

Healthy Placemaking Health Scrutiny

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Living with Obesity

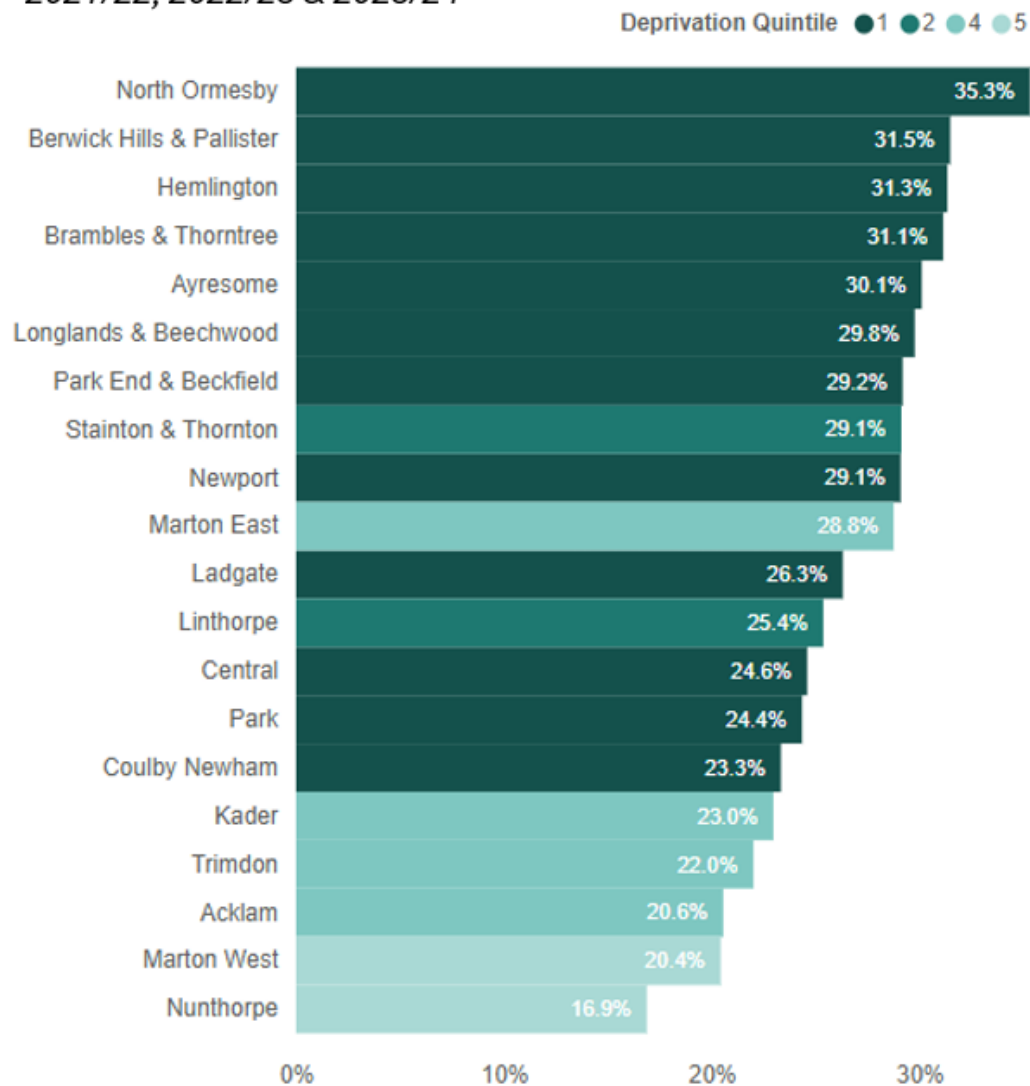
Year	Indicator	Middlesbrough	North East	England
23/24	Reception prevalence of obesity/severe obesity (4-5yrs)	13.8%	10.8%	9.6%
23/24	Year 6 prevalence of obesity/severe obesity (10-11 yrs)	25.6%	24.5%	22.1%
23/24	Overweight/obese adults	71.4%	70.4%	64.5%
23/24	Physically active adults (150mins+ per week)	61.1%	64.5%	67.4%

- Obesity **reduces** life expectancy and **increases morbidity** including cardiovascular disease, type 2 diabetes, at least 12 types of cancer and poor mental health.
- Evidence overwhelmingly suggests that obese children are **significantly more likely** to become obese adults, increasing their risk for long-term health problems like heart disease, diabetes, and certain cancers.
- NHS costs of obesity estimated **£6.5 billion per year**, nationally.
- Wider societal costs (loss of productivity, social care, etc.) estimated at **£58 billion per year**.
- Contributes to **16 million days** of sickness absence in UK.
- Influencing factors of **wider determinants of health** – not just individual choices.

