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| **Obesity**  **Briefing produced by Public Health England’s East of England Health & Wellbeing Team – January 2019** |

This briefing paper has been produced by Public Health England’s East of England Health and Wellbeing Team. It is designed to provide easy access to key reference points and useful resources around the obesity agenda and will be updated on a regular basis as new information becomes available. The information in each section is presented chronologically, with the most recent first.

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| National policy and reports |

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**Childhood Obesity: A Plan for Action**

Given that childhood obesity is one of the biggest problems regarding the country’s health, the Government published this [**childhood obesity plan**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/546588/Childhood_obesity_2016__2__acc.pdf) in **August 2016**. From evidence and expert opinion informing the plan, it identified a key issue to tackle childhood obesity: food and drink that children consume must be healthier and for many, less calorific. This policy document marks the beginning of conversations around reducing obesity in England.

In **July 2018,** the [**‘Childhood obesity: A plan for action, Chapter 2’**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/718903/childhood-obesity-a-plan-for-action-chapter-2.pdf)followed and outlined what has been done since the plan was first introduced; key actions the Government is hoping to take and many examples of good practice.

An [**impact assessment document**](https://www.gov.uk/government/publications/childhood-obesity-plan-for-action-chapter-2-equality-assessment#history) (**August 2018**) addresses the policy intentions set out by the Government in the ‘Childhood Obesity: A Plan for Action, Chapter 2’, and the effects on those people with protected characteristics.

**Obesity, Healthy Eating and Physical Activity in Primary Schools**

Following on from the 2016 ‘Childhood Obesity: A Plan for Action’, Ofsted were commissioned to conduct a [**thematic review**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/726114/Obesity__healthy_eating_and_physical_activity_in_primary_schools_170718.pdf) into what actions schools are taking to reduce childhood obesity (**July 2018**).

**All Our Health**

The PHE [**All Our Health framework**](https://www.gov.uk/government/collections/all-our-health-personalised-care-and-population-health) (first published 2015, but evolving with latest updates in **June 2018**) is a framework of evidence to help healthcare professionals in England understand and maximise the impact on improving health outcomes and reducing health inequalities. Since the publication of this framework, PHE has published a resource [**about the framework**](https://www.gov.uk/government/publications/all-our-health-about-the-framework/all-our-health-about-the-framework), and two other pieces of guidance, specifically around obesity: [**Childhood Obesity – Applying ‘All Our Health’**](https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health) (**April 2015**) and [**Adult Obesity – Applying ‘All Our Health’**](https://www.gov.uk/government/publications/adult-obesity-applying-all-our-health/adult-obesity-applying-all-our-health) (**January 2018**). These pieces of guidance explain the issues around obesity in adults and children, practical actions and interventions, understanding local needs, measuring outcomes and further guidance and resources of relevance.

**Healthy Weight, Healthy Futures**

The Local Government Association published this [**updated document**](https://www.local.gov.uk/healthy-weight-healthy-futures-local-government-action-tackle-childhood-obesity-0) in **June 2018** which showcases the variety of ways local authorities and other partners are working to tackle childhood obesity. It comes after the first published [**document**](https://www.local.gov.uk/healthy-weight-healthy-futures) of the same name in 2016**.**

**Sugar Reduction Programme**

Following the 2016 ‘Childhood Obesity: A Plan for Action’ and their commitment for PHE to oversee a sugar reduction programme, in **March 2017** PHE published [**‘Sugar Reduction: Achieving the 20%’**](https://www.gov.uk/government/publications/sugar-reduction-achieving-the-20) which included guidelines of how to achieve this ambition. In **May 2018**, a [**progress report**](https://www.gov.uk/government/publications/sugar-reduction-report-on-first-year-progress) was published assessing the progress that has been made.

**Childhood Obesity: Follow-up**

The House of Commons Health Select Committee published this [**report**](https://publications.parliament.uk/pa/cm201617/cmselect/cmhealth/928/928.pdf) (**March 2017**) following the childhood obesity plan release in August 2016. The Government then responded to the conclusions and recommendations made, in its own [**report**](https://www.gov.uk/government/publications/government-response-to-childhood-obesity-follow-up-report) (**January 2018**).

