

# North Tyneside Health & Wellbeing Board Report Date: 10 November 2022

Title: Healthy Weight  
Declaration Update

**Report from:** North Tyneside Council

**Report Author:** Louise Gray, Consultant in Public Health (Tel: 0191 264 1613)

**Relevant Partnership Board:** North Tyneside Healthy Weight Alliance

## 1. Purpose:

The purpose of this report is to provide the Board with an update on progress made with the Local Authority Declaration on Healthy Weight

## 2. Recommendation(s):

The Board is recommended to:

- a) Note the contents of this report
- b) Support the launch of the Healthy Weight Declaration on 22 November 2022. Board members may also wish to assure themselves that relevant staff from their own organisation will be in attendance at the launch.
- c) Agree to receive a broader update from the Healthy Weight Alliance on 9 March 2023

## 3. Policy Framework

This item relates to Section 8 of the Joint Health and Wellbeing Strategy, "Equally Well: A healthier, fairer future for North Tyneside 2021- 2025". This item relates to actions to tackle obesity, promote healthy weight and reduce inequalities.

## 4. Information:

### 4.1 Overview

Living with obesity can impact on a person's physical and mental health and wellbeing. People living with obesity are more likely to develop high blood pressure (a risk factors for cardiovascular disease), Type 2 diabetes and certain factors. Evidence suggests that children living with obesity are more likely to be overweight as adults and may also experience issues such as bullying, low self-esteem and weight stigma<sup>1,2</sup>.

<sup>1</sup> **Simmonds et al (2016)**. Predicting adult obesity from childhood obesity: a systematic review and meta-analysis. *Obes Rev.* 2016 Feb;17(2):95-107

<sup>2</sup> **Craigie et al (2011)**. Tracking of obesity-related behaviours from childhood to adulthood: A systematic review. *Maturitas.* 2011 Nov;70(3):266-84

It is widely acknowledged that excess weight is not evenly distributed, and some gaps are more likely to have a higher prevalence than other, leading to health inequalities. At a population level, people living in more deprived areas are disproportionately affected by obesity and the associated medical conditions. These inequalities are key drivers of the Joint Health and Wellbeing Strategy and some of the specific actions to support the “our lifestyles and healthy behaviours” ambition.

## **4.2 The current position in North Tyneside**

Population level data is available to provide an understanding of the prevalence of excess weight (e.g., overweight and obesity) in North Tyneside. In 2020-21, 65.9% of adults in North Tyneside were estimated to be living with excess weight, which was the lowest prevalence in the North East but higher than the England value of 63.5%<sup>3</sup>. The National Child Measurement Programme (NCMP) results for the 2021-22 academic year show that over 1 in 4 children in Reception (26.1%) in North Tyneside are living with excess weight, and this increases to over 1 in 3 in Year 6 (38.6%). These results represent an increase on previous years and are higher than provisional national data. As above, local NCMP data shows that children living in or attending schools in more deprived parts of the borough are more likely to be living with excess weight than those from less deprived areas.

The full impact of the COVID-19 pandemic on weight is not yet fully understood, but initial indicators suggest that the prevalence of excess weight has increased at a population level in adults and children. This is supported by local NCMP data. If current trends continue it is predicted that there will be more people who are obese than those who are a healthy weight by 2040, making obesity the most common BMI status.

## **4.3 Local Authority Declaration on Healthy Weight**

Obesity is a complex problem; decisions around food choices and physical activity are not made in a vacuum. There are many individual, environmental and population factors that affect someone’s weight and therefore this means that some people find it more difficult to achieve and maintain a healthy weight than others.

