, as outlined in section 4.5 of this report

2.3 members report on progress on the adoption of the actions from the Declaration on Sugar Reduction and the Obesity management care pathway, as outlined in section 3.6

3. BACKGROUND

3.1	Prevalence of obesity and overweight is high in Enfield and presents formidable health and social care problems. 3 year NCMP data (2014/15 – 2016/17) shows that the average prevalence of excess weight in year 6 pupils is 41.5%. This is significantly higher than London (37.9%) and England (33.87%) averages. 251 Year 6 pupils were identified as severely obese in 2016/17 (e.g. on the 99.6 th centile of the 1990 child growth charts), equating to 6.1% of all the children measured.
3.2	47.4% of children in the top 10% most deprived parts of the Borough are overweight or obese, compared to 26.2% of children in the 10% least deprived parts of the Borough. Upper Edmonton (47.1%), Ponders End (46.9%), Enfield Highway (46.4%), Lower Edmonton (46.0%) and Edmonton Green (45.8%) had a significantly higher prevalence of excess weight in pupils compared to the Enfield average (41.5%)
3.3	The prevalence of excess weight by ethnicity is significantly higher in Turkish/Kurdish (51.1%) and African (45.5%) pupils compared to the Enfield average (41.5%)
3.4	If left unchanged, this situation will lead to serious health complications later in life, such as diabetes, heart disease and cancers. Enfield has one of the highest prevalence of Type 2 diabetes in London. Across the country diabetes costs the NHS £25,000 per minute.
3.5	The Foresight report concluded that there is no one solution to obesity and only a multi-pronged approach involving everyone will lead to long term change.
3.6	At the HWB meeting in December 2017, the Board agreed (1) That the Health and Wellbeing Board considered adoption of the actions in the table set out in the report [section 5] as a means of increasing healthy weight in the borough and to report progress regularly through the Joint Health and Wellbeing Strategy progress report. (2) The Health and Wellbeing Board encouraged the development of an obesity management care pathway and would receive regular reports on progress
3.7	At the HWB meeting in April 2018, the Board “agreed the recommended approach to setting up the Enfield Healthy Weight Partnership.”
4.	REPORT
4.1	<u>Healthy Weight Partnership</u> The Healthy Weight Partnership met on the 5 th July and agreed to the TOR of the group, which had been agreed by the Board.
4.2	<u>Healthy Weight Strategy</u> The Healthy Weight Partnership also agreed to the four main objectives of the Healthy Weight Strategy:

	<ol style="list-style-type: none"> 1. Ensuring all local planning and policy decisions have a focus on creating and preserving health-promoting environments, thereby making the healthy choice the easy choice 2. Ensuring that all health, social care, educational and workplace settings encourage and support healthy eating, active travel and physical activity, particularly early years to enable children to have the best start in life 3. Providing residents with the knowledge, skills and opportunities to eat healthily, be active and maintain a healthy weight 4. Making tackling obesity everybody's business by working in partnership across sectors, and by developing a local workforce that is confident and competent in supporting people to make healthier choices <p>The draft Healthy Weight strategy and action plan has been circulated to members of the Partnership and Public Health for comment. The strategy will be circulated for wider consultation following this feedback.</p>
4.3	<p><u>Whole Systems Obesity (WSO) Programme</u></p> <p>Central to the Strategy is considering learnings from the Whole Systems Obesity (WSO) Programme.</p> <p><i>A WSO moves away from silo working on isolated short-term interventions to working with stakeholders across the whole system to identify, align and review a range of actions to tackle obesity in the short, medium and long term.</i>¹</p> <p>Public Health England partnered with the Local Government Association and Association of Directors of Public Health to develop the WSO programme. Leeds Beckett University was commissioned to work with four pilot areas, with the aim of learning from local practices and creating practical, tried-and-tested guidance that could be used by any local authority in England. Seven other local authorities have since been welcomed into the programme. Three years into the programme, they are now preparing to share some of the learnings from these pilot areas. The final guide and supporting resources will be published in spring 2019, alongside a full evaluation to support the approach.</p> <p>However, they are asking local authorities for expressions of interest to receive the draft guide in September to enable them to review the guidance before it is peer reviewed.</p>

¹ <https://local.gov.uk/sites/default/files/documents/15.6%20Obesity-05.pdf>

	<p>Enfield has expressed its interest in receiving this guide to implementing a WSO.</p>
<p>4.4</p>	<p><u>The Declaration on Sugar Reduction</u></p> <p>The Declaration on Sugar Reduction and Healthier Food has been signed by the new Leader of the Council and the Cabinet Member for Public Health. Sustain has accepted our action plan and is due to send us a certificate to display.</p> <p>Partners will be asked to report on progress in implementing the Sugar Declaration at future HWB meetings.</p>
<p>4.5.</p>	<p><u>School Superzones Pilot Project</u></p> <p>Enfield has expressed an interest in partaking in the School Superzones pilot project with PH England.</p> <p>One of the London Devolution prevention commitments is to create health super zones around schools. Superzones are a 400m radius area around schools in which actions are taken to protect children’s health and encourage healthy behaviours through interventions that target:</p> <ul style="list-style-type: none"> • unhealthy food and drink sales • advertisements • alcohol • smoking • gambling • air quality. • physical inactivity <p>The aim is to create a healthier and safer environment for our children to live, learn and play. This ambition is also included in the Mayors Health Inequalities Strategy, with a focus on developing superzones in deprived communities.</p> <p>The school superzones pilot project</p> <p>This new school superzones initiative will put London at the forefront of innovation, and a leading city in healthy urban design. The pilot project aims to:</p> <ul style="list-style-type: none"> • Explore, identify and test policy and fiscal levers and actions that are available on local, regional and national levels • Use the opportunity of devolution to open negotiations with regional and national partners • Co-create solutions with communities • Share learning across pilot sites • Evaluate the pilot to inform superzone development <p>The pilot project will run until March 2019, with the intention of developing a transferable superzone approach, and identify ‘once for London’ opportunities to change policy or legislation to improve the environment around schools.</p>

Joining the pilot project

To participate boroughs are required to:

- Designate a superzones lead, who will be available to attend pilot progress meetings and be a point of contact for the project team.
- Confirm senior level approval to participate in the pilot project.
- Work with local transport team to incorporate superzones into TfL Liveable Neighbourhoods or LIP proposals.
- Work with council colleagues (e.g. planning, licencing, transport, healthy schools) to develop a local superzones action plan tailored for your local area.