

# Chapter 7: Strengthen the Role & Impact of Ill Health Prevention

## Lifestyle related Morbidities

### Obesity

*Lead author: Louise Taylor*

#### Introduction

In the UK the prevalence of obesity has been rising sharply for the best part of 20 years and the latest Health Survey for England (HSE)<sup>1</sup> data shows that in 2012 an estimated 62% of adults (aged 16 and over) were overweight or obese. The 2007 Foresight report <sup>2</sup> predicted if no action is taken 60% of men and 50 % of women would be obese by 2050.

Obesity can severely impact on quality of life. The increased risk of excess body weight predisposes individuals to numerous health problems including, increased risk of type 2 diabetes, certain cancers, high blood pressure, coronary heart disease, stroke, respiratory difficulties, gall bladder disease, muscular-skeletal problems, fertility problems, complications in pregnancy and childbirth, mental health problems, contributing to an overall reduction in life expectancy.

Obesity and related conditions also place a significant burden on the NHS. Estimates suggest this costs £ 5 billion each year and billions more to the wider economy. These include costs to employers (around 16 million days of sickness are directly related to obesity), decreased productivity and short term disability. <sup>3</sup>

Policy and Public Health interventions on overweight and obesity treatment and prevention for adults are currently guided by the NICE clinical guidance “Managing overweight and obesity in adults-lifestyle management services”.<sup>4</sup> It makes recommendations on the provision of effective multi-component lifestyle weight management services for adults who are overweight or obese and provides details of other related NICE guidance.

---

<sup>1</sup> Health Survey for England 2012, Health & Social Care Information Centre, 2013: Website [www.hscis.gov.uk](http://www.hscis.gov.uk) (accessed 19/8/2014)

<sup>2</sup> Foresight 2007. Tackling obesity: future choices. Project report

<sup>3</sup> National Obesity Observatory 2010, The economic burden of obesity: Website [www.noo.org.uk/LA/impact](http://www.noo.org.uk/LA/impact) (accessed 20/8/2014)

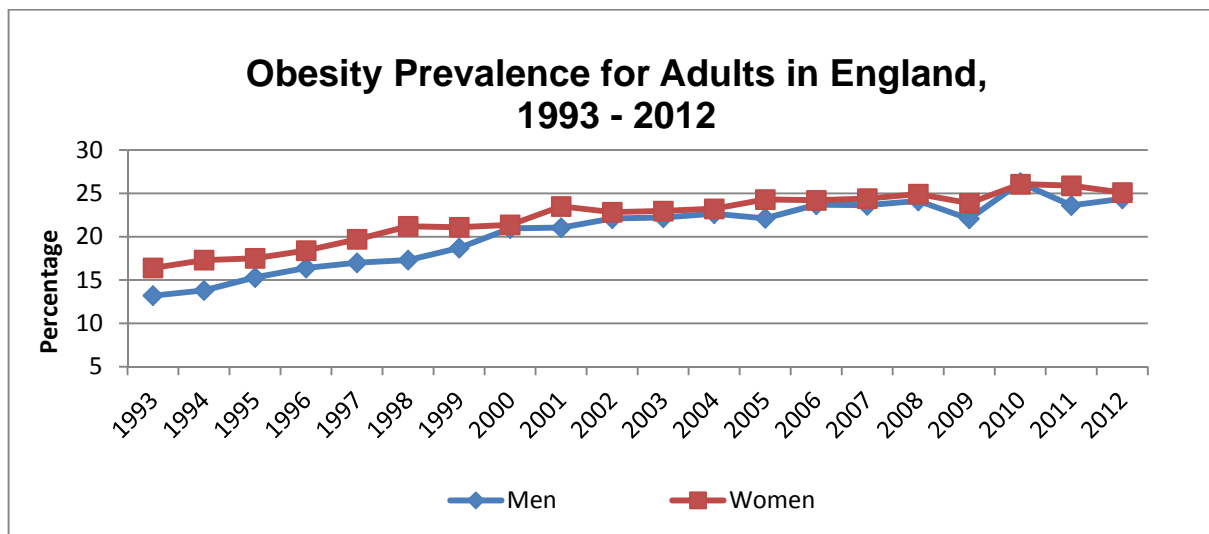
<sup>4</sup> NICE (2014) Managing overweight and obesity in adults-lifestyle weight management services (PH53)