**Making Obesity Everybody’s Business: A Whole Systems Approach to Obesity (WSO)**

This [**briefing**](https://www.local.gov.uk/making-obesity-everybodys-business-whole-systems-approach-obesity), written in partnership between the Local Government Association, Public Health England and Association of Directors of Public Health (**December 2017**), focuses on the Whole Systems Obesity programme, which will provide local authorities with a different approach to tackling obesity. This [**presentation**](https://www.local.gov.uk/sites/default/files/documents/P11%20Using%20whole%20systems%20approaches%20to%20tackle%20obesity.pdf) details useful infographics to explain the WSO. A guide and resources are currently being developed with the aim to support the local authorities apply a WSO in their areas. Local authorities will be invited to feedback on the draft between 28 September and 31 October. These documents will go through a peer review in Winter 2018 and the final guide and resources will be published in Spring 2019.

**Working Together to Reduce Childhood Obesity**

This [**document**](https://www.ncb.org.uk/resources-publications/resources/working-together-reduce-childhood-obesity) (**May 2017**)from the National Children’s Bureau explores local activity in the context of national policy with the aim to inform schools, early year’s settings, local authorities, voluntary organisations and others, to plan and deliver joined-up and effective initiatives.

**Drug and Alcohol Addiction, and Obesity: Effects on Employment Outcomes**

Dame Carol Black conducted this [**independent review**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/573891/employment-outcomes-of-drug-or-alcohol-addiction-and-obesity.pdf) (**December 2016**) which in its own distinct part of the review, she explores obesity, employment outcomes and the benefits system.

**Childhood Obesity: Brave and bold action**

In **November 2015,** the House of Commons Health Select Committee published[**this report**](https://publications.parliament.uk/pa/cm201516/cmselect/cmhealth/465/465.pdf) around childhood obesity detailing recommendations for change. Following this report, the Government responded to the conclusions and recommendations in their own [**report**](https://www.gov.uk/government/publications/childhood-obesity-government-response) (**September 2016**).

**Dental Caries and Obesity: Their Relationship in Children**

This PHE produced [**evidence summary**](https://www.gov.uk/government/publications/dental-caries-and-obesity-their-relationship-in-children) (**October 2015**) reviews what is currently known about the relationship between dental caries and obesity in children using existing literature and public health monitoring data. It aims is to support the public health and obesity teams who may need to explain the relationship between these two outcomes.

**Adult Obesity and Type 2 Diabetes**

This PHE [**paper**](https://www.gov.uk/government/publications/adult-obesity-and-type-2-diabetes) (**July 2014**) provides an overview of the relationship between obesity and type 2 diabetes among adults, utilising the latest available data and evidence around prevalence trends at a national and local level. It also details the potential implications around health consequences, inequalities and cost and other relevant policy and guidance documents.

**Obesity and the Environment: Regulating the Growth of Fast Food Outlets**

PHE published this [**briefing**](https://www.gov.uk/government/publications/obesity-and-the-environment-briefing-regulating-the-growth-of-fast-food-outlets) in conjunction with the Local Government Association and the Chartered Institute of Environmental Health **(March 2014)**. Its aim is to address the opportunities to limit the number of fast food outlets, predominantly hot food takeaways, especially near schools and ways in which fast food options can be made healthier.

**Data, guidance, infographics and toolkits**

**Fingertips Profiles**

PHE has produced profilesdisplaying data for indicators across a range of health and wellbeing themes, with the aim of supporting commissioning to improve health and wellbeing and reduce inequalities. As obesity cuts across many themes, related indicators are available in many profiles. Once you follow the link to the [**Public Health Profiles**](https://fingertips.phe.org.uk/) main page, there is a search bar where you can enter indicator keywords. Enter [**‘obesity’**](https://fingertips.phe.org.uk/search/obesity) here and the indicators across all profiles will display and data is available at a local level alongside data for England.

**NCMP and Child Obesity Profile**

The National Child Measurement Programme (NCMP) measures the height and weight of children who are 4-5 and 10-11 years old, in primary schools in England. This data helps to increase understanding of the patterns in underweight, healthy weight, overweight and obesity among the population of children. The data in [**this tool**](https://fingertips.phe.org.uk/profile/national-child-measurement-programme) is presented at a local level alongside the data for England for the different indicators.

**KPIs: Tier 2 Weight Management Services for Children**

This [**document**](https://www.gov.uk/government/publications/kpis-tier-2-weight-management-services-for-children) published in **January 2019**, sets out the recommended key performance indicators for child and family weight management services which should be used in line with the guidance around commissioning and providing services (detailed below, October 2017).

