

Briefing Note

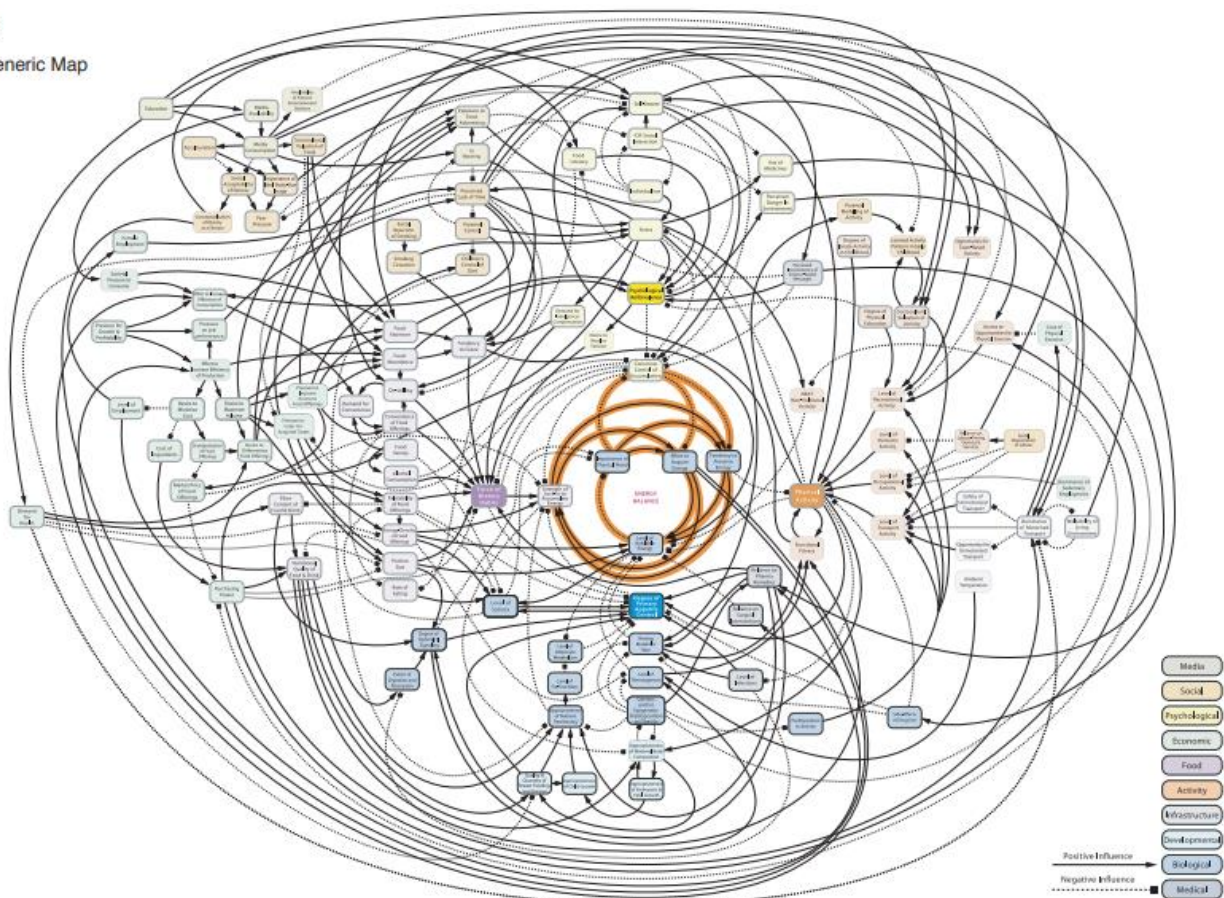
To	Health and Wellbeing Board Members
From	Lee Buggie – Public Health Specialist, Healthy Place & Live Well
Subject	Obesity / Physical Activity and Neighbourhood focus
Purpose	Update and for Information
Decision required	Acknowledge the work which is in place to reduce obesity and inequalities & endorse the continuation of the work and the refresh of the PA strategy.
Status	Not confidential

The objective of the Obesity and Neighbourhood focused slide deck is for the Health and Wellbeing Board to acknowledge the work which is being delivered across multiple Bury systems aimed at reducing inequalities. The below systems atlas showcases the interdependencies and scope of the challenge.