The Government’s Healthy Lives Healthy People: a call to action on obesity in England <sup>5</sup> outlines the ambition to achieve “a downward trend in the level of excess weight averaged across all adults by 2020”. This emphasises the importance of taking a “life course” approach, from pre-conception through pregnancy, infancy, early years, childhood, adolescence and teen age years; through to adulthood and preparing for older age.

## National level of need

The latest Health Survey for England (2012)<sup>6</sup> showed that nationally approximately a quarter of adults 24% of men and 25% of women are obese and a further 42% of men and 32% of women are overweight. This means that in England two thirds (67%) of males and 57% of females were either overweight or obese (with a BMI of over 25kg/m<sup>2</sup>). The trend has been upward over the past decade as shown in Figure 1.

Figure 1: Obesity Prevalence for Adults in England, 1993-2012



Source: Health Survey for England – 2012, [www.hscic.gov.uk/catalogue/PUB13219](http://www.hscic.gov.uk/catalogue/PUB13219)

The prevalence of obesity and overweight, changes with age. Prevalence of overweight and obesity is lowest in the 16-24 years age group and generally higher in the older age groups among both men and women<sup>7</sup>

<sup>5</sup> Department of Health 2011, Healthy Lives Healthy People : a call to action on obesity in England

<sup>6</sup> Health Survey for England 2012, Health & Social Care Information Centre, 2014 : Website [www.hscis.gov.uk](http://www.hscis.gov.uk)

<sup>7</sup> Public Health England publications gateway number; 20114264 published ; August 2014

