

Devon- Making the case for the Healthy Weight Declaration - A Briefing Paper

1. Introduction

Today the average adult living in Devon and England is overweight, and the consequences this has on our lives impacts our mental health, physical health and economic prosperity.

The environments that we have created make it harder for us to achieve a healthier weight. In recognising this Devon County Council has signed up to the Healthy Weight Declaration and is seeking support from District Councils, businesses and community groups to halt the rise in excess weight, teeth extractions, poor mental health and other long-term conditions.

<http://www.foodactive.org.uk/wp-content/uploads/2017/06/Food-Active-Declaration-Support-Pack-FINAL.pdf>

More of us are choosing to eat outside of the home. We have a responsibility to ensure our out of home food environment promotes healthy options to change our futures. Devon County Council is committed to supporting the people of Devon to achieve happy and healthy lives.

The statistics reported from Public Health England's finger tips tool show some of the impacts our behaviours and built environments are having on our health. We explore these on pages 2-4.

<https://fingertips.phe.org.uk>

























Request of District's across Devon

1. Support Devon County Council in adopting the Healthy Weight Declaration
2. Consider the adoption of Public Health England evidenced based tools to help create healthier environments
3. Share good practice across the County in efforts that contribute towards achieving reductions in the health harms of obesity, diabetes and tooth decay.
4. Provide additional suggestions to pledges Devon might wish to make that contributes towards the Healthy Weight agenda.

Table 1 below shows the percentage and trends of weight amongst our children and show how as we age we have an increasing risk of becoming overweight or obese. Amongst reception age children 1 in 4 or 5 children are now overweight or obese, this rises to 1 in 3, as children are measured in Year 6 and then to 2 in 3 as we become adults.









2. Statistics

Table 1. Percentage of our populations who are overweight or obese: reception aged children, children in Year 6 and adults

| | Overweight/obese Reception aged | | | | | Overweight/obese Yr 6 | | | | | Percentage overweight/obese adults | | |
|-------------|---------------------------------|---------|---------|---------|--|-----------------------|---------|---------|---------|---|------------------------------------|---------|---|
| | 2013/14 | 2014/15 | 2015/16 | 2016/17 | Trend | 2013/14 | 2014/15 | 2015/16 | 2016/17 | Trend | 2015/16 | 2016/17 | Trend |
| East Devon | 21.1 | 21.5 | 23.2 | 22.3 |  | 27.6 | 24.3 | 26.4 | 27.2 |  | 61.7 | 61.4 |  |
| Exeter | 26.6 | 21.3 | 21.4 | 19.8 |  | 33.7 | 33 | 26.5 | 29.4 |  | 59.5 | 54 |  |
| Mid Devon | 23.5 | 23.8 | 20.1 | 24.2 |  | 30.2 | 31.1 | 28.8 | 33.4 |  | 63 | 63.5 |  |
| North Devon | 24 | 22.4 | 22.4 | 24.3 |  | 29.7 | 27.6 | 33.5 | 25.5 |  | 61.1 | 59 |  |
| South Hams | 20.5 | 19.8 | 20.3 | 20.9 |  | 26.5 | 26 | 25.9 | 26.3 |  | 59.8 | 56.5 |  |
| Teignbridge | 22.7 | 23.8 | 24.8 | 23.6 |  | 32.4 | 27.8 | 29.1 | 30.2 |  | 68.4 | 55.5 |  |
| Torridge | 24.6 | 22.3 | 23.9 | 25.4 |  | 31.8 | 33.4 | 30 | 30.6 |  | 58.8 | 56.7 |  |
| West Devon | 22.6 | 24.9 | 23.4 | 21.9 |  | 31.8 | 30.5 | 30.5 | 27.2 |  | 55.1 | 61.3 |  |

We next look at how the density of fast food outlets over the past 3 years has changed across Devon, see Table 2.

Table 2. Density of fast food outlets

| Table 2: Density of Fast Food outlets | | | |
|---------------------------------------|------|------|---|
| | 2015 | 2018 | Trend |
| East Devon | 57.2 | 64.9 |  |
| Exeter | 70 | 80.8 |  |
| Mid Devon | 50.5 | 42.6 |  |
| North Devon | 92.5 | 86.6 |  |
| South Hams | 66.6 | 50.7 |  |
| Teignbridge | 58.9 | 82.4 |  |
| Torridge | 47.2 | 82.1 |  |
| West Devon | 49.8 | 80.4 |  |

In 5 of the 8 districts there has been an increase in the rate of fast food outlets, most notably in Teignbridge, Torridge and West Devon. The causes of obesity are complex and so we are unable to state that fast food outlets on their own are driving the weight of the residents of Devon.









Public Health England in partnership with local authorities have created a Healthy Weight Planning Supplementary Document that would help to contribute towards the prevention of obesity and its associated health conditions. Local authorities can localise the document by completing the embedded file.



Healthy weight environment SPD 18

The next set of tables look at the inactivity levels amongst adults, and rates of tooth extractions amongst children aged 5 years and the estimated rates of diabetes diagnosis amongst our resident populations.