Figure 1. *Tackling Obesities, Future Choices -Obesity Systems Atlas*

Map 0

Full Generic Map

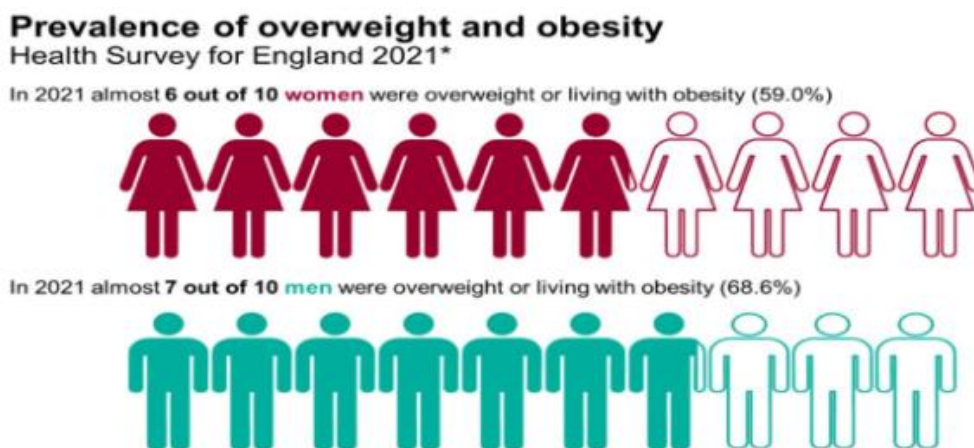


Source. GOV.UK. (2007)

So What?

Adult BMI and Complexities: Due to limited time during the Health and Wellbeing Board agenda, this briefing note will help provide a greater insight into the complexities associated with obesity. Immediately the national picture is concerning, see figure 2 below.

Figure 2. Adult, *Overweight and Obesity* infographic.



Source: Public Health England. (2021)

Bury, Adult Obesity: Adult obesity data sets are only available at Local Authority (LA) level as part of Public Health Outcomes Measures (PHOF). Bury has an Adult Obesity rate of **64.9%** however deeper Primary Care Network (PCN) dives could be potentially conducted around disease registers which capture obesity (BMI) ranges to understand ward and neighbourhood levels.

Adult Hospital Admissions directly associated with Obesity: NHS digital Power BI statistics around obesity hospital admissions and the comparison to other LA's. Tab 1 in the document below showcases Bury's A&E admission rates and compares them to other LA's. In 2018/19 **Bury had 30 primary obesity diagnosis admissions with 20 of those female.**



Admissions for
Obesity.xlsx

Now what?

Bury Live Well intervention for adults : Bury Live Well Service have seen an increase in BMI and Healthy Eating and childhood & family eating well referrals. This has followed the Office for Health and Disparities (OHID) investment into Adult Tier 2 Weight Management (2020-2021) as part of the

Government’s commitment to communities, post covid. This along with enhanced service contacts for Tier 2 Weight Management in primary care has meant a ground swell of referrals into Bury Live Well Service.