**Patterns and Trends in Child Obesity**

PHE has produced this [**presentation**](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/file/311350142247) of the latest data on childhood obesity which was published in February 2018 and recently updated in **August 2018**. It covers the prevalence and trends of excess weight and obesity and BMI status in relation to age, sex, ethnicity and deprivation. In **September 2018**, a [**regional (East of England) slide set**](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/file/321986198248) was produced for the patterns and trends in child obesity.

**Obesity and the Environment: Density of Fast Food Outlets**

These [**documents**](https://www.gov.uk/government/publications/fast-food-outlets-density-by-local-authority-in-england) (**June 2018**) show the density of fast food outlets in England by local authority area on a map and an accompanying chart to show the relationship between the density of fast food outlets and deprivation by local authority. The data table document presents at local authority and ward level.

**Statistics on Obesity, Physical Activity and Diet**

This [**statistical report**](https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet/statistics-on-obesity-physical-activity-and-diet-england-2018) presents information on obesity, physical activity and diet which was published by NHS Digital in **April 2018** and relates to a reporting period of 31 March 2016 to 31 December 2017. It includes intelligence around adult and childhood obesity prevalence among other topics areas and there are links to the data tables and a data visualisation tool. Previous years statistical releases can be found [**here**](https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet).

**Weight Management Interventions: Standard Evaluation Framework**

The PHE [**guidance**](https://www.gov.uk/government/publications/weight-management-interventions-standard-evaluation-framework)(**February 2018**)is an update of the ‘Standard Evaluation Framework for weight management interventions’ (2009), originally published by the National Obesity Observatory and is now widely used across the country. It has been updated following practitioner feedback and to provide support for the collection of weight management guidance for commissioners and providers.

**Adult Weight Management: Key Performance Indicators**

This PHE [**guidance document**](https://www.gov.uk/government/publications/adult-weight-management-key-performance-indicators)(**November 2017**) details the key performance indicators recommended for tier 2 adult weight management services, which should be used in line with the evidence-based guidance on commissioning and providing services for adults (June 2017) detailed below.

**Child Weight Management Services: Systematic Review**

PHE commissioned this [**independent systematic review**](https://www.gov.uk/government/publications/child-weight-management-services-systematic-review)(**October 2017**) which identifies the characteristics and/or combination of characteristics that feature in successful tier 2 child (0-11 years) weight management programmes.

**Weight Management Services: Collect and Record Data**

These PHE guidance tools are aimed at service providers to enable them to collect and record data around tier 2 weight management services, consistently, for [**adults**](https://www.gov.uk/government/publications/adult-weight-management-services-collect-and-record-data) (**June 2017**)and for [**children**](https://www.gov.uk/government/publications/child-weight-management-services-collect-and-record-data)(**October 2017**), respectively.

**Weight Management: Commission and Provide Services**

PHE produced two evidence-based documents to support commissioners, practitioners and providers of tier 2 weight management services. They offer recommendations, considerations and resources to implement this guidance into practice for [**adults**](https://www.gov.uk/government/publications/adult-weight-management-services-commission-and-provide)(**June 2017**) and for [**children and their families**](https://www.gov.uk/government/publications/child-weight-management-commission-and-provide-services)(**October 2017**).

**Let’s Talk About Weight**

PHE produced two written documents to provide practical advice for health and care professionals around conversations they should be having about weight management for [**adults**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/620405/weight_management_toolkit_Let_s_talk_about_weight.pdf) (**June 2017**)and for [**children and their families**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/649095/child_weight_management_lets_talk_about_weight.pdf)(**September 2017**). Accompanying these step-by-step guides are one-page infographics detailing the steps to follow when talking to [**adults**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/675028/LTAW_Final_Infographic_Oct_2017_adults.pdf) and to [**children and their families**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/675029/WM_infographic_children.pdf).

**Patterns and Trends in Adult Obesity**

PHE has produced this [**presentation**](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/file/256370456621) of the latest data on adult obesity which was published in **July 2017**. It covers overweight and obesity data, BMI status and waist circumference including prevalence and trends in relation to age, sex, location, income, education, deprivation and ethnicity.

**Adult Weight Management: Changing Behaviour Techniques**

This PHE evidence-based [**guidance document**](https://www.gov.uk/government/publications/adult-weight-management-changing-behaviour-techniques)(**June 2017**) recommends behaviour change techniques to be used in adult tier 2 weight management services.

