

**Request for Report to the North West London
Joint Health OverviewScrutiny Committee**

14 March 2024

Report Title:	Current state of obesity and preventative services across NW London.
Report Author:	Hilary Tovey
Committee Date:	14 March 2024
Report Deadline:	04 March 2024

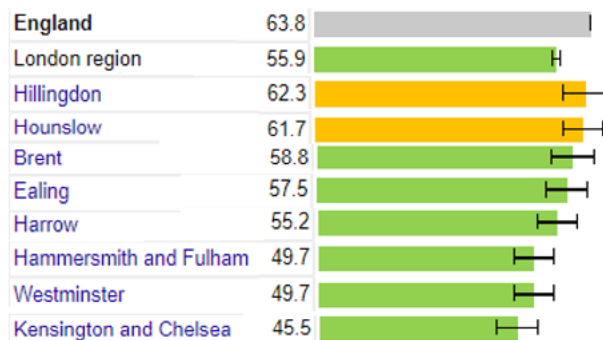
Purpose

To receive a report on the current state of obesity and preventative services across NW London.

Background/Context:

Obesity continues to be a major public health challenge in NW London.

Nearly two thirds of adults (over 18) in England (63.8%) were classified as overweight or obese in 2021-22. This rate is slightly lower in London (55.9%), and for NW London, this ranges from 45.5% in Kensington and Chelsea to 62.3% in Hillingdon.

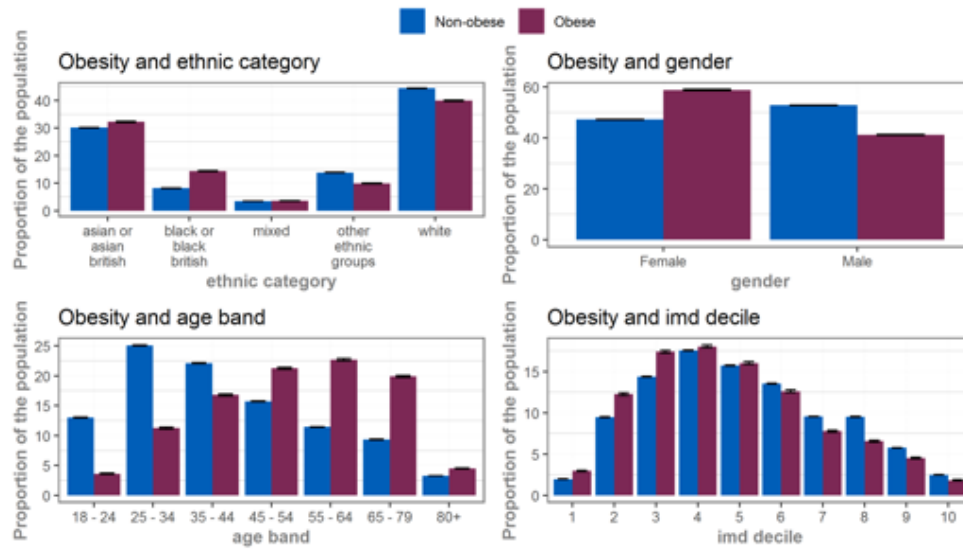


A third (37.8%) of children leaving primary schools (aged 10-11 years) were overweight or obese in 2021-22 in England. London had the second highest prevalence of overweight and obese among children in this age group (40.4%), compared with other regions.

Indicator	Period	North West London ICB					England	
		Recent Trend	Count	Value	Value	Worst	Range	Best
Reception: Prevalence of overweight (including obesity)	2021/22	→	4,115	21.2%	22.3%	25.9%		15.4%
Year 6: Prevalence of overweight (including obesity)	2021/22	→	8,360	41.1%	37.8%	46.9%		24.6%
Reception: Prevalence of obesity (including severe obesity)	2021/22	→	2,055	10.6%	10.1%	13.3%		5.4%
Year 6: Prevalence of obesity (including severe obesity)	2021/22	→	5,350	26.3%	23.4%	31.3%		12.2%
Reception: Prevalence of severe obesity	2021/22	↑	655	3.4%	2.9%	4.8%		1.1%
Year 6: Prevalence of severe obesity	2021/22	↑	1,300	6.4%	5.8%	9.3%		2.0%

