



Prifysgol Cymru
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Public health policies presentation

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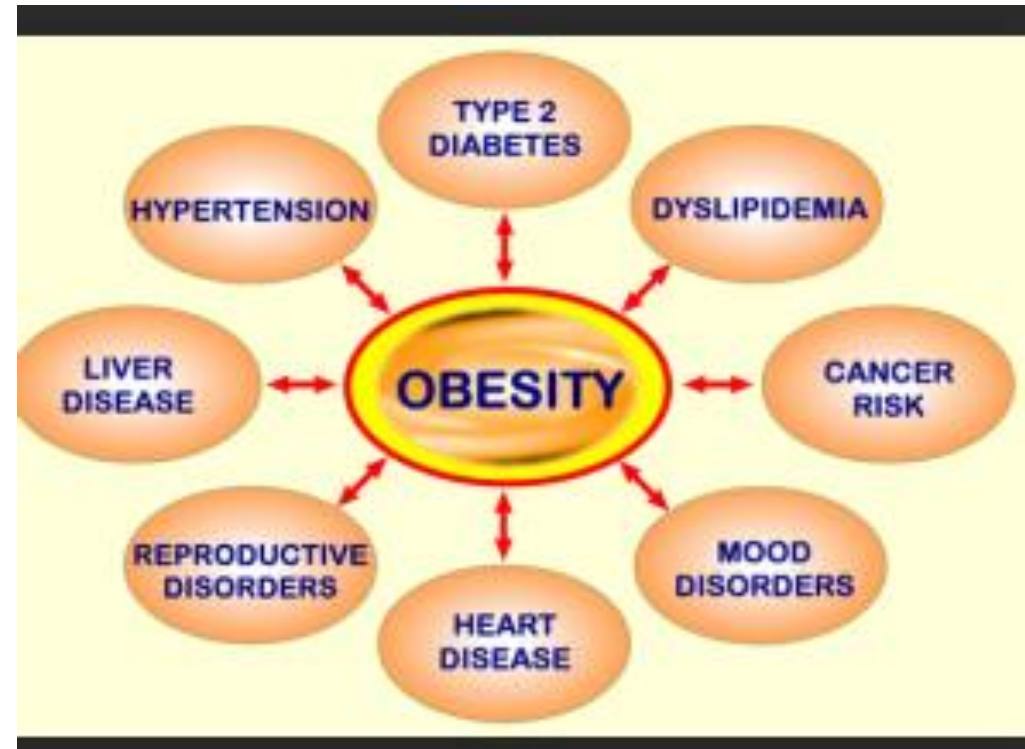
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Introduction Naomi

- This presentation is to focus on the level of obesity within the UK among adults and children. It will also outline the main possible causes of obesity and focus on the public health policies regarding obesity in the UK and help to identify and understand the roles of national and international agencies when it comes to tackling obesity and recommendation that can be put in place to help reduce the obesity level within the UK.*



Definition and background of obesity Naomi

According to the National Health Service (2020) obesity is classed as a person being overweight which is caused by a lot of body fat .

Obesity is a large amount of fat that is accumulated in the body and is a high risk to your overall health (WHO,2020).

Body Mass Index (BMI) is used when measuring weight (KG) to height (m) in individuals in order to know if you are obese (NHS ,2020). It is also recorded that any BMI over 30 in adult is measure as obesity .

Children who are obese are most likely to be obese in their adult life (NHS 2020).

Although obesity is preventable it is linked to serious disease such as heart failure and disease, cancer, diabetes, stroke and higher blood pressure (NHS, 2020).

Obesity statistics Badmus

- *OBESITY STATISTICS IN THE UK*
- *24.9% one in four British adults obese.*
- *62% of adults are classified as overweight*
- *Obesity levels in the UK have more than tripled in the last 30 years.*
- *24% of British men are obese, which is the second highest rate in the world.*
- *26% of British women are obese, which is the second highest rate in the world.*
- *Three in ten boys and girls aged 2 to 15 were classed as either overweight or obese.*
- *The United Kingdom spends 48 billion pounds a year dealing with health care and social causes related to obesity*

Cause of obesity

Badmus

- *Frequency of Eating. Or Food Addiction.*
- *Lack of Exercise.*
- *A diet high in simple carbohydrates.*
- *Poor diet.*
- *Genetics.*
- *Certain Medications*



A close-up photograph of a person's hands holding their belly, which is covered in a teal-colored fabric. The person is wearing a teal t-shirt and dark blue jeans. The image is used as a background for the text.

