





# Healthy Weight & Obesity

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# Body Mass Index

Description	BMI (kg/m <sup>2</sup> )
Underweight	18.5 or less
Desirable	Over 18.5 to 25
Overweight	Over 25 to 30
Obese	Over 30

# Prevalence of Adult Obesity in Solihull

Source ONS

Obesity:

Solihull 16%

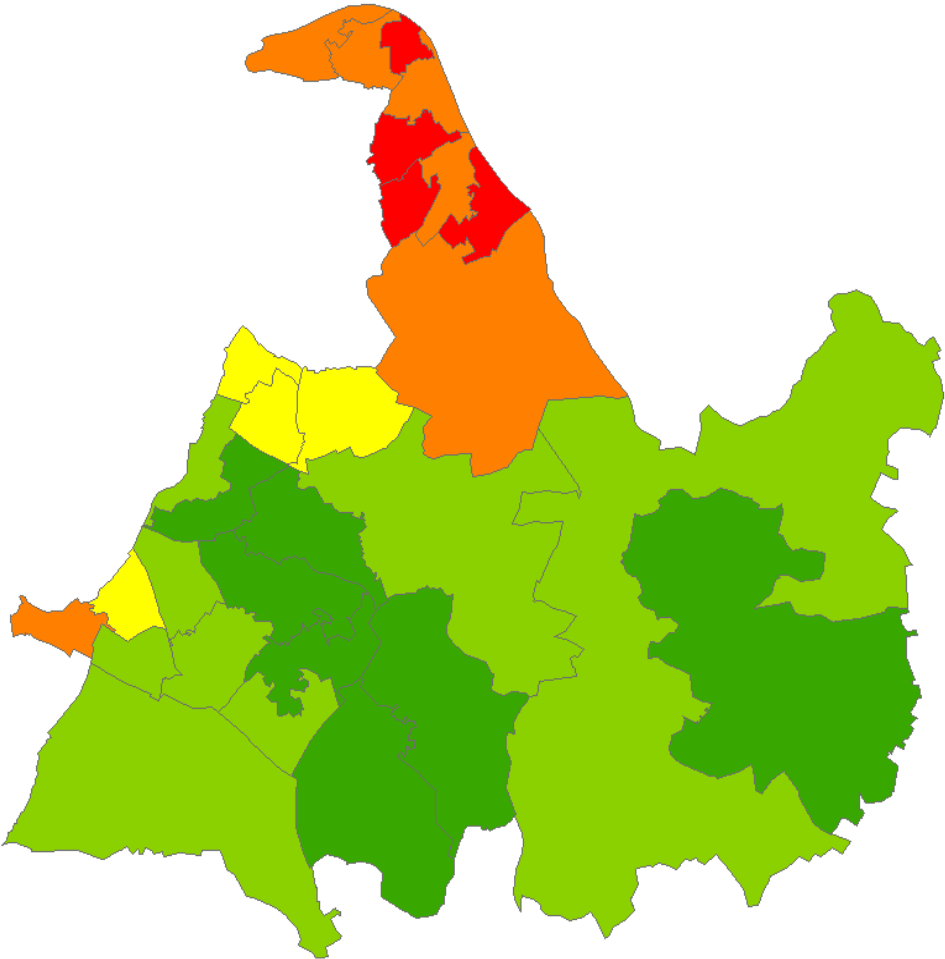
England Avg. 23%

Overweight:

Solihull 48%

England Avg 41%

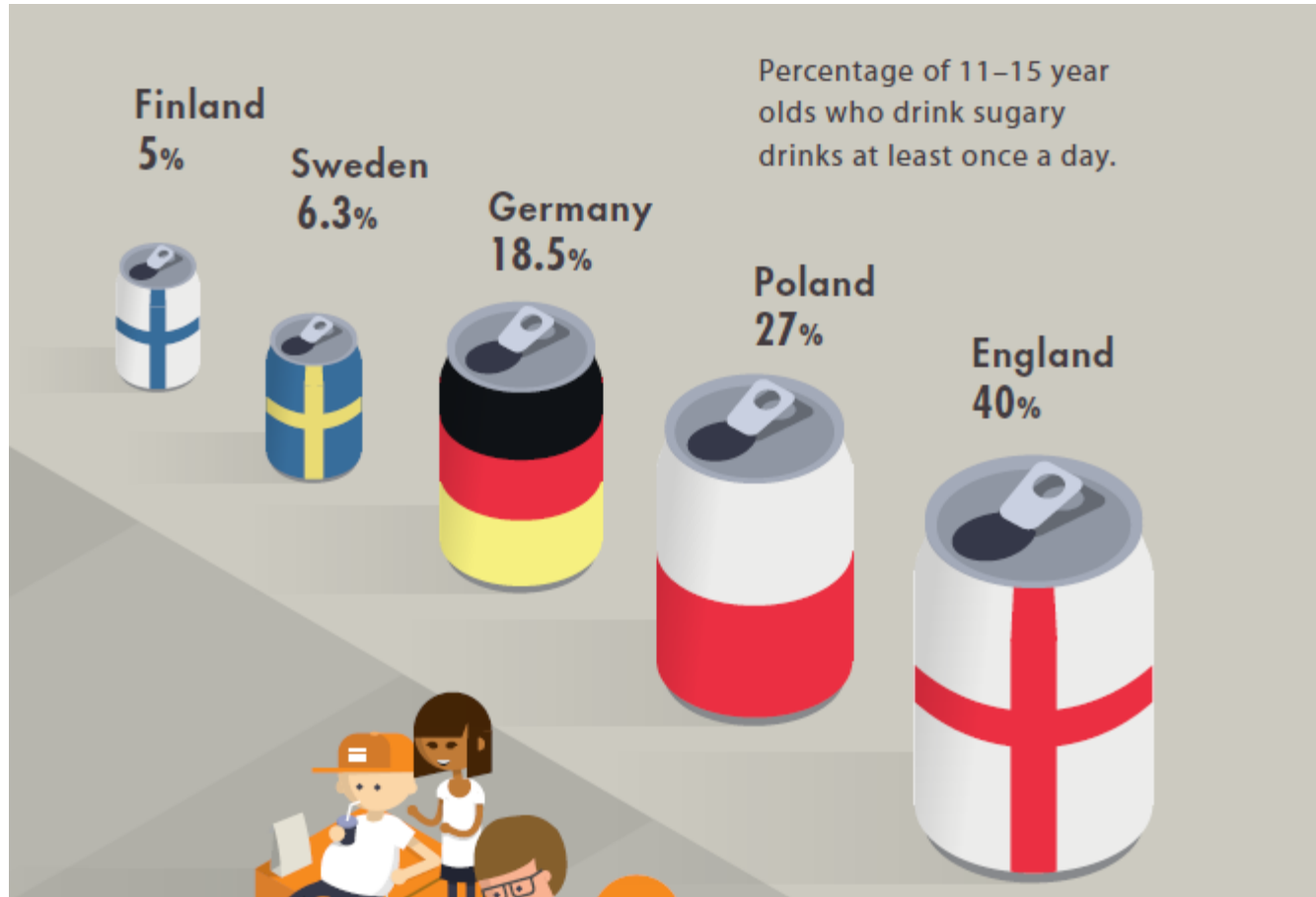
Target Groups: PLD;MH; MD; Men



# Obesity: Foresight Report 2007

“A complex web of societal and biological factors that have in recent decades exposed an inherent human vulnerability to weight gain”