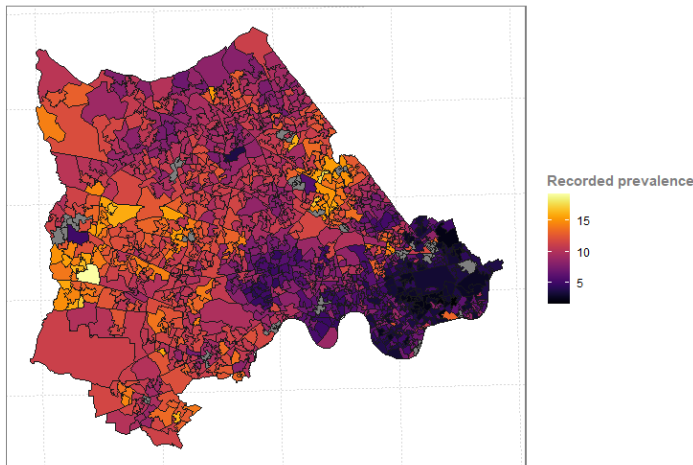
National and local data provides us with a good picture of where rates of obesity are highest and highlight the inequalities in obesity rates among children and adults. Data for England shows prevalence of obesity is higher in areas of greater deprivation, and for people who are unemployed or economically inactive or who have a disability. There is also a correlation between obesity and educational attainment and obesity is more likely amongst our white British, black and mixed ethnic groups.

For NW London the obese population is overrepresented in the Asian and black ethnic groups as well as in females and older populations. There is a higher proportion of the population who are obese in the more deprived areas compared to the least deprived.

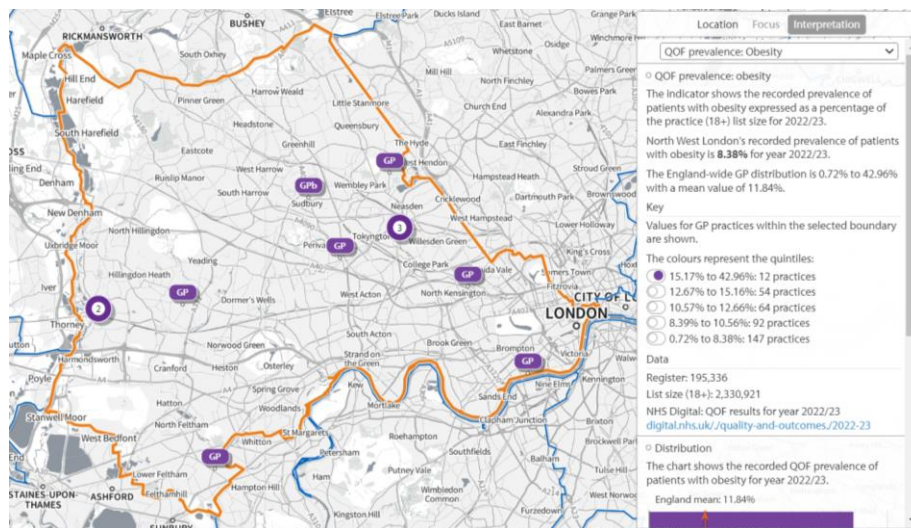


Prevalence increases as you travel out from the centre of London, with particular hot spots in Brent and Hillingdon

North West London Obesity Prevalence



There are 12 practices in NW London where the recorded prevalence of obesity is in the highest quintile for England.



On average people with obesity have more long term conditions compared to those who are not obese and the gap widens with age and with deprivation.

Current offer and effectiveness

The National Institute for Health and Care Excellence (NICE) recommends the local delivery of evidence-based weight management services (WMS) to support adults, children and young people (CYP) and their families who are above a healthy weight. These services are organised by tiers:

Tier 1: universal services including primary care or health promotion

Tier 2: lifestyle interventions

Tier 3: specialist weight management services delivered by multi-disciplinary teams

Tier 4: bariatric surgery

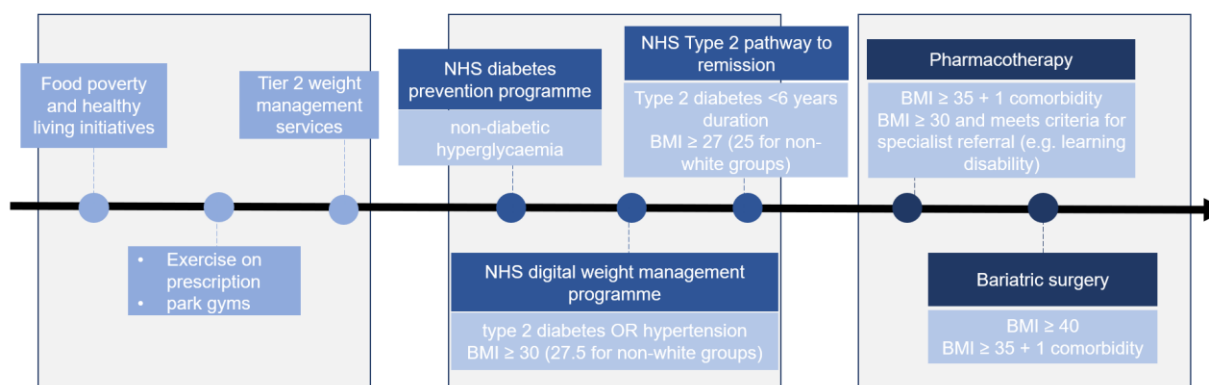
Tier 1 and 2 weight management services for adults and children and young people are provided by Local Authority partners. All local eight NW London local authorities identify tackling obesity as a priority within their JSNA and Health and Wellbeing Strategies. In 2022/23 NHS NW London undertook a mapping exercise of our local authority offer for weight management.

