

Health and Wellbeing Board Paper

1. Reference Information

Paper tracking information	
Title:	Implementing a Whole System Approach to Obesity
Related Health and Wellbeing Priority:	Priority 1 - Helping People to Live Healthy Lives Focus Area One: Working to reduce obesity and excess weight rates
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Sponsor(s):	<ul style="list-style-type: none"> Rod Brown, Head of Housing and Community, Epsom and Ewell Borough Council (Priority 1 Sponsor)
Board date:	9 September 2021
Related papers:	N/A

2. Executive summary

The Covid-19 pandemic has exposed the vulnerabilities of those living with obesity. Evidence supports taking a “Whole System Approach”¹, working across partners, including communities to address the barriers and opportunities in helping the people in Surrey to achieve and maintain a healthy weight.

3. Recommendations

It is recommended that the Health and Wellbeing Board:

- Persuades and supports Surrey’s Boroughs and Districts to embed the Whole System Approach (WSA) Framework across their organisations, to establish advocacy from their leadership teams and identify a person within their organisation to lead on this approach.

4. Reason for Recommendations

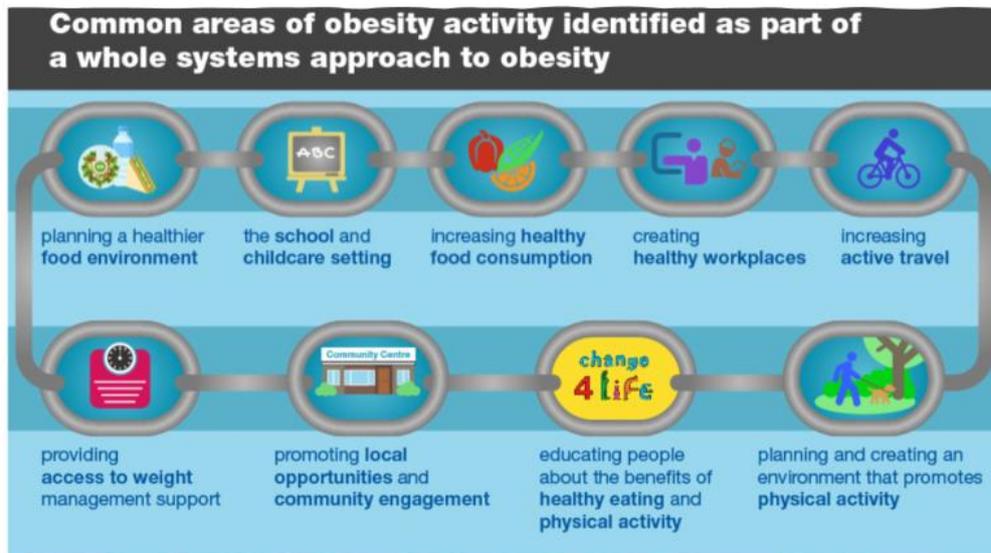
Boroughs and Districts are in a good position to embed the WSA Framework, they have the opportunity to influence planning, the high street and local services. Without their support, a Whole System Approach will not be possible.

¹ [Whole systems approach to obesity: A guide to support local approaches \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/100222/whole-systems-approach-to-obesity-a-guide-to-support-local-approaches.pdf)

5. Detail

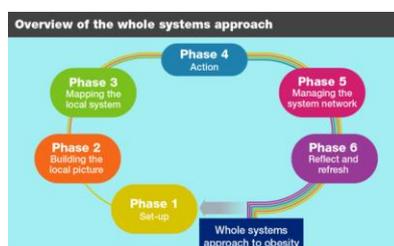
1. Embedding the Whole System Approach (WSA)

To tackle obesity at this level requires working across all areas of society and the environment.



The recommended approach by Public Health England, is to embed through the WSA Framework, a process of six phases. This guide, supporting resources and tools have been developed for local authorities and their public health teams to help them set up the process to implement a whole systems approach to tackling obesity in their local area with local stakeholders and communities. This process supports a community centred approach to tackling health inequalities – involving local communities, in particular disadvantaged groups, who can better reflect the local realities, help improve health and wellbeing and reduce health inequalities.