NCMP by levels of deprivation

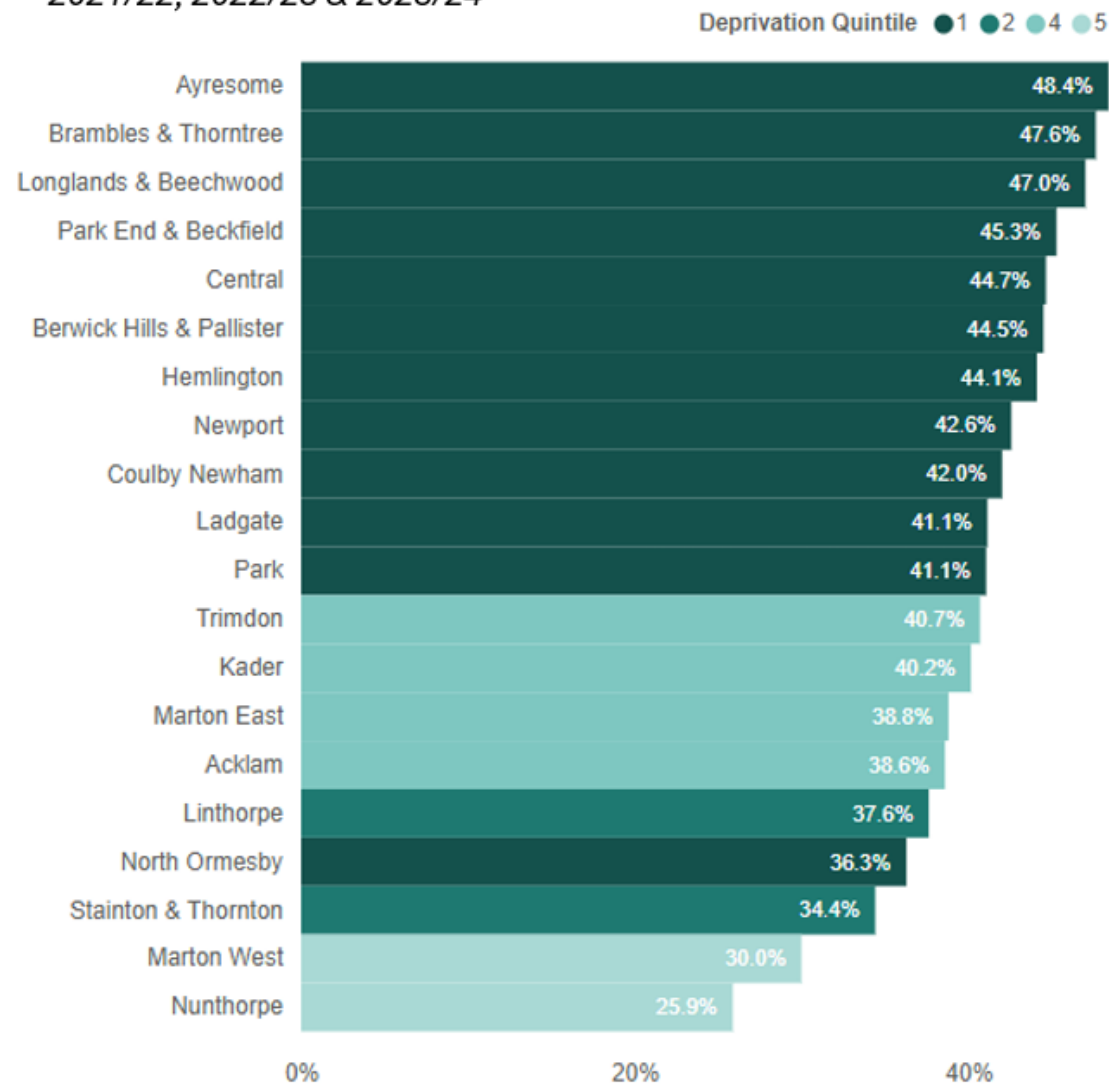
Reception - Overweight & Obese Pupils (%)