This identified a range of services for adults and children and young people and also highlighted variations in investment and approach across the eight boroughs. These services also need to be viewed in the context of local authority healthy lifestyle and community in-reach offers given the important link between healthy weight and other behavioural factors including physical activity, breastfeeding and good oral health, and the wider determinants of health.

NHS NW London specialist weight management offer currently comprises:

- weight management services for adults with type 2 diabetes (including non-diabetic hyperglycemia) and/or hypertension via the national diabetes prevention programme and the national digital weight management programme
- specialist weight management services for severely obese adults, including bariatric surgery
- services for children and young people who have complications of excess weight.

We are also working across the system to include pharmacological therapy as an offer for adults, in line with NICE guidance. We are looking to learn from newly established NHS England pilots of pharmacological therapies to understand the optimal delivery models for these therapies.



NHS Long Term Plan includes a commitment to support more people to attend weight management services, especially those who are obese and have another condition such as high blood pressure.

1. Support for people with obesity, diabetes (or pre-diabetic hyperglycaemia) and/or hypertension

Diabetes prevention and support

Our flagship digital platform to support people with diabetes across NW London, [Know Diabetes](#), includes content to support healthy living and behaviour change at scale.

The site allows people with diabetes to access and understand their clinical record alongside culturally appropriate information, videos and e-learning courses, personalised recommendations and reminders to help them better manage their condition and their health. This currently contains information for 170,000 people across NW London.

Patients who created an account have dropped their BMI by an average of 0.3 (30.2 down to 29.9) as well as significant reductions in BP and HbA1c following account creation. Demographics (ethnicity and deprivation) correlate with those of the diabetes population. Materials including meal plans and dietary advice etc. are available in different languages.

Learning from the success of this site has been used to develop [Preventing Diabetes](#), which is reaching around 200,000 people in NW London with non-diabetic hyperglycaemia.

Over 145,000 people in NW London with diabetes or non-diabetic hyperglycaemia have clicked on at least one email link in one of the campaigns – healthy weight and diet messaging are the number one interest registered by users.

The campaigns have been tailored to meet the needs of our local communities. A number of healthy eating resources and meal plans have been developed for people eating on tight budgets and culturally specific resources and culturally adapted meal plans have been developed. NW London diabetes transformation programme also funded the development of the World Book in collaboration with Carbs & Cals. The World Food Book is the first visual resources which includes culturally specific resources co-designed with local communities. Films and resources on weight management and remission have been translated into commonly spoken languages, including Urdu, Punjabi, Arabic, Somali and Hindi.

Similar capability is also being expanded to reach people with cardiovascular disease through the development of the [MyHealth.London](#) digital hub. This also includes culturally specific resources and meal plans developed to meet the dietary and cultural needs of local communities in NW London.

NW London was also the first ICB in the country to offer a large scale intensive weight management programme supporting remission from type 2 diabetes. 2377 people joined the programme from 2020-2023 with mean weight loss of approx. 5.6% at 12 months. This programme has now been superseded by the 12-month NHS England Type 2 Pathway to Remission Programme.

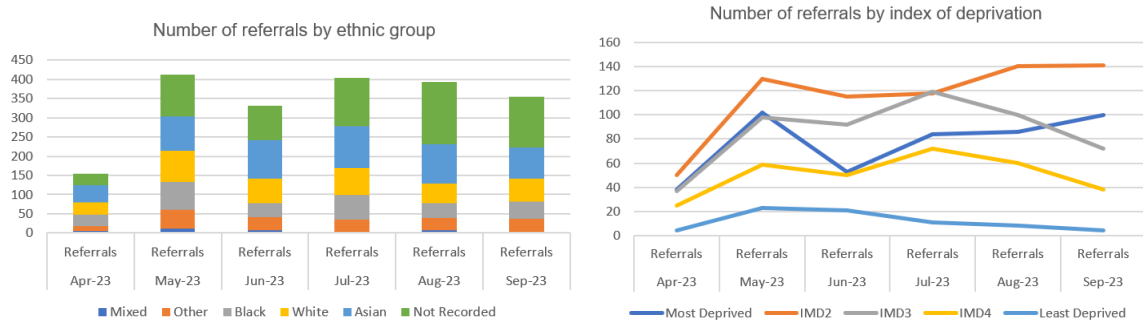
NHS Digital weight management programme

GPs in NW London also refer patients into the NHS Digital Weight Management Programme. This 12-week online behavioural and lifestyle programme is offered to people over 18 with a BMI greater than 30 (or 27.5 for people from BAME backgrounds) have diabetes of high blood pressure, or both. Additional support is available for people less likely to complete a weight management programme.

