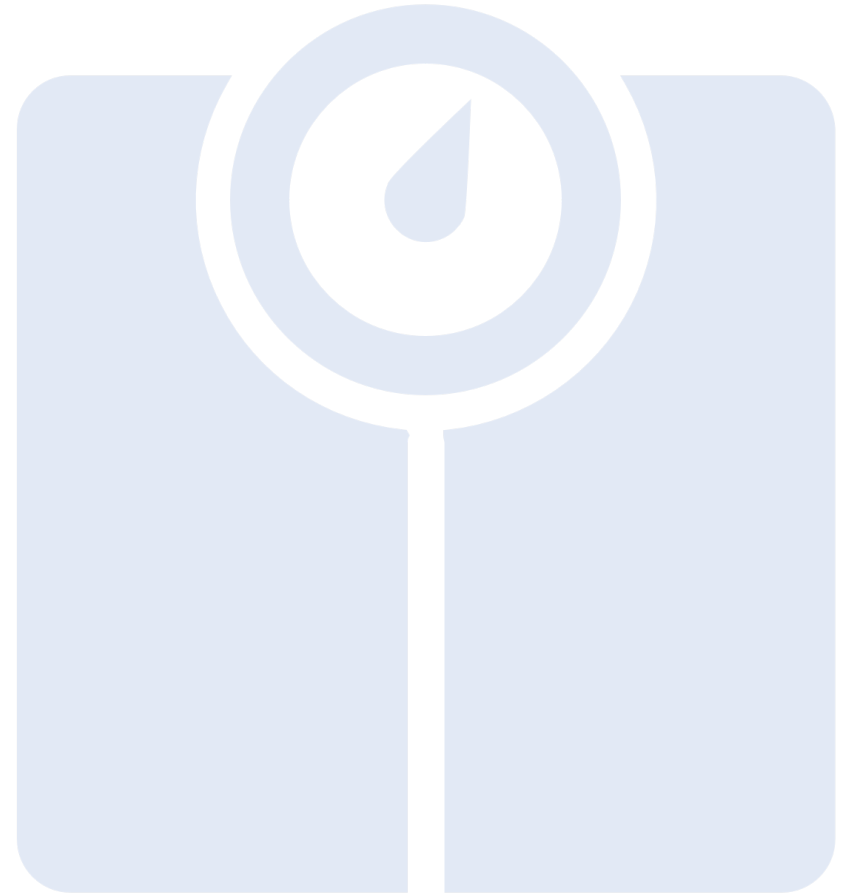




Healthy Weight JSNA

June 2023

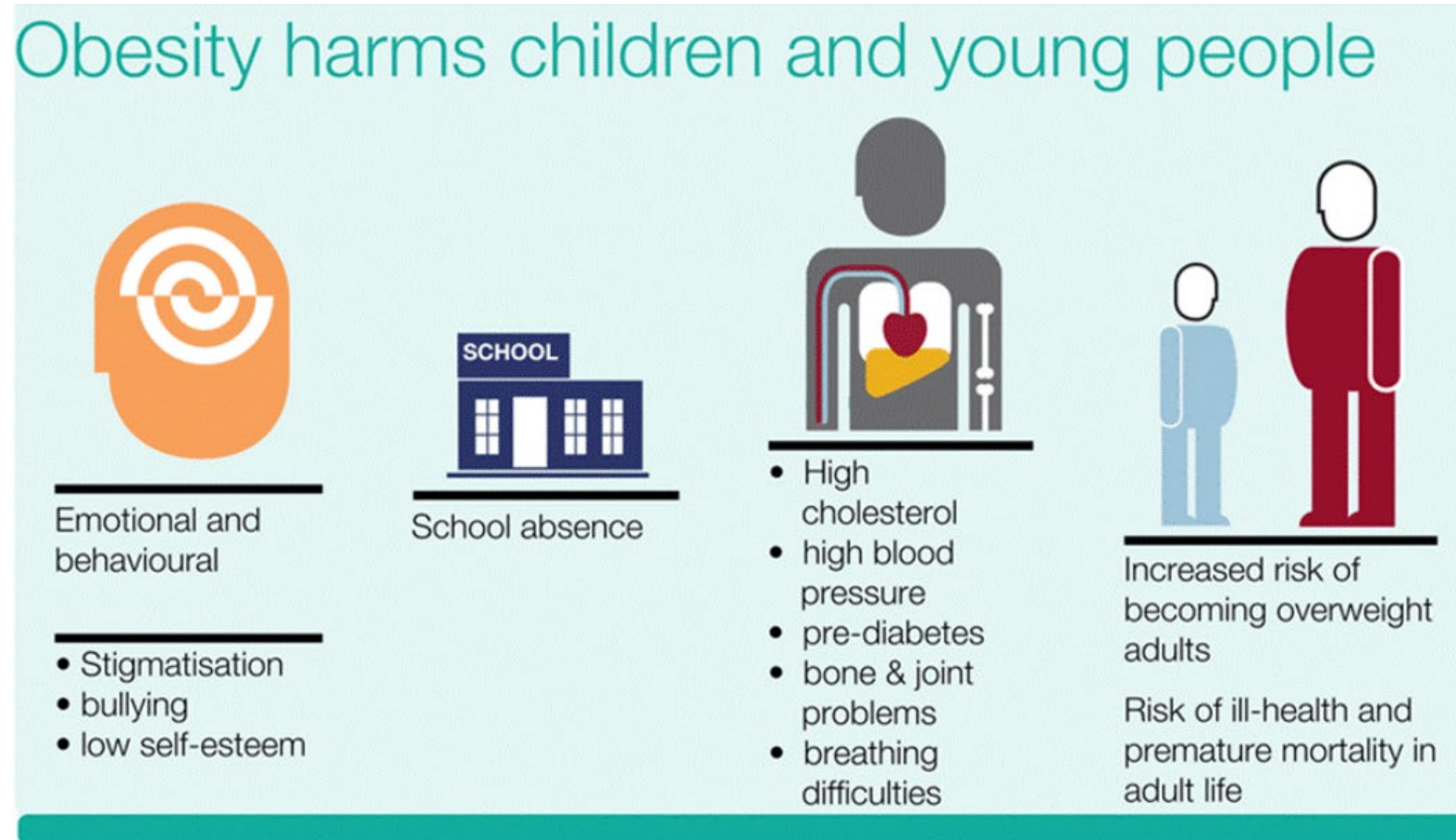
Contact Officer: Lorraine Hughes, Public
Health Consultant



