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Decision No.....

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**By:** Summary by Val Miller  
**To:** West Kent Health and Wellbeing Board, February 18, 2014  
**Subject:** Adult Obesity  
**Classification:** Unrestricted

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## 1. Purpose

1.1 To inform the Health and Wellbeing Board regarding adult obesity and the responsibilities of Kent County Council and Sevenoaks, Tonbridge and Malling, Tunbridge Wells districts in the West Kent CCG area that can be mobilised to impact on the wider determinants for tackling adult obesity.

## 2. Background

- 2.1 The World Health Organisation defines obesity as a chronic disease. From an economic perspective, predictions are for sharp rises in the costs to the taxpayer for treating obesity and related chronic illness. The Foresight Report (2007) estimates that by 2050 the cost of treating it's co-morbidities in the UK will reach £250 million
- 2.2 Public Health England has calculated the rates of excess weight in 16+ years in all authorities in England as part of the Public Health Outcomes Framework. This data is based on the Active People Survey (self-reported data) adjusted using Health Survey for England data. It is all excess weight so overweight and obese combined (BMI over 25). The Health Survey for England has shown in recent years that the rise in the prevalence of overweight and obesity in adults is slowing.
- 2.3 The England rate is 63.8% and Kent is 64.6%, which is statistically similar to England. Canterbury is the only authority with prevalence better than the England average (54.2%). Both Thanet (68.4%) and Swale (68.8%) are worse than the England average. All the nine other authorities, including those in West Kent are similar to England. These differences also apply to

comparison with the South East Region. It does mean however that only 36.2% of the Kent population is a healthy weight.

2.4

2 Area	Value	95%Lower CI	95%Upper CI
England	63.8	63.5	64.0
South East	63.1	62.5	63.7
Tunbridge Wells	59.4	54.6	64.3
Tonbridge and Malling	65.2	60.7	69.7
Sevenoaks	65.3	60.7	69.9

*Source: Active People Survey, Sport England*

2.5 Overweight and obesity are complex issues and influenced by a range of factors, including social and economic deprivation and age

2.6 Such a high burden of weight has implications for self- esteem and well- as well as increased risk of long term conditions such as heart disease and diabetes. The Kent Joint Strategic Needs Assessment tells us that there are currently 69,061 people in Kent aged 17 or over who are on a diabetes register. In March 2011 there were 66,290. This is an increase of 2,771 (4.2%). If this increase continues, there will be unmanageable pressures on NHS and adult social care and implications for the whole economy.

2.7 Overweight and obese adults are also likely to have children who are overweight.

### 3. The Contribution of Local Authorities

3.1 With the move of Public Health into local government there are new opportunities for working with both Tier 1 and Tier 2 authorities on addressing the wider determinants of health.

3.2 A key role is setting Healthy Public Policy (e.g. role of Health and Well Being Board, Mind the Gap)

3.3 The Sports and Physical Activity Service and the Physical Activity and Mobility Services in Kent County Council provide a range of initiatives including health walks, Small Steps Child Pedestrian Training – KS1 Yr.2, Bikeability Level1&2 National Standard Cycle Training YR6 and Active Bug and Walking Buses. They estimate the approximate costs of physical inactivity to Kent are £21m per year.

3.4 Planning has responsibility for influencing design of new build to include green spaces and planning permission for food outlets. A number of local authorities have made progress on developing obesity based policies to restrict hot food takeaways, this is something that some West Kent authorities are pursuing.

3.5 Food procurement services (e.g. school meals and catering in residential settings), trading standards, environmental health, licencing and planning all have responsibilities that can impact on obesity.

#### **4. Recommendations:**

7.1 Members of the Health and Wellbeing Board are asked to note the briefing above and to receive a presentation from the partners on the opportunities and barriers that exist within West Kent to impact on adult obesity.

#### **8. Contact details**

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