

PUBLIC HEALTH POLICY

BMHP5013_LON

ASSESSMENT 1 - OBESITY

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OBESITY

- The World Health Organisation defines obesity as “abnormal or excessive fat accumulation that presents a risk to health.” (Obesity, n.d.).
- In order to determine whether someone is obese, they have to check their Body Mass Index (BMI). The BMI uses height and weight to determine whether your weight is healthy or not. The calculation divides an adult’s weight by their height to give a BMI number representing your kilograms per meters squared. (What is the body mass index (BMI)?, 2019)
- If your BMI is over 30kg/m² you are classified as obese.

Effects of Obesity

- Obesity can have serious effects on your body and health.
- Some issues include cardiovascular complications such as high blood pressure or high cholesterol or glucose levels which can lead to hardening of the arteries and a potential threat of a heart attack.
- Excess fat in the body can build up around the liver leading to liver damage or even liver failure.
- Obesity is also capable of leading to type 2 diabetes where your body becomes resistant to insulin, leading to high blood glucose levels. (Cafasso, 2020)
- Additionally, Obesity can have harsh effects on a person's mental health, with obese adult having a 55% more chance of developing depression. (Vafiadis, 2021).

Policies for users of health and social care services

- *Discuss the relevant policies for users of health and social care services.*
- *Give details of any policies specifically for this chosen public health issue*

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The impact of social policies on users of health and social care services

- *Discuss the impact of social policies on users of health and social care services.*
- *Give details of impact of policies for the chosen Public Health issues*

Incidence of the Public Health Issue or Disease (1 of 2)

- *Identify the incidence (geographical distribution, incidence rates, trends, vulnerable groups, causes, spread and controls) of your public health issue or disease.*
- *Give details of geographical distribution, incidence, rates, vulnerable groups, causes, spread and control of chosen public health issue*

Incidence of the Public Health Issue or Disease (2 of 2)

- *Identify the incidence (geographical distribution, incidence rates, trends, vulnerable groups, causes, spread and controls) of your public health issue or disease.*
- *Give details of geographical distribution, incidence, rates, vulnerable groups, causes, spread and control of chosen public health issue*

Roles of Agencies and Impact on the Disease - UK

Department of Health of Social Care, GOV strategies are:

- publishing a 4-nation public consultation to find evidence on the current 'traffic light' label to help people make healthy food choices
- 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
- consulting on our intention to make companies provide calorie labelling
- legislating to end the promotion of foods high in fat, sugar or salt by restricting volume promotions such as buy one get one free, and the placement of these foods in prominent locations intended to encourage purchasing, both online and in physical stores in England
- banning the advertising of HFSS products being shown on TV and online before 9pm and holding a short consultation as soon as possible on how we introduce a total HFSS advertising restriction.

(GOV, 2020)

Roles of Agencies and Impact on the Disease - UK

The Department of Health develops a government strategy to support people to maintain a healthy weight. A part of the strategies are:

- Supporting and educating parents on keeping the children healthy.
- Promoting healthy food choices.
- Building daily activities in people's daily live.
- Personalized advice and support.

The most successful areas galvanize the whole community, including local businesses, so that everyone contributes. (Department of Health, 2008).

Roles of united nations (UNICEF) on the Obesity prevention

The UNICEF is responsible for the collecting of data and surveillance systems needed to be established for documenting overweight prevention in children over 5 years of age, at the national and global level (Arts, Bégin and Aguayo, 2019)

Implementation of comprehensive programmes

The United Nations World Food Programme (FP) is also responsible for implementing policies and programmes that promote the intake of healthy foods, physical activity, reduce sedentary behaviours and reduce the intake of unhealthy foods and sugar-sweetened beverages by children and adolescents at the global and oversee compliance at the national level (World Food Programme, 2021)

Integration and strengthening guidance among European countries

The UNCD is responsible for Integration and strengthening guidance for non -communicable disease prevention with current guidance at the national level and globally for preconception and antenatal care to reduce the risk of childhood obesity among European countries (NCD Risk Factor Collaboration, 2016).

Collaboration with other agencies

The UNICEF collaborate with other agencies like Commission on Ending Childhood Obesity established by the WHO to Provide guidance on, and support for, healthy diet, sleep and physical activity in early childhood to ensure children grow appropriately and develop healthy habits (WHO, 2020)

Funding of national programmes

UNICEF is also investing funds in national programmes like the UN Nutrition Programmes to educate families on how they can live healthy to promote good well-being (Arts, Bégin and Aguayo, 2019)

IMPACT OF UN AGENCIES ON OBESITY

- **Contribute towards halting the rise in childhood overweight and obesity**

Address vulnerable children and adolescents in socially disadvantaged communities, for instance by offering improved access to healthy diets and physical activity (Council of European Union, 2017).

- **Encourage the Member States to drive voluntary cooperation between health systems**

The Council encourages the European Reference Networks to attain their intended objectives of providing better access for patients requiring highly specialised healthcare, breaking barriers to access, and reducing inequities between European Citizens (European Parliament, 2017).

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