National Context

- Obesity is a complex issue, with many causes
- Those living with overweight and obesity are at increased risk of a range of health conditions
- Impact on quality of life and mental health and wellbeing
- Since 1946 every generation in the UK has been heavier than the previous one
- In the UK obesity is the second most common preventable cause of death after smoking
- Annual cost of obesity to the wider economy is £28 billion
 - Obesity medication £13.3 billion
 - Cost to NHS £6.1 billion
 - Social care £352 million
 - Obesity attributed days sickness £16 million
- Predicted that by 2050 60% of adult men and 50% of adult women will be living with obesity

Obesity Harms - Children



Obesity Harms - Adults

Obesity harms adults



Less likely to be in employment



Discrimination and stigmatisation



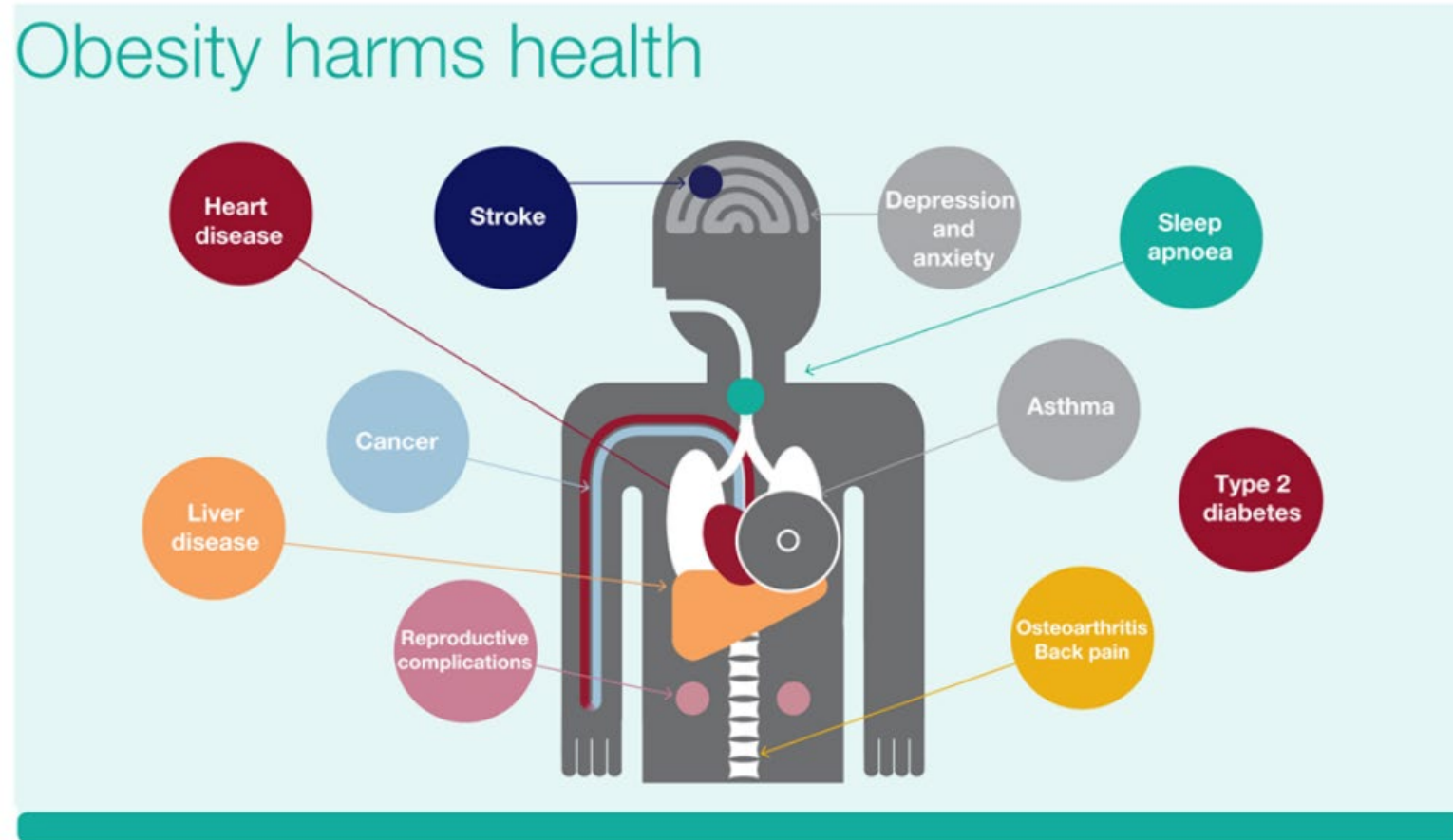
Increased risk of hospitalisation



Obesity reduces life expectancy by an average of 3 years

Severe obesity reduces it by 8-10 years

Obesity Harms - Adults



Not all things are equal

Some population groups are more at risk of developing overweight or obesity (and therefore the associated complications) than others.

- Priority groups:
 - those who are less well off / experiencing social disadvantage
 - children (based on National Child Measurement data at Reception and Year 6)
 - older age groups
 - people with disabilities
