

Obesity

Module Name: Public Health Policy (BMHP5013_LON)

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INTRODUCTION

In this presentation, we will be looking at obesity.

Our focus is for:

- Identification of obesity as public health issue
- Definitions from key organizations like WHO, NHS and PHE.
- Background of the obesity
- Policies for obesity
- Role of agencies



Source: (Gen, 2020)

Definition of Obesity

- Obesity is identified as public health issue (PHE, 2020).
- Obesity is defined as unusual fat accumulation that presents a risk to health (NHS, 2020).
- Body Mass Index (BMI) is used to classify the adults as overweight or obese. If BMI is between 25 and 30 the person is overweight, and over 30 means the person is obese (WHO).
- Obesity is excessive fat accumulation. Nearly two-third of the adults in England are overweight and obese with high risks of diabetes, cancer, high blood pressure and even death (PHE).



BODY MASS INDEX (BMI)



and
type 2 diabetes?

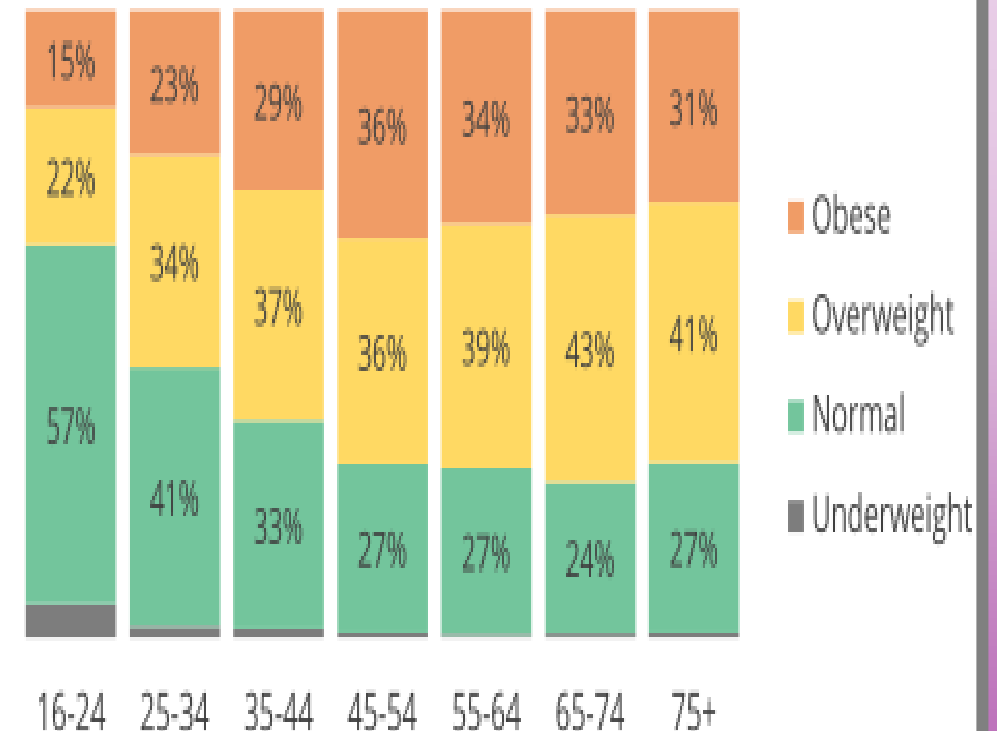
Source: (808opinions, 2020)

Background of Obesity

Statistics for Obesity:

- 28.7% of adults in England are obese. A further 35.6% are overweight (PHE, 2020).
- There are 1.2 billion overweight adults in the world and around 700 million obese (WHO, 2020).
- The most vulnerable group is children
- Obesity spreads non-infectious

BMI category by age in England



Source: (Commonslibrary, 2020)

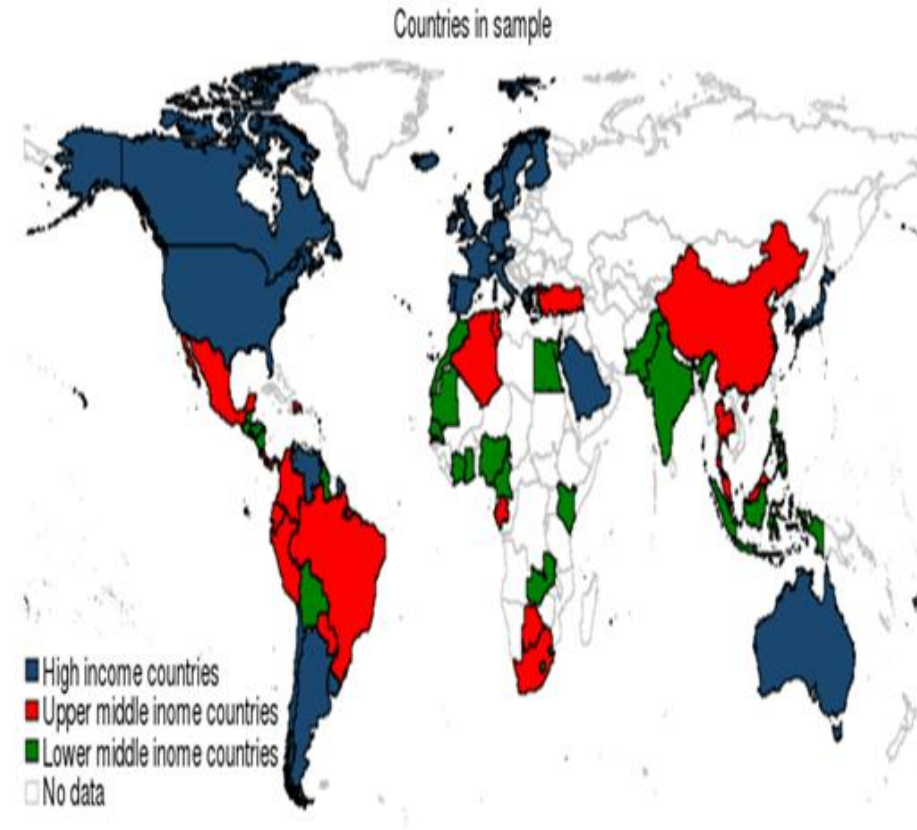
Background of Obesity

Geographical distribution

Statistics for Obesity:

- PHE statistics 23% of the children are obese aged 4 to 5 with 33% of their mums and 60% of their dads.
- There are 158 million obese children in the world in 2020 and will increase to 250 million by 2030 (WHO, 2020).
- **Global trends and percent in key regions**

North America with 40%, South America is with 35%, Eastern Mediterranean 30 %, Europe with 28%, South Asia 20% (WHO, 2020) and Africa with 10%.

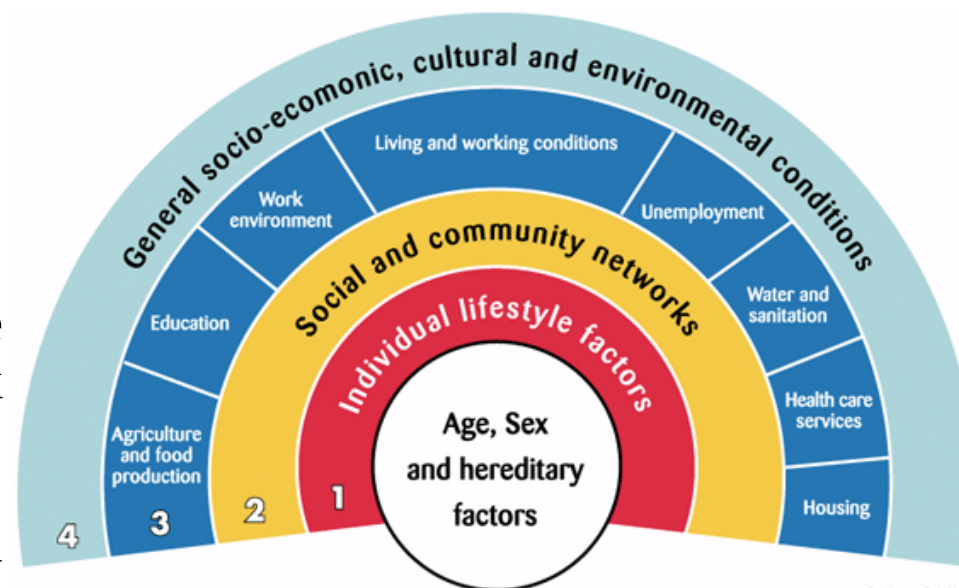


Source: (Conversation, 2020)

Background of Obesity

Causes of obesity :

- Poor diet- socio-economic factors
- Genetics- we can inherit it from our parents if they are overweight or obese medical reasons, calories and lack of physical activity)
- Medical reasons- some of us suffer of different medical condition which doesn't allows us to exercise
- Calories intake- junk food and those bargain deals „buy one get one free"
- Lack of physical activity- people prefer in this days to sit more on the sofa and watch TV & eat in front of TV



Dahlgren, G. (1995)
European Health Policy Conference:
Opportunities for the Future. Vol 11 - Intersectoral Action for Health,
Copenhagen: WHO Regional Office for Europe

Obesity Policies

Public Health England

- This includes a new app for the free 12-week NHS Weight Loss Plan, helping people make healthier food choices and learn skills to prevent weight gain (PHE, 2020).

Department of Health and Social Care has developed a program:

- Tackling obesity: empowering adults and children to live healthier lives (DHSC, 2020)

The National Child Measurement Programme

- As part of the National Programme, children are weighed and measured at school (NHS, 2020).

Obesity Policies

Borough of Waltham Forest

- Special programs for different groups. Provide local support for pregnant women with a high BMI (Waltham Forest, 2020).

Obesity UK. Charity

- Obesity UK members form a mutual support group and provide a link between those who struggle. A running plan for beginners (Obesity UK, 2020).

WHO policies

- Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts (WHO, 2020);
- Limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats (WHO, 2020);
- Limit the intake of sugars, high calorie food and salt (WHO, 2020)

EU policies

- In Europe, laws are being passed to combat obesity. Taxes are increased in foods that contain bad (saturated fat) fat. (Garde, A., 2010).

Role of agencies

- **PHE provide legislation, surveillance and provide education about the disease/illness**
- **PHE is responsible for the delivery of the essential elements of screening programmes which are best done at national level**
- **Local authorities-control of the obesity**
- **WHO developed the Global Strategy on Diet, Physical Activity and Health**

Conclusion

Obesity is a growing global problem. Methods to prevent obesity are vital because have dramatic effect on the national economies.

Obesity has reached epidemic proportions and is affecting younger age groups. The main factors are the increased consumption of high-calorie food and sucrose-enriched drinks

Plan for actions and recommendations are given from PHE, government, WHO, charity companies and local authorities.

A stylized map of the United States is shown in shades of blue and teal. A white measuring tape with black markings is wrapped around the bottom half of the map. The numbers 56, 57, 58, and 59 are clearly visible on the tape. Overlaid on the center of the map is the text "THANK YOU!!!".

THANK YOU!!!

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