# Sugary Drinks



# Children classified as obese



# Children & Physical Activity





# Diabetes

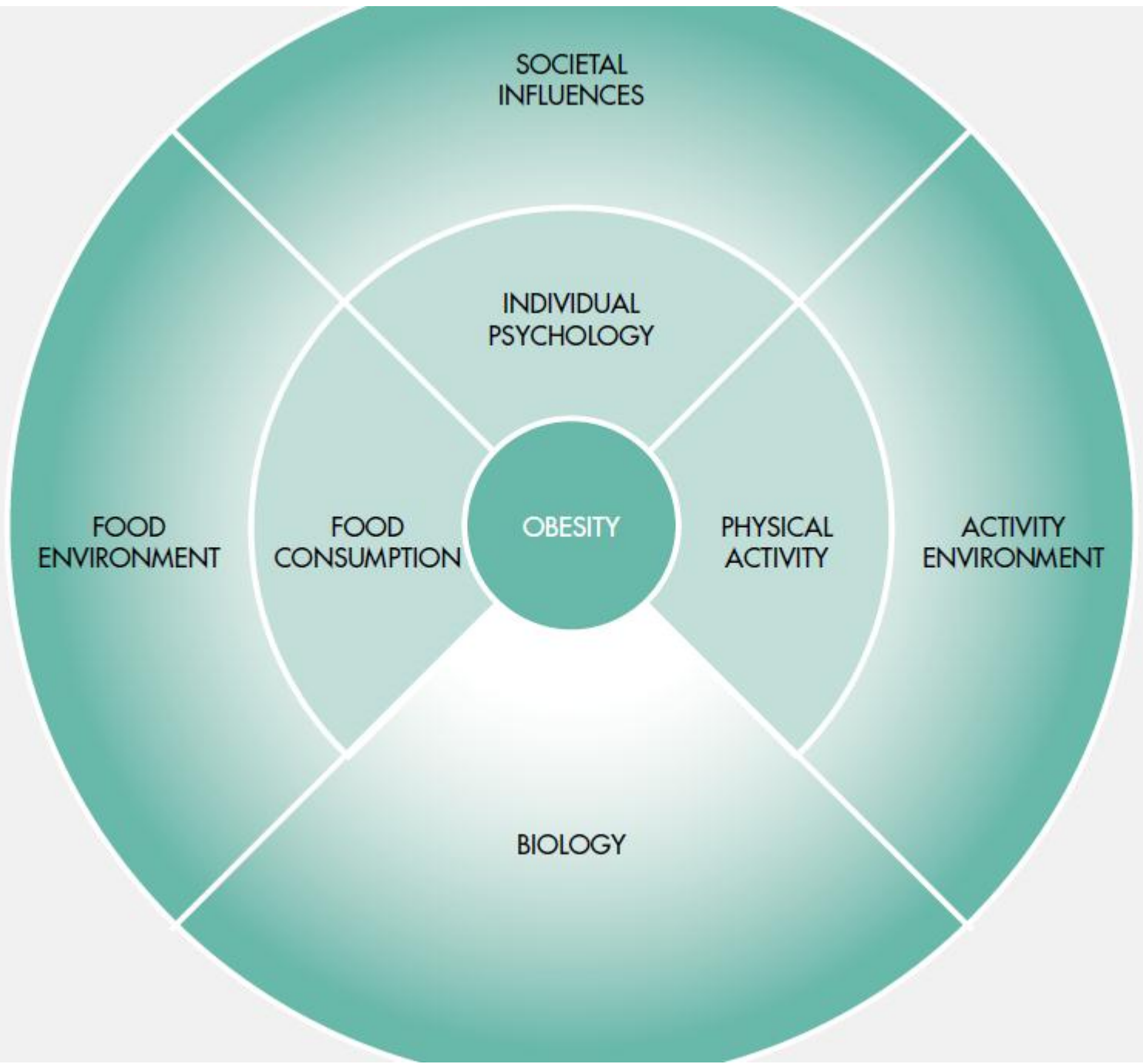




K, National Obesity Observatory.

# Causes of Obesity

1. Biology
2. Activity Environment
3. Physical Activity
4. Societal Influences
5. Individual Psychology
6. Food Environment
7. Food consumption



# Obesity: Foresight Report 2007

“Underlying environmental and behavioural drivers perpetuating obesity exist in a complex and multi-faceted system; tackling obesity effectively requires a whole system approach where a range of measures focus on individuals social and other systems”

# Helping to change the obesogenic Environment

Planning Transport Regulatory &

Licencing Environment Early Years

Education Social Care LSP HWB

Leisure/Sport

Communications/Media Private Sector

Primary Care Secondary Care

# Public Health Commissioned Weight Management Service

With Effect from 1<sup>st</sup> November 2015

# Future Vision of Solihull WM Services

We are moving our focus in Solihull to be more:-

- Upstream
- Targeted
- Holistic & Crosscutting
- Long term outcome focused
- Co-produced
- Sustainable
- Based on sound principles of behaviour change



# Future Vision of Services

- Holistic joined up services which has synergies with other PH council priorities (Connecting Communities; Food Strategy; Reducing Social Isolation).
- Cookery and exercise programmes that are targeted, flexible, enjoyable, achievable, realistic and encourage co-production and sustainability.
- Programmes that encourage long term behaviour change, are based on sound behavioural principles and techniques that can be demonstrated.
- New Technologies (Apps / Web based programmes)
- Increase in family based interventions