Table 3: Percentage of adults who are inactive in Devon

| Percentage of adults inactive | | | |
|-------------------------------|---------|---------|---|
| | 2015/16 | 2016/17 | Trend |
| East Devon | 16.6 | 16.3 |  |
| Exeter | 17.2 | 15.2 |  |
| Mid Devon | 19.5 | 18.4 |  |
| North Devon | 19.4 | 18.3 |  |
| South Hams | 17 | 17.1 |  |
| Teignbridge | 18.9 | 14.8 |  |
| Torridge | 22.2 | 18.6 |  |
| West Devon | 15.7 | 18.7 |  |

In most cases there is an improving trend across Devon, where adults are moving more and becoming less sedentary. We know that frequent and prolonged periods of sitting are not good for our health and our cardiovascular system.

Evidence suggests those who are most inactive are likely to choose to become more active through walking or cycling. To facilitate this, we can support measures to make walking and cycling the easiest and fastest method of travel for short journeys through changes to the built environment.









Provision of covered storage for cycles, scooters and gardening equipment amongst housing developments can help to influence behaviours. Networks of direct, legible and integrated walking and cycling routes, which are safe, well lit, overlooked, welcoming, well-maintained, durable and clearly signposted and frequent way marking, will help people find direct routes and shortcuts and reinforce the time-saving aspects of walking and cycling, compared with driving for short journeys. Seating placed at regular intervals will enable those with limited mobility and younger citizens to break their journeys and socialise. Policies that reduce car dependency encourage alternative modes of transport.

PHE have produced an evidence-based guide to spatial planning for health.



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Table 4: Percentage of children aged 5 years with decayed, missing or filled teeth.









| Decayed, missing or filled teeth amongst 5 year | | | |
|---|---------|---------|---|
| | 2014/15 | 2016/17 | Trend |
| East Devon | 0.34 | 0.35 |  |
| Exeter | 0.73 | 0.62 |  |
| Mid Devon | 0.57 | 0.48 |  |
| North Devon | 0.71 | 0.57 |  |
| South Hams | 0.47 | 0.39 |  |
| Teignbridge | 0.56 | 0.66 |  |
| Torridge | 0.63 | 0.61 |  |
| West Devon | 0.47 | 0.24 |  |

Public Health Devon commission the oral health education team to target oral health messaging and support to schools identified as most in need.

The Sugar SMART campaign has been well received and continues to build momentum across Exeter, Barnstaple and Newton Abbot. It is anticipated that the Healthy Weight Declaration activity will further build on this work and reach across Devon to provide a more balanced food offer made available at events and amongst our communities.

Restricting the sales of energy drinks to under 18's is one of the pledges within the Healthy Weight Declaration and is something that Devon County Council is keen to support.

Table 5: Estimated Diagnosed Diabetes rates (expressed as a percentage of those with a formal diagnosis of diabetes as a proportion of the estimated number with diabetes)

| Estimated Diabetes Diagnosis | | | | |
|------------------------------|------|------|------|---|
| | 2015 | 2016 | 2017 | Trend |
| East Devon | 77.8 | 77.4 | 76.5 |  |
| Exeter | 79.7 | 79.4 | 78.3 |  |
| Mid Devon | 77 | 76.5 | 75.3 |  |
| North Devon | 71.6 | 73.5 | 76.9 |  |
| South Hams | 55.4 | 55.9 | 56.5 |  |
| Teignbridge | 69.5 | 71.1 | 71.3 |  |
| Torridge | 66.1 | 68 | 69.3 |  |
| West Devon | 65.7 | 65.3 | 65.9 |  |

Public Health England have a priority focus on the prevention of long term conditions. As part of the national Public Health Grant Top tier local authorities are mandated to provide NHS Healthchecks for those aged 40-74 years of age. This brief intervention is designed to identify, support lifestyle changes and treat people who are at risk of, or whom require further investigations for vascular diseases.

As of September 2018. Devon will be providing the National Diabetes Prevention Programme for individuals identified as at risk of developing Type 2 Diabetes.

3. What is the offer?

There are 14 commitments that form the Healthy Weight Declaration that can be found here: <http://www.foodactive.org.uk/wp-content/uploads/2017/06/Food-Active-Declaration-Support-Pack-FINAL.pdf>

In signing up to the Healthy Weight Declaration, Devon County Council, Public Health England and Food Active are offering their support to help us learn from the experiences of other local authorities who have signed the pledge before.

Already we have partnered with Cumbria who like ourselves are a two-tier local authority area with rural challenges. Devon County Council will facilitate the sharing of learning between national stakeholders, District Councils and the Public Health England regional Healthy Weight Network.

Devon County Council will support the Districts in Devon to develop and establish policies that progress the agenda, provide evidenced based resources and co-ordinate communications messages across the County.

4. How will we measure improvement?

We will host a large stakeholder event whereby we will seek the views of the organisations who support the Healthy Weight Declaration to influence and agree the measures of success. We recognise that by collaborating with our partners and in co-producing these measures we will increase our chances of being successful.

Examples of measures that could be adopted are:

1. The adoption of policies that limit the availability of fast food, sugary drinks and promote the availability of free drinking water.
2. The adoption of policies that limit the advertising of unhealthy foods.
3. The adoption of Workplace wellbeing charter and other organisational employee support programmes.

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