

MUNICIPAL YEAR 2018/2019 - REPORT NO.

MEETING TITLE AND DATE
Health and Wellbeing Board
6/12/2018

REPORT OF
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Agenda - Part:	Item:
Subject: Healthy Weight	
Wards:	
Cabinet Member consulted:	
Approved by:	

1. EXECUTIVE SUMMARY

Addressing obesity and promoting healthy weight are the Council's priorities for reducing health inequalities and improving health and wellbeing. Increasing healthy weight is also one of the Health & Wellbeing priorities for 2017 – 2019 and therefore a major component of the Public Health's workstream. The Enfield Healthy Weight Strategy and action plan sets out how obesity will be tackled. It is proposed that progress on the implementation of the action plan is reported back to the Board in six months.

2. RECOMMENDATIONS

It is recommended that the Board:

- 2.1 approves the Healthy Weight Strategy and action plan
- 2.2 considers what actions their respective organisations can take to meet the strategic objective to 'Make tackling obesity everybody's business'
- 2.3 requests an initial implementation report in 6 months

3. BACKGROUND

3.1	The prevalence of year 6 pupils with excess weight in 2017/18 (41.1%) is significantly higher than London (37.7%) and England (34.3%). This has remained similar to the previous year (41.5%). Enfield is ranked 5 th highest out of all London boroughs.
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	6.2% of year 6 pupils measured were identified as being severely obese, which is significantly worse than London (5.2%) and England (4.2%). This has not changed since the previous year (6.1% in 2016/17).
3.2	<p>The prevalence of reception year pupils with excess weight in 2017/18 (24.9%) is significantly higher than England (22.4%) and London (21.8%). This has remained similar to the previous year (24.8%). Enfield is ranked 5th highest for excess weight out of all London boroughs.</p> <p>3.9% of reception year children measured were identified as being severely obese, which is significantly worse than London (2.9%) and England (2.4%)</p>
3.3	3-year data from 2014/15 – 2016/17 showed that 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%)
3.4	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%)
3.5	Tackling obesity effectively will require the development of a sustained whole systems approach (WSA), joining up the many influences on obesity and tackling them through transformative, coordinated action across a wide variety of sectors and Council departments. A WSA recognises the range and complexity of causes of obesity and supports a system wide approach to understanding and addressing health inequalities. Taking this approach is enabled in Enfield by the commitment to embed a Health in All Policies approach (HiAP) as stated in both the draft JHWS and the Enfield Council Corporate Plan.
3.6	The Healthy Weight Partnership led the development of the strategy. The strategy was informed by national and local learning and proposes taking a whole systems approach to tackling obesity.
3.7	The vision of the strategy is that Enfield becomes a place <i>where all residents can easily make healthy food choices, stay physically active and maintain a healthy weight throughout their lives.</i>
3.8	<p>The strategic objectives are to:</p> <ol style="list-style-type: none"> 1. Ensure 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. Ensure that all health, social care, educational and workplace settings encourage and support healthy eating, active travel and physical activity, particularly in early years to enable children to have the best start in life 3. Provide residents with the knowledge, skills and opportunities to eat healthily, be active and maintain a healthy weight 4. Make 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
3.9	Two implementation groups (People & Place) will be established to support the implementation of the strategy.
3.10	<p>The intended outcomes are:</p> <ul style="list-style-type: none"> - A sustained downward trend in the level of excess weight in children by 2024 - A downward trend in the level of excess weight averaged across all adults by 2024 <p>Progress towards these outcomes will be monitored using data from the National Child Measurement Programme in Reception Year and Year 6 pupils, and the Active Lives Survey for adults.</p>

5. KEY RISKS

- 5.1** Failure to address the increase in obesity in the Borough will place at risk the sustainability of Enfield's health and social care provision.

6. IMPACT ON PRIORITIES OF THE HEALTH AND WELLBEING STRATEGY

- 6.1** Ensuring the best start in life
Healthy physical activity and eating habits are developed early in life and can set the foundation for life-long behaviours and disease risk. Supporting and enabling all age groups to eat better and move more is central to the strategy.
- 6.2** Enabling people to be safe, independent and well and delivering high quality health and care services
- 6.3** Creating stronger, healthier communities
- 6.4** Reducing health inequalities – narrowing the gap in life expectancy
The strategy acknowledges that some communities and individuals are more likely to become overweight and the action plan will appropriately target these communities in order to reduce health inequalities.
- 6.5** Promoting healthy lifestyles
Healthy lifestyles will be promoted by supporting and enabling residents to eat better and move more.

7. EQUALITIES IMPACT IMPLICATIONS

Appendix

- Healthy Weight Strategy and Action Plan