

Briefing Note

To	Health and Wellbeing Board Members
From	Lee Buggie – Public Health Specialist, Live Well and Healthy Place
Subject	Tackling Obesity in Bury – A Whole System Approach
Purpose	Information
Decision required	N/A
Status	Live

Purpose:

To inform Bury's Health and Wellbeing Board about the current state of obesity in the borough, outline existing initiatives, identify service gaps, and suggest actions to strengthen the local response through a whole system approach.

Background:

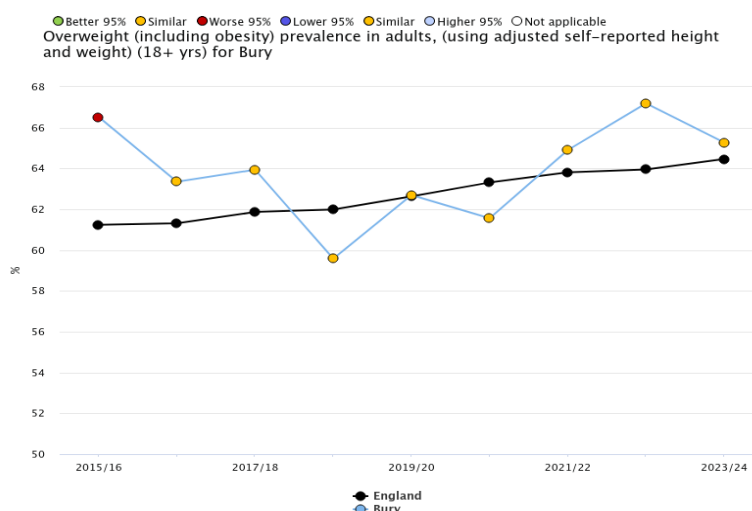
Obesity remains a significant public health challenge in Bury, affecting individuals across all age groups and socioeconomic backgrounds but disproportionately impacting some groups. It contributes to poor physical and mental health outcomes and places considerable strain on health services. The causes of obesity are multifactorial—behavioural, environmental, and genetic—necessitating a coordinated, system-wide response.

Current Data Snapshot:

Adults

- Prevalence: 65.3% of adults in Bury are obese.
- Eligibility: Over 228,000 adults in Greater Manchester qualify for Tier 3/4 weight management services.
- Need: There is a need for obesity prevention via a whole system's approach plus multidisciplinary and pharmacological interventions.

Figure 1: *Adult Obesity rates over time.*

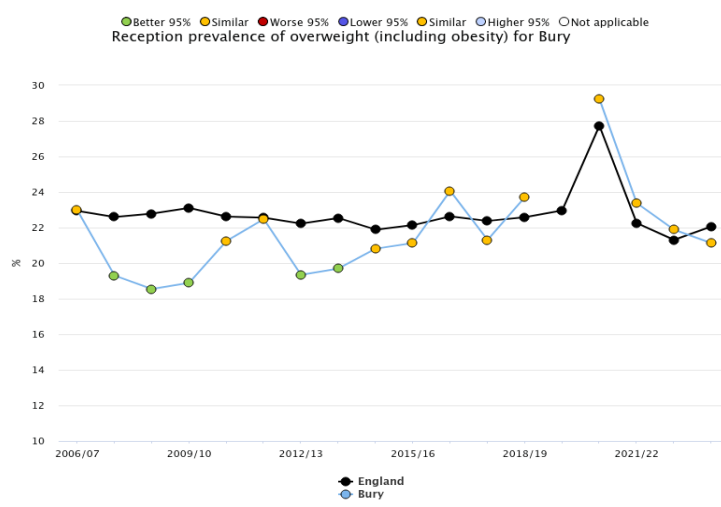


Source: *Fingertips, Obesity, physical activity and nutrition | Fingertips | Department of Health and Social Care*

