

OBESITY

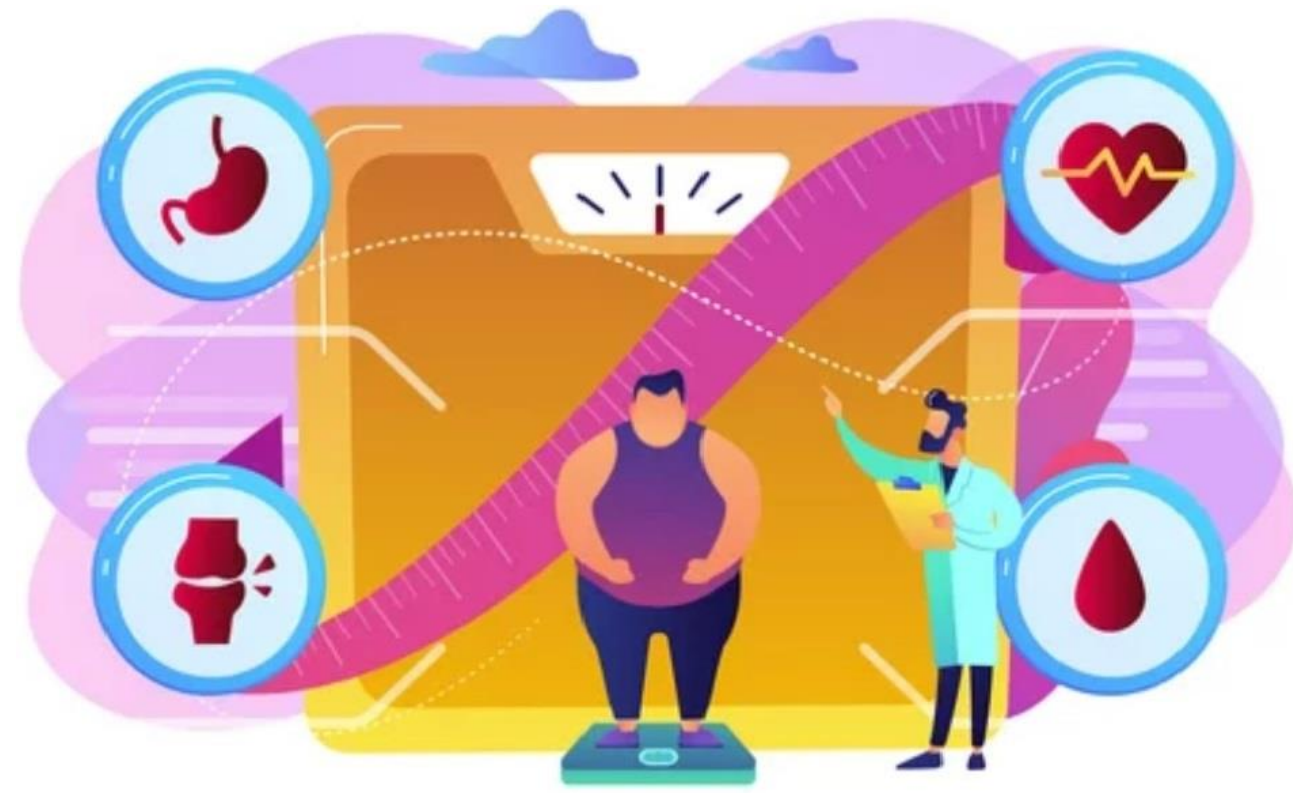
Public Health Policy

BMHP5013

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This presentation is about 'Obesity', and it will focus on the followings:

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Definition

Edit

- “Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.” (WHO, 2021).
- “The term obese describes a person who is very overweight, with a lot of body fat.” (NHS, 2019b).

BMI

- Measuring Obesity with the Body Mass Index. Person's weight in kilograms divided by the square of his height in meters (kg/m^2).
- For adults Obesity is a BMI greater than or equal to 30.
- For children, age needs to be considered when defining overweight and obesity. (WHO, 2021).
- In 2019, 36% of the adult population were overweight and 28% were obese. (nuffieldtrust,2021).