 - some black and minority ethnic groups
 - mental health (closely linked with obesity, can be affected by and affect each other)
 - children from families where at least 1 parent is living with obesity

Children

- Evidence shows that at least 70% of children living with obesity will go on to be adults living with obesity
- Parents do not always recognise that their children are living with overweight, leading to concerns it is becoming 'normalised'
- Breastfeeding a child for the first year reduces the risk of short and long-term health issues, including childhood obesity
- Increasing levels of childhood obesity in Sunderland
- Prevalence of childhood obesity (reception and year 6) is greatest in areas with highest levels of deprivation
- Rates of childhood obesity

Prevalence of obesity in Sunderland by age

National Child Measurement Programme 2021 to 2022

Over 1 in 10 children (12.5%) in Reception (aged 4-5 years) were living with obesity



Around 3 in 10 children (29.7%) in Year 6 (aged 10-11 years) were living with obesity



Prevalence of overweight (including obesity) in Sunderland by age

National Child Measurement Programme 2021 to 2022

Around 1 in 4 children (25.3%) in Reception (aged 4-5 years) were overweight or living with obesity

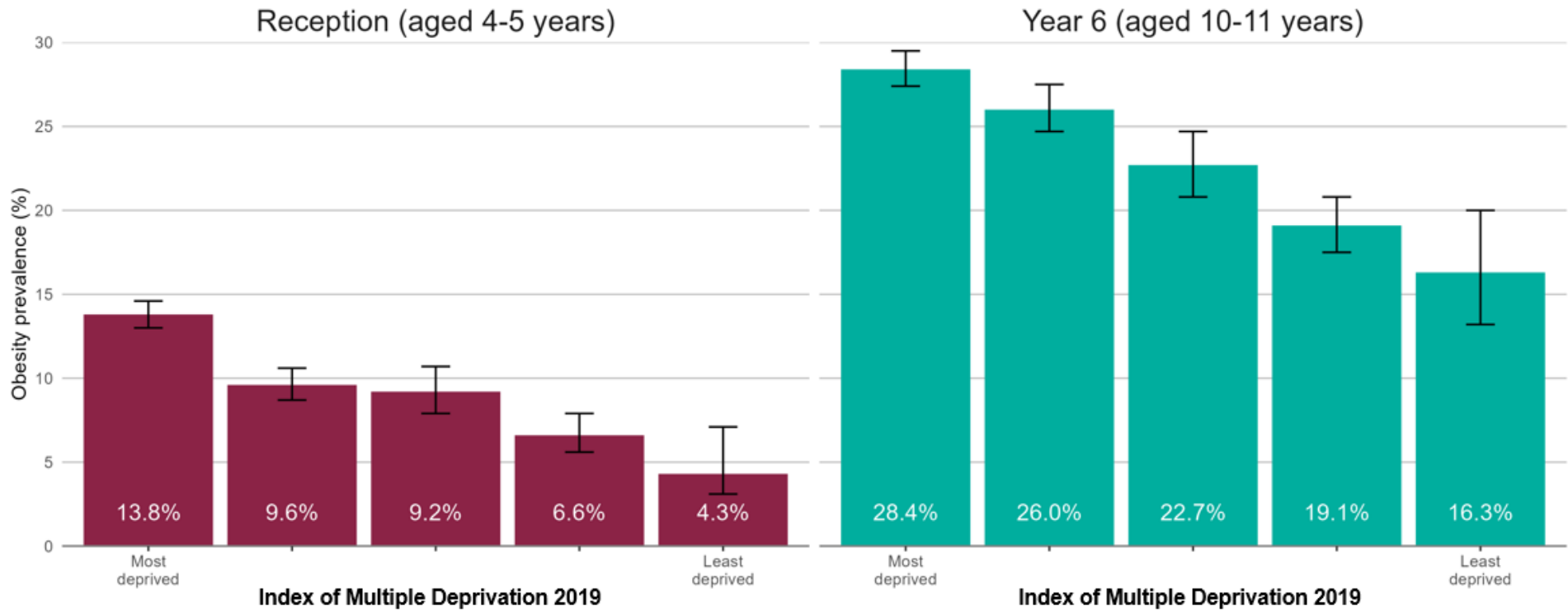


Around 1 in 2 children (45.0%) in Year 6 (aged 10-11 years) were overweight or living with obesity



