

Obesity in Hounslow borough

Community Care and Development-BMHP6022

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Obesity

- According to World Health Organisation, obesity and over weight are the intensive accumulation of fat, which causes risk to the health (WHO, 2023).
- Globally , the obesity causes about 4.7 million death, only during 2017 (Ritchie and Roser, 2023).
- One of every three people is affected by obesity in national contest (NHS, 2022)

Demographic Characteristic

- The population in Hounslow is 287.940.
- 53.3% - white population, 34.4% - Asian population, and 6.6% - Black. The population includes South Asian, Eastern European population, Afro-Caribbean, West African, East African
- In terms of religion, 42% - Christian, 14% - Muslim, 10.3% - Hindu, 9% - Sikh, 1.4% - Buddhist and 0.3% - Jewish; 18% of the population is not religious (Varbes, 2022).

Causes of the overweight and obesity

- **Lack of movement.**
- **Consummation of high on fat and sugar food.**
- **Lack of information.**
- **Consummation of alcohol.**
- **Large amount of food consummation (NHS, 2023)**

Obesity in London Borough of Hounslow

- **London Borough of Hounslow is one of the highest on the obesity rates among the children and adults (NHS, 2016).**
- **The high number of statistic, shows the obesity among the children and adults in Hounslow borough are shocking (Gann, 2019).**
- **One in every five children at the age of 5 , and every one in three at the age of 10 are overweight or obese in Hounslow Borough (Stayt, 2021).**
- **More than 10% of all the patients over age of 18 years in the borough has been classified as obese(London Borough Of Hounslow, 2023).**

Tory childhood obesity strategy

“It beggars belief that the government has misjudged the response of leading voices in the food retail industry, who recognise the need for the government to play a stronger co-ordinating role. To have any chance of working, voluntary action must be backed up with strong, swift and credible threats of regulation”(Joe Bourke, 2017).

Healthier choices in Hounslow's restaurants

- **Hounslow Council is in partnership with the businesses dealing with food and aiming to make it easy for customers to located restaurants , where the healthy food can be offered.**
- **The new scheme is designed to attract a network of local food businesses in the borough.**
- **Business , taking a part of the program will received the support from the local council and window sticker to promote the food (News Team, 2022).**

Recommendations

- The London Borough of Hounslow , must looking into reducing the advertising of junk food.
- Close monitoring on the all the programs for overweight and obesity must be conducted, and make sure that they are work.
- Increasing the advert for healthy life stile.

Conclusion

- Reducing adult and childhood obesity is one of the council's top health priorities .By reducing the obesity , the risk of diabetes and numbers of many deceases related to obesity and over weight will be reduced (News Team, 2022).

Thank you!

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