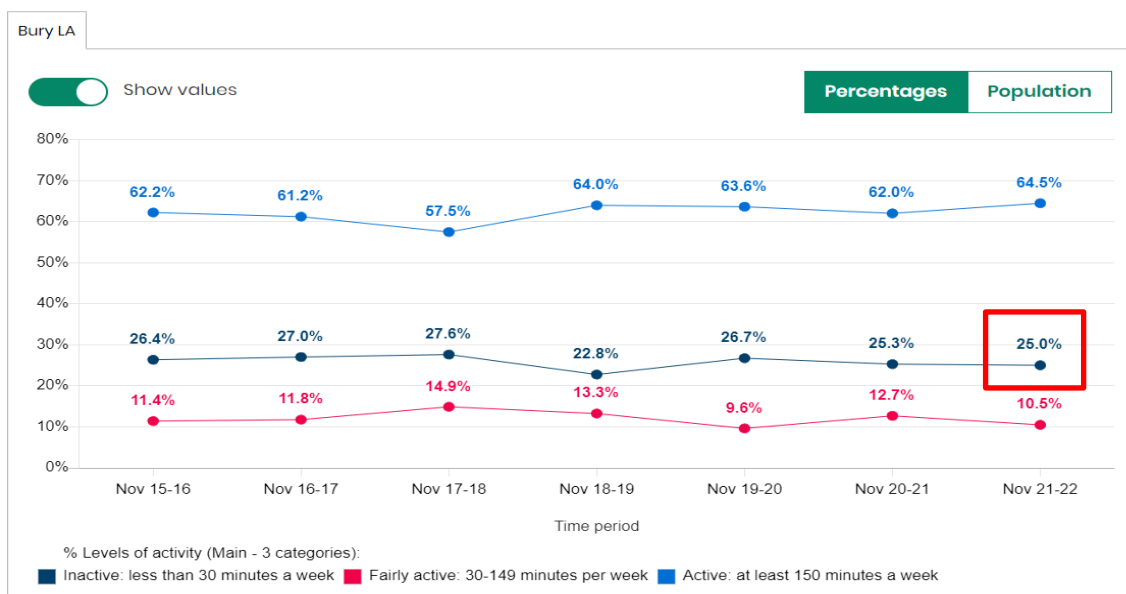
Bury Public Health continues to work with Bury Live Well leads and have stretched the inclusion criteria to a BMI =<49.9 from a BMI =>39.9 and thus supporting the limited Tier 3 Weight Management Bury offer which offers a limited 65 places. Bury Live Well Service have absorbed Teir 2 weight management as part of the core Public Health contract. They also continue to support PCN networks with Health Screening sessions which includes BMI measurements.

Adult Physical Activity levels, so what?

Greater Manchester Mapping toolkit: Sport England’s Active People Survey identifies that **64.5% of Bury’s adult population are classed as active** via the chief medical officer’s guidelines (>=150 Moderate Physical Activity per week). Figure 3 show’s that (highlighted in red) shows inactivity levels at 25%. Figure 4 shows those living in areas of IMD 1-3 are more likely to be inactive (8%).

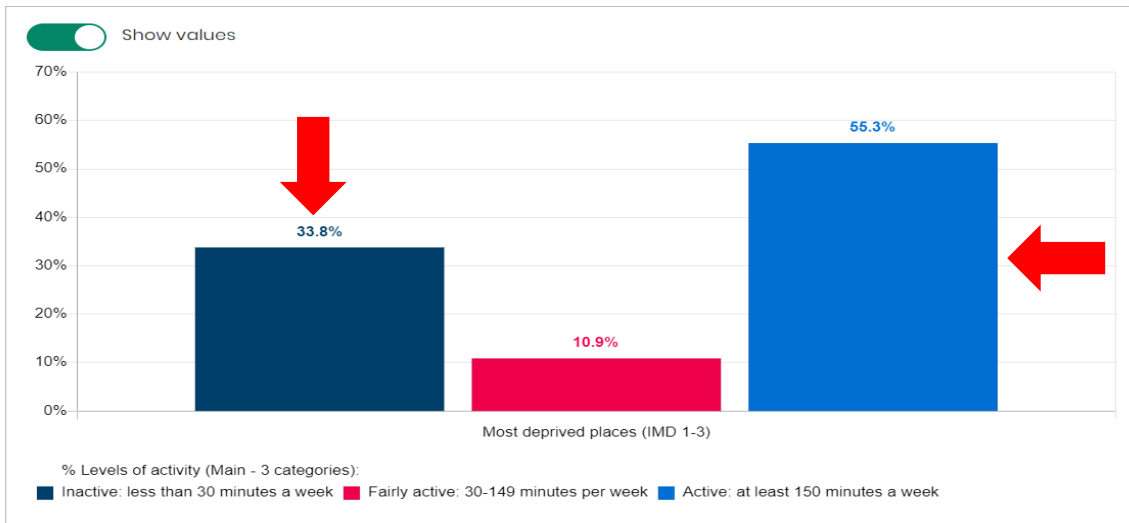
Sport England’s Active Lives Survey / Adults data below:

Figure 3. *Bury PA levels across the three main physical activity categories.*



Source: *Active Lives Survey. (November,21/22)*

Figure 4. *Bury PA levels Indices of Multiple Deprivation.*

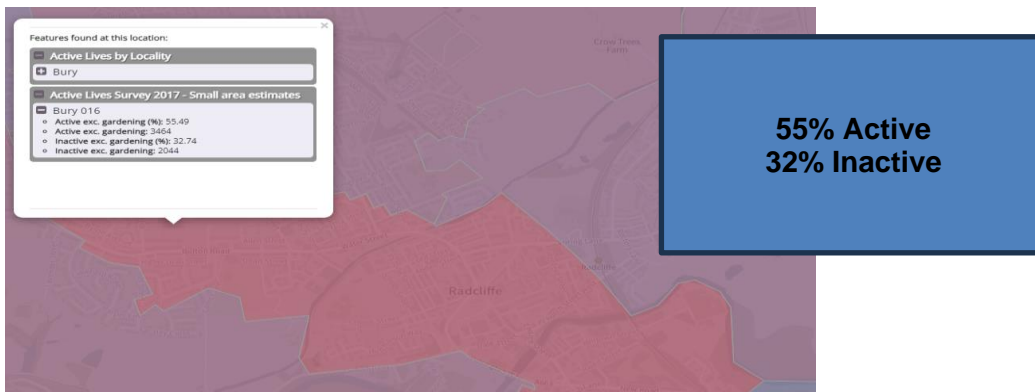


Source: *Active Lives Survey. (November,21/22)*

And What?

I have used Radcliffe as an example via [MappingGM](#), this hyper local data shows that levels of activity are less than the Bury average and the inactivity levels higher than Bury average.

Figure 5. *GM Mapping toolkit, small area estimates snippet. Radcliffe PA levels.*



Source. *GM Mapping. (2017)*

Now What?

An ask of the Health and Wellbeing board will be to endorse the physical activity re-fresh (Inequalities) populated for March 28th, 2024.

Childhood Obesity and Physical Activity, So What?

National Childhood Measurement Programme: Public Health Outcomes Framework (PHOF) data for NCMP reception overweight (inc obesity) year is averaged at **21.9%** and Year 6 (same category) is averaged at **39.4%**.

Attached below is a deeper dive completed by Bury Council's Performance and Intelligence team into Bury's National Childhood Measurement Programme (NCMP) in which some of the ward specific figures are concerning (I'd recommend this document is read pre to the slides).

I have taken a graph from the document in which Figure 4 below shows the levels of pupils that are overweight and or obese in Year 6 by ward.



