

## 8.0 Obesity

### 8.1 Introduction

Nationally, the proportion of adults who are overweight (including obese) has risen among men from 57.6 % in 1993 to 66.6% in 2004, and among women from 48.6% in 1993 to 55.6% in 2004. The proportion of men who are obese increased from 13.2% in 1993 to 23.6% in 2004: for women the proportions were 16.4% in 1993 to 23.8% in 2004. <sup>7</sup> The increase of obesity among children has been most marked where the proportions of 2-15 year olds increased from 10.9% in 1995 to 18% in 2005 among boys and from 12% in 1995 to 18.1% in 2005 among girls. <sup>8</sup>

Obesity is a major health inequality issue with people from the lowest socio-economic groups at most risk.<sup>9</sup> Children living with parents who are overweight and obese are at an increased risk of being obese. Children who are obese are more at risk of becoming obese adults. Other groups at higher risk of obesity include some people from black and ethnic minority groups and people with specific conditions such as learning difficulties.

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<sup>7</sup> Joint Health Survey Unit. Health Survey for England 2004. Updating of trend tables to include childhood obesity data. London: The stationery Office 2004

<sup>8</sup> Jotangia D, Moody A, Stamatakis E, Wardle H. Obesity among children under 11. National Centre for Social Research, Department of Epidemiology and Public Health at the Royal Free and University College Medical school. London 2005

<sup>9</sup> Lightening the Load: tackling overweight and obesity. A toolkit for developing local strategies to tackle overweight and obesity in adults. National Heart Forum and the Faculty of Public Health. London, 2007

## 8.2 Our Key priorities....

Target	Plan
<p>Government new aim 2007: to reverse the rising tide of obesity and overweight in the population, by ensuring that all individuals are able to maintain a healthy weight. The initial focus is on children.</p> <p>By 2020 we will have reduced the proportion of overweight and obese children to 2000 levels.</p>	<b>Community Plan</b>
<p>Number of obese older adults living in disadvantaged areas of east Merton achieving a reduction in body weight following attendance at GP referral weight management programmes, and maintaining the loss for 12 weeks, such weight loss being:</p> <ul style="list-style-type: none"> <li>- Between 5 and 9.9% weight loss (based on initial bodyweight) by attending 12 sessions</li> <li>- At least 10% weight loss (based on initial bodyweight) by attending 12 sessions</li> </ul>	<p><b>Local Area Agreement</b></p> <p><b>Local Area Agreement</b></p>
<p>Percentage of adults aged 16+ participating in at least 30 minutes moderate intensity sport and active recreation (including recreational walking and cycling) on 3 or more days a week, as measured by Sport England's Active People Survey and by re-survey in 2009.</p>	<b>Local Area Agreement</b>
<p>Number engaged in cultural Olympiad through sport and active recreation</p>	<b>Local Area Agreement</b>
<p>Percentage of 15-75s with BMI recorded in last 15 months</p>	<b>Operating Plan</b>
<p>Percentage of recorded people whose recorded BMI <math>\geq 30</math></p>	<b>Operating Plan</b>

### Key Initiatives:

- Obesity training programme via schools, school nurses and voluntary and community sector groups
- Weight loss guidelines for general practice
- GP referral scheme with Rosemary Conley
- Weight checks available to staff through two annual staff health care events at Merton Civic Centre and at local sites on request

### 8.3 What we want to achieve – delivering through actions

The Merton Obesity Group has developed action plans for prevention and treatment for adults and for children and families to implement the objectives of the SMPCT Tackling Obesity: A strategy for Children and Adults in South West London 2006-10.

#### 8.3.1 Prevention and Treatment Plan for Adults

Objective	Action	Timescale	Lead (s)	Links to plans/ strategies
<b>Weight management services in primary care</b>	Promote a range of weight management services in primary care for overweight patients <ul style="list-style-type: none"> <li>▼ In-house weight management clinics</li> <li>▼ Exercise referral</li> <li>▼ Referral to Dietetic department</li> <li>▼ Community healthy eating initiatives</li> <li>▼ Healthy walks</li> <li>▼ Referral to Rosemary Conley Diet &amp; Fitness Clubs</li> </ul>	Annual programmes	SMPCT	Overview and Scrutiny
	Facilitate primary care to set up in-house weight management services	Funding gained for 3yr Pilot in 5 GP practices in East Merton 2008-11	LB Merton - Environment and Regeneration	

Objective	Action	Timescale	Lead (s)	Links to plans/ strategies
<b>Ensure weight management services are targeted effectively to meet the needs of obese and overweight patients</b>	<ul style="list-style-type: none"> <li>▼ Update SMPCT Weight management guidelines and toolkit for primary care to produce an Obesity Care Pathway for primary care with supporting resources based on NICE guidance on obesity and national care pathways</li> <li>▼ Use QOF data on BMI to identify the GP surgeries with the highest populations of obese patients to target intervention and training</li> <li>▼ Focus on Rosemary Conley GP referral scheme in GP surgeries in areas of highest deprivation</li> </ul>	2008	SMPCT	SMPCT NSF CHD strategy
<b>Training and Capacity Development</b>	Provide training strategy for the prevention and treatment of obesity for primary care – to include implementation of the Obesity Care Pathways	2008	SMPCT	
<b>Community Based Initiatives</b>	Extend healthy walks programmes – particularly in areas of deprivation	Rolling programme	SMPCT  LB Merton – Environment and Regeneration	Sports, Health and Physical Activity Strategy  Cultural Strategy  Overview and Scrutiny