Obesity prevalence by deprivation and age in Sunderland

National Child Measurement Programme



Reception: Prevalence of overweight (including obesity) 2021/22

Proportion - %

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	→	126,701	22.3	22.1	22.4
North East region	→	6,640	24.9	24.4	25.5
Hartlepool	→	265	27.7	25.3	31.0
Middlesbrough	→	500	27.0	25.1	29.1
Darlington	→	275	26.2	23.7	29.0
Redcar and Cleveland	→	380	26.0	23.9	28.4
Gateshead	↑	495	26.0	24.2	28.1
North Tyneside	→	550	25.9	24.1	27.8
Newcastle upon Tyne	→	750	25.6	24.0	27.2
Sunderland	→	720	25.3	23.7	26.9
Stockton-on-Tees	→	545	24.8	23.1	26.7
South Tyneside	→	375	24.5	22.3	26.6
County Durham	→	1,195	23.9	22.7	25.1
Northumberland	→	590	21.3	19.8	22.8

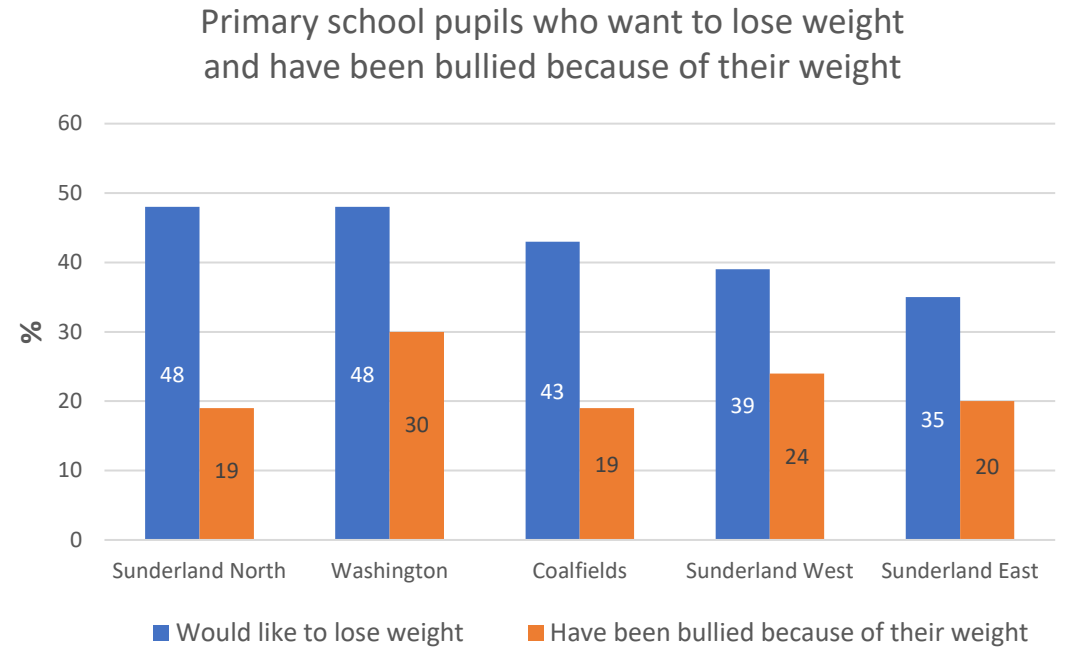
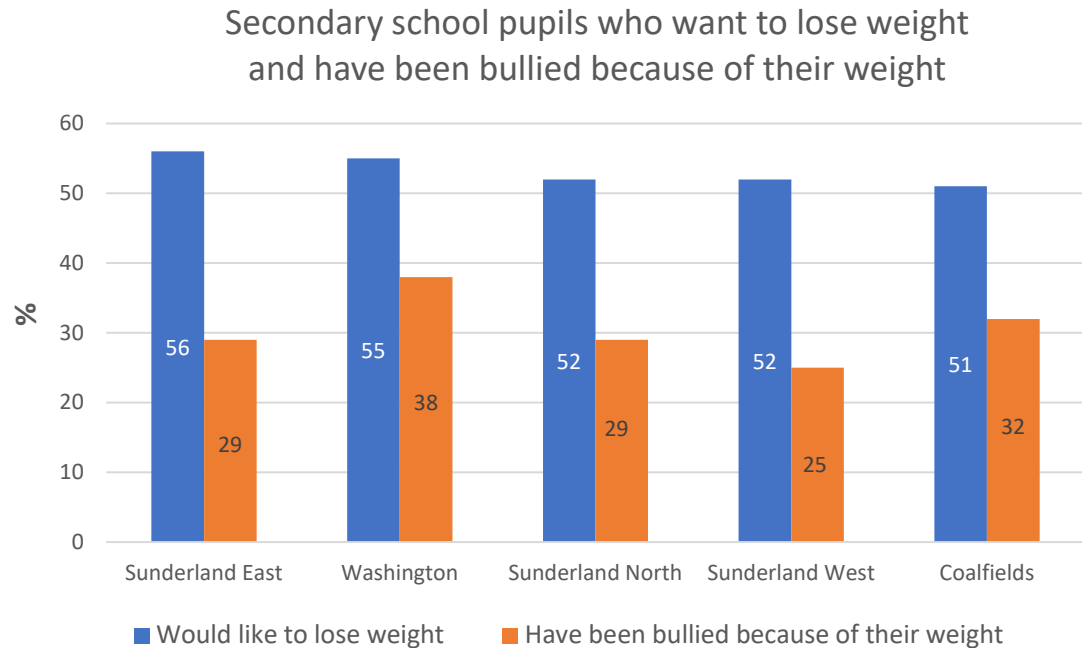
Year 6: Prevalence of overweight (including obesity) 2021/22