2021/22, 2022/23 & 2023/24

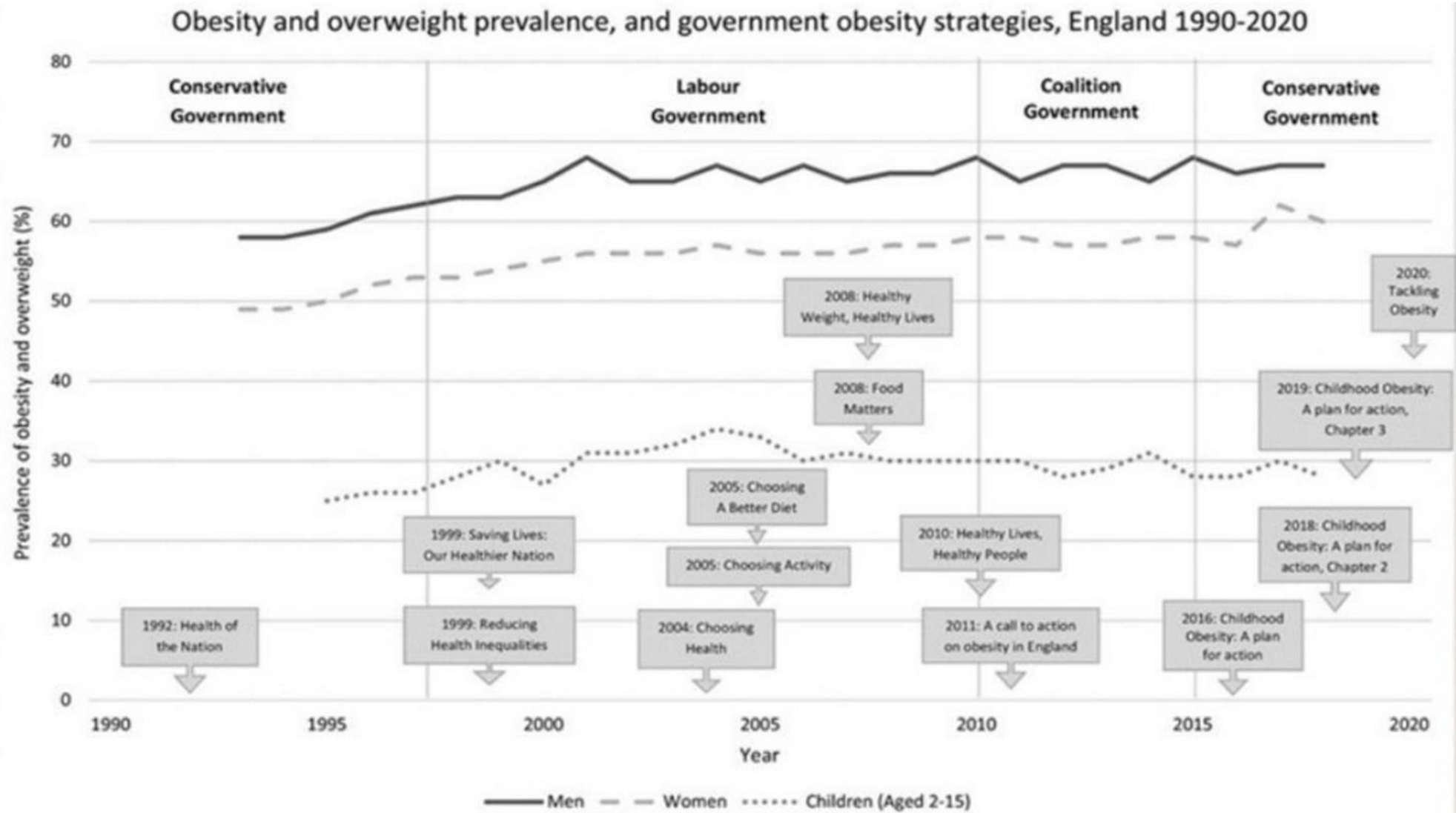


Year 6 - Overweight & Obese Pupils (%)