Objective	Action	Timescale	Lead (s)	Links to plans/ strategies
	Train volunteers to lead healthy walks in communities	Rolling programme	SMPCT	Leisure and Culture Development Plan  Overview and Scrutiny
	Enable use of leisure services	2008	LB Merton – Environment & Regeneration	Sports, Health and Physical Activity Strategy
	Develop community based food and health initiatives in areas of highest deprivation	2009 (currently no resource to undertake this)	SMPCT	
<b>Investigate targeted weight management services in the community for BME groups</b>	Consult with Third Sector BME groups	2009 (currently no resource to undertake this)	SMPCT	
<b>Develop workplace health initiatives to develop healthy lifestyles</b>	Maintain current initiatives and develop further work based initiatives to promote healthy lifestyles	Rolling programme	SMPCT  LB Merton – Corporate services (HR)	
<b>Focus on high risk groups</b>	Target weight management services for high risk groups with poor access to services <ul style="list-style-type: none"> <li>▼ People with learning disabilities</li> <li>▼ People with SMI</li> <li>▼ People whose ability to have surgery is dependent on their losing weight</li> </ul>	2009 (currently no resource to undertake this)	SMPCT	

### 8.3.2 Prevention and Treatment Plan for Children and Families

Objective	Action	Timescale	Lead (s)	Links to plans/ strategies
<b>Weight management services in primary care</b>	Review School Nursing provision and Paediatrics Dietetic service for treating childhood obesity	2008	SMPCT – school nursing	
	Continuation of, and sustainability following cessation of funding of Merton Children’s Obesity Prevention & Intervention programme – to include long term training programmes and structured interventions for prevention and treatment. Business case for mainstream service to be developed	Business case accepted by the PCT Commissioning Board Sept 2008. £125K to set up children’s obesity service for Merton allocated.	SMPCT/ LBM– children commissioning leads and SMPCT Public Health	SMPCT Operating Plan 2008-9
	Update SMPCT Weight Management Guidelines and Toolkit for primary care (for adults and children) to produce a Care Pathway for obese and overweight children to reflect NICE guidance on obesity and national care pathways  Disseminate these guidelines to staff (GPs, Practice Nurses, Health Visitors, School Nurses and PHAS co-ordinators in Merton schools) who provide services or work with overweight children	The Obesity Care Pathway will be developed in line with the new service as described above  2009	SMPCT – public health and dietetics	

Objective	Action	Timescales	Lead (s)	Links to plans/ strategies
<b>Training and Capacity Development</b>	Training school nurses, primary care staff, health visitors to assess, identify and treat obesity – NICE guidance care pathways	2009 resources required	SMPCT – public health and dietetics	
	Training school based staff – nursery nurses, after school or breakfast club leaders on prevention of obesity	Rolling programme	LB Merton - school nutritionist	
	Training on healthy lifestyles and prevention in community settings – Surestart, Connexions, leisure centre staff, youth and play workers and voluntary groups. Sustainable long-term training programme accessible to relevant staff on of obesity and signposting to services	2009 (currently no resource to undertake this)	Merton Encouraging Healthier Lifestyles Reference Group	Overview and Scrutiny
<b>Community Based Initiatives for families</b>	Enable use of leisure services to families and children living in areas of deprivation	2008	Merton Encouraging Healthier Lifestyles Reference Group LB  Merton – Environment & Regeneration Leisure Development	
	Community nutrition initiatives developed with families and children living in areas of deprivation	2009 (currently no resource to undertake this)	Merton Encouraging Healthier Lifestyles Reference Group	

Objective	Action	Timescales	Lead (s)	Links to plans/ strategies
<b>School Aged Children</b>	National Healthy Schools Status and National School Food Standards	Quarterly reporting	LB Merton – healthy schools and school nutrition	
	Ensure that the national weight and height data collection (Yr 5 and Yr 6) is undertaken and results used to target initiatives	Annual measurement programme	SMPCT – Public Health	SMPCT Operating plan 2008-9
<b>Early Years, nurseries and pre school</b>	Develop a 0-5 years healthy lifestyle policy	2009 (currently no resource to undertake this)	SMPCT	
	Breastfeeding promotion		SMPCT – midwives and health visitors	
<b>High Risk groups</b>	Weight management for children with learning disabilities and their families/carers	2008 2009 (currently no resource to undertake this)	SMPCT	



#### 8.4 Case study

Tackling health inequalities in mortality through action on obesity – a low cost weight management referral scheme for obese adults on low income living in disadvantaged areas of East Merton.

Obesity contributes to deaths from coronary heart disease and cancer, which are higher in the more deprived wards in Merton. Sutton & Merton PCT has an obesity strategy and action plan for Merton to prevent and treat obesity and those who are overweight in children and adults. Weight management including increased physical activity in older adults will help reduce obesity and have other positive health benefits. Tackling obesity and increasing physical activity, particularly with a focus on East Merton and low-income groups, will help address inequalities. The project is targeted at all people aged over 50 living in deprived areas of Merton with a Body Mass Index of 30+. Currently there are 143 Merton residents with a Body Mass Index classification of obese attending the weight loss classes.

# Mental Health and Well-being

