

**NORTH LINCOLNSHIRE COUNCIL**

Health and Wellbeing Board

**REPORT TITLE**

**North Lincolnshire Commitments to Healthy Weight update paper**

**1. OBJECT AND KEY POINTS IN THIS REPORT**

- 1.1 The purpose of this report is to update the Health and Wellbeing Board on progress towards the commitments to Healthy Weight following a workshop in September 2024.
- 1.2 Members are requested to formally commit to exploring a long-term, system-wide approach to healthy weight at this meeting.
- 1.3 Members are requested to receive further detail on draft strategic commitments, tangible plan, impact measures, and performance monitoring for agreement at the March meeting of the Health and Wellbeing Board.

**2. BACKGROUND INFORMATION**

- 2.1 Healthy life expectancy in North Lincolnshire is among the lowest in England. There have been no improvements in healthy life expectancy in the last four years for males. In females, healthy life expectancy has decreased. This means that currently men, on average, experience 20 years of poor health towards the end of their lives. Women spend even longer in poor health, with just over 26 years, or 32% of their total life expectancy.
- 2.2 North Lincolnshire has 71.1% of its population estimated to be above a healthy weight, with 35.8% (49,000 residents) obese. North Lincolnshire ranks 7 out of 153 local authorities.
- 2.3 Research has repeatedly demonstrated that excess body weight is associated with substantially shorter healthy and chronically disease-free life expectancy. People with excess body weight are more likely to develop many serious health problems, including:
  - Heart disease and stroke – excess body weight and obesity often leads to high blood pressure and unhealthy cholesterol levels

- Type 2 diabetes – excess body weight and obesity can affect the way the body uses insulin to control blood sugar levels
- Certain cancers – excess body weight and obesity can increase the risk of cancer of the uterus, cervix, endometrium, ovary, breast, colon, rectum, oesophagus, liver, gallbladder, pancreas, kidney, and prostate.
- Digestive problems – excess body weight and obesity can increase the likelihood of developing heartburn, gallbladder disease, and liver problems.
- Sleep apnoea - people with excess body weight and obesity are more likely to have sleep apnoea, a potentially serious disorder in which breathing repeatedly stops and starts during sleep.
- Osteoarthritis – excess body weight and obesity increases the stress placed on weight-bearing joints. It also promotes inflammation, which includes swelling, pain and a feeling of heat within the body. These factors may lead to complications like osteoarthritis.
- Fatty liver disease – excess body weight and obesity increases the risk of fatty liver disease, a condition that happens due to excessive fat deposits in the liver. This can lead to serious liver damage (liver cirrhosis).
- Severe COVID-19 symptoms – people with excess body weight and obesity have a higher risk of developing severe symptoms if they become infected with the virus that causes coronavirus disease 2019, known as COVID-19. People who have severe cases of COVID-19 may need treatment in intensive care units or even mechanical assistance to breathe.

2.4 Excess body weight and obesity can diminish the overall quality of a person's life. They may not be able to do physical activities that they used to enjoy, and often experience pain. They may avoid public places, leading to social isolation. They may also experience discrimination because of their weight. All of these things can lead to depression and anxiety.

2.5 To increase the health and wellbeing of all residents in North Lincolnshire, we must support everyone to maintain and achieve a healthy weight. Achieving this ambition would allow us to improve healthy life expectancy. The current 'Healthy Weight, Healthy Lives Strategic Framework 2019-2024' ends this year.

2.6 A workshop was held with Health and Wellbeing Board members in September 2024 as part of the work to refresh the expiring framework.

Attendees:

- Agreed on the importance of supporting the people of North Lincolnshire to maintain and achieve a healthy weight.
- Agreed on the importance of a long-term, system-wide approach to healthy weight.
- Requested ambitious and bold strategic commitments, a tangible action plan, and proposals for impact measures and performance monitoring be produced.

This work is in progress and will be ready to present to the Health and Wellbeing Board at the March meeting.

### **3. OPTIONS FOR CONSIDERATION**

#### **3.1 Option one**

Health and Wellbeing board members formally commit to a long-term, system-wide approach to healthy weight at this meeting. Board members receive at the March meeting, draft ambitious and bold strategic commitments, a tangible action plan, and proposals for impact measures and performance monitoring for review, discussion, and approval.

#### **3.2 Option two**

Health and Wellbeing board members decide not to formally commit to a long-term, system-wide approach to healthy weight at this meeting, and decide not to receive further detail and plans for discussion and agreement at the March meeting.

### **4. ANALYSIS OF OPTIONS**

#### **4.1 Option one**

Committing to exploring a long-term, system-wide approach to healthy weight demonstrates clear commitment and intent to improving healthy life expectancy in North Lincolnshire. Using collective influence and collaborative, integrated working, Health and Wellbeing Board members could have considerable impact in this area, and a clear commitment from the Health and Wellbeing Board will legitimise bold and ambitious action.

#### **4.2 Option two**

Without a commitment to a long-term, system-wide approach to healthy weight from the Health and Wellbeing Board, it will be more challenging to make impact in this area. It is likely that the number of people in North Lincolnshire will continue to increase, with implications for services in later years. People with excess weight are more likely to develop a serious and chronic health condition, meaning they are also more likely to need both health and social care for large periods of their life.

### **5. FINANCIAL AND OTHER RESOURCE IMPLICATIONS (e.g. LEGAL, HR, PROPERTY, IT, COMMUNICATIONS etc.)**

5.1 It is anticipated that restarting the Whole Systems approach, developing the strategy and associated actions will require some resource from the Public Health Grant. A detailed plan will be presented to the Health and Wellbeing Board by the Director of Public Health in March.

Whole system investment in prevention and reducing health inequalities, will reduce costs of treatment and intervention in the longer term.

5.2 Statutorily, the Health and Wellbeing Board has a crucial role in improving the health and wellbeing of the population in North Lincolnshire.

**6. OTHER RELEVANT IMPLICATIONS (e.g. CRIME AND DISORDER, EQUALITIES, COUNCIL PLAN, ENVIRONMENTAL, RISK etc.)**

6.1 Committing to a long-term, system-wide approach to healthy weight supports the council plan priorities: keeping people safe and well; enabling resilient and flourishing communities.

6.2 Health inequalities must be an essential focus of this work. We know that people who live in the more deprived areas of North Lincolnshire are more likely to become chronically unwell at an earlier age and often die earlier than people in more affluent areas. It will be important to ensure we meet the different needs of our residents.

**7. OUTCOMES OF INTEGRATED IMPACT ASSESSMENT (IF APPLICABLE)**

7.1 Where required, integrated impact assessments will be undertaken – none required at present.

**8. OUTCOMES OF CONSULTATION AND CONFLICTS OF INTERESTS DECLARED**

8.1 Consultation has been undertaken at previous Health and Wellbeing board meetings and a separate workshop. Further consultation will form part of the strategic development.

8.2 No conflicts of interest identified to date.

**9. RECOMMENDATIONS**

9.1 The Health and Wellbeing Board are asked to formally commit to exploring a long-term, system-wide approach to healthy weight at this meeting. Board members are asked to receive draft ambitious and bold strategic commitments, a tangible action plan, and proposals for impact measures and performance monitoring for review, discussion, and approval at the March 2025 meeting.

DIRECTOR OF PUBLIC HEALTH

Church Square House  
SCUNTHORPE  
North Lincolnshire  
DN15 6NL  
Author: Rachel Forbes and Liz Notman  
Date: 10<sup>th</sup> December 2024