NCMP 22 23
briefing.docx

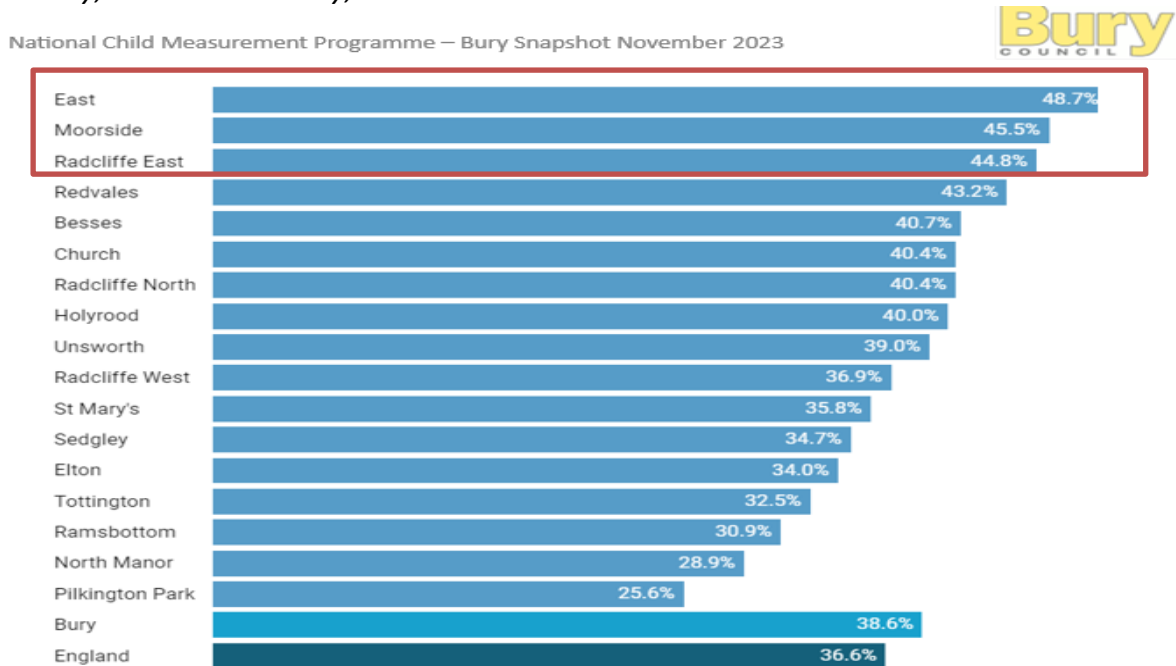
The below document (**Tab 2**) provides a further breakdown of **NCMP by IMD and by ethnicity**. **The general trend suggests that as deprivation increases, obesity in our children and young people increases.**



Admissions for
Obesity.xlsx

And What?

Figure 6. *Bury, Childhood Obesity, Year 6.*

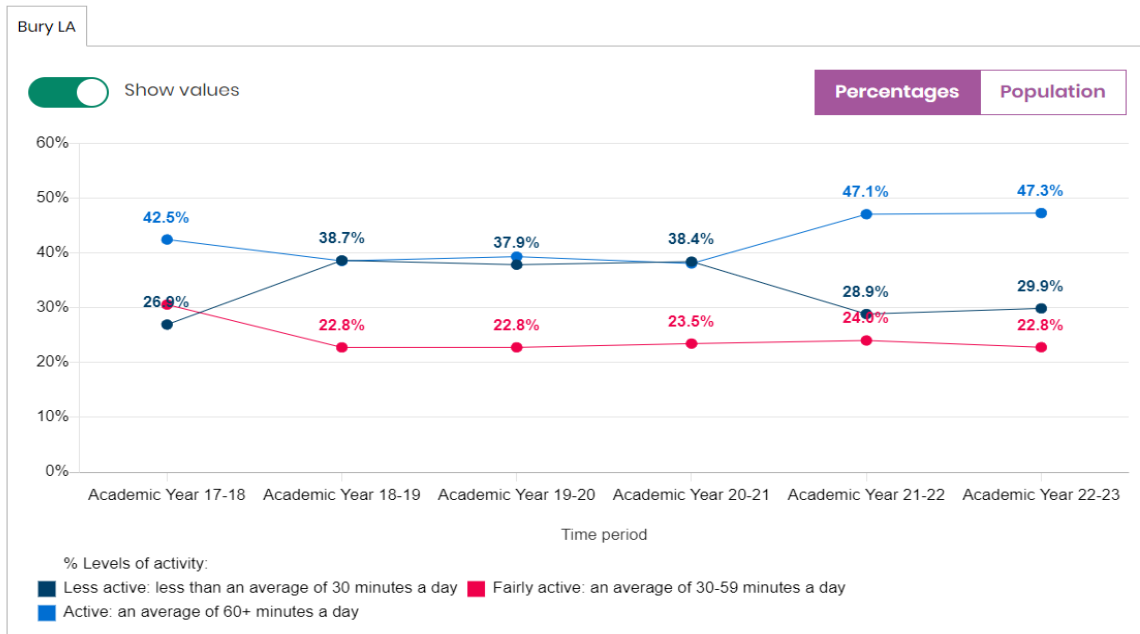


Source. *Bury Performance and Intelligence Team. (2023)*

- Reception Year, roughly **1 in 4 to 5 young people** are measured as overweight or obese in Bury East and Bury West.
- Reception Year NCMP, below shows some trends associated with selected wards.
 - East Ward = **20.6%**
 - Radcliffe East = **26.2%**
- Year 6, just under **half** are measured as overweight or obese in Bury East and Bury West.
- Year 6 NCMP majority increasing from 22/23
 - East Ward = **48.7%**
 - Radcliffe West = **44.8%**