## Level of need in Ealing

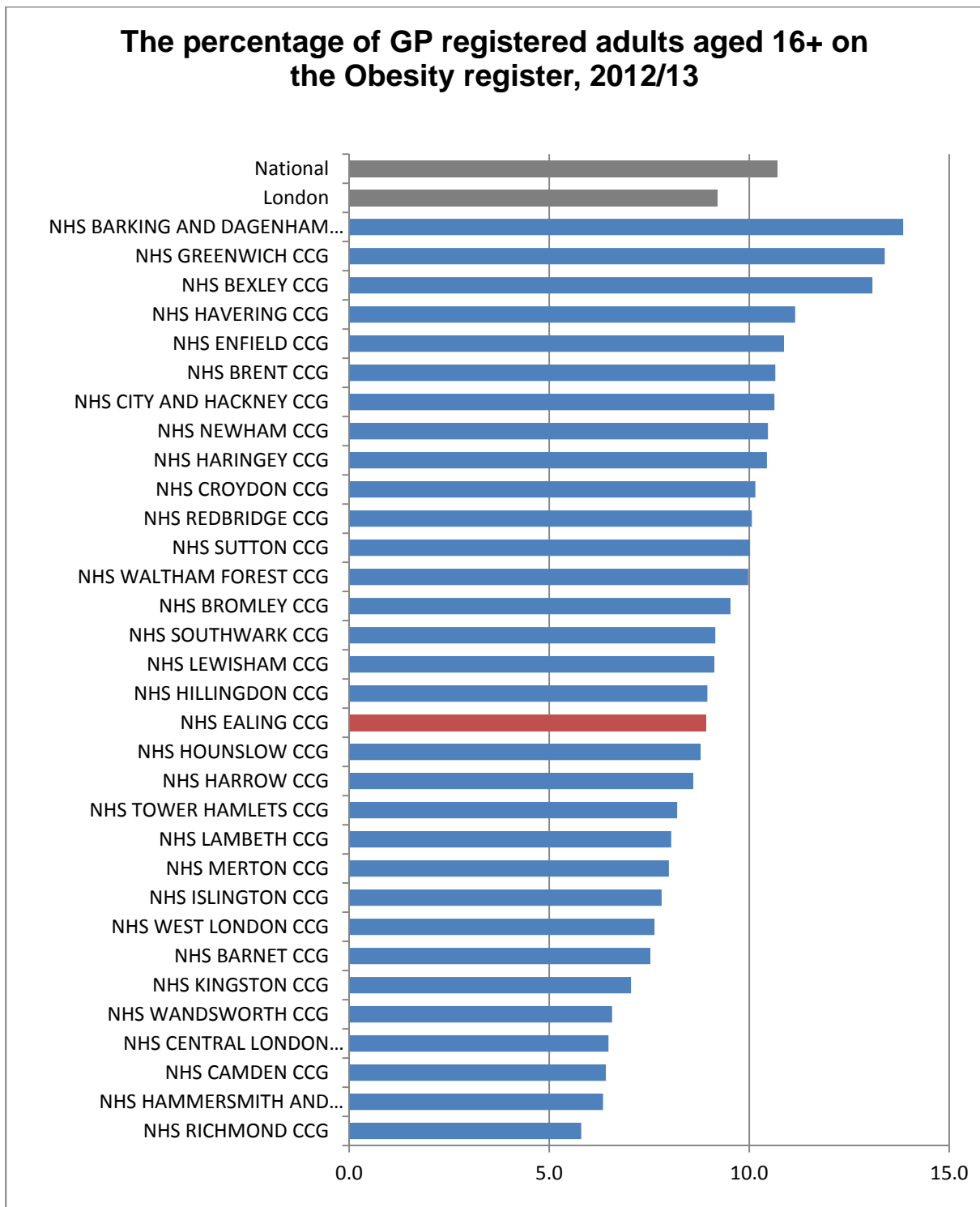
Excess weight in adults is a Public Health Outcomes Framework health improvement indicator which local authorities are measured on. Data for 2012 shows that 57.3% of adults in Ealing were overweight or obese, the same rate as the regional average and lower than the national rate of 63.8%

The Quality and Outcomes Framework (QOF)<sup>8</sup> is a voluntary annual reward and incentive programme for all GP surgeries in England. The QOF clinical register on obesity was started in 2006/7 and is based on patients over 16 and over with a BMI greater or equal to 30 recorded in the previous 15 months. As figure 2 illustrates during 2012/13, Ealing's prevalence of adult obesity amongst the participating GP registered populations stood at 8.9% comparing favourably with both the regional and national averages of 9.2% and 10.7% respectively.

---

<sup>8</sup> Quality Outcomes Framework 2012/13 "Obesity among GP patients". Website: [www.indicators.ic.nhs.uk](http://www.indicators.ic.nhs.uk)

