

# **Children and Young People Overview & Scrutiny Committee**

**3 October 2024**

## **Childhood Obesity Five Year Plan**

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### **Summary**

This report aims to provide the Committee with a briefing of the priorities within the Childhood Obesity 5 year plan. The plan is coordinated by Medway Council but delivered through the Medway Healthy Weight Network. The plan sets out what is currently being done to tackle childhood obesity and details some aspirations over the next five years to achieve the One Medway Council Plan targets of reducing the current obesity rate and increasing physical activity of children.

### **1. Recommendations**

1.1. The Committee is asked to note the details of the child obesity plan.

### **2. Budget and policy framework**

2.1 Since 1 April 2013, local authorities have been responsible for improving the health of their local population and for public health services. Medway Council's strategic priorities include 'supporting residents to realise their potential'. Tackling obesity specifically links to Medway Council's strategic priority of 'improving health and wellbeing for all'.

### **3. Background**

3.1 Childhood obesity and excess weight are significant health issues for children and their families. There can be serious implications for a child's physical and mental health, which can continue into adulthood. The number of children with an unhealthy and potentially dangerous weight is a national public health concern. Obesity is associated with poor psychological and emotional health, and many children experience bullying linked to their weight. Children living with obesity are more likely to become adults living with obesity and have a higher risk of morbidity, disability and premature mortality in adulthood.

- 3.2 Children are currently consuming more than the recommended daily limit of sugar, and this is a contributing factor to excess weight gain. The National Diet and Nutrition Survey found that sugary drinks account for 17% of 11 to 18 year olds' daily sugar intake or 6% of 4 year olds daily sugar intake. Physical activity can help children and young people to achieve and maintain a healthier weight. The 2019 to 2020 Sport England Active Lives survey showed that only 45% of children and young people met the Chief Medical Officer's Physical Activity Guidelines and participated in an average of 60 minutes or more of physical activity a day. Meanwhile, 31.3% did less than an average of 30 minutes a day.
- 3.3 Appendix 1 provides details of the 5 year childhood obesity plan, that is delivered via the Medway Healthy Weight Network. Medway Council co-ordinate this multi-partner group, but successfully reducing childhood obesity rates is dependent on engagement from a wide range of public, private, voluntary and academic sector organisations locally and nationally.
- 3.4 The childhood obesity plan lists the current known interventions and the priorities for the next 5 years.

#### 4. Risk management

- 4.1 Risks identified are listed below:

Risk	Description	Action to avoid or mitigate risk	Risk rating
Lack of engagement and prioritising obesity prevention interventions	Medway Council and its keys partners fail to take forward and resource the interventions and priorities listed in the action plan	Medway Council Cabinet and scrutiny committees continue to identify health and wellbeing as a priority for the organisation and its key partners	CIII
The environment continues to become more obesogenic making it harder for people to access healthy food and take part in regular movement	The world is significantly more calorie dense and easier to be sedentary with energy saving devices, making it harder for people to sustain a healthy weight	The action plan needs to be continuously reviewed by the healthy weight network and adapted as data shows the prevalence of people living with obesity over the next 5 year	BII

<b>Likelihood</b>	<b>Impact:</b>
A Very likely B Likely C Unlikely D Rare	I Catastrophic II Major III Moderate IV Minor

## 5. Climate change implications

5.1. The Council's ambition to become carbon neutral by 2050 is complemented by the five year plans aspirations to tackle childhood obesity. In line with many agenda's where what is good for people is good for the planet, there are many shared ambitions projects across the healthy weight and climate change agenda. For example, more children walking to school positively impacts a person's health and the environment. The Climate Change and Public Health team work collaboratively on a range of programmes including Medway Food Partnership.

## 6. Financial implications

6.1 The demand for or cost of childhood obesity services has not been identified as a significant area of pressure, however there is a pressure on the Public Health service as a whole projected in the Medium Term Financial Outlook 2024-29 of £1.321million in excess of the uplift projected on the Public Health Grant for 2025/26.

## 7. Legal implications

7.1 There are no legal implications arising from this paper.

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### Appendices

Appendix 1 – Medway Childhood Obesity Five Year Plan

### Background papers

None