



# Tackling Obesity By Encouraging 'Healthy Weight'



**Kate King – Health Improvement Principal**

**NHS Oxfordshire**



## Tackling Obesity By Encouraging 'Healthy Weight

- Oxfordshire Obesity Strategy – Success to date
- Oxfordshire Obesity Strategy – Rapid appraisal
- Healthy Weight Action Plan 2010 – 2011
- Healthy Weight Strategy - Refresh



## Success to date.....

- Obesity Care Pathway in place and a range of local Tier 1 and Tier 2 weight management services have been commissioned for Adults
- A number of prevention projects and services are in place which continue to encourage/support local people to be more active and eat healthily
- Partners have have agreed a local plans to encourage healthy weight and increase participation in physical activity
- The profile of the issue remains high nationally (Change4Life, National Press) and locally and there is broadly support from stakeholders for continued action



## Obesity Strategy – Rapid appraisal

### **Ownership of strategy**

Refreshed Strategy and action plan should be signed off by all key partner agencies.

### **Accountability**

Currently reporting progress to the Health & Wellbeing Board, not the ChildrenTrust

### **Physical activity interventions**

Good coordination but requires a greater focus on physical activity and inactivity, particularly for 'at risk' groups

### **Healthy eating interventions**

A more strategic approach to healthy eating is required which needs to be emphasised in the refreshed strategy.



## Obesity Strategy – Rapid appraisal

### **Health and Social Care settings**

More focus also needs to be given to weight management for people with long term conditions

Interventions in social care settings not clearly mapped and work needs to be undertaken to maximise input by these services

**Primary Prevention** - The refreshed strategy needs to place greater emphasis on primary prevention and early identification of people at risk in the settings listed below.

Workplaces, Schools and Colleges, Early Years Settings, Local Communities

### **Political influence**

local cuts, food policy, local spatial planning & transport decisions

### **Data/ policy / service updates**



# Healthy Weight Action Plan 2010-2011

## Health and Social Care

Primary Care, Secondary Care, Pharmacy, Community Health, Private Sector



## Schools/Colleges and FSHE

Primary Schools, Secondary Schools, Colleges, Universities, Private Schools



## Communities

Local authorities, voluntary/communities organisations, private sector



## Workplaces

Public, Private, Voluntary



## Early Years / Pre-School

Children Centres, Nurseries, Playgroups



## Closed communities

Prisons, MOD





## Healthy Weight Strategy - Refresh

### Next Steps.....

- 4 Stakeholder Workshops
- 2-3 Public Engagement Events
- Patient & Public Survey – widely circulated and also available online via ‘Talking Health’ web portal
- Refresh informed by the above and new Public Health White paper
- Draft in December/January for circulation
- Ratification of refreshed strategy by partners February 2011 – April 2011



## Healthy Weight Strategy - Refresh

**Please feedback on behalf of yourself and organisation**

### **Stakeholder Workshops**

12th October 2010 in the Seminar Room, Wantage Hospital

3rd November 2010 in Orchard Health Centre, Banbury

10th November 2010 in Rooms 2&3 at East Oxford Health Centre, Cowley

17th November 2010 in the Ben Bosley Room at Didcot Hospital

To book a place: Sue.Talmage@oxfordshirepct.nhs.uk

### **Promote the Patient & Public Survey Locally**

<http://www.oxfordshirepct.nhs.uk/have-your-say/default.aspx>

### **PCT Contacts:**

Kate King – 01865 336872 [Kate.King2@oxfordshirepct.nhs.uk](mailto:Kate.King2@oxfordshirepct.nhs.uk)

Beccy Hitch – 01865 336870 [Beccy.Hitch@oxfordshirepct.nhs.uk](mailto:Beccy.Hitch@oxfordshirepct.nhs.uk)