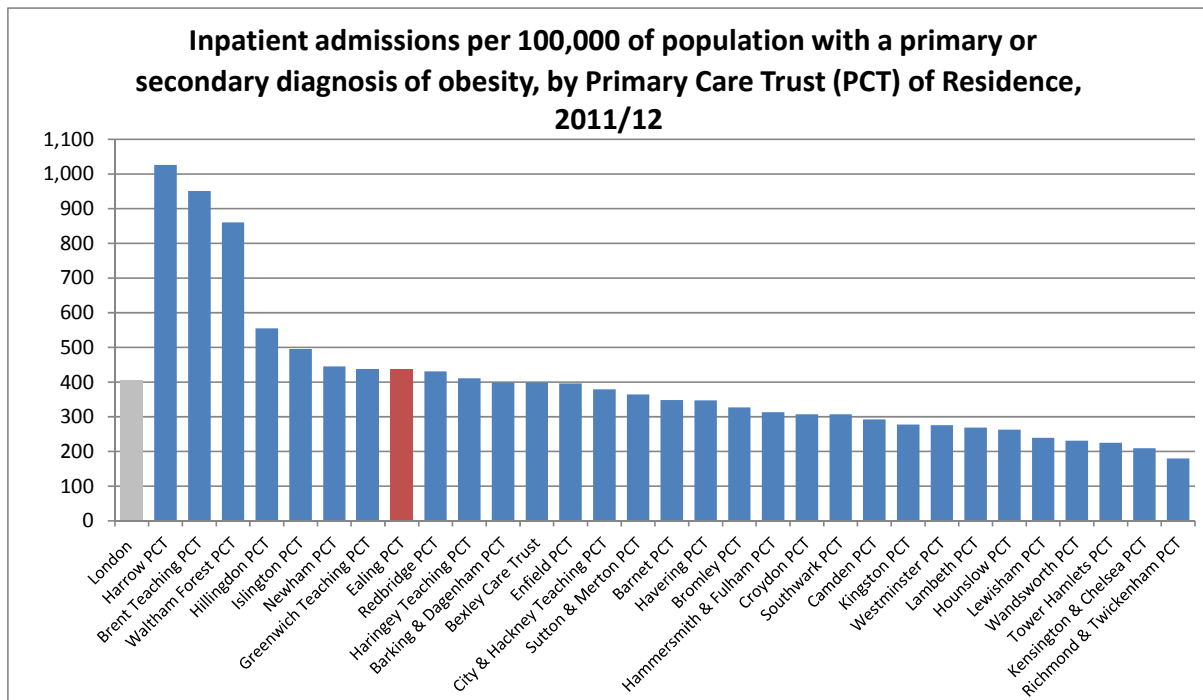
Figure 2: The percentage of GP registered adults aged 16+ on the Obesity register, 2012/13



Source: QOF, 2012/13 (CCG data) and NHS Indicators 2012/13, HSCIC 2014

Data compiled from the Health and Social Care Information Centre’s (HSCIC) Hospital Episode Statistics on Obesity, Physical Activity and Diet (2013)<sup>9</sup> showed a prevalence rate of 436 Ealing residents admitted to hospital with a primary or secondary diagnosis of obesity, per 100,000 of population, placing it as the 8<sup>th</sup> worst PCT during 2011/12 in the region. Figure 3 provides a full breakdown of prevalence rates across London.

Figure 3: Inpatient admissions per 100,000 of population with a primary or secondary diagnosis of obesity, by Primary Care Trust (PCT) of Residence, 2011/12



Source: *Statistics on Obesity, Physical Activity and Diet - England, 2013, Health & Social Care Information Centre, 2013: www.hscic.gov.uk*

Adult obesity data should be interpreted with caution, as BMI status in adults is currently not routinely collected locally by all GP practices. Furthermore, BMI results do not reflect the demographics of the local population, where there is, a high number of South Asian residents. The available data for adults is likely to underestimate the scale of the problem.

In Ealing ,it is estimated that treating diseases related to overweight and obesity will cost the NHS in the region of £ 98.8 million by 2015 ( see Table 1).There is a clear case for addressing overweight and obesity to prevent escalating chronic disease and to improve the health of individuals and the population.

<sup>9</sup> Health and Social Information Centre, Statistics on Obesity, Physical Activity and Diet 2013,www

Table 1: Estimated local cost of overweight and obesity

Ealing PCT	Estimated annual cost to NHS of diseases related to overweight and obesity (£million)			Estimated annual cost to NHS of diseases related to obesity (£million)		
	2007	2010	2015	2007	2010	2015
	£89 million	£92.4 million	£98.8 million	£46.2 million	£50 million	£57.4 million

Source: *Healthy Weight Healthy Lives: A toolkit for developing local strategies, 2008*