NON- COMMUNICABLE DISEAS

- Raised BMI may lead to non-communicable diseases as a key risk factor, such as arthritis, hypertension, heart disease, stroke, cancer, diabetes,
- complications in pregnancy, lower back pain, psychiatric disorders, and deep vein thrombosis. (Aga and Aga,2017).

RISK FACTORS FOR OBESITY

- Unhealthy lifestyle habits, Age, Unhealthy environments, Family history and genetics, Race or ethnicity, Sex, (NIH, 2021).

CAUSES

- Energy imbalances can cause the body to store fat, Poor diet, Lack of physical activity, Genetics, Medical reasons (NHS, 2019a).

Causes of Obesity using the Pestle analysis

- Political: -Systems and Laws made by the government, Stress, working patterns, ethical issues, (John Coggon, 2020).
- Environmental: -Air Pollution, Sanitary Issues, Poor housing, Basic amenities. (Stanford F. C, 2018).
- Social: -Lifestyle, Education, Family, Culture, Beliefs, Religion, Inequalities, sex, Age, Behaviors. (Stanford F. C, 2018).
- Technology:- Modified & Processed foods. (Adam Drewnowski, 2020). (Jeroen Laker Veld, 2020). (Malha Agha, 2017).
- Legal:- Policies, legislations, Immigration, Media advertisement.. (Malha Agha, 2017). (WHO,2017).
- Economical: - Financial, Psychological, Profit, Poverty. Better employment. (Cristina Matia, 2018). (Brydie Clarke, 2021).



Incident of obesity

- Low self-esteem:- Low achievement, Insecurity, Depression.
- Social criticism:- Developmental Issues.
- Chronic disease and illness:-Cardiovascular risk., Covid-19 risk, diabetes 2, Atherosclerosis/ stroke, (Malha Agha, 2017).
- Culture, Beliefs:- Cultural dietary preference.
- Financial burden. (NICE 2015). (HCL).
- Mobility:- 9,000 premature death in UK a year due to obesity. Britain the third highest level of overweight. ((NIE), 2021) .
- (Per's, Med 2021). (NLM,2017). (NHS,2021).
- Neuroscience:- Psychological factors, Mental state and behaviours. Med. (NICE, 2018).

Social Determinants of Health

Material/ Physical

Habits, Weight, Exercise, mobility, Lifestyle, (Brydie Clarke, 2021).

Social cohesion

Culture, Religion, Education, Amenities, Inequalities, Crime, Inadequate social facilities.

Psychosocial factors

Mental health, Poverty, Depression, Eating disorder. (NCBI).

Behaviors

Drug misuse, Abuse, Isolation. Cravings. (NHS).

Biological factors

Multiple biological pathway, Hormonal inflammatory neural pathway, Life expectancy drop under 25 years. (DHS,2016).

Facts and Statistics

Dewan

Global:

- The **5th** leading risk of global mortality is overweight and obesity. As a result of overweight or obesity, at least **2.8 million adults die each year**. (EASO, 2021)
- In 2016, more than **650 million** adults were obese. Overall, about 13% of the world's adult population (11% of men and 15% of women). (WHO, 2020) Adults aged **40 to 59** are more prone to obesity. (Holland, 2020) Over **340 million** children and adolescents aged 5-19 were overweight or obese in 2016. (WHO, 2020)
- High BMI is estimated to cost health services globally **US\$990 billion** per year; **13%** of healthcare **expenditure**. That is 3.3% of World's GDP; mostly contributed by **Eastern Mediterranean and American regions**. (Federation, 2020)
- A high BMI has been linked to **217.6 million** cases of **diabetes**, **307 million** cases of **hypertension**, **11.7 million** cases of **cardiovascular disease** and almost **500,000** cases of certain **cancers**. (Federation, 2020)
- In the 60s global per capita food consumption was 2358 kcal per day, by 2015 it was increased to **2940** and predicted to be 3050 by 2030. (WHO, 2020) The global consumption of sugar amounted to **172.6 million metric tons** in 2018/2019; increased over 18 million metric tons in just 10 years. (Statista, 2020)
- It is projected that by 2025, **2.7 billion** adults will be overweight, over **1 billion** affected by obesity, and **177 million** adults **severely** affected by obesity. (Observatory, 2016)

