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‘Obesity and the Neighbourhood  
approach’

Health and  
Wellbeing Board

# Key causes of Obesity

Food, activity, and sleep patterns that lead to excess calorie intake and low energy expenditure

Social determinants of health (SDOH) that affect the availability and affordability of healthy food and physical activity opportunities

Genetics that influence how the body processes food and stores fat

Aging that reduces muscle mass and metabolic rate

Illnesses and medications that affect appetite, metabolism, or hormone levels

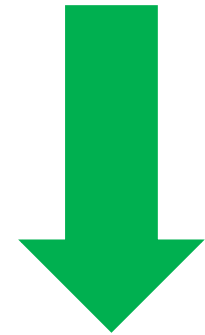
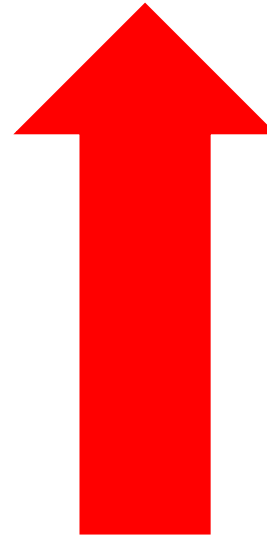
Lack of sleep that disrupts hormonal balance and increases hunger and cravings

In this presentation of data body mass index (BMI) is classified according to the following table, using BMI thresholds for adults recommended by the National Institute for Health and Care Excellence (NICE).

| BMI Range                       | BMI Category   |
|---------------------------------|----------------|
| Less than 18.5kg/m <sup>2</sup> | Underweight    |
| 18.5 to <25kg/m <sup>2</sup>    | Healthy weight |
| 25 to <30kg/m <sup>2</sup>      | Overweight     |
| 30kg/m <sup>2</sup> or more     | Obesity        |
| 40kg/m <sup>2</sup> or more     | Severe obesity |

# Health Issues associated with Obesity

Type 2 diabetes  
Infertility  
High blood pressure  
Heart disease  
Certain cancers (breast, colon, and endometrial)  
Stroke  
Gallbladder disease  
Fatty liver disease  
High cholesterol  
Sleep apnoea and other breathing problems  
Chronic lower back pain  
Arthritis  
Osteoarthritis, particularly of the knees



## How is Obesity Prevented

Exercise regularly  
Eat a well-balanced diet  
Maintain a healthy body weight  
Limit unhealthy foods (refined grains and sweets, potatoes, red meat, processed meat) and beverages (sugary drinks)  
Improve sleep routine and reduce the stress



## Bury Food Systems

Bury won the prestigious **Sustainable Food Places Bronze award** (led by the Soil Association, Food Matters and Sustain) (June 2022). The award recognises the work of Bury Food Partnerships to promote healthy, sustainable and local food and to **tackle some of today's greatest social challenges: from food poverty and diet-related ill-health to the disappearance of family farms and the loss of independent food retailers.**

**Bury Food Partnership** members are from across all areas of the local food sector and organisations that have an interest in **creating a healthy, sustainable, and equitable food system in Bury.** We want to strive for and shape a fairer food system here in Bury where everyone can thrive. Collectively working on **tackling food poverty, promoting healthy eating, good food procurement and climate and nature friendly foods**; as all issues are intertwined.

<https://theburydirectory.co.uk/bury-food-partnership>

<https://theburydirectory.co.uk/a-path-to-pantry>

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# Food Updates in Bullets !

- ✓ **Bury Market was launched as a Healthy Start destination (2023).** Promoting Healthy Start at the Market supports our local families, and the local economy, as part of our work in promoting good food for all in Bury.
- ✓ **Cost of Living grants have supported community groups** to meet the needs of their communities, such as the formation of Friends of Clarence Park Community Recipe Book, and the Kitchen Kit Giveaway event (Oct 2023).
- ✓ **Several Incredible Edible** sites established across Bury (Incredible Edible Prestwich & District largest branch in the UK).
- ✓ New **community orchards** have been established (City of Trees).
- ✓ GM Public consultation on children's healthy weight (**The Real Picture Survey**) on the challenges and solutions for our food system via (Dec 2023).

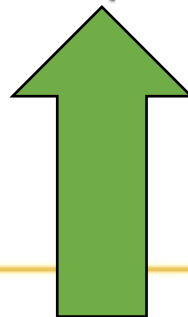


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## Stepping back further to the first 1001 Days

### **James P. Grant, Executive Director of UNICEF (1980-1995)**

- “Breastfeeding is a natural safety net against the worst effects of poverty”
- “Exclusive breastfeeding goes a long way toward cancelling out the health difference between being born into poverty and being born into affluence ..”
- “It is almost as if breastfeeding takes the infant out of poverty for those first few months in order to give the child a fairer start in life and compensate for the injustice of the world into which it was born.”



## Physical Activity and Healthy Eating across the life course

| Start Well                        | Live Well                                     | Age Well  |
|-----------------------------------|---|---|
| Healthy Start                     | Walking and Cycling Infrastructure            | Live Well weight management                         |
| Breastfeeding Drop In's           | Man vs Fat                                    | Community drop in session                           |
| Healthy Start Vitamins            | Tier 2 Weight Management                      | Food pantries / Food cafés                          |
| Early Years Active Accreditation  | Tier 3 Weight Management                      | Age UK & VCFA promoting age-appropriate offers      |
| Family Inclusion - Live Well      | Fit For Purpose                               | Staying Well signposting into activity              |
| NCMP – Bury Directory Page's      | Active Practices                              | Social Prescribe & Leisure offers                   |
| Creating Healthy Schools (CAS)    | NHS Health Checks & Digital Weight Management | Green offers , litter picks                         |
| School Streets – Modeshift – SEND | NDPP and Low-Calorie Diet                     | Walks , wheel for all , QR code walks , Bury Relics |
| MCF St Gabriel's and Bury College | Park run, Burrs community run                 | Confidence walks , Nordic Walks , Persona           |



Pink – Violet

IMD= 1-3

# Physical Activity and Eating Well in “Place”

| North                                 | East  | West  | Whitefield  | Prestwich                              |
|---------------------------------------|---|---|---|--|
| Tour of Britain                       | New Park Run – Bury 10k and Fit for Purpose | MCF activation- Milltown Bridge               | New Town Centre development , Healthy Place Toolkit | New Town Centre Development            |
| Love Football – Rammy Men             | QR code walks linked to Mental Wellness     | Creating Active Schools focus                 | New Pimhole bridge connector                        | Drop-in sessions Live Well             |
| Variety of walks – Sunnywood Project  | MCF activation – Jubilee and College        | Levelling up Leisure provision                | Metrolink Bike Storage                              | Whittaker Lane walks – Active Practice |
| Transport Strategy Investment         | Bike Hospital – Cycle Hub – wheels for all  | Community orchards linked to safety and Parks | Ribble Drive traffic calming                        | Bike Hub at CLC                        |
| Supplementary Planning Document (SPD) | ///   | ///   | ///   | ///                                    |
| Live Well weight management provision | ///   | ///   | ///   | ///                                    |



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These slides provide a flavor of all the work we are delivering across Bury's neighborhoods.

We have had to adopt a **proportionate universalism approach** to weight management and healthy eating due to inequalities and respond with finite resource to the level of presenting need.

We have a food and health strategy and are updating our Move More strategy which complement's wider policies and strategies locally, regionally and nationally.

**Ask of the board – *Acknowledge the work which is in place to reduce obesity and inequalities & Endorse the continuation of the work and the refresh of the PA strategy.***



So, What's  
the ask from  
the board?