While NW London has lower referral rates compared to other areas in the region there is an acknowledged overlap with local diabetes prevention programmes. As NW London is a high referrer into this diabetes prevention programme, it is likely that this will have an impact on the number of people recorded as being referred to the National digital weight management programme.

Region/ ICB	Total practices	Proportion of practices to have referred in 2023/24	Total no. of GP referrals in 2023/24	Total no. of eligible GP referrals in 2023/24	Eligible GP Referrals in month	% of total GP Referrals that were Eligible	Eligible Referral Target 2023/24	% Eligible referral target achieved 2023/24
London	1,177	67%	12,948	10,015	1,414	77%	23,000	44%
NHS North East London ICB	271	75%	4,197	3,242	480	77%	4,830	67%
NHS North Central London ICB	184	81%	2,361	1,841	160	78%	3,910	47%
NHS North West London ICB	346	50%	3,026	2,056	355	68%	5,980	34%
NHS South East London ICB	199	61%	1,231	1,062	175	86%	4,600	23%
NHS South West London ICB	177	78%	2,133	1,814	244	85%	3,680	49%

Referrals are also tracked by ethnicity and levels of deprivation, which show greater levels of referrals in Asian ethnic groups and in areas of higher deprivation, although there is more work to do to improve the recording of ethnicity data in this programme.

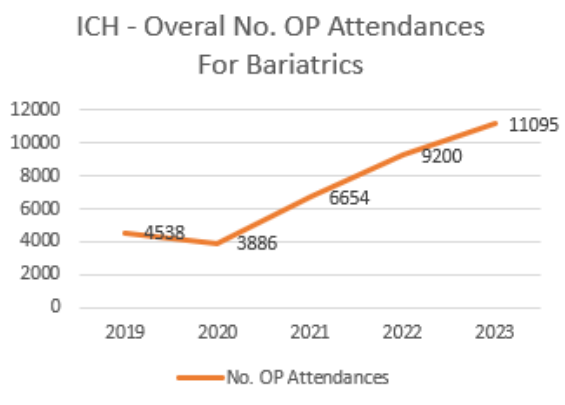
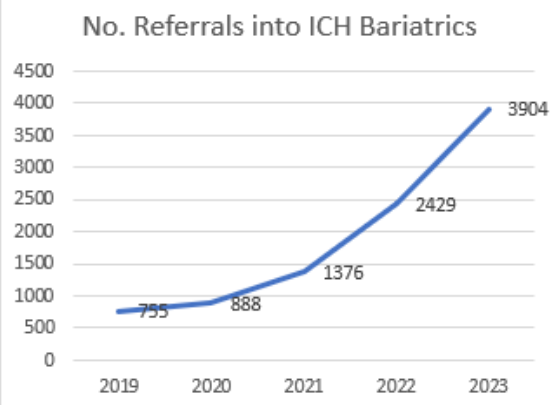


2. Specialist weight management services for severely obese adults, including bariatric surgery

NHS NW London currently offers the following tier 3 and tier 4 services for people with more severe overweight and obesity.

- Tier 3: weight management (lifestyle/pharmacotherapy) and preparation for bariatric surgery
 - Bariatric clinician review
 - 8-weekly virtual clinical programme led by nurse specialist/obesity specialist dietitians/psychologist
 - 3-weekly virtual sessions with exercise therapies
 - 1:1 psychology review if required
- Pathway to bariatric surgery (Tier 4)
 - Surgical and anaesthetic review
 - Psychology/psychologist review (if not done in tier 3)
 - Dietician review for pre-op diet
 - CNS review: pre-op exercises and medication review pre-op
- Post op:
 - Review with surgeon, physician (complex medical), dietician, psychology and CNS
 - Normally discharged after 2 years.

Since 2019, the weight management centre at ICH has seen a significant increase in referrals, and has increased outpatient capacity to meet this demand.



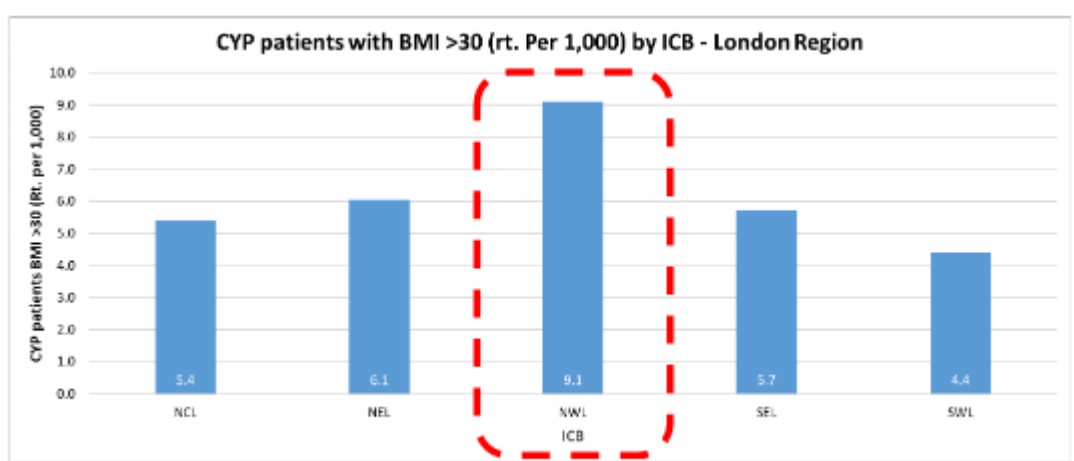
However, there have been challenges in meeting this increased demand.