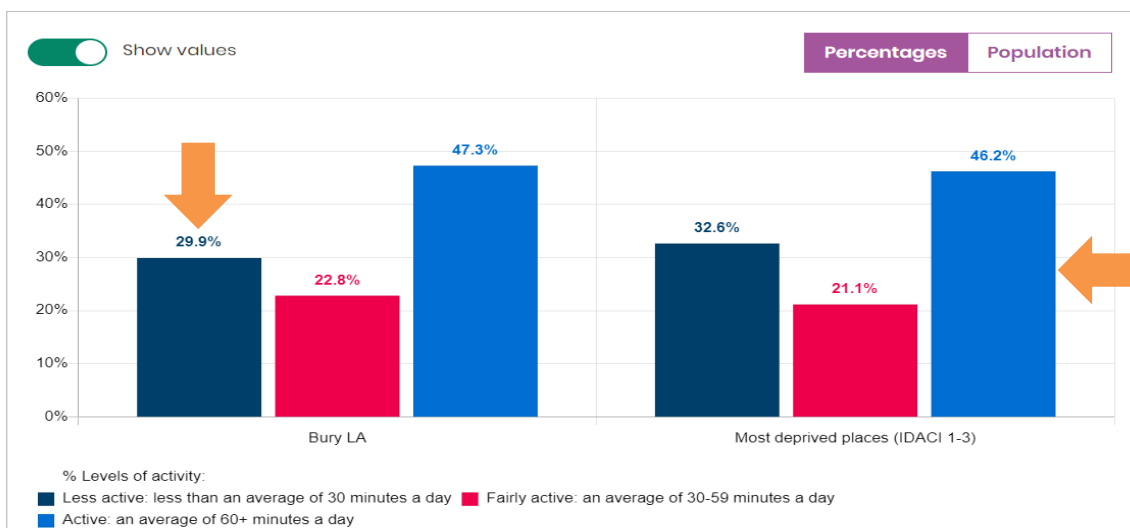
Sport England's Active Lives Survey / Children and Young People:

Figure 7. Young People (5-16) Bury, Activity Levels



Source: Active Lives Survey. (November,21/22)

Figure 8. Young People PA and IMD 1-3.



Source: Active Lives Survey. (November,21/22)

Now What?, Examples

Bury Moving Strategy: Please find Bury Moving (Physical Activity Strategy) which is due to be refreshed as part of a review process on the 28th of March 2024.



Bury-physical-activit
y-strategy.pdf

I also have also attached **Bury's Food Health Strategy 2020-2025** as the slides on the Health & Wellbeing slides won't cover the breadth of the programme of work within the action plan.



Bury-Food-Strategy
-PDF-AC.pdf

- **Bury Live Well Service** continue to accept young people and families as inclusion criteria and continue to stretch adult BMI inclusion criteria.
- **Public Health** continue to work with **early years and schools** to improve levels of activity and healthy weight.
- **Public Health and Planning** are working together to create a **Supplementary Planning Document (PSD)** to aim to reduce the number of new take aways within a 400-metre radius of schools.
- **The Public Service Leadership Team (PSLT)** are working up **new metrics** to measure outcomes including obesity within neighbourhoods.
- **Public Health and Planning** are working together on new infrastructure as part of Majors Challenge Fund (MCF) activation and CRST investment to change how people move. There's also ongoing work across Places for Everyone (PfE) and Bury's local plan to ensure new builds meet the health needs of our communities.
- Public Health and Bury Adult Learning are creating a suite of courses to improve the knowledge of Bury's wider Public Health workforce with courses that include **Helping Yourself to Wellbeing, Health Improvement and Youth Champions**.