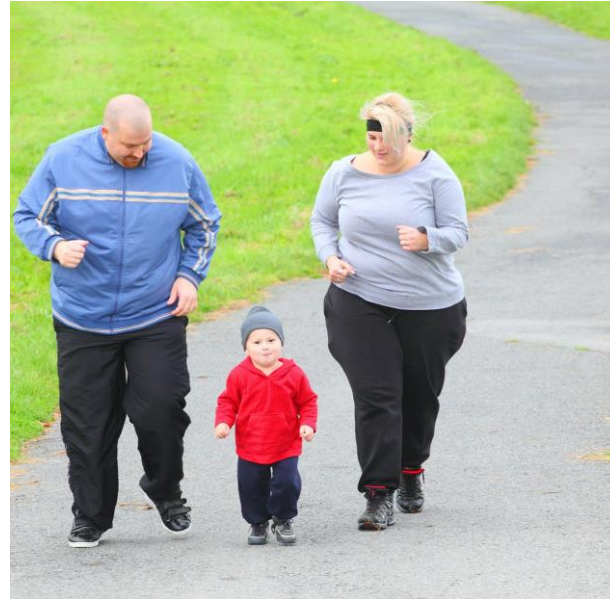
National:

- More than **63%** of the total population or **35 million** adults are overweight or obese and **28%** were obese in the UK. (UK, 2020) (Nuffieldtrust, 2021)
- Comparing men and women, **29%** of all adult women were obese whereas **27%** of adult men were obese. (Nuffieldtrust, 2021)
- In England, **1** in every **3** children leaving primary school is overweight or obese, and **1** in every **5** is obese. (England, 2021) In the most **deprived 10%** of the population, obesity rates are **highest**. (England, 2021)
- Over **30,000 deaths** are caused per year by obesity. Obesity on average takes away an individual's extra **9 years** of life. (England, 2017)
- In 2014 to 2015, NHS spent **£6.1 billion** on overweight and obesity-related ill-health. (England, 2017)
- In a survey, **16%** of adults (19% of women and 13% of men) screened positive for a possible eating disorder. (NHS, 2020)
- Only **10%** of obese people accept 'Obesity' is a serious health problem. (Wise, 2014)
- By 2050, half of the UK population could be obese at a cost of £50 billion per year. (Times, 2014) In **Scotland, England and Wales**, the prevalence of morbid obesity in 2035 is expected to rise respectively to **5, 8 and 11 percent**. (Keaver, 2020)

Global Policies

Ioana

To tackle the impact of obesity there are some policies taken by WHO, most of the European countries and other countries as follows-



- ❖ Reducing inequality to healthy foods according to Health 2020
- ❖ Assuring human rights and the rights to food
- ❖ Empowering people and communities through health enhancing approaches
- ❖ Promoting a life course approach
- ❖ Using evidence based strategies
- ❖ Supplement Nutrition Assistance Programme, USA
- ❖ WIC Programme, USA
- ❖ OPAL Australia

Policies in United Kingdom



Department of Health and Social Care England / Public Health England

Tackling obesity: empowering adults and children to live healthier lives (Published 27 July 2020)

- A call to action – campaign initiated by PHE ‘Better Health’ promotes tools and apps to encourage overweight people to choose a healthier lifestyle;
- Expand NHS services to increase support for people suffering from obesity;
- Expedite the ‘traffic light’ labelling system;
- New legislation for large businesses with more than 250 employees to add calorie values on the menu;
- New legislation to add calorie labelling for alcohol;
- New legislation that prohibits promotions for products high on fat, salt, sugar;
- New legislation banning the advertisement of products high on fat, salt, sugar being shown on TV and online before 9pm.

