



## INTEGRATION JOINT BOARD

<b>Report Title</b>	A response to the Scottish Government's 2017 consultation document for diet, activity and healthy weight.
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<b>Report Number</b>	HSCP.17.111
<b>Date of Report</b>	17 <sup>th</sup> January 2018
<b>Date of Meeting</b>	30 <sup>th</sup> January 2018

### 1: Purpose of the Report

The purpose of this report is to:

1. Ask the IJB to endorse the enclosed response to the Scottish Government's consultation document for diet, activity and healthy weight.
2. Provide opportunity for the IJB to contribute further comment to the final consultation responses to the Scottish Government's consultation document for diet, activity and healthy weight.
3. Invite the IJB to consider its role in providing leadership and advocating for a range of measures to prevent, reduce and support the numbers of people who are overweight and obese in our population.

### 2: Summary of Key Information

In October, 2017 the Scottish Government opened a consultation on a range of proposals for improving diet and weight in Scotland in its document 'A healthier future – Action and ambitions on diet, activity and healthy weight' (1). Responses will be used to inform the development of a final national strategy.

The minister for Public Health and Sport states that "our diet, activity and weight are among the biggest public health challenges we face, with very significant preventable impacts on our health, public services and the Scottish Economy" (1)



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Scottish Health Survey (2016) data indicates that 65% (2/3) of adults in Scotland are overweight with local data for Aberdeen indicating this to be slightly lower at 61% (2). In 2016/17, 21.9% of primary 1 children in Aberdeen were at risk of being overweight or obese (3). Poor diet is connected to significant harms to people's health as well as wider socio-economic performance. Much of that harm is from overconsumption leading to people becoming overweight and obese. A good diet and healthy weight significantly reduces the risks of developing type 2 diabetes, 13 types of cancer, and other disease including cardiovascular disease and depression (1).

Ten years ago it was estimated that the total cost of obesity to Scottish society was in excess of £457 million (4). The effect of obesity is much wider than the costs directly relating to health conditions and healthcare costs have been estimated to be a minority of the costs to society of obesity. Obesity has been shown to adversely affect employment, production levels (via increased sickness absence from work or school and premature death) and mental wellbeing. Additionally, it is increasingly being cited as a cost burden in infrastructure planning. People with extreme obesity (e.g. BMI > 50) are increasing in numbers and present much greater costs to housing, transport, social support as well as healthcare.

The ambition of Scottish Government is to change our food culture to help address Scotland's obesity rates and poor diet (3). Achieving this ambition will require leadership and sustained action across all sectors of society with intended action in three broad areas:

- Transforming the food environment,
- Living healthier and more active lives,
- Leadership and exemplary practice.

The actions outlined in the consultation document for diet, activity and healthy weight are developed from Scottish Government's previous experience of implementing the 'Obesity Route map' (5) and learning from the range of actions in strategies to address alcohol use and smoking. This has shown that a broad range of interventions is needed as the factors that contribute to becoming overweight and obese are complex.

Interventions that focus more on the wider environment, rather than individual choice, are essential in making the healthier choices easier when we eat at home, eat out or eat on the go. Consumer education and personal responsibility are important, along with physical activity, but will not be enough on their own to make the desired changes across the population as a whole nor for people who are already overweight and obese.



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Promoting healthy weight and activity is complex and relies on a number of different factors at individual, community, environment and societal levels which also relates to other lifestyle factors and the strategies to address them such as alcohol and tobacco. Good mental wellbeing is vitally important to enable a person to have control over their life and contribute meaningfully in society. Whilst we are aware of wider issues relating to food in Aberdeen, such as food poverty, food access, knowledge and skills, wider factors such as poor education, literacy, housing, employment and poverty also need to be addressed. To improve the public's health we need everyone to work together effectively in a new way such as the example provided by Sustainable Food Cities to improve local outcomes; this includes the public, front line staff and community planning partners.

In order to collate a response on behalf of the IJB to the consultation document for diet, activity and healthy weight we invited a range of professionals from both the health and social care partnership and the local authority to a workshop in December. The 14 consultation questions were discussed and common themes to the range of responses highlighted. Seventeen professionals contributed to this process and their job titles are listed at the end of the proposed consultation response. The proposed response from the IJB to Scottish Government is in appendix one.

The responses endorse the view of Scottish Government that a wide range of approaches and interventions are required and should include the following key elements to address the complex issue of becoming overweight and of obesity:

**Communities** - including health literacy, engagement and insight, develop health champions, whole family approach and identifying and sharing good practice (do more of what works)

**Leadership** – including advocacy, making sure it's everyone's priority, i.e. councillors, non-executive board members, managers, head teachers - anyone that has the authority to make change. Key to this is influencing the partners we work with through, for example, community planning.