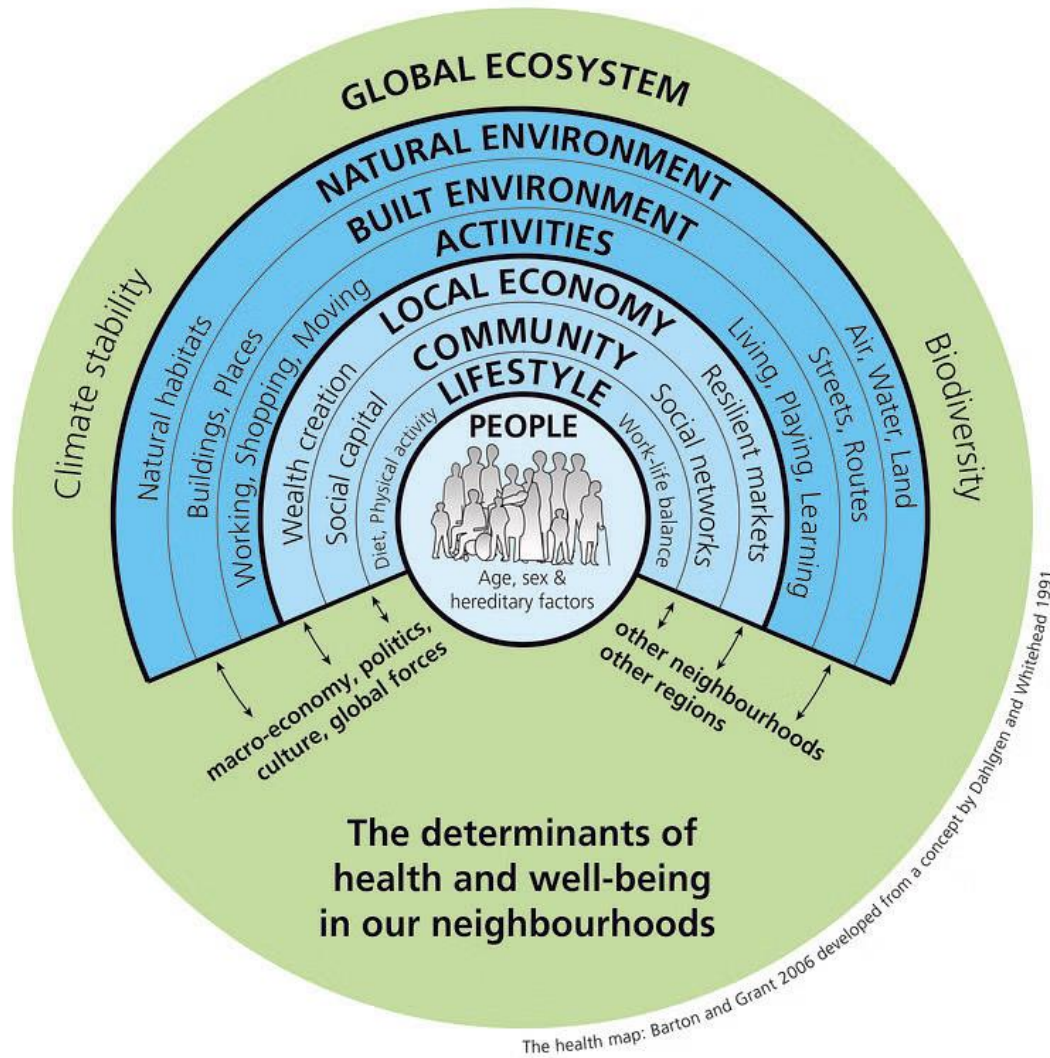
2021/22, 2022/23 & 2023/24



National Context



Health is made at home, hospitals are for repairs






People's **opportunities for health** are influenced by factors outside of the health and social care system.

They lie in the circumstances in which people are born, grow, live, work, and age: the **social determinants of health**.