**Local Authority Declaration on Healthy Weight Toolkit**

Food Active designed[**this declaration**](http://www.foodactive.org.uk/projects/local-authority-declaration/)to support local government to exercise their responsibility in developing and implementing policies which promotehealthy weight. The aim of this[**support pack**](http://www.foodactive.org.uk/wp-content/uploads/2017/06/Food-Active-Declaration-Support-Pack-FINAL.pdf)(**June 2017**)is to provide local authorities with a step-by-step guide to adopting the declaration.

**Weight Management Services: Insights into User Experiences**

PHE commissioned this [**independent report**](https://www.gov.uk/government/publications/weight-management-services-insights-into-user-experiences)(**June 2017**) to understand the experiences of tier 2 and tier 3 weight management services for children, families and adults from the perspectives of the service users, providers and commissioners.

**Encouraging Healthier ‘Out of Home’ Food Provision**

This [**toolkit**](https://www.gov.uk/government/publications/encouraging-healthier-out-of-home-food-provision) (**March 2017**) aims to help local authorities and businesses to provide and promote healthier options for food eaten out of the home.

**Health Matters: Obesity and the Food Environment**

PHE published [**this guidance**](https://www.gov.uk/government/publications/health-matters-obesity-and-the-food-environment/health-matters-obesity-and-the-food-environment--2) in **March 2017** explaining the scale of the obesity problem in England and the factors behind the rising levels of obesity, with an emphasis on two main risk factors: the food and drink environment and physical inactivity. It details how local authorities can help businesses to offer healthier options; national policies and a call to action for all areas of the community.

**Obesity in Mental Health Secure Units**

This [**review**](https://www.gov.uk/government/publications/obesity-in-mental-health-secure-units) was published by PHE in **February 2017** and summarises the latest evidence around obesity in secure adult mental health settings. The aim of this guidance document is to support NHS England and the future commissioning of these services.

**Good Practice Appraisal Tool**

This tool has been produced by the WHO and European Commission as an [**appraisal tool**](http://www.euro.who.int/__data/assets/pdf_file/0007/149740/e95686.pdf) **(2011)** for obesity prevention programmes, projects, initiatives and interventions. The purpose of the tool is to assess the quality of programmes and using set criteria aims to identify programmes that could be considered good practice in order to be used as an example for future initiatives to prevent obesity.

**NICE Guidelines and Quality Standards**

[**Obesity: Identification, Assessment and Management**](https://www.nice.org.uk/guidance/CG189) **(Last reviewed May 2018)**

This clinical guideline covers children (2 years old and over), young people and adults and identifying, assessing and managing obesity. It aims to improve the use of very low calorie diets and bariatric surgery to help people who are obese to reduce their weight. **To note**: After the May review, recommendations on identification and classification of overweight and obesity, assessment, pharmacological interventions and physical activity will be updated.

[**Obesity: Working with Local Communities**](https://www.nice.org.uk/guidance/ph42) **(Last reviewed, June 2017) –** This public health guideline covers obesity prevention and weight loss within local communities, with the support of local organisations and networks. It aims to support sustainable and community-wide action to achieve this. Tools and resources are included to help with implementing this guidance.

[**Preventing Weight Gain**](https://www.nice.org.uk/guidance/ng7) **(Last reviewed, March 2017)**

This NICE guideline aims to prevent a range of diseases and conditions including cardiovascular disease and type 2 diabetes and improve mental wellbeing. It covers behaviours such as physical activity and diet to help children; young people and adults maintain a healthy weight and prevent excess weight gain.

[**Obesity: Clinical Assessment and Management**](https://www.nice.org.uk/guidance/qs127) **(August 2016)** – This quality standard covers the assessment and management of obesity in children and young people and adults, including referral for specialist care and weight loss surgery. It also covers people who are obese and have or are at risk of other medical conditions. There are tools and resources to help with implementation and improvement.

[**Obesity in Adults: Prevention and Lifestyle Weight Management Programmes**](https://www.nice.org.uk/guidance/qs111) **(January 2016)** – This quality standard covers preventing those over 18 years old from becoming overweight or obese. It also includes lifestyle weight management programmes for adults and strategies around increasing physical activity and promoting a healthy diet. There are tools and resources to help to implement this quality standard.