In September 2023 it was announced that semaglutide (Wegovy) is now available in the UK and on the NHS through a controlled and limited launch. NICE has said that Wegovy should be used as a treatment for some adults living with obesity who have at least one weight-related comorbidity as part of NHS specialist weight management programmes, alongside other support including a reduce calorie diet and increased physical activity.

NHS NW London is currently in discussion with the providers of specialist weight management services to explore how to we might initially incorporate pharmacotherapy into our tier 3 services to manage this increased demand and improve outcomes for our population. This will also look how we are meeting need with respect to the other elements of these services, including diet and exercise support.

3. Services for children and young people who have complications of excess weight

NW London has the greatest number and proportion of children and young people with BMI >30 across the London region.



Complications of excess weight services are available for children and young people with severe obesity or obesity plus a related comorbidity that would benefit from weight loss (e.g. type 2 diabetes sleep apnoea, or non-alcoholic steatohepatitis with fibrosis). Children and young people in NW London are currently referred to Great Ormond Street Hospital for treatment.

NHS NW London is working to develop an option for these children to be treated closer to home.

Next steps

While NHS NW London provides a range of weight management options for people who are overweight and obese, we do not yet have a consistent approach to tackling obesity and supporting health weight across the system.

NW London is working with a number of stakeholders including Local Health Authorities, public health teams, community champions to promote Weight management services to local communities. This includes team such as Brent Health Matters commissioned by Brent Council local health authority. The health champions are able to engage with the communities by knowledge of the challenges, language barriers, and literacy gaps.

NW London ICS system strategy highlights the importance of expanding preventative services for children and young people to tackle obesity and improve health weight in early childhood, and acknowledges interdependencies with breastfeeding and oral health.

One of the insights coming from our work on supporting people with diabetes and hypertension is that food insecurity for example, is a driving factor behind the inequity in prevalence of obesity. The affordability of healthy fresh food, both related to the cost of the ingredients, space to cook or access to kitchen facilities, has been reported as an important issue.

A coherent approach to tackling obesity will need to linking up NHS and local authority services to help our residents, especially those who are at risk of developing long term conditions, to manage a healthy weight.

Member Request:

Cllr Ketan Sheth, Committee Chair, January 2024

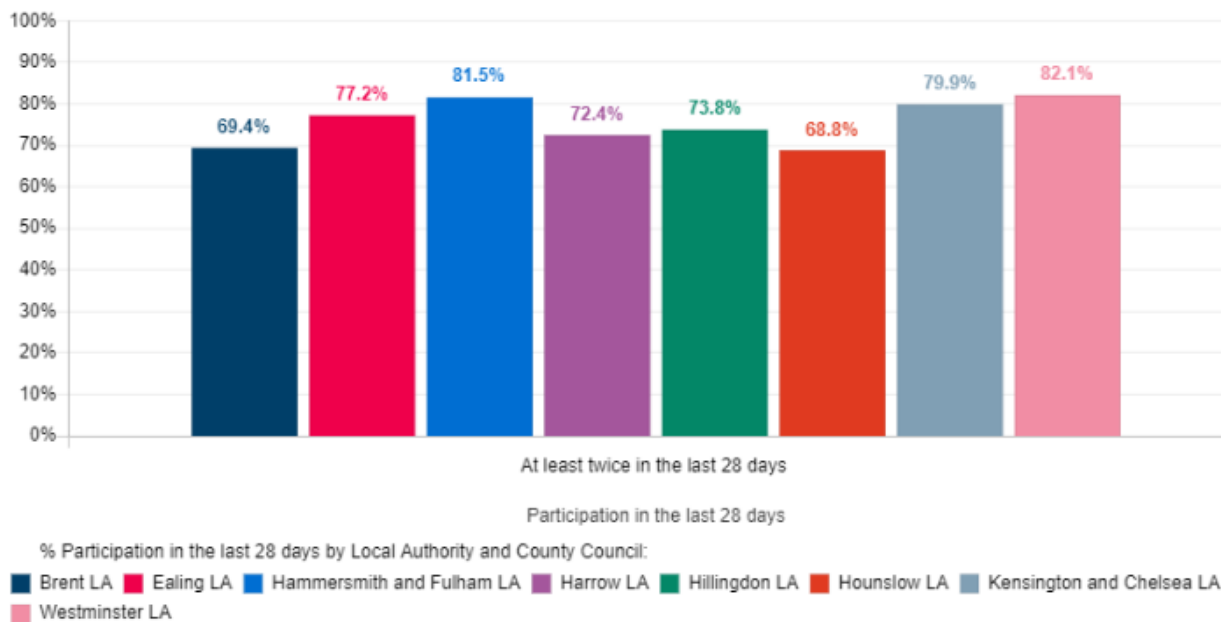
Annex: Active People survey results

The latest Active Lives survey results for Adults were published in December 2022 (covering the year Nov 21- Nove 22), and for children and young people in December 2023 (covering the academic year Sept 2022 – July 2023).

