



AGENDA ITEM

4.3

POPULATION HEALTH & PARTNERSHIPS COMMITTEE

WHOLE SYSTEM APPROACH TO HEALTHY WEIGHT ACROSS CWM TAF MORGANNWG

Date of meeting (26/07/2022)

FOI Status Open/Public

If closed please indicate reason Choose an item.

Prepared by Helen Walters, Senior Public Health Practitioner
Philip Daniels, Consultant in Public Health

Presented by Philip Daniels, Consultant in Public Health

Approving Executive Sponsor Executive Director of Public Health

Report purpose FOR NOTING

Engagement (internal/external) undertaken to date (including receipt/consideration at Committee/group)

Committee/Group/Individuals	Date	Outcome
Public Services Board Stakeholder Conference	23/06/2022	SUPPORTED
Chief Executive Group	05/07/2022	SUPPORTED
Executive Leadership Group	11/07/22	SUPPORTED WITH AMMENDMENTS (INCLUDED)



ACRONYMS	
CTM	Cwm Taf Morgannwg
CTMUHB	Cwm Taf Morgannwg University Health Board
CVCs	Community Voluntary Councils
HW:HW	Healthy Weight, Healthy Wales
PSB	Public Services Board
WG	Welsh Government
WSA	Whole System Approach
BMI	Body Mass Index

1. SITUATION/BACKGROUND

- 1.1 CTM has the highest proportion of overweight adults in Wales (along with ABUHB); some 65% of CTM residents have a BMI >25, and more than 120,000 (26%) of CTM residents live with obesity (BMI >30). The Childhood Measurement Programme shows that CTM has the highest rates of childhood obesity (14.6%) in Wales (average 12.6%), amongst the highest in Europe.
- 1.2 Enabling the population to achieve and maintain a healthy weight would have a significant impact, not only on the health and longevity of individuals, but also on the provision and cost of public services. In England, more money each year is spent on the treatment of obesity and diabetes than is spent on the Police, Fire Service and Judicial System combined (National Statistics, 2021). As such, action to address unhealthy weight aligns closely with the *CTM 2030: Our Health, Our Future* goals of Creating Health, Improving Care, Inspiring People and Sustaining our Future.
- 1.3 In 2019, the WG launched Healthy Weight: Healthy Wales (HW: HW), a long-term strategy to support the people of Wales to achieve and maintain a healthy weight. The strategy has four themes:
- Healthy Environments
 - Healthy Settings
 - Healthy People
 - Leadership and Enabling Change



- 1.3 Healthy Weight is the result of interplay between multiple factors (Foresight, 2007). If we are to see more of our population living (for longer) with a healthy weight, we must address and support the systemic factors which enable it. These include societal and cultural influences; food production; food consumption; biological factors; individual psychology; individual activity and environmental factors. Influencing change requires an understanding of this complex system.
- 1.4 Many interventions aim to change individual behaviours, but people's ability to make their own choices are bounded by their circumstances. People living with food insecurity, who are dependent on food banks, or those living in temporary accommodation, may have limited food choices and opportunities for physical activity.

In order to achieve a reduction in prevalence of overweight and obesity, we need collective action across a number of interlinked domains at local, regional and national levels. This will only be possible through taking a Whole System Approach across the entire Healthy Weight System, including Health, Local Authorities, Third Sector and the Community. Enabling our population to achieve a healthy weight will be a long term effort.

- 1.4 A WSA has been defined as 'those that consider the **multi-factorial drivers** of overweight and obesity, involve **transformative co-ordinated action** across a broad range of disciplines and stakeholders, operating across **all levels of governance** and **throughout the life course**' (Bagnall et al., 2019).
- 1.5 Although systems working has similarities with effective partnership working, it is set apart by the adaptation and application of complex systems thinking, methods and practice to both understanding the problem and to support identification and testing of actions at an organisational level to address it.
- 1.6 Welsh Government have invested in System Leads in each health board area. In CTMUHB, the team consists of a full-time Principal Public Health Practitioner and part time Senior Public Health Practitioner, as well as a part-time admin officer. This team will support and facilitate the leadership required from key organisations across CTM to enable a whole system approach to healthy weight. Work is currently underway across the health board, as well as with Local Authorities (Executive, Education, planning, sport and

recreation), CVCs (BAVO, VAMT and Interlink) and Housing Associations/ Registered Social Landlords (See Appendix 1).