Children

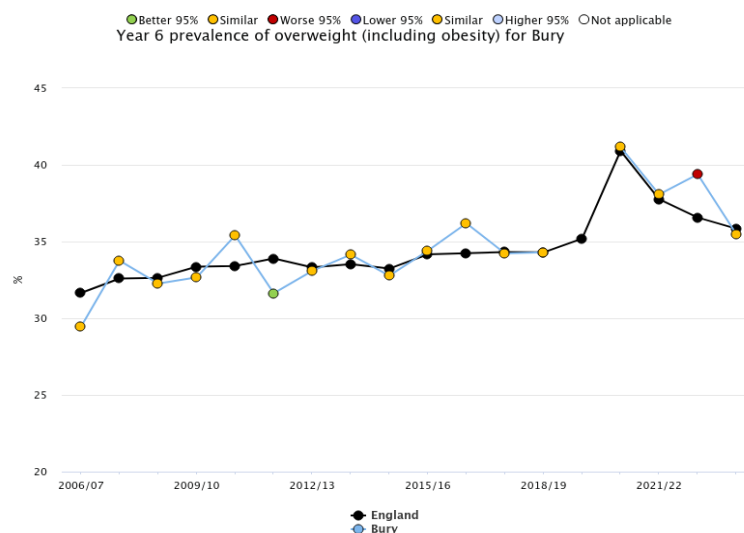
- Prevalence: Early indications from the most recent National Childhood Measurement Programme data sets (2024-2025) are due to be published in November 2025, early indications are showing higher reception rates of overweight and obesity and a maintenance of overweight and obesity at year 6.
- Service Gap: No Tier 3 services currently available for children in Bury.
- Need: School-based and community interventions, plus access to specialist care.

Figure 2: Reception (Overweight and Obesity) rates over time.



Source: *Fingertips, Obesity, physical activity and nutrition | Fingertips | Department of Health and Social Care*

Figure 3: Year 6 (Overweight and Obesity) rates overtime.



Source: *Fingertips, Obesity, physical activity and nutrition | Fingertips | Department of Health and Social Care*

National Childhood Obesity (Overweight and Obese) Data received 04-10-25 is depicted below: in figure 4

Figure 4: Prevalence of overweight (including obesity) in Bury.

Prevalence of overweight (including obesity) in Bury by age

National Child Measurement Programme 2024 to 2025

In 2024 to 2025, 22.6% of children in reception (aged 4 to 5 years) were overweight or living with obesity



In 2024 to 2025, 38.8% of children in year 6 (aged 10 to 11 years) were overweight or living with obesity



Source: *Fingertips, Obesity, physical activity and nutrition | Fingertips | Department of Health and Social Care*

Universal Offers and Community Initiatives

- LET'S Get Bury Moving: Promotes physical activity strategically and via a working framework.
- Healthy Schools Programme: Encourages healthy eating and active living.
- Healthy Places SPD: Embeds health into urban planning around Fast Food take away restrictions.
- Bury Food Strategy: Provides a whole system's approach to healthy food.
- Auto-Enrollment for free school meals, breakfast clubs and Healthy Start Vouchers.
- Bury's school catering service has achieved Gold Food for Life Certification from the Soil Association. It's a prestigious recognition for serving healthy, sustainable and locally sourced meals across its schools.
- Right to Grow Policy: Supports community-led food growing initiatives.

Tiered Weight Management Services

- Tier 2: Lifestyle support via Bury Live Well Service
- Tier 3: Multidisciplinary care through MoreLife UK (dietitians, psychologists, physical activity specialists).
- Tier 4: Bariatric surgery commissioned across Greater Manchester via Northern Care Alliance.

Pharmacological Support: GLP-1 Rollout

- GLP-1 receptor agonists (e.g., semaglutide) introduced for Tier 3/4 patients.
- Rollout is phased and prioritised by clinical need and funding.
- Challenges include long waiting lists and integration into primary care.

Challenges Identified

- Limited access to Tier 3 services.
- Long waiting times for specialist services.
- Need for culturally appropriate interventions.
- Requirement for multi-sector collaboration.

Call to Action

- Support multi-sector engagement.
- Prioritise prevention and early intervention.
- Champion collective responsibility for tackling obesity.
- The creation of an obesity working group.

Conclusion

Bury's whole system approach to obesity is grounded in prevention, community empowerment, and integrated care. Continued leadership and collaboration across sectors are essential to reduce obesity prevalence and improve health outcomes for all residents.

