

The wider context of unhealthy weight

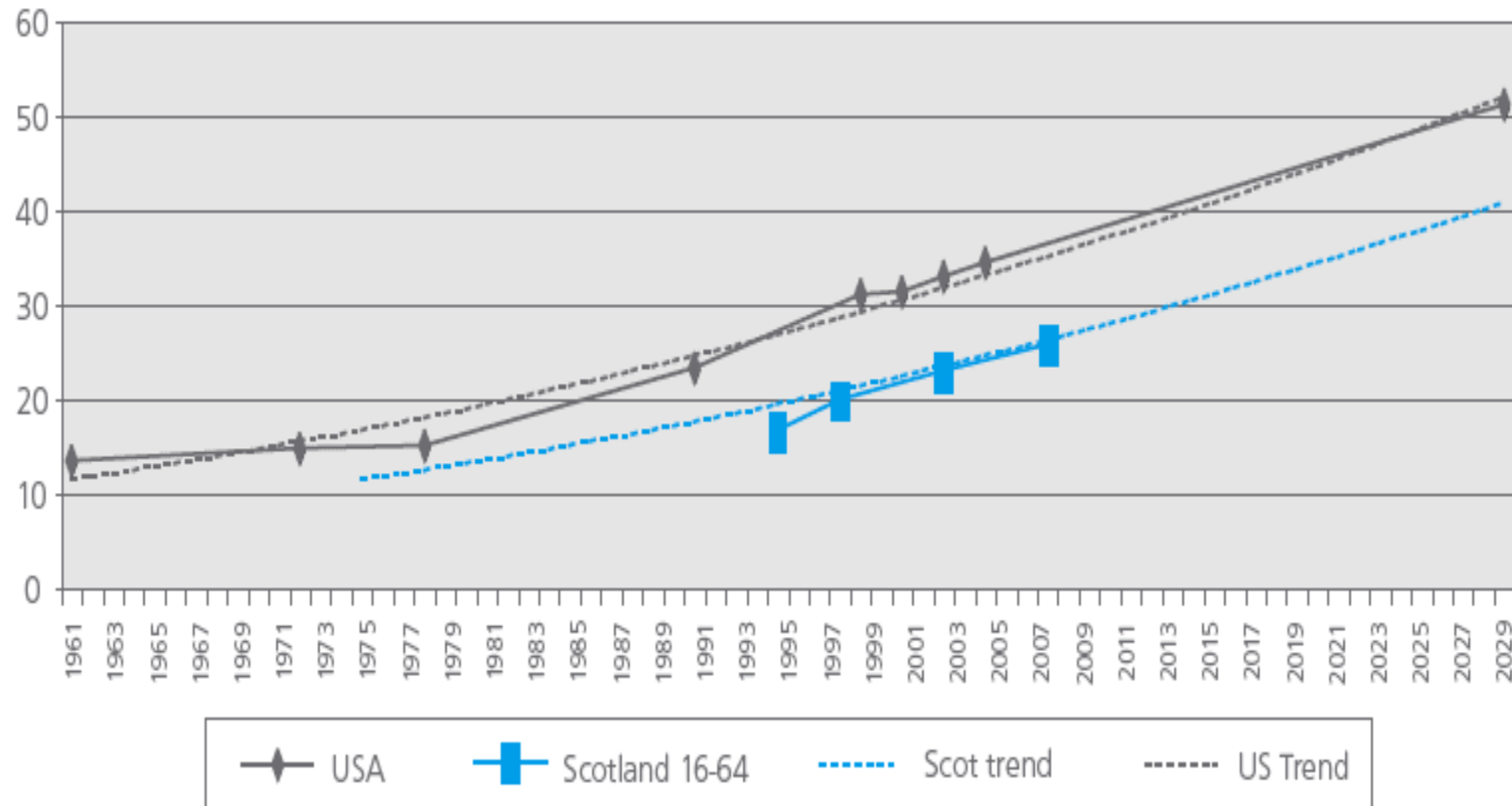
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What's happening in Scotland?

Prevalence of Obesity



The News

“Official statistics show there were 198 deaths registered in Scotland during 2010 in which obesity was either the underlying cause or one of the contributing factors”

Scotsman 12th November 2011

Key figures on the cost of obesity in Scotland in 2007/8:

- Treating obesity in 2007/08 £12.1 million.
- Treating obesity and its consequences £175 million
- Using the Foresight report assumptions, the NHS cost of being overweight and obese could be in the region of £312 million.
- Lost earnings due to premature mortality were estimated to be £87 million.
- Lost earnings due to obesity and obesity-related illness were estimated to be £195 million. Total indirect costs were therefore estimated at £282 million.
- Estimates of the total cost of obesity to society in 07/08 could be £0.6 billion to £1.4 billion

What are the costs if we can't change things around?

(Foresight - England 2007 projected out to 2050)

- NHS costs attributable to obesity and obesity related disease:

£2.3 billion (2007); £7.1 billion (2050).

- NHS costs attributable to elevated BMI (overweight and obesity) and their consequences:

£4.2 billion (2007); £9.7 billion (2050).

- Indirect costs of overweight and obesity:

£15.8 billion (2007); £49.9 billion (2050).

The influence of the environment on dietary and physical activity behaviours

Physical activity

NICE guidance on the environment and physical activity defined the environment as:

‘any aspect of the physical (natural) environment or the urban or constructed (built) environment that subconsciously or consciously relates to an individual and their physical activity behaviour’

Advancements in technology and transport encourage a more sedentary lifestyle.

Places for people



Places for people?



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Dietary habits

People living in Western societies generally have easy access to cheap, highly palatable and energy-dense foods lacking in good nutrition.

Together these are a catalyst for unhealthy weight

Moving Forward

- We all have a role in helping to reduce levels of unhealthy weight

And

- We need to tackle it through joint planning and partnership working