

North Tyneside Health & Wellbeing Board Report Date: 16 September 2021

Title: Healthy Weight
Declaration

Report from: North Tyneside Council, Public Health Team

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Relevant Partnership Board: North Tyneside Healthy Weight Alliance

1. Purpose:

The purpose of the report is to introduce the Healthy Weight Declaration (HWD) and propose that the Health and Wellbeing Board supports the adoption of the HWD.

2. Recommendation(s):

The Board is recommended to: -

- a) take a lead role, through the work of the Healthy Weight Alliance, in ensuring there is a whole systems approach to preventing excess weight by addressing both the obesogenic environment in which we all live, as well as supporting individuals; and
- b) encourage and support North Tyneside Council and Northumbria Healthcare NHS Trust to adopt the Healthy Weight Declaration and achieve its 16 commitments.

3. Policy Framework

This item relates directly to delivery of the vision, objectives and priorities contained within the refreshed Joint Health and Wellbeing Strategy 2013-23.

4. Information:

4.1 Background

The COVID-19 pandemic has put the obesity epidemic once again into the spotlight and the urgency of tackling the obesity time bomb has been brought to the fore by evidence of the link to an increased risk from COVID-19.

Living with excess weight puts people at greater risk of serious illness or death from COVID-19, with risk growing substantially as body mass index (BMI) increases. Almost 8% of critically ill patients with COVID-19 in intensive care units have been morbidly obese, compared with 2.9% of the general population.

Evidence regarding the nation's eating and exercise habits during the COVID-19 pandemic suggests that more people have exercised during lockdown, however the nation's exercise levels have not increased overall since before the pandemic.

Meanwhile, snack food and alcohol sales in high street shops have increased substantially.

In response the Government launched a new obesity strategy in July 2020 the Better Health campaign to get the nation fit and healthy, protect themselves against COVID-19 and protect the NHS.

Tackling obesity is one of the greatest long-term health challenges that we face and helping people to achieve and maintain a healthy weight is one of the most important things we can do to improve the health of the population. Obesity is the result of complex relationships between genetic, socioeconomic, and cultural influences and as a result requires a whole systems approach, across the lifecourse to address the root causes. This includes interventions which address both the obesogenic environment in which we all live, as well as support for individuals. Having strong support across a system can help to drive change, ensuring that healthy weight is considered in all policies and practice.

North Tyneside Council through its Health and Wellbeing Board has an established a Healthy Weight Alliance in place. Partner organisations have come together to develop a plan to address obesity at a population level across the borough. The HWD could provide an effective platform and framework to deliver this plan.

4.2 What is the Local Authority Declaration on Healthy Weight?

The HWD was developed by Food Active a charitable organisation established in the North West region. It aims to support organizations and their partners to take action to prevent excess weight and secure the health and wellbeing of the population. The HWD is a strategic, system-wide commitment to tackling excess weight and physical inactivity.

The declaration comprises of '16 standard commitments' which are designed to be bold but achievable, with the opportunity for areas to make further local commitments to supplement the declaration if they wish. The 16 commitments are grouped under the following headings (please see information pack on the HWD):

- Strategic / System Leadership
- Commercial Determinants
- Health Promoting Infrastructure / Environments
- Organisational Change / Culture Shift
- Monitoring & Evaluation

The HWD has been adopted by several local authorities nationally and within the North East region, Gateshead, Sunderland, Stockton, and Darlington are all considering implementation.

Adopting the HWD would demonstrate a system leadership commitment to tackling some of the complex challenges being faced locally in relation to obesity.

The proposed HWD will contribute to the new Health and Wellbeing Strategy which reflects the Mayor and Cabinet's focus on tackling inequalities.

4.3 Work undertaken to date

A Healthy Weight Alliance workshop was held on the 27th July with partners across the system (e.g. CCG, PCN's, Northumbria Healthcare Trust, VCS) led by the public health team and chaired by the Councillor Karen Clark, setting out the context and challenges of tackling obesity in North Tyneside and outlining the benefits of adopting the HWD.

The proposal to adopt a HWD was well received by partners and gained overwhelming support. In addition, Northumbria Healthcare Trust (NHCT) have also expressed an interest adopting the HWD, which will support their work as an Active Hospital. The intention is to aim for a joint launch event with the Trust in January 2022

5. Decision options:

The Board may now either: -

- a) note the Healthy Weight Declaration and take no further action; or
- b) agree the recommendations set out in Section 2 of the report.

6. Reasons for recommended option:

The Health and Wellbeing Board is recommended to agree option b. in order to provide a robust and systematic approach to tackling obesity across the borough.

7. Appendices:

- Appendix 1: HWD evidence briefing
- Appendix 2: Obesity in North Tyneside

8. Contact officers:

Behnam Khazaeli, Senior Public Health Manager, tel: (0191) 6436918 / 07974592836

9. Background information:

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

- North Tyneside Council Constitution
- Health & Social Care Act 2012
- National Health Service Act 2006
- HM Government (2018) Childhood Obesity Plan Chapter 2
- HM Government (2020) Tackling obesity: empowering adults and children to live healthier lives.
- NHS England (2018) The NHS Long Term Plan.
- Department of Health and Social Care (2018).
- Professor Michael Marmot (2020) Health equity in England: The Marmot Review ten years on.
- Public Health England (2019) Whole systems approach to obesity
- Public Health England (2020) Review into factors affecting COVID 19.

COMPLIANCE WITH PRINCIPLES OF DECISION MAKING

10 Finance and other resources

The cost to sign up to the HWD is £1950 plus VAT which will be paid for through the public health ring fenced budget. Any financial implications for services or projects arising from the HWD will be within current budget envelopes or secured through external funding where appropriate.

11 Legal

In accordance with the Health & Social Care Act 2012 the Board is responsible for encouraging the commissioners of health and social care services to work in an integrated manner to improve the health and wellbeing of people.

12 Consultation/community engagement

A stakeholder event was held on the 27th July, with partners across the system (e.g., CCG, PCN's, Northumbria Healthcare Trust, VCS) and internal council services.

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. The HWD will consider equalities implications and especially the impact of obesity on those in poverty, on different ethnic groups and social class. A full equality impact assessment is not considered necessary at this stage but will be considered as the action plan and projects takes shape.

15 Risk management

There are no risks from the Healthy Weight Declaration. Risks will be identified by the North Tyneside Healthy Weight Alliance and managed as a system.

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

Director of Children's and Adult Services

Director of Healthwatch North Tyneside

CCG Chief Officer

Chief Finance Officer

Head of Law & Governance