**Legislation** – including national and local quality assurance (evidence based, measuring/monitoring/evaluation) and raising awareness of implications of legislation (example- proximity of food vans)

**Early intervention, promotion and prevention** – need a range of approaches starting with children and their families, need a focus on food skills and everyone giving out the same consistent messages and information



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**Services** – need to include the views of service users, their families and their networks to develop a person centred weight management service. All services/organisations need the time and the skills to include these conversations in their work.

Intelligence shows that the situation in relation to people being overweight and obese is not improving in Aberdeen and across Scotland. This consultation gives an opportunity to reflect on how the IJB can work with partners and stakeholders to influence changes to our food culture. As the IJB will be aware of wider issues relating to food and health we would welcome further discussion about creating conditions and transformational ways to enable the people of Aberdeen to have healthy and happy lives and grow and live well. In addition, we will bring a future paper to the IJB requesting they sign the food charter for the SFCPA (Sustainable Food City Partnership Aberdeen). Meantime, this paper is seeking endorsement from the IJB of a proposed consultation response to the SG's draft strategy for diet, activity and healthy weight.

### Appendix:

1. Proposed consultation response from the IJB.

### References

1. Scottish Government (2017). *A Healthier Future – Action and Ambitions on Diet, Activity and Healthy Weight*. Available from: <http://www.gov.scot/Publications/2017/10/1050>
2. Scottish Government (2016) The Scottish Health Survey
3. ISD Scotland (2016/17) Primary 1 BMI Statistics: Epidemiological Categories.
4. Foster, K. (June 2015) Business case to support the prevention and treatment of overweight and obesity in the Grampian population. NHS Grampian.
5. Scottish Government (2011) Obesity Route Map - Action Plan. Available from: <http://www.gov.scot/Publications/2011/03/17104457/2>

### Definition: Obesity and BMI

Body Mass Index (BMI) is the most commonly accepted measure of general obesity. BMI is calculated by dividing weight (measured in kilograms) by height



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squared (measured in metres). Adults are classed as overweight if their BMI is 25 to less than 30, obese if their BMI is 30 to less than 40 and morbidly obese if their BMI is 40 or more.

### 3: Equalities, Financial, Workforce and Other Implications

- The number of people who are overweight and obese, as well as have poorer nutrition, is higher in areas of deprivation with significant and consequent health inequalities for women and children (3) in particular.
- Food Poverty Action Aberdeen (FPAA) continues to report a growing number of individuals and families accessing food banks across the city
- Our workforce needs to be fit for purpose and understand their contribution to addressing the issue of people being overweight and obese, which includes promoting staff health and wellbeing as an organisation.
- Leadership to achieve actions across the three broad areas will be needed at all levels, across our community planning partnership as well as from Scottish Government.

There are no financial, equality or workforce implications arising directly from this report.

### 4: Management of Risk

#### Identified risk(s):

- There will be an ongoing cost implication of not doing anything;
- There is a risk of more people being morbidly obese that will impact significantly on our health and social care and infrastructure as well as the quality of life of Aberdeen citizens.
- The significant rise in type 2 diabetes will continue to impact on primary and community health care services.

#### How might the content of this report impact or mitigate the known risks:

This consultation will be the basis for a future strategy for Scotland in 2018 and for Grampian. The public health directorate established a Grampian wide obesity strategy group in 2017. The H&SCP also has representation on the Sustainable Food City Partnership Aberdeen (SF CPA) and the IJB will be asked to support the



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Sustainable Food City Food Charter in 2018. The food charter describes pledges that contribute to addressing our food culture.

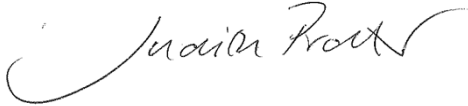

In addition there is an established multi-agency food network in Aberdeen that has strong representation from the third sector. The H&SCP's self management programme will also make a contribution to supporting people with health conditions such as diabetes. More concerted and collective effort is, however, needed to prevent and mitigate against the consequences of being overweight and of obesity across our community planning partnership.

### 5: Recommendations

It is recommended that the Integration Joint Board:

1. Agrees the consultation response, as at Appendix 1 and instructs the Chief Officer to submit the response to the Scottish Government by the deadline of 31/1/18
2. Instruct the Chief Officer to prepare an additional paper to be presented to the Integration Joint Board in early 2018 to consider the Food Charter for the SFCPA.
3. Commit to the leadership that is required to achieve the range of actions to address overweight and obesity.

### 6: Signatures

	Judith Proctor (Chief Officer)
	Alex Stephen (Chief Finance Officer)