[**Obesity in Children and Young People: Prevention and Lifestyle Weight Management Programmes**](https://www.nice.org.uk/guidance/qs94) **(July 2015) –** Much like the quality standard above for adults, this one focuses on children and young people covering preventing them from becoming overweight and obese, including ways to increase levels of physical activity and a healthy diet. It also details lifestyle weight management programmes for those who are overweight or obese.

[**Obesity Prevention**](https://www.nice.org.uk/guidance/cg43) **(Last reviewed, March 2015) –** This clinical guideline looks at preventing all ages from becoming overweight or obese. It details how local authorities, the NHS, educational settings and workplaces can increase physical activity and promote healthy diets among their target groups. This guideline includes recommendations, tools and resources to help with implementation.

**Initiatives and Campaigns**

**Change4Life Programme**

This programme is to encourage and help families eat well and move more and is PHE’s flagship programme for preventing obesity in children. As part of the programme, Change4Life has run targeted campaigns around [**nutrition**](https://campaignresources.phe.gov.uk/resources/campaigns/66-2018-change4life-nutrition-campaign) and physical activity ([**Train like a Jedi**](https://campaignresources.phe.gov.uk/resources/campaigns/74-train-like-a-jedi-activity-campaign/overview) and the [**10 minute shake ups**](https://campaignresources.phe.gov.uk/resources/campaigns/48-10-minute-shake-ups/Overview)).

**NHS Diabetes Prevention Programme**

The Healthier You: NHS Diabetes Prevention Programme was launched in 2016 and is a joint commitment from NHS England, Public Health England and Diabetes UK. Its aim is to support individuals who are at high risk of developing Type 2 diabetes. Those who are referred onto the programme get tailored help and support including education on lifestyle choices, healthier eating and physical activity programmes and their benefits. An annual Diabetes Prevention Week campaign runs in April to raise awareness of the programme and of the causes of Type 2 diabetes. Free promotional materials are available from the PHE [**resources hub**](https://campaignresources.phe.gov.uk/resources/campaigns/72-diabetes-prevention-week/overview).

**parkrun Practices**

The Royal College of GPs and parkrun UK are launching a [**new initiative**](http://www.rcgp.org.uk/about-us/news/2018/june/parkrun-uk-teams-up-with-rcgp-to-prescribe-active-lifestyles-to-patients-and-practice-staff.aspx) where patients could be ‘prescribed’ outdoor physical activity, in order to improve health and wellbeing. GP practices will be able to become certified ‘parkrun practices’, establishing closer links with their local parkrun, enabling healthcare professionals to signpost their patients and carers to parkrun, especially those who have long-term conditions and/or are inactive.

**PHE One You - Social Marketing Campaign**

Launched in March 2016, ‘One You’ aims to support adults in England to improve their health. It encourages people to assess their lifestyle choices and do something about their own health. ‘One You’ has a [**website**](https://www.nhs.uk/oneyou) with a range of resources and free [**apps**](https://www.nhs.uk/oneyou/apps/). Promotional materials can be downloaded and ordered for free from the PHE [**resource hub**](https://campaignresources.phe.gov.uk/resources/campaigns/44-one-you)**.**

Under the banner of ‘One You’, PHE has teamed up with Drinkaware to launch a new [**Drink Free Days**](https://www.drinkfreedays.co.uk/) campaign in September 2018. The aim of this campaign is to encourage adults to think about their drinking habits and to highlight that having more Drink Free Days can reduce their risks of serious long term conditions and improve their health. Promotional materials are available for free from the PHE [**resources hub**](https://campaignresources.phe.gov.uk/resources/campaigns/80-drink-free-days/resources).

A calorie campaign was launched in March 2018 to encourage adults tackle the ‘calorie creep’ and aim for [**400-600-600**](https://www.nhs.uk/oneyou/be-healthier/eat-better/); that’s 400 calories for breakfast and 600 for lunch and dinner, respectively. Free promotional resources can be found on the PHE [**resource hub**](https://campaignresources.phe.gov.uk/resources/campaigns/71-nutrition-on-the-go/overview)**.**

Lastly, there is a physical activity campaign called [**‘Active 10’**](https://www.nhs.uk/oneyou/active10/home%20-%20RqUKVjEgw3XZCVDe.97) which features a free app to encourage adults to incorporate more physical activity into their day, by going for a brisk ten minute walk every day. Free promotional resources for this campaign can be found on the PHE [**resource hub**](https://campaignresources.phe.gov.uk/resources/campaigns/60-one-you-active-10)**.**