The WSA to Obesity Framework



Public Health has set aside £150,000 from the Covid Outbreak Management Fund. This has been allocated to six third sector organisations to embed the WSA Framework across their system working with partners. Each Organisation has

received £16,000 and will receive a further £4000 when they have completed the first four phases and have agreed an action plan.

The six successful organisations are:

1. YMCA Redhill
2. Active Prospects
3. Home Start, Runnymede and Woking
4. Home Start Epsom, Ewell and Banstead
5. Stanwell Family Centre
6. Voluntary Action North Surrey (supporting Surrey Heath Borough Council)

Active Surrey has been given a £20,000 grant to support all of organisations in embedding the framework. Four WSA to obesity workshops have been delivered and were attended by representatives from all of the participating organisations

As of July 2021 each organisation has completed phase one and is moving to phase 2. That is they have Leadership support, have identified their stakeholders and are building the local picture. The next steps will be to host a workshop where stakeholders will complete a mapping exercise where they identify the potential contributors to obesity and how they can maximise. These projects will be closely monitored and evaluated, with a view to replicating across the county.

In addition to this Surrey Heath Borough Council are leading on taking a WSA, this project is supported by Surrey Heath Health Alliance which includes Frimley CCG. The framework will be included in the Living Well Ambition from Frimley Health and Care.

A core working group has met and a questionnaire with a distribution plan has been developed to gather insight from residents. The project is being supported by the University of Surrey who are providing a student to evaluate the answers to the questionnaire as their dissertation project. This student will be mentored by one of the tutors at the university. This insight will add to the “context” as a part of phase two of the framework.

Healthy Catering

Eat Out Eat Well, the healthy catering award has been stalled during the pandemic, fast food outlets and many restaurants have been closed or struggling to keep business going as well as Environmental Health officers (who normally deliver the scheme) being limited in their capacity due to their extra responsibilities.

To restart the scheme together with the Eat Well Start Well healthy eating award for early years settings Trading Standards, received funding of £25,000 from COMF and have recruited a project lead to promote and support food outlets and early years settings to achieve the award. This person will start in September 2021 and is funded for 6 months.

Weight Management Programmes

The Child and Family Weight Management Programme “Be Your Best” a partnership between Active Surrey, School Nursing and University of Surrey, continues to deliver healthy eating sessions to families. The programme was able to deliver sessions virtually over the lockdowns but has now recommenced face to face.

Adult weight management (AWM) programmes are an important component on taking a WSA to obesity. Public Health have commissioned One You Surrey (the current stop smoking service) to deliver an adult weight management programme of 1000 places for those with a BMI ≥ 30 (27.5 for BAME), prioritising those who are living in areas of higher deprivation where obesity prevalence is highest in Surrey e.g. Spelthorne. The programme has a variety of options from digital support to programmes for men.

The number of available places has been doubled for the first year, through additional funding from a government grant. This grant is also funding nine leisure centres across Surrey to deliver the NHS Weight Loss Plan together with a physical activity free to Surrey residents that meet the criteria. The leisure centres were identified by their proximity to areas of deprivation and higher rates of obesity. A Dietitian has been commissioned to develop and deliver training to staff prior to any delivery. The programmes will be delivered between September 2021 and March 2022.

6. Challenges

The main challenge is to persuade ICS Partners e.g. Boroughs, Districts and wider health partners to embed this framework at a time when the focus is on managing the pandemic.

Transforming the approach to obesity, working with people/organisational entrenched beliefs and attitudes.

7. Next steps

- Recruit Borough and District partners to take a WSA to obesity and embed the framework.
- Develop a communication plan to promote the approach across the County with a view to increase uptake of this approach.
- Meet with the Healthy Schools Programme Lead to discuss potential opportunities (meeting 7 September 2021).
- Contact the Health and Wellbeing lead in Royal Surrey Hospital to discuss testing this approach for staff.

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