

BMHP5013
PUBLIC HEALTH POLICY
ASSESSMENT 1 – GROUP PRESENTATION
TOPIC - OBESITY



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 - ASSESSMENT 1 - GROUP PRESENTATION
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- MODULE NAME - PUBLIC HEALTH POLICY
 - MODULE CODE - BMHP5013
 - TOPIC - OBESITY

Presentation summary

STUDENT NAME – COMFORT B. TUMI ID: 2008733	TOPIC: INTRODUCTION AND THE CHOSEN PUBLIC HEALTH ISSUE
STUDENT NAME - ELEONORA KRUPIC ID:2008937	TOPIC: THE RELEVANT POLICIES AND DETAILS OF LOCAL POLICIES RELEVANT TO PUBLIC HEALTH ISSUE
STUDENT NAME - ADRIANA R. SILVA (GROUP LEADER) ID:2008480	TOPIC: SOCIAL POLICIES AND IMPACT OF SOCIAL POLICIES RELEVANT TO PUBLIC HEALTH ISSUE
STUDENT NAME – AWLA B. SEMAKULA ID: 1912740	TOPIC: INCIDENCE OF THE PUBLIC HEALTH ISSUE
STUDENT NAME – AUGUSTINE AKIBOR ODIBO ID:2009076	TOPIC: ROLES OF AGENCIES AND IMPACT OF THE PUBLIC HEALTH ISSUE

INTRODUCTION

Our health is monitored by several organisations in the UK and in the world.

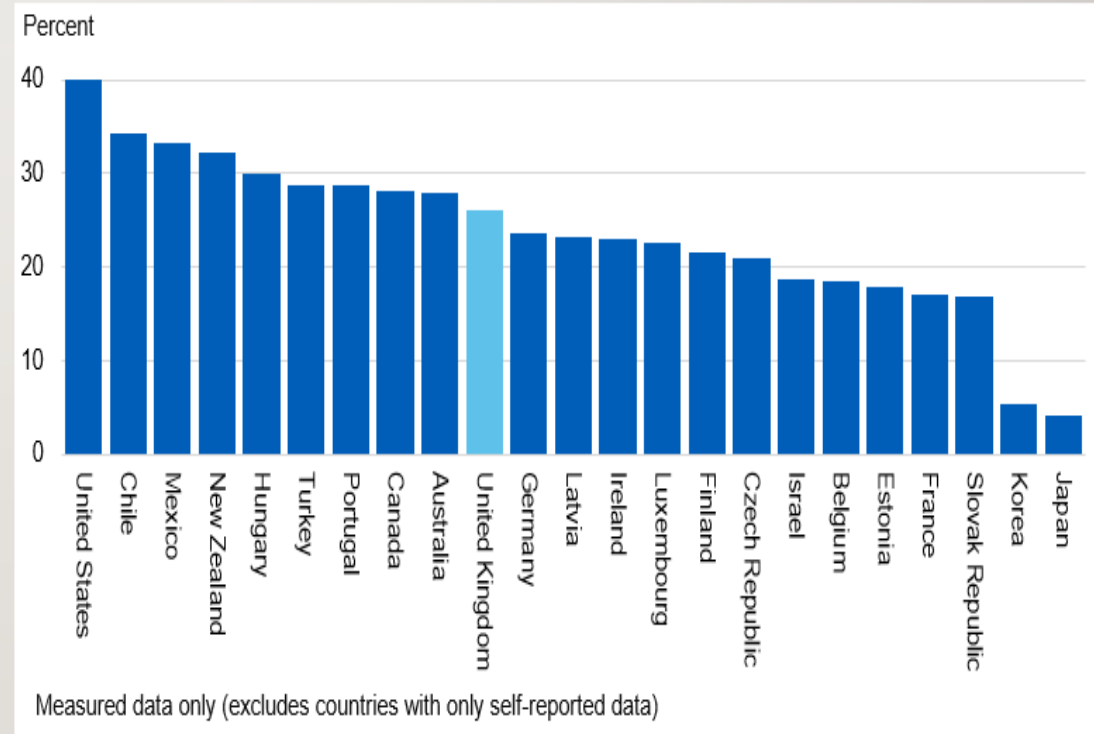
The World Health Organisation (WHO) – global

Public Health England (PHE) – UK



WHAT IS OBESITY ?

- Obesity is defined using a measurement known as Body Mass Index (BMI) which makes use of your weight and height to estimate the fat content of an individual.



PRIMARY HEALTH CARE POLICY



(Walk to School, 2020)

- Better health campaign by public health England (Public Health England, 2020)
- Sugar tax (Public Health England, 2020)
- Walk to school. (Walk to School, 2020)
- Global action plan on physical activity 2018 to 2030 more active people for a healthier world. (2021)



(CCBSA Sugar Tax Animation 2021)

THE RELEVANT POLICIES FOR OBESITY OF HEALTH AND SOCIAL CARE SERVICES

- The world health organization (WHO) describes itself as a “global guardian of public health” (What we do, 2019)
- NIHR is the national research body for health. NIHR gives funding to universities to work on projects in NHS Hospitals, GP clinics (National Institute for Health Research | NIHR, 2021)
- There is a national policy to reduce obesity in this country.