## Current Interventions in Ealing

The previous strategy on obesity – Healthy Weight Healthy Lives<sup>10</sup> was implemented locally (Ealing Healthy Weight: Healthy Lives Strategy 2009-12). This has resulted in the development and implementation of the following effective interventions:

- The Ealing Walks led walks programme, particularly aimed at sedentary residents delivered by Southall Community Alliance across the borough
- Commissioning of Ealing’s multi-component lifestyle Programme implemented in partnership by Hounslow and Richmond Community HealthCare. This is open to anyone aged between 16 and 74 years ,registered with an Ealing GP or an Ealing resident with a Body Mass index (BMI) greater than 25 (greater than 23 for South Asian ethnicities).
- Active Healthy Workplace interventions with Ealing Council staff
- Ealing Council’s Health Trainers programme providing 1-1 support on behaviour change and health promotion
- Ealing Health Champion programme is in place providing training to frontline Ealing Council staff and individuals from Ealing Community Voluntary Service (ECVS) to support them in delivering consistent health& wellbeing key messages
- The promotion of a wide range of physical activity opportunities provided by Active Ealing
- A Summer Parks programme implemented in partnership with third sector organisations over the summer holidays promoting a range of physical activity opportunities for adults and children. It is particularly aimed at sedentary residents.
- There are a range of **Active Travel Projects** within the Healthy Borough programme including Active Travel Routes (Healthy Environments), Active

<sup>10</sup> Department of Health 2008, Healthy Weight Healthy Lives: a cross Government strategy for England

Travel Plans (Healthy Organisations) and Active Travel in the Community (Healthy Communities). Each of these strands is important in delivering overall increases in walking and cycling amongst families and children.

- The current **Direct Support for Cycling** is a cycling promotion programme and includes on road cycle training, maintenance classes, bike buddying and so on. It is a way of dealing with obstacles to everyday cycling such as the lack of ability to achieve correct positioning on the road, be aware of basic rights and responsibilities, and locate and use local bike shops.
- Ealing Council has a number of sports legacy projects in progress, some have received funding from grant sources directly linked to the legacy of the London 2012 Games, including Play Sport London – **Mayors Legacy Fund and the Sport England** Inspired Facilities Fund. Projects are spread throughout Ealing, ensuring that all communities are able to benefit from enhanced facilities.

The estimated spend for Obesity in 2013/14 was approximately £800,000. The budget for this current financial year has remained approximately the same.

### **Identified needs and intervention gaps**

The needs and intervention gaps have been covered in the recommendations for commissioners below.

## Recommendations for Commissioners

Current programmes of intervention and continued key priority areas include:

### **Pre-conception and pregnancy**

1. Explore possibilities to integrate the promotion of healthy weight and weight management amongst women of a childbearing age, with a view to preventing maternal obesity.

### **Adults and Older Adults**

2. Development of an Adult Obesity Care Pathway in partnership with Ealing CCG, Ealing Hospital Trust, third sector and commercial providers
3. Structured Adult Weight Management for adults identified as having cardiovascular risk identified through the NHS Health Checks programme in General Practice
4. Implementation of the Ealing Healthy Lifestyle Programme to assist people to follow a healthier lifestyle and to reduce risk of developing a number of health conditions
5. Co-ordinated, led walks Programme across Ealing and the promotion of Physical Activity and the use of Ealing's open spaces
6. Implementation by Ealing Council of the London Workplace Charter

### **Strengthening partnership working**

7. Joint working with a wide range of partners to enable local implementation of the government's Change4Life movement, which primarily focuses on eating well and moving more for children and families, with the inclusion of messages and campaigns for other targeted/specific groups
8. Further strengthening joint working with a wide range of voluntary, statutory and commercial providers to maximise opportunities to promote healthier lifestyles and choices and community development
9. Continued joint working on implementing and evaluating the Ealing 2020 Healthy Weight, Healthy Lives Strategy to improve healthy weight amongst adults and children.