Policies in United Kingdom



Obesity:

❖ **Government response to the House of Commons Health Select Committee report on childhood obesity.**

A plan for action (Published: 9 September 2016)

- Price promotions: reduce and rebalance promotions of unhealthy food and drinks;
- Placement of food and drink within the retail environment: removing less healthy food from the end of aisles and checkouts;
- Restrictions on advertising to children: removing advertisements containing unhealthy food and drinks from all marketing platforms;
- Reformulation and portion size: rebalancing content and portion sizes of certain food and drinks;
- A 20% tax on full sugar soft drinks;
- Labelling: a labelling system showing teaspoons of sugar.

❖ **Plan for action chapter 2: (Published: June 2018)**

- Sugar reduction: removal of 20% sugar from the food most common eaten by children by 2020 (emphasis on energy drinks , milk);
- Calorie reduction: reduction of 20% calories in a range of everyday food consumed by children by 2024;
- Advertising and promotion: : 9pm watershed for food and drinks high in fat, salt sugar on TV and online media, ban price and location promotion of food and drinks high in fat, salt and sugar in stores.

- **Local Authorities:**

- Reforming approaches to nutrition and diet
- Awareness in exercise and health education in schools, guideline on better school meals.
- Infrastructure projects that supports healthy lifestyles, (www.local.gov.uk, 2019).

- **National: PHE, Health Boards and the Government:**

- Legislations, Policies and laws. Sugar tax, legislation to restrict promotions on food with high salt, sugar and fat. Banning adverts with high salt, sugar and fat on television, online forums before 9.00pm, (www.nhs.uk, 2019).
- Implementation strategy to discourage consumption of sugary foods and beverages, influencing the food and beverage industry to change.
- Policies on calories labelling and nutrition on packaged foods, guidelines on salt controls in cafes, diners, bars and supermarkets, also Alcohol contents labelling.
- Public awareness initiatives on healthy lifestyles through Apps, campaigns and advertising.

- **Voluntary Organisations, Charities and Community Centres:**

- Charities have worked in conjunctions with local authorities to help educate and inspire folks to exercise and live a better healthier lifestyle.
- Community centres are more exercise friendly by incorporating fitness regime and classes to inspire their clientele for a healthy lifestyle.
- Local clubs run athletic classes, running clubs, football and rugby forums to motivate people to healthier living.

- **International Agencies – WHO and the EU:**

- The WHO urges government globally to promote healthy foods in public facilities.
- Develop global laboratories protocols for measuring trans body fat in food and beverages.
- Research, Co-ordinations, Presentations and create policies and guidelines to fight obesity worldwide, (www.who.int/activities/controlling-the-global-obesity-epidemic, 2020).
- Controlling information, data and consumer goods coming into the European Union.
- Policies, regulations, implementations and public awareness.
- Controlling products into the union containing sugary, salty and fatty substances from outside the European Union.

Recommendations and Conclusion

Crizanta, Dewan

Recommendations:

- Regular physical activity, high intake of dietary fibre.
- Avoid excessive sugar, processed and starchy food.
- More intake of fruits and vegetables.
- Interventions for weight management.
- Tailor the components of the person's preferences like initial fitness, health status and lifestyle.
- Monitor children's electronic gadget time.
- Create awareness.

We can also recommend the following policies and guidelines to the respective authorities to tackle obesity:

- Minimise junk food offers around schools; restrict access to restaurants and other unhealthy foods close to school premises.
- Restrict fast food discount distributions and app-based delivery in front of the school gate.
- Adding 'Gardening' and 'Cooking' as compulsory subjects in school programmes
- Prohibiting the promotion of unsafe food items on all council-owned advertisement pages
- Remove or lower taxes on sports and exercise equipment.
- Some prescription drugs help to gain weight. Medical professionals must inform patients about these side effects and discuss alternative options. Government and health organisations should closely monitor the use of these drugs.

Conclusion

Obesity, in addition to poorer health outcomes, can have negative social and economic impacts. Researchers indicated many reasons for obesity. The most common ones are 'Poor diet' and 'Inactive lifestyle'. However, there is no miracle cure in the obesity epidemic as it is a very complex problem, and a multifaceted approach must be considered. To promote a healthy lifestyle, the policymakers, state and local organisations, businesses, other community leaders and individuals must work together.

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