Proportion - %

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	↑	-	37.8	37.6	37.9
North East region	↑	-	40.9	40.3	41.5
Sunderland	→	-	45.0	43.2	46.7
Middlesbrough	↑	-	44.9	42.7	47.1
Hartlepool	→	-	43.2	40.5	46.4
Stockton-on-Tees	→	-	42.0	40.1	43.9
Newcastle upon Tyne	→	-	41.9	40.2	43.8
Gateshead	→	-	41.4	39.3	43.5
South Tyneside	↑	-	41.2	38.9	43.6
Redcar and Cleveland	→	-	40.1	37.7	42.5
County Durham	→	-	39.8	38.5	41.0
Darlington	↑	-	38.7	35.9	41.4
North Tyneside	→	-	38.1	36.2	40.2
Northumberland	↑	-	36.2	34.5	37.9

Health Related Behaviour Survey 2022/21 – Healthy Weight

Primary and secondary school pupils and their weight:



More than half of secondary school pupils would like to lose weight, and almost two thirds have been bullied because of their weight

Adults

- England prevalence of overweight (including obesity) has increased over time
- Prevalence of overweight (including obesity) in Sunderland is persistently higher than England
- A high maternal BMI is a risk factor for both maternal and infant health – proportion of women in Sunderland classed as obese in the early stages of pregnancy is the highest rate in the North East and higher than the England average (2018/19 data)

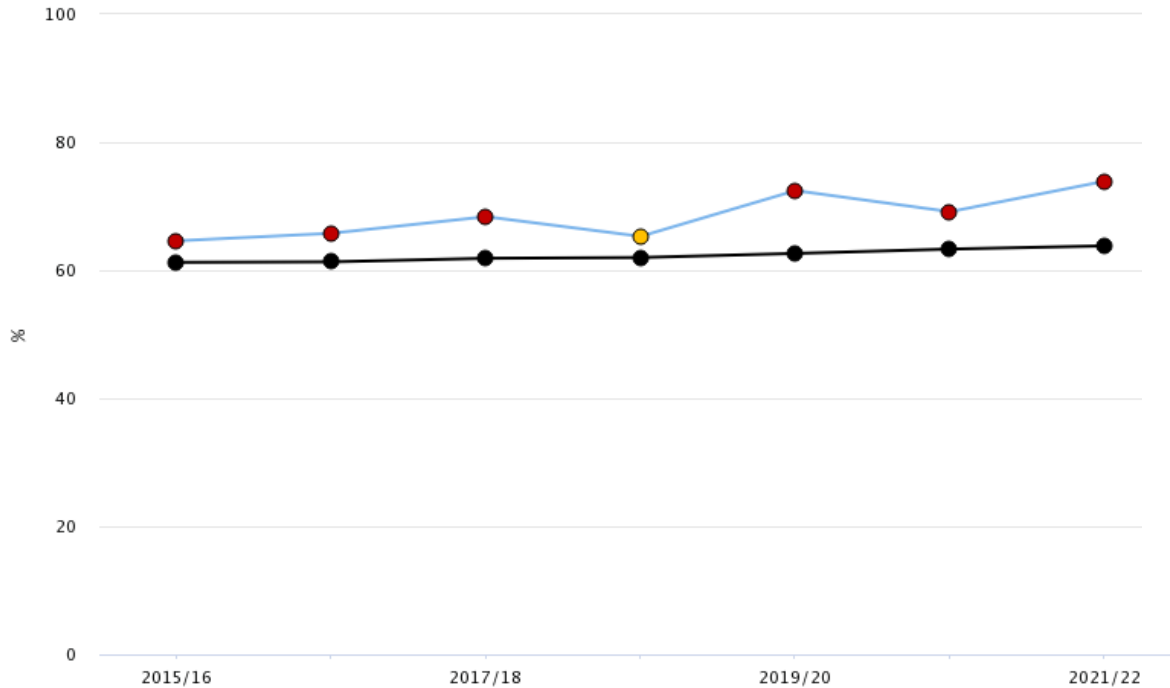
Percentage of adults (aged 18 plus) classified as overweight or obese 2021/22