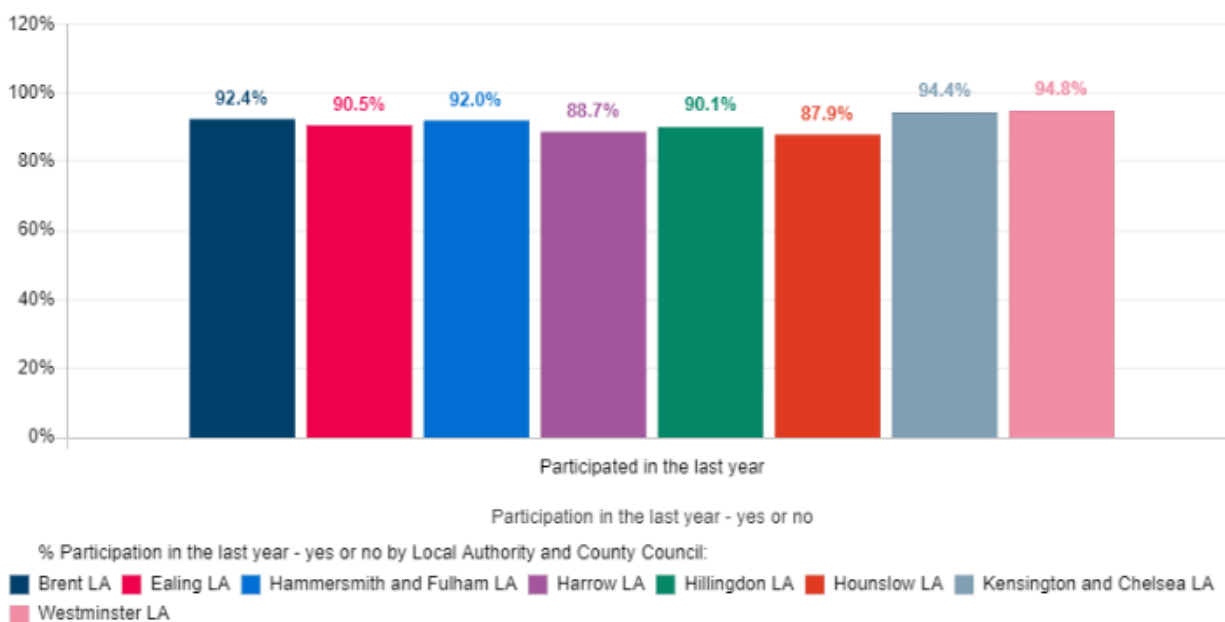
Summaries of key findings for NW London are contained below.

1. Findings: Adults

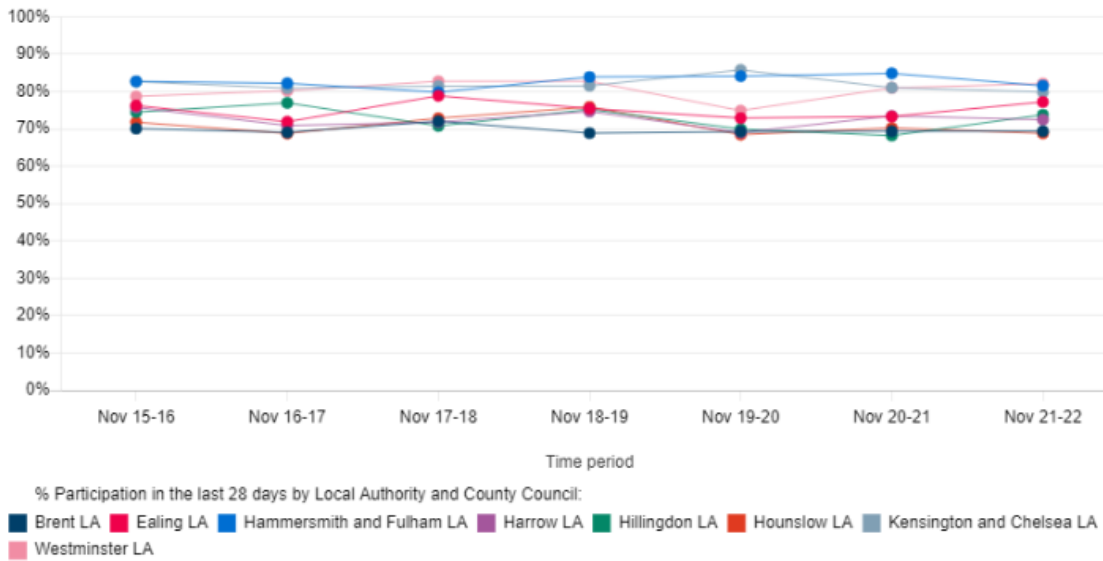
Participation in the last 28 days (Nov 2021-22)



