

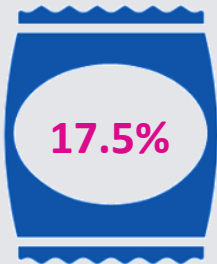
Healthy Weight

In Gloucestershire in 2020/21 there were...



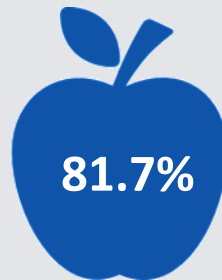
In Gloucestershire in 2020...

81.7% of pupils **usually ate healthily at home**²



and

17.5% of pupils frequently ate **unhealthy snacks**³



Year 10 pupils felt they needed **more support or knowledge** in⁴...



Healthy Eating: **16.3%**

Cooking: **26.2%**

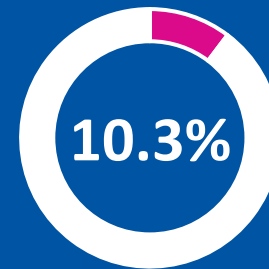


Losing weight: **26.5%**

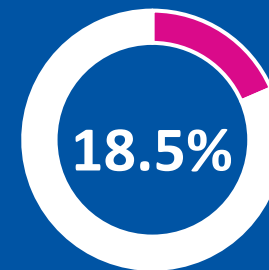
Gaining weight: **9.4%**

“If you want to change something in your life you need to take action, do something differently or you won't get long-term results. I am a different person. I haven't been on a diet instead, I have changed my habits and behaviour completely!”

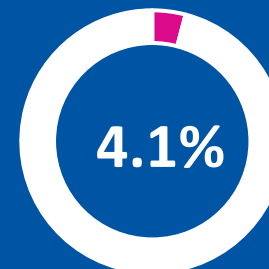
Gloucestershire Healthy Lifestyles Service User



reception children in Gloucestershire who are living with **obesity** compared with 9.9% in England⁵



year 6 children in Gloucestershire who are living with **obesity** compared with 20.4% in England⁶



year 6 children in Gloucestershire Who are living with **severe obesity** compared with 4.4% in England⁷

303

people in Gloucestershire completed the **Slimming World Pathway**⁸



52%

of people supported by a **Slimming World referral** lost $\geq 5\%$ body weight (159 people)⁹

Children's Weight Management Pilot (since 2019)

The children healthy weight management service (BeeZee Bodies) undertook extensive engagement to understand the **challenges** faced by the local families affected by **obesity**. These include;



poor mental wellbeing;



financial challenges;



parenting capacity, fatigue and need for respite;



lack of time and energy to be physically active;



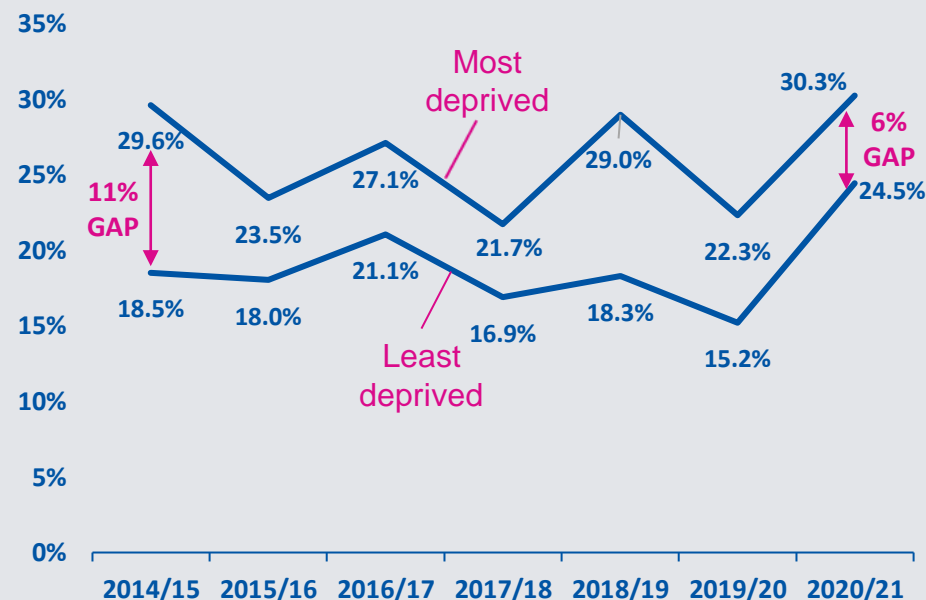
difficulties accessing, planning, and preparing affordable healthy food.

Local intelligence suggests that the subsequent cost of living crisis has significantly exacerbated these challenges.

Childhood obesity is an inequalities issue

More information around inequality and obesity can be found on Inform: [Children's Health Report](#)

% of overweight or very overweight children in Reception¹⁰







Children living in areas of deprivation are more likely to be affected by obesity.

Although the gap in prevalence between children living with overweight and very overweight in the most and least deprived areas decreased from 11% to 6% between 2014 and 2021, this is due to a rapid increase in prevalence in the least deprived area. In 2020/21 prevalence of overweight and very overweight was the highest it's been since this measurement started.




Obesity is also more likely to affect children from certain ethnic minority groups, and those with long-term conditions, mental health problems, or disabilities

What are we doing locally?

Adults

-  Gloucestershire Healthy Lifestyles Service (HLS) provides free 1:1 coaching support for people that want to manage their weight.
-  Via a referral from a health professional, HLS can also provide up to 12 weeks free access to Slimming World
-  HLS delivers the Healthy Me, Baby and Beyond Programme. The programme supports women to make lifestyles changes including managing their weight during pregnancy and up to the 2nd birthday of their child
-  HLS have delivered a programme specifically for South Asian women in Gloucester. The programme was co-designed with participants and includes weight management and wider wellbeing support.

Children and Young People:

-  There is already a rich landscape of assets and activities within local communities, supporting residents to 'live well', including: cooking and growing programmes, physical activities, and multiple opportunities to connect with others but to date there has been no substantive healthier lifestyles provision for children and young people in Gloucestershire.
-  In 2019 BeeZeeBodies began a programme of work with local families and communities to co-design and deliver localised weight management pilot. This co-designed service is being tested within Gloucester City and the Forest of Dean and has achieved meaningful weight loss and behaviour change despite the challenges faced by participating families (for example, child protection involvement, family break-up, conflict, and financial hardship).
-  The Council is preparing to commission a countywide service from 2023.

Areas of Best Practice

Family-based programmes that address dietary intake, physical activity and behaviour change strategies, can be effective. Published guidance reiterates the importance of supporting families to address the underlying social, economic and environmental factors affecting their eating and physical activity patterns. The benefits of hyper-local community-led approaches, compared to county-wide pathways, are also recognised. This is due to the trust, authenticity, empathy, and influence that local 'peers' can have.

Key evidence

- Weight management: lifestyle services for overweight or obese adults [PH53] <https://www.nice.org.uk/guidance/ph53>
- Obesity in adults: prevention and lifestyle weight management programmes [QS111] <https://www.nice.org.uk/guidance/qs111>
- Weight management before, during and after pregnancy [PH27] <https://www.nice.org.uk/guidance/ph27>

Data Sources: 1. Fingertips. 2. Pupil Inform. 3. Pupil Inform. 4. Pupil Inform. 5. NCMP/Fingertips – 2019/20. 6. NCMP – 2017/18 – 2019/20 3 years combined. 7. NCMP – 2018/19. 8. GCC – 2020/21 9. GCC - 2020/21. 10. NCMP.