Proportion - %

Area	Recent Trend	Count	Value		95% Lower CI	95% Upper CI
England	-	-	63.8		63.6	64.1
North East region	-	-	70.5		69.4	71.6
South Tyneside	-	-	76.3		72.0	80.4
Hartlepool	-	-	76.2		72.0	80.0
County Durham	-	-	75.2		71.0	79.2
Sunderland	-	-	73.9		69.5	78.2
Redcar and Cleveland	-	-	72.0		67.8	76.2
Middlesbrough	-	-	70.7		66.3	75.3
North Tyneside	-	-	70.7		66.2	74.9
Darlington	-	-	70.1		65.8	74.3
Stockton-on-Tees	-	-	70.1		65.4	74.4
Gateshead	-	-	68.4		63.9	72.8
Newcastle upon Tyne	-	-	64.0		61.7	66.3
Northumberland	-	-	63.4		58.6	67.9

Adult Prevalence Trends

Percentage of adults (aged 18 plus) classified as overweight or obese for Sunderland















Recent trend: Could not be calculated

Period	Sunderland				North East	England
	Count	Value	95% Lower CI	95% Upper CI		
2015/16	-	64.6%	61.4%	67.8%	66.6%	61.2%
2016/17	-	65.8%	62.7%	69.0%	66.1%	61.3%
2017/18	-	68.4%	63.8%	73.0%	66.6%	61.9%
2018/19	-	65.3%	60.8%	70.0%	64.7%	62.0%
2019/20	-	72.4%	67.9%	76.5%	67.0%	62.6%
2020/21	-	69.1%	64.7%	73.3%	69.6%	63.3%
2021/22	-	73.9%	69.5%	78.2%	70.5%	63.8%

Source: Office for Health Improvement and Disparities (based on the Active Lives Adult Survey, Sport England)

Obesity in early pregnancy 2018/19

Proportion - %

Area	Recent Trend	Count	Value		95% Lower CI	95% Upper CI
England	-	-	22.1		21.9	22.3
North East region	-	-	27.4		26.4	28.3
Sunderland	-	-	30.4		28.5	32.4
Redcar and Cleveland	-	-	30.4		27.8	33.0
Northumberland	-	-	29.2		27.5	30.9
Middlesbrough	-	-	28.8		26.6	31.1
County Durham	-	-	28.6		26.8	30.3
South Tyneside	-	-	28.2		25.9	30.4
Darlington	-	-	25.6		22.9	28.2
North Tyneside	-	-	24.2		22.2	26.1
Newcastle upon Tyne	-	-	23.7		22.2	25.2
Gateshead	-	-	22.6		20.7	24.6
Hartlepool	-	-	*		-	-
Stockton-on-Tees	-	-	*		-	-

Physical Activity

- Numerous health benefits for children, e.g. improved muscle and bone strength, health and fitness, improved quality of sleep and maintenance of a healthy weight
- Also evidence that physical activity and taking part in organised sports and after school clubs is linked to improved participation in the school day.
- A recent review highlighted a 17 minute reduction in children's engagement in daily moderate to vigorous physical activity levels from before to during Covid
- Physical activity and promoting healthy eating – a whole system approach to tackling obesity
- National physical activity guidelines for different life stages

Physical Activity Guidelines (CMO)

Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Not active? Start gradually

Already active? Keep going

Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week

Home (Walking, Gardening, Housework)

Out and about (Cycling, Swimming, Running)

Leisure (Dancing, Yoga, Tai Chi)

Do muscle strengthening activities twice a week

Every activity counts, every minute counts, more is better

No evidence of harm | Listen to your body and adapt | Don't bump the bump

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 180 Minutes per day for children 1-5 years

Under-1s at least 30 minutes across the day

- PLAYGROUND
- JUMP
- CLIMB
- MESSY PLAY
- THROW/CATCH
- SKIP
- OBJECT PLAY
- DANCE
- GAMES
- PLAY
- TUMMY TIME
- SWIM
- WALK
- SCOOT
- BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life
- Type II Diabetes -40%
- Cardiovascular disease -35%
- Falls, depression etc. -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%

Reduce your chance of

Some is good, more is better | Make a start today: it's never too late | Every minute counts

Be active

at least 150 minutes moderate intensity per week OR at least 75 minutes vigorous intensity per week

Build strength to keep muscles, bones and joints strong

on at least 2 days a week

Minimise sedentary time Break up periods of inactivity

Improve balance For older adults, to reduce the chance of frailty and falls

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

Physical activity for children and young people (5 – 18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- MAINTAINS HEALTHY WEIGHT
- STRENGTHENS MUSCLES & BONES
- IMPROVES SLEEP
- IMPROVES HEALTH & FITNESS
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least 60 minutes per day across week

