

HEALTHIER COMMUNITIES SELECT COMMITTEE		
Title	Lewisham Annual Public Health Report 2016	
Key Decision	No	Item No. 5
Ward	Borough Wide	
Contributors	Danny Ruta – Director of Public Health	
Class	Part 1	Date: 18 October 2016

1. Summary

- 1.1 This year's Annual Public Health Report (APHR) is themed on tackling obesity. It focuses on the Whole System Approach to Obesity, of which Lewisham is working alongside Leeds Beckett University as one of four national pilot sites and the only pilot site in London. The report also profiles the Jamie Oliver / Sustain Sugar Smart initiative which Lewisham is launching in October 2016; the first London borough to launch.
- 1.2 The report outlines the current state of obesity in the borough and the health consequences that obesity contributes to. This is followed by a selection of case studies which detail some of the excellent practice currently taking place across the borough in order to tackle obesity. The case studies have been themed as below:
- Breastfeeding
 - Early Years
 - Primary Schools
 - Secondary Schools
 - University Hospital Lewisham
 - Leisure Centres and Sport
 - Trinity Laban
 - Parks
 - Planning
 - The Food Environment
 - Transport

2. Purpose

- 2.1 This report provides members of the Healthier Communities Select Committee with the 2016 APHR, which is themed on The Whole System Approach to Obesity. Wider information on the entire population is also provided through the Public Health Performance Dashboards, which are provided as appendices to the main report.

3. Recommendations

- 3.1 Members of the Healthier Communities Select Committee are asked to note, and to comment as they wish on the content of the report.

4. Policy context

- 4.1 The Health and Social Care Act 2012 states that the production of an APHR is a statutory duty of the Director of Public Health, which the local authority is responsible for publishing. The report aims to inform partners, professionals, and other decision makers, as well as the community about the health of the local population.
- 4.2 The publication of a themed report on The Whole System Approach to Obesity is to complement the work the council is currently undertaking as a pilot alongside Leeds Beckett University. The report also supports the Health and Wellbeing Strategy Priority of 'Achieving a Healthy Weight' and achieving the Sustainable Communities priority for Lewisham of healthy, active and enjoyable - where people can actively participate in maintaining and improving their health and well-being.
- 4.3 This report will also be submitted to the Health and Wellbeing Board, for information at its meeting on 15/11/2016.

5. The Whole System Approach to Obesity

- 5.1 Nationally obesity and its consequences cost the NHS £6.1bn per year, with the wider cost to the economy estimated at £27bn. In the UK, the contribution of diet-related risk factors to the burden of illness and disease, including high body mass index (BMI), is second only to tobacco use. The issue is particularly crucial for Lewisham as the borough has a high proportion of adults and children who are overweight or obese. Nearly two thirds of adults (137,000 people) and 40% of 10-11 year-olds are overweight or obese.
- 5.2 The overarching aims of the Lewisham Whole System Obesity Action Plan are:
- To promote an environment that supports healthy weight and wellbeing as the norm, making it easier for our residents to choose healthier diets and active lifestyles;
 - Supporting our communities and families to become healthier and more resilient, which will include addressing the wider determinants of health.
 - at a strategic level, we will achieve these aims by engaging the wider Lewisham Partnership to ensure a better co-ordinated approach around the wider determinants of obesity, by forming a Lewisham Obesity Alliance. The alliance will continue to build on progress in delivering actions across four priority areas: Children and Young People; Increased Public Awareness and Engagement; Health and Public Services and the Environment.

6. Financial implications

- 6.1 There are no specific financial implications. However the committee may want to consider future resources and spend on tackling obesity in Lewisham following the report's recommendations.

7. Legal implications

- 7.1 The requirement to produce an APHR is set out above.

8. Crime and disorder implications

- 8.1 There are no specific crime and disorder implications arising from this report.

9. Equalities implications

- 9.1 Equalities Implications and the impact they have on health outcomes have been highlighted throughout the body of the report.

10. Environmental implications

- 10.1 As mentioned in point 5.2 above the Environment is a priority area for the Lewisham Whole System Obesity Action Plan. Therefore the aim is to positively impact the environment in relation to tackling obesity.

11. Conclusion

- 11.1 The report outlines the current issues around excess weight in Lewisham and demonstrates some of the excellent practice that is currently happening in order to reduce this. It highlights that it is not the sole responsibility of any one sector but that a joint, borough wide approach is needed to gain ground and stem the tide of obesity. By sharing details of best practice and initiatives in this report we aim to engage and recruit stakeholders across the whole community.

Background documents and originator

Lewisham's Annual Public Health Report 2016

Public Health Performance Dashboards

The 2015 Annual Public Health Report focussed on Children and Young People and is available [here](#).

If there are any queries on this report please contact Dr Danny Ruta, Director of Public Health, Community Services Directorate, Lewisham Council, on 020 8314 8637 or by email danny.ruta@lewisham.gov.uk