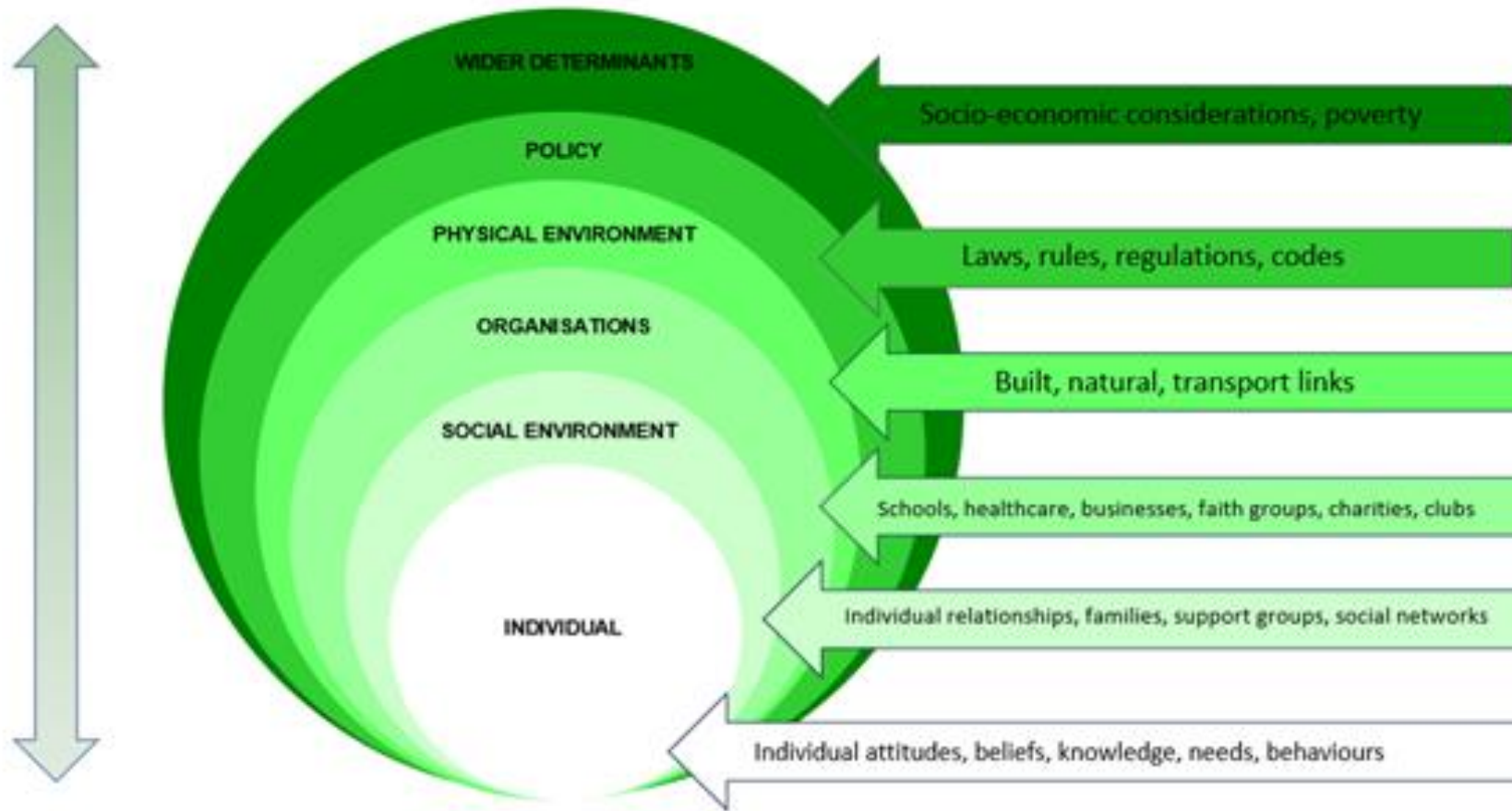
These are the **'causes of the causes'** of ill health and they can enable individuals and societies to flourish, or not.

Source: NHS England

There are three different types of problem:

		
Simple Following a recipe	Complicated Sending a rocket to the moon	Complex Raising a child

Whole Systems Approach



Whole System Approach

To tackle obesity we need to take action across many different areas...

Influencing what people buy and eat

Encouraging healthy schools

Expanding access to public sport and leisure services

Promoting active workplaces

Providing weight management programmes

Designing built and natural environments

Enabling active travel and public transport

Preventing obesity in children and families

Embracing system-wide approaches



Creating Healthier Environments



Challenges

- Leadership for driving forward the HWD – taking a whole system approach, the role of Scrutiny.
- Conflicting priorities – such as the challenges of providing services in a constrained financial environment conflicting with health priorities.
- Taking a systemic approach to decision making that ensures the health of Middlesbrough's population is clearly articulated against other needs – the Scrutiny session on planning and health will bring this to the fore.
- Recognising the fundamental role of Best Start in Life, including pre-school, school and the wider influences on young people - embedding healthier food and physical literacy throughout the system.
- Eligibility for FSM - reducing stigma and increasing access and opportunities.