All activities should make you breathe faster & feel warmer

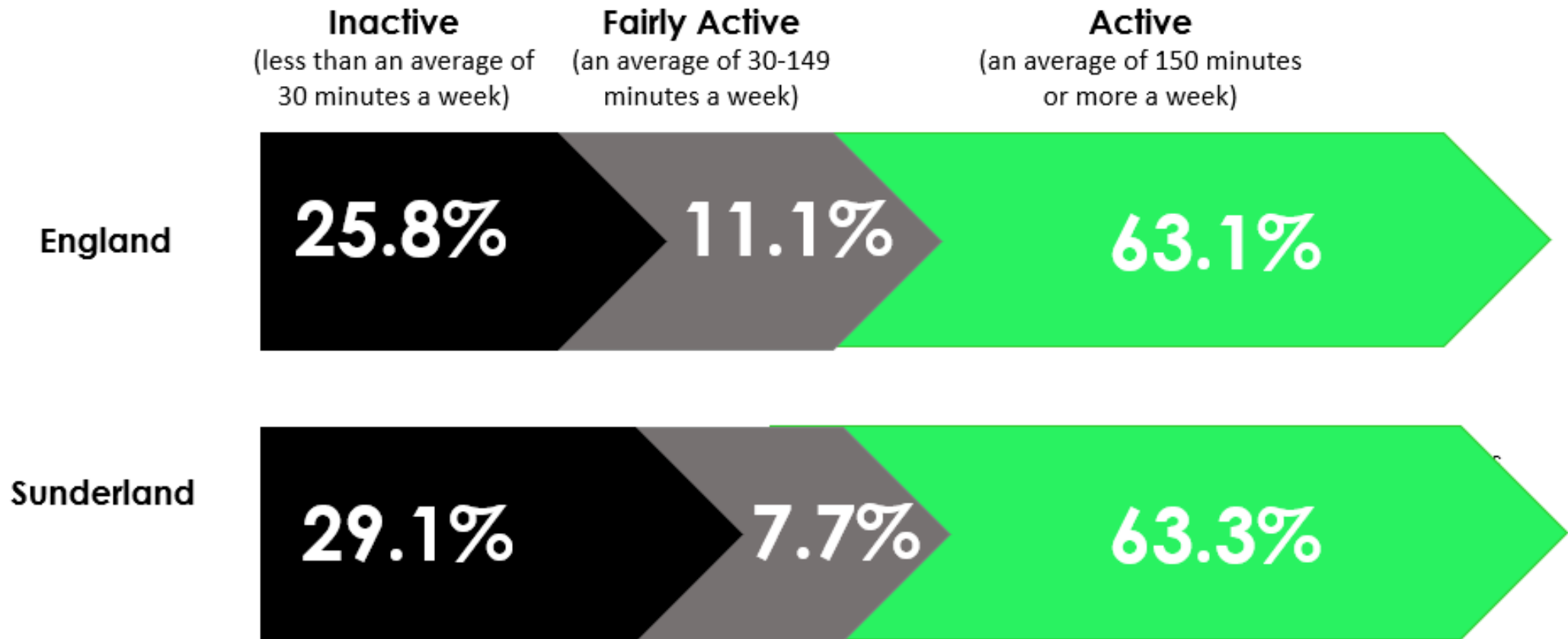
PLAY, RUN/WALK, BIKE, ACTIVE TRAVEL, SWIM, SKATE, SPORT, PE, SKIP, CLIMB, WORKOUT, DANCE

Get strong | **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Adults' physical activity levels during the year November 2021 – November 2022



Sport England Active Lives Survey 2021/22

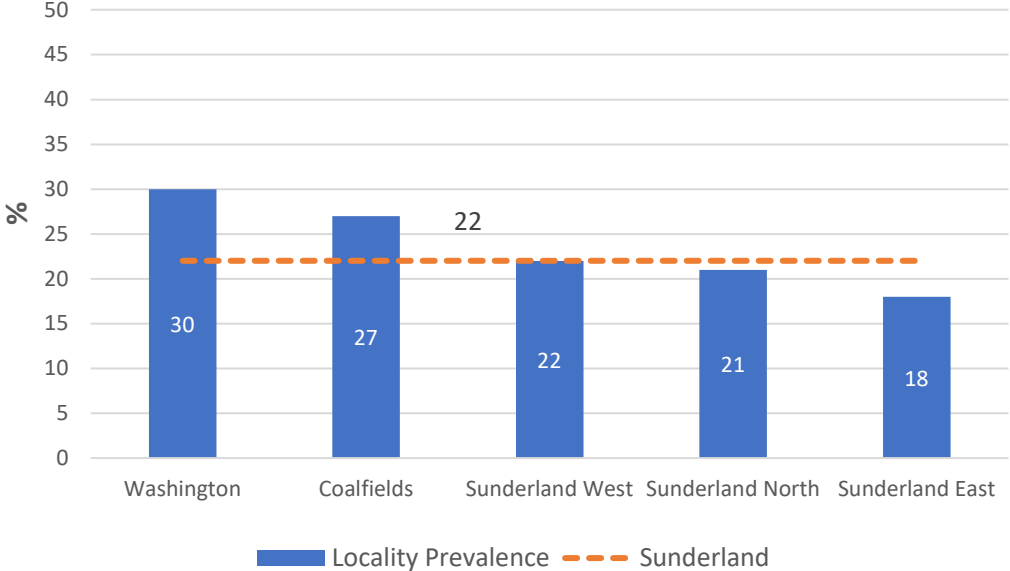
2021/2022	Active (average of 60 minutes or more per day)	Fairly Active (average of 30-59 minutes per day)	Less Active (less than an average of 30 minutes per day)
England	47.2%	22.7%	30.1%
North East	47.2%	21.6%	31.3%
Sunderland	56.5%	16.7%	26.9%

*Children and young people (aged 5 – 18 years) should engage in **moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week.** This can include all forms of activity such as physical education, active travel, after-school activities, play and sports”*

