

NHS GRAMPIAN

Director of Public Health Annual Report – Obesity It’s time to talk A healthier and more active future for the North East of Scotland – 2019-22 strategy

1. Actions Recommended

The Board is being asked to:

1. Consider and note the message of the Director of Public Health (DPH) Annual Report 2018/19 (animation attached). Note videos by relevant stakeholders and people with lived experience will be embedded into the online version of the report)
2. Note the extent and complex nature of obesity and the key messages of the report
3. Note and support the launch of ‘A healthier and more active future for the North East of Scotland strategic plan 2019-2022’, which is a system-wide response to the issue raised in the DPH report.

2. Strategic Context

Obesity It’s Time to Talk - Obesity and poor diet is the single largest cause of disease and premature death across Scotland and the North East, when being overweight or obese has become the norm and is getting worse. Two out of three adults are overweight or obese and one in four children are estimated to be overweight and one in ten are at risk of obesity in the future.

A healthier and more active future for the North East of Scotland - The Scottish Government’s national strategy A Healthier Future, the More Active Scotland strategy and Type 2 Diabetes Framework, make recommendations to improve the nation’s diet, increase levels of physical activity and facilitate the maintenance of healthy weight. To support the delivery of these strategies locally, colleagues across NHS Grampian and in the Health and Social Care Partnerships have created an evidence-based vision for what a healthier and more active North East would look like.

3. Key matters relevant to recommendation

Obesity It’s Time to Talk explores the complex nature of obesity and the numerous causes including biological, psychological, environmental, diet/physical activity, social and economic. Obesity impacts on people’s social, physical and mental health and can result in low self-esteem, cancer, disability, discrimination, poor mental health, diabetes and ultimately premature death. We should be able to talk openly about weight however too much emphasis is currently on individual responsibility which leads to feelings of guilt, shame and stigma. It’s Time to Act - We have to recognise that obesity is everyone’s business and we all have a part to play in finding a solution to poor diet, inactivity and overweight and obesity.

A healthier and more active future for the North East of Scotland offers a collective response to help prevent obesity and improve people’s diet and levels of physical activity. This strategic plan compares the vision for Grampian to the current

provision and outlines practical suggestions and responsibilities for NHS and partner organisations including public, private and voluntary sector, to close this gap. A wide ranging consultation was held over the summer months and the plan has been updated to reflect feedback. Further engagement will take place to support partners to help make this vision a reality.

4. Risk Mitigation

It's Time to Act however the key risk is that all partners don't recognise their shared responsibility to make the levels of change required to create a culture that supports eating well, staying active and being healthy.

5. Responsible System Leadership Team Member and contact for further information

If you require any further information in advance of the Board meeting please contact:

Responsible System Leadership Team Member	Contact for further information
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27th November 2019