The Healthy Weight Declaration is a strategic, system-wide commitment made across all council departments to reduce unhealthy weight in local communities, protect the health and wellbeing of citizens and to make an economic impact on health and social care and the local economy. The Healthy Weight Declaration was developed by Food Active and consists of 16 commitments under the following headings:

- Strategic/system leadership
- Commercial determinants
- Health promoting infrastructure/environment
- Organisational change/culture shift
- Monitoring and evaluation

The North Tyneside Health and Wellbeing Board agreed to adopt the Healthy Weight Declaration on 16 September 2021. The Board agreed to take a lead role, through the work of the Healthy Weight Alliance, in ensuring a whole systems approach to addressing the obesogenic environment and supporting individuals. The Board also agreed to support a joint approach with Northumbria Healthcare NHS Foundation Trust to provide strong

---

<sup>3</sup> OHID (2022). Fingertips: Obesity Profile – Adult prevalence data. Available [online](#) [Accessed 17 October 2022]

systems leadership across North Tyneside and effective partnership working in relation to tackling the complexities of tackling obesity across the borough.

It was later agreed that the whole system approach would be further strengthened if Northumberland County Council jointly launched their Healthy Weight Declaration at the same time. Therefore, North Tyneside Council, Northumbria Healthcare NHS Foundation Trust and Northumberland County Council will launch their Healthy Weight Declarations on 22 November 2022. It is thought that this will be the first joint launch of this kind in the country.

The Healthy Weight Declaration will launch at an online event on 22 November 2022. There will be presentations from all three organisations to set out some of their proposals to address the relevant commitments and support healthy weight across the system. Members of the Healthy Weight Alliance and other relevant stakeholders in North Tyneside have been invited to attend the launch.

Progress against the commitments of the Healthy Weight Declaration commitments and a broader action plan to reduce inequalities in weight and the food environment in North Tyneside will be overseen by the Healthy Weight Alliance.

**5. Decision options:**

The Board may either:

- a) Note the report and take no further action; or
- b) Agree to the recommendations set out in Section 2 of this report

**6. Reasons for recommended option:**

The Board are recommended to agree option b) to provide a robust and systematic approach to tackling unhealthy weight across North Tyneside and work in line with the Joint Health and Wellbeing Strategy to reduce inequalities.

**7. Appendices:**

None

**8. Contact officers:**

Louise Gray, Consultant in Public Health, North Tyneside Council

**9. Background information:**

The following background documents have been used in the compilation of this report and are available from the author: -

National Child Measurement Programme: Summary of North Tyneside data 2021-2022

North Tyneside Joint Health and Wellbeing Strategy 2021-2025: Equally Well: A healthier, fairer future for North Tyneside

Office for Health Improvement and Disparities (2022). Fingertips – Obesity Profile

## COMPLIANCE WITH PRINCIPLES OF DECISION MAKING

### 10 Finance and other resources

There is a cost of £1950 plus VAT to adopt the Healthy Weight Declaration. This will be paid for through the Public Health Ringfenced Budget. Further actions may be identified by the Healthy Weight Alliance in future which may require a financial commitment from some partners, but there is no work currently ongoing that is beyond the remit of partners' usual activity.

### 11 Legal

The Board has a duty under Section 195 of the Health & Social Care Act 2012 to encourage partners to work closely together and in an integrated manner for the purpose of advancing the health and wellbeing of the people in the area.

### 12 Consultation/community engagement

A stakeholder event was held on 27 July 2021 with partners across the system and within North Tyneside Council, and there was further discussion at the Health and Wellbeing Board on 16 September 2021.

### 13 Human rights

There are no human rights implications directly arising from this report.

### 14 Equalities and diversity

There are no equality and diversity implications arising directly from this report. Obesity-related health harms are a key indicator of health inequalities. The North Tyneside Healthy Weight Alliance and partner agencies will work to reduce those inequalities.

### 15 Risk management

No risk assessment has taken place since the last report to the Health and Wellbeing Board. Any risks identified can be managed following the Council and partners' existing risk processes.

### 16 Crime and disorder

There are no crime and disorder implications directly arising from this report.

#### SIGN OFF

Chair/Deputy Chair of the Board

Director of Public Health

Interim Director of Children's Services

Interim Director of Adult Services

Director of Healthwatch North Tyneside

Integrated Care Board Director of Place