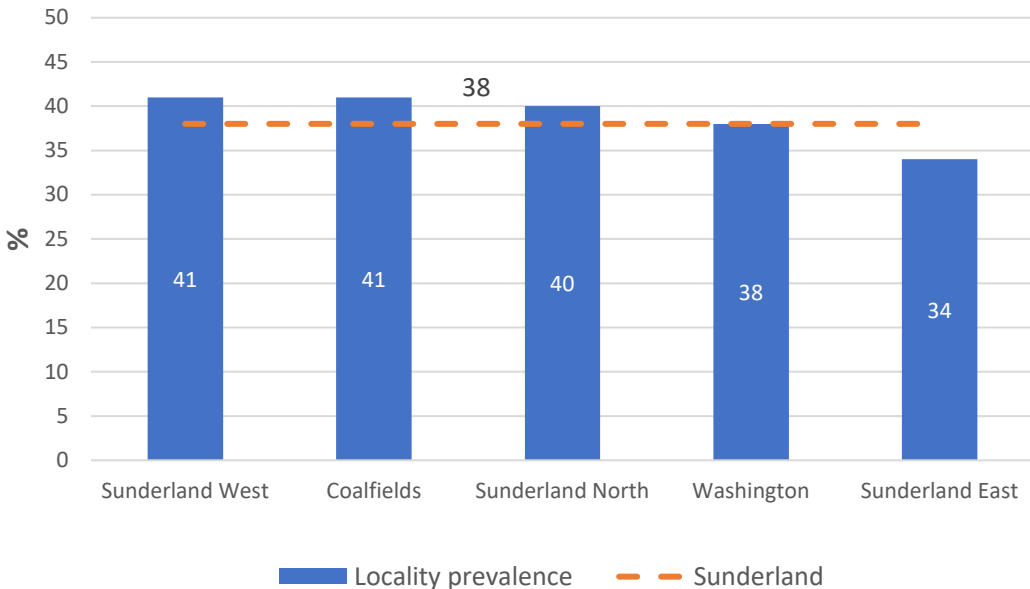
Health Related Behaviour Survey 2022/21 - Physical Activity

Primary and secondary schools and exercise:

Secondary school pupils who exercise vigorously 5 times or more each week



Primary school pupils who exercise vigorously 5 times or more each week



Physical exercise is more prevalent in primary school pupils than in secondary, with 38% of primary pupils exercising 5 times a week or more compared to only 22% of secondary pupils.

Effective Interventions

No single most important intervention – results from a large number of determinants, many of which are beyond an individual's direct influence

Requires the development of a sustained 'whole systems approach' – *health in all policies, actions across individual, environmental and societal levels involving multiple sectors (including planning, housing, transport, children's and adult's services, business and health)*

Prevention of overweight and obesity in children



Parental support and home activities that encourage children to be more active; eat more nutritious foods and spend less time on screen-based activities



Environments and cultural practices that support children eating healthier foods and being active throughout each day



A school curriculum that includes healthy eating, physical activity, body image and emotional wellbeing



Increased school sessions for physical activity and the development of movement skills throughout the week



Improvements in nutritional quality of the food supply in schools



Support for teachers and other school staff to implement health promotion strategies and activities (e.g. professional development, capacity building activities)

Services and Interventions in Sunderland

- Healthy Start / Healthy Start Vitamins
- Change for Life Sunderland
- Tier 3 Specialist Child Weight Management Service
- Tier 2 Weight Management Service (adults)
- Everyone Active leisure facilities
- Holiday, Activity and Food Programme / Wear Here 4 You
- Growing Healthy Sunderland
- Links for Life programme (coming soon)
- Sunderland Health Champions
- Foundation of Light Healthy Lifestyle Programme
- Mam's on the Move
- Family hubs
- Mental Health Trailblazers
- Belly bugs
- RISE (formerly Northumberland Sport and Tyne & Wear Sport)
- Breastfeeding Friendly Sunderland
- Sunderland Healthy School Award – Active Sunderland School and Food and Nutrition Charter Marks
- Better Health At Work Award
- In 2022, Sunderland became the first local authority in the North East to adopt the Local Authority Declaration on Healthy Weight [Sunderland City Council, Launch Video - Healthy Weight Declaration](#)
- A Local Cycling and Walking Infrastructure Plan (LCWIP) – 2022
- The Bread and Butter Thing
- Sunderland Food Partnership / Good Food Charter Mark (in development)

Recommendations

- Support a healthy weight in early years (0 to 5), primary school and secondary schools as part of the preventative efforts to reduce levels of children living with overweight and obesity
- Increase breastfeeding initiation and continuation rates
- Ensure the use of locally available data to target interventions to geographical areas and /or key cohorts
- Where there is limited evidence base evaluate interventions
- Implement the revised T2 WMS for adults and continue to provide a weight management service for children and their families
- Identify opportunities to respond to the emerging evidence base, including from the Leeds Beckett Obesity Institute
- Continue to increase achievement of the Sunderland Active Schools and Food and Nutrition Charter marks
- Develop work to tackle weight stigma
- Support people to make healthier food choices when using take aways or eating out through greater choice and better menu information
- Continue to embed Healthy Start Scheme across Sunderland services