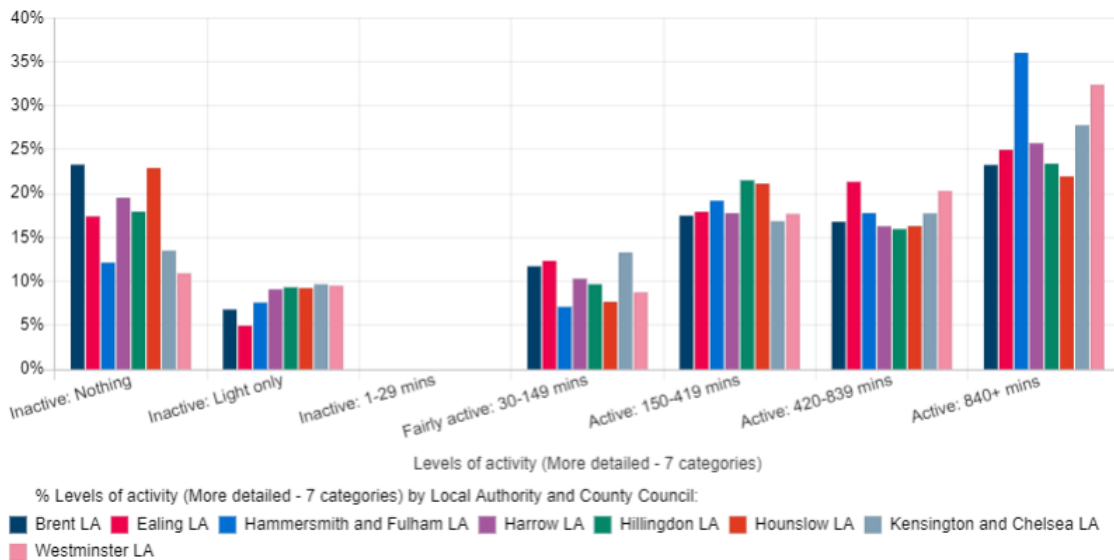
Participation in the last year (Nov 2021-22)



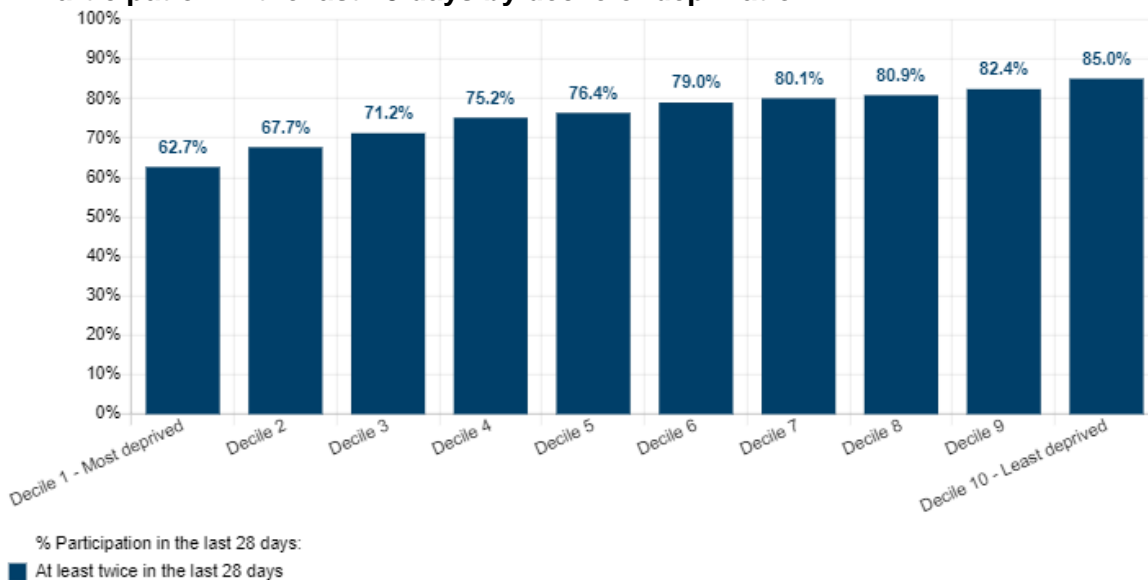
Trends in participation in the last 28 days