Relevant policies for obesity in UK we can find in:

- Public Health England (PHE) –change for life,supporting NHS (2016)
- NHS -screening program, bariatric surgery, wait loss intervention
- Local Council-with social care (2016)

DETAILS OF LOCAL POLICIES SPECIFICALLY FOR OBESITY PUBLIC HEALTH ISSUE

- Local government (councils) each have their own strategy to reduce obesity at the local level. (2016)
- Obesity: working with local communities' overview (NICE- national Institute for Health and Care Excellence)

These case studies are examples of local strategies:

- Creating and monitoring healthy eating plans
- Engaging in physical activity (2016)
- Therapies with a psychologist / psychiatrist
- Application of certain therapies
- Limiting the amount of alcohol
- Sugar tax/fat tax (Pettinger, 2021)

SOCIAL POLICIES RELEVANT TO OBESITY

- Social determinants of health are a key factor in obesity in both children and adults. According to the World Health Organisation the social conditions in which people live are paramount to their health.(UK Health Policies on Obesity, 2020)

Social policies aiming at:

- such as local insights to target services at communities with the greatest need.(Holmes, 2021)
- Training the workforce to offer advice about diet and nutrition.(Holmes, 2021)
- Incentivising referrals to specialist diet programmes and more intensive clinical interventions like weight-loss surgery.(Holmes, 2021)



IMPACT OF SOCIAL POLICIES RELEVANT TO PUBLIC HEALTH ISSUE

- It is estimated obesity related conditions across the UK are costing the NHS £6.1 billion each year. (Tackling obesity: empowering adults and children to live healthier lives, 2020)
 - With the government tackling obesity, it would reduce pressure on doctors and nurses in the NHS so therefore **Public Health England's (PHE's)** will be introducing a campaign in **United Kingdom** and **internationally**.
 - A call to action for everyone who is overweight to take steps to move towards a healthier weight.
 -  Evidence-based tools and apps with advice on how to lose weight and keep it off.
- You can start by weighing and measuring yourself and checking your BMI through the NHS BMI tool. If you are overweight, you can start your weight loss journey with the free NHS 12-week weight loss plan app.
- Introducing legislation to require large out-of-home food businesses, including restaurants, cafes and takeaways with more than 250 employees, to add calorie labels to the food they sell. (Tackling obesity: empowering adults and children to live healthier lives, 2020)



CONTINUES

- The United Kingdom are not alone with its obesity problem and will be working together internationally through alliances such as the G7 to get major international companies to reduce their sugar content of commonly produced goods. (Tackling obesity: empowering adults and children to live healthier lives, 2020)

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- Nutrition education is important to help facilitate desirable health behavioural changes and promote healthy diets:

- Including those aimed at preventing obesity.



- Policies have been introduced for businesses to adapt and continue to offer customers good value for money but with an emphasis on healthier foods.
- A more straightforward policy is to ban the sale of unhealthy food in certain locations. For example, Chile has banned the sale of sugary drinks in schools.
- Restrictions on sale of unhealthy food. (Pettinger, 2020)

INCIDENCE OF THE PUBLIC HEALTH ISSUE

- Nearly two-thirds of adults (63%) in England were classed as being overweight or obese in 2015 (environment, 2017)
- More than 15% of deaths were attributed to obesity in 2017 across many middle-income countries, particularly across Eastern Europe, Central Asia, North Africa, and Latin America.
- Obesity is responsible for more than 30,000 deaths each year and can deprive an individual of an extra 9 years of life.
- Obesity is determined by the balance of energy intake and expenditure an individual consumes.
- It is defined as having a high body-mass index –
- Obesity is a risk factor for several of the world's leading causes of death, including heart disease, stroke, diabetes and various types of cancer. These conditions are major risk factors for disease severity and mortality associated with COVID-19. (nature, 2021)

INCIDENCE OF THE PUBLIC HEALTH ISSUE

- Reducing obesity, particularly among children, is one of the priorities of Public Health England (PHE) (gov.uk, 2017)
- Treating obesity in children usually involves improvements to diet and increasing physical activity using behaviour change strategies.
- Their aim is to increase the number of children leaving primary school with a healthy weight.

ROLES OF AGENCIES AND IMPACT ON OBESITY

- THE ROLE OF THE GOVERNMENT TO TACKLE OBESITY IS TO SET EXPECTATIONS THAT WOULD INCORPORATE THE PUBLIC HEALTH AGENDA. IN THE UNITED KINGDOM , VARIOUS PUBLIC HEALTH POLICIES HAVE BECOME APPARENT IN ORDER TO FOCUS ON OBESITY. THE GOVERNMENT MUST ENSURE THAT POLICIES MADE STRONG EVIDENCE BASED. THE FOLLOWING ARE SOME OF THE GOVERNMENT ROLES TO COMBAT OBESITY. (TENCH,2019)



Continues

- Calorie reduction
- Banning the marketing of unhealthy food and to children

CONCLUSION

From the presentation, it is evident that obesity is a pandemic by itself, associated with the causes of most of the diseases; cancer, heart problems, heart attacks, and diabetics. Various strategies already set, such as National Health Profiles, in an agreement tertiary and primary preservative measures should be found, a major block to these efforts being increased number of sugary products in the market, these are products that are highly associated with this health condition. Already in the UK, it is already a major health issue, with already 65% adults affected; this condition can, however, be changed, in conjunction with both the local and national governments, they can put policies such as increased exercises in institutions, restrictions on sales of harmful products, advertisement restrictions, more promotions on healthy eating habits. Agencies being part of these causes, more enforcement should be conducted, such as reducing product size and increased sugar taxing and a ban on the marketing of unhealthy food more so to children.

Any
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Questions

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