Obesity in the UK Emmanuella

- *There has been a substantial growth in obesity in most deprived communities in England over the recent years, resulting in a widening gap between the most and least deprived areas.*
- *People in deprived areas often experience challenges taking regular exercise and accessing affordable healthy food.*
- *According to the Health Survey of England conducted in 2019, around 28% of adults in England are obese (BMI over 30) while 36.2% are overweight (BMI over 25). The study also established that men are more likely to be obese or overweight compared to women (Health Survey of England, 2019).*

Uk policies On obesity Emmanuella

- *The UK Government developed strategies to reduce the growth in obesity in 2016 and 2018. Recently, a prevention green paper titled “Advancing our Health: Prevention in the 2020s,” and the NHS Long Term Plan also addressed obesity. In 2018, the Government aimed at reducing childhood obesity by half and minimizing the gap in obesity between children from the most and least deprived areas by 2030.*
- *Currently, the UK Government has adopted a Policy Paper that provide measures to improve health by limiting the advertising of foods high in fat, sugar or salt, improving food labelling in shops, restaurants, and cafes and providing additional support for people who wish to lose weight.*
- *The government try to put in place a free exercise and weight loss program.*
- *Free NHS weight loss online App.*
- *Providing free local gym.*
- *Most importantly the government try to ask the manufacture if they can reduce the calorie in some food by 20% [GOV.UK, 2018]*

Roles of agencies

- *National agency :public health England*
- *Public health England educates people about risk factors of obesity and being overweight*
- *Public health England highlight health issues and diseases that being overweight can lead too .*
- *Monitors the occurrence and trends of obesity in England .*
- *Using policies to overcome obesity (PHE),2020.*

local Government Authority -Shekinah

- *Encourages local councils to setup campaigns in local areas to promote healthy living .*
- *Making sure that schools within the local authority are following the guidance of healthier eating and physical activities.*
- *Support in developing policies and guidelines in preventing obesity: health boards ,national.*
- *PHE.*

International : World health organization

- *Work alongside governments to promote healthy living*
- *The global action plan on physical activity (2018)*
- *Prioritising education of obesity and being overweight*

Recommendation Harriet

Review obesity legislations:

- Raising levy on the soft drink
- Junk food industry label

Reduce childhood obesity:

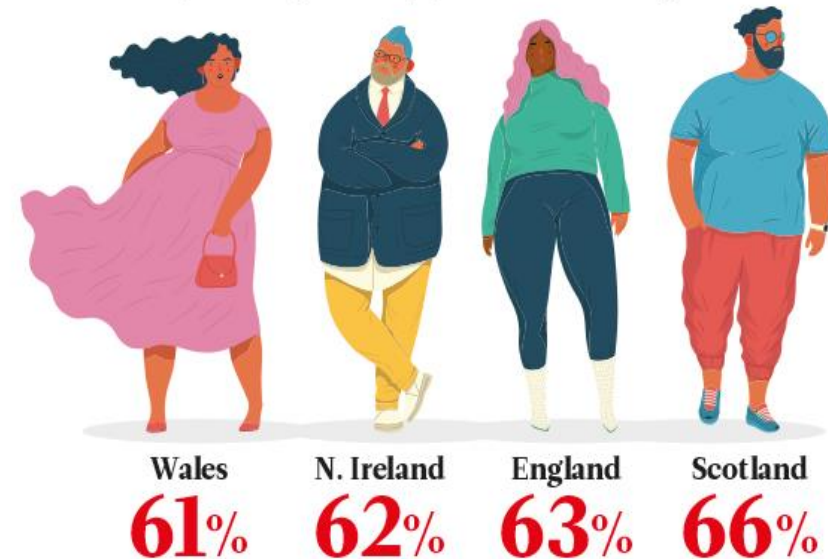
- Reward systems in schools
- Motivate children

Addressing higher obesity rates in low inc areas:

- Keep fit campaigns
- More job opportunities in these areas

A UK-WIDE ISSUE

What percentage of the population is overweight or obese?



Department of Health, 2020; Welsh Government, 2020b;
NHS Digital, 2020a; Scottish Government, 2019

(community practitioners, 2020)

Conclusion

Obesity in children and adults has become one of the most challenging problems of the 21st century and different governments around the world have continued to take actions towards eradicating obesity, including the U.K.

Programmes and policies engaged with healthier food and drinks and more physical activities remains the way in which obesity can be prevented, controlled and managed.

Therefore, to effectively combat obesity, stakeholders including individuals, governments, and private, charity and international organisations such as WHO, must work together.



References

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