Levels of activity (based around seven categories) by local authority

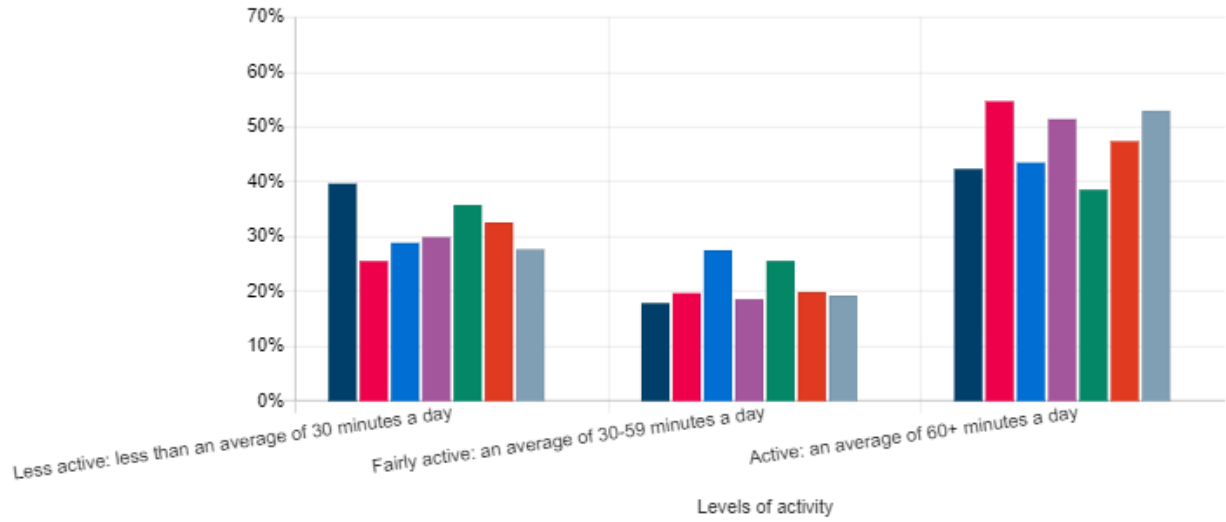


Participation in the last 28 days by decile of deprivation



2. Findings: Children

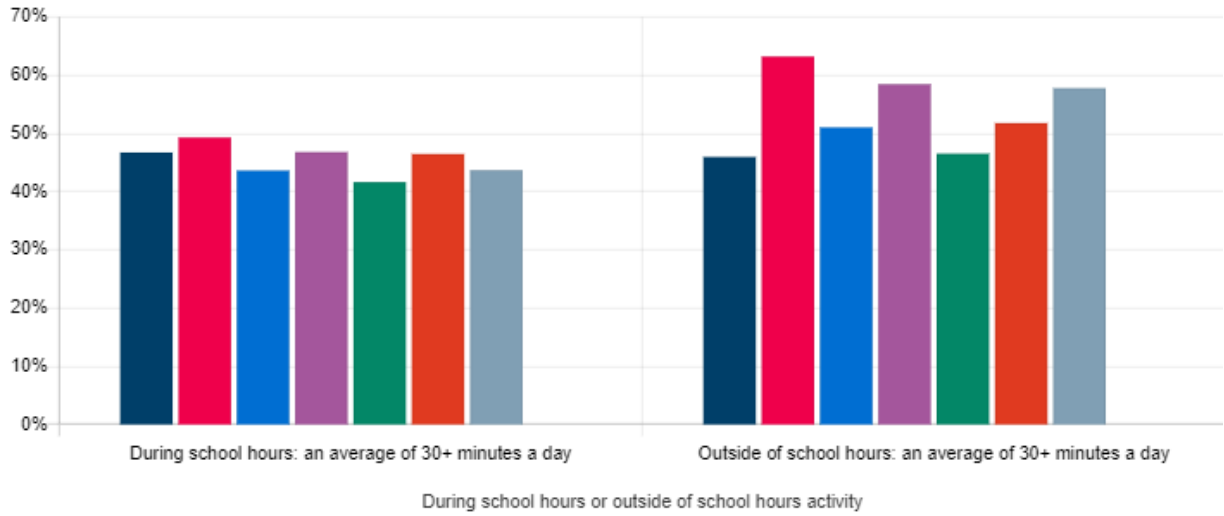
Levels of activity



% Levels of activity by Local Authority and County Council:

■ Brent LA
 ■ Ealing LA
 ■ Hammersmith and Fulham LA
 ■ Harrow LA
 ■ Hillingdon LA
 ■ Hounslow LA
 ■ Kensington and Chelsea LA
 ■ Westminster LA

Activity during school hours or outside of school hours



% During school hours or outside of school hours activity by Local Authority and County Council:

■ Brent LA
 ■ Ealing LA
 ■ Hammersmith and Fulham LA
 ■ Harrow LA
 ■ Hillingdon LA
 ■ Hounslow LA
 ■ Kensington and Chelsea LA
 ■ Westminster LA