- 1.7 The impact of unhealthy weight on CTMUHB cannot be overstated; it is the largest driver of morbidity and mortality, as well as healthcare costs. The current population trajectory of increasing BMI is both socially and economically unsustainable.
- 1.8 Unhealthy weight is a “wicked” issue; achieving a population of healthy weight is a long-term, complex endeavour. Developing a comprehensive understanding of the current healthy weight system will be critical to informing the development of health enabling environments, which facilitate individuals’ healthy eating and physical activity, whilst supporting people to achieve and maintain a healthy weight.
- 1.9 CTMUHB has made enormous strides in commencing development of weight management services at each level of the All Wales Weight Management Pathway. Progress in this area should be commended. Addressing the drivers of unhealthy weight, however, will require CTMUHB, as a key anchor institution and system leader, to work in conjunction with a range of stakeholders, to realise its strategic intent of building healthier communities. Indeed, it cannot afford to do otherwise.

2. SPECIFIC MATTERS FOR CONSIDERATION BY THIS MEETING (ASSESSMENT)

- 2.1 Note the Whole System Approach to Healthy Weights across CTMUHB.
- 2.2 Enable key internal stakeholders to engage in the WSA to healthy weight in CTM.
- 2.3 Advocate with external partners and stakeholders to engage in the WSA to healthy weight in CTM.

3. KEY RISKS/MATTERS FOR ESCALATION TO BOARD/COMMITTEE

- 3.1 Stakeholder buy-in is key to the success of this approach
- 3.2 Continuation of WG funding to lead the approach



4. IMPACT ASSESSMENT

Quality/Safety/Patient Experience implications	There are no specific quality and safety implications related to the activity outlined in this report.
Related Health and Care standard(s)	Governance, Leadership and Accountability If more than one Healthcare Standard applies please list below:
Equality Impact Assessment (EIA) completed - Please note EIAs are required for <u>all</u> new, changed or withdrawn policies and services.	No (Include further detail below) If yes, please provide a hyperlink to the location of the completed EIA or who it would be available from in the box below. If no, please provide reasons why an EIA was not considered to be required in the box below. Not required
Legal implications / impact	There are no specific legal implications related to the activity outlined in this report.
Resource (Capital/Revenue £/Workforce) implications / Impact	There is no direct impact on resources as a result of the activity outlined in this report. The WSA will be led by the Public Health Consultant lead for Healthy Weight and implementation will be carried out by CTM Local Public Health Team Practitioners as funded by WG through HW:HW.



5. RECOMMENDATION

- 5.1 The Committee is asked to:
- 5.2 **NOTE** the Whole System Approach to Healthy Weights across CTMUHB
- 5.3 Enable key internal stakeholders to engage in the WSA to healthy weight in CTM.
- 5.4 Advocate with external partners and stakeholders to engage in the WSA to healthy weight in CTM.



References

1. Bagnall, A., Radley, D., Jones, R., Gately, P., Nobles, J., Van Dijk, M., Blackshaw, J., Montel, S. and Sahota, P., 2019. Whole systems approaches to obesity and other complex public health challenges: a systematic review. *BMC Public Health*, 19(8).
2. Foresight, 2007. [online] Available at: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/287937/07-1184x-tackling-obesities-future-choices-report.pdf> [Accessed 6 July 2022].
3. Official statistics, National statistics, 2021. [online] Available at: <<https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet/england-2021#>> [Accessed 6 July 2022].

Appendix 1

Whole System Approach to Healthy Weight situation report (accurate as at 12/07/2022)

Completed

- Aligned the WSA with existing Health Board strategic direction (CTM2030 Strategy development);
- Formed a CTM Healthy Weights Steering Group (currently at the planning and preparation stage) with key stakeholders from within the Health Board involved; Dr Emily Payne, Consultant Paediatrician, Gillian Day, Health and Wellness Programme Manager along with Public Health Team colleagues. The first full membership of the Group will be convened in September 2022 and will include a range of disciplines across all Healthy Weight Sub Systems (Food Environment, Physical Environment, Healthy Settings and Educational Settings, Healthy People, for example) including Public Health Wales, Local Authority, Third Sector, Health Board and Private Sector.
- Completed Strategic Stakeholder mapping;
- Sought routes for strategic buy-in across the system from
 - Public Services Board
 - Regional Partnership Board
 - Chief Executive Group;
- Developed a Draft CTM Healthy Weights Strategic Framework underpinned by the WSA;

In progress

- Planning the development of the sub-groups of the CTM Healthy Weight Steering Group to align with the aims of the CTM Healthy Weights Strategic Framework
- Creating a system narrative to provide a case for action at a local level
- Continuing to communicate and engage with system stakeholders