

Better Health Staffordshire

Evidence Base

Insight Team

March 2023

Background

- Healthy weight identified as a key priority for Staffordshire in the latest Joint Strategic Needs Assessment (JSNA).
- ‘Better Health Staffordshire’ is the branding for a Whole Systems Approach to tackle the causes of excess weight and promote a healthy weight and active lifestyle.
- This shared evidence base sets out Staffordshire’s current position, drivers of excess weight and areas of focus to inform vision work and future planning.
- To be used alongside professional knowledge and other local intelligence.
- Insights will also contribute to a wider evidence base to inform future decision-making on wider determinants that impact on healthy weight and active lifestyles.

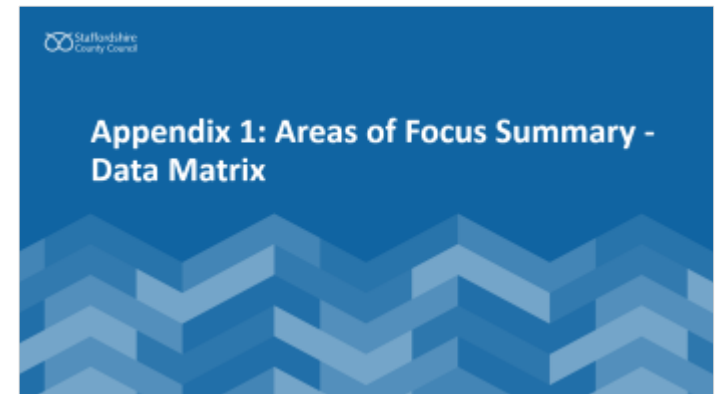
Analysis Approach

- Utilised a range of national and local data sources – National Child Measurement Programme (NCMP), Public Health England Profiles, NHS data (NHS digital), Active Lives Survey and more.
- Underpinned by statistical techniques (age standardisation, 95% confidence intervals). If a prevalence is described as higher it will be statistically significantly higher.
- Supported with resident voice intelligence where appropriate.
- Delivered in collaboration with SCC's Public Health and Children and Families teams.
- Data caveats:
 - Some local NCMP data aggregated into 3 year averages due to small numbers. Due to Covid-19, 2020/21 NCMP data has not been released at Local Authority level.
 - Population data uses the BMI classifications for adults and BMI thresholds for children, as recommended by the National Institute for Health and Care Excellence (NICE).
 - BMI classifications should not be used to describe individuals. Positive and sensitive language is encouraged when communicating with individuals and residents.

Key Headlines

- Healthy weight remains a key issue for both children and adults.
- The proportion of people living with excess weight and obesity in Staffordshire is generally higher than national, or compares less favourably among peers.
- Higher prevalence of excess weight in both urban and deprived areas and higher levels living with obesity related conditions in Staffordshire.
- Increases in Y6 and adult excess weight in line with national trends.
- Healthy weight challenges for children and adults mainly focussed in Cannock Chase, East Staffordshire, Newcastle and Tamworth. However, challenges and opportunities exist across the county and can shift over time.
- Evidence of wider impact on the system - obesity related hospital admissions higher than average and on an upward trend. Musculoskeletal conditions also remain high among peers.
- COVID-19 likely to have negatively impacted lifestyle behaviours - Staffordshire's residents reported a mixed impact on healthy lifestyles during the first lockdown.

Contents



Prevalence of Excess Weight in Staffordshire

At Reception age ...

Excess weight prevalence higher than national



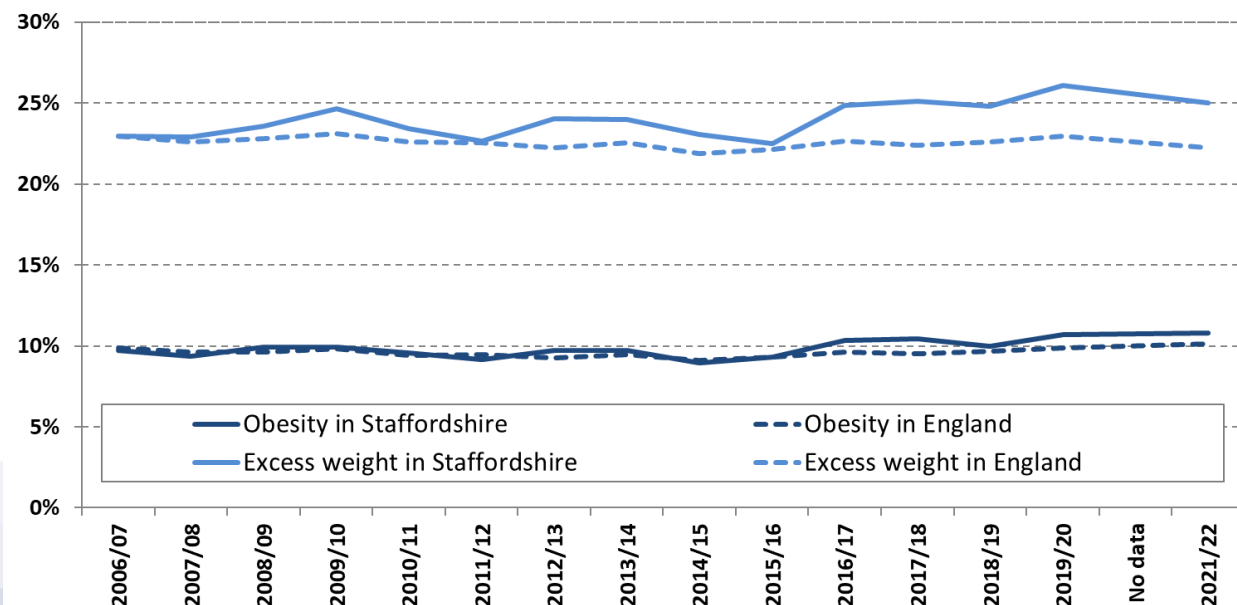
1 in 4 live with excess weight
(higher than national)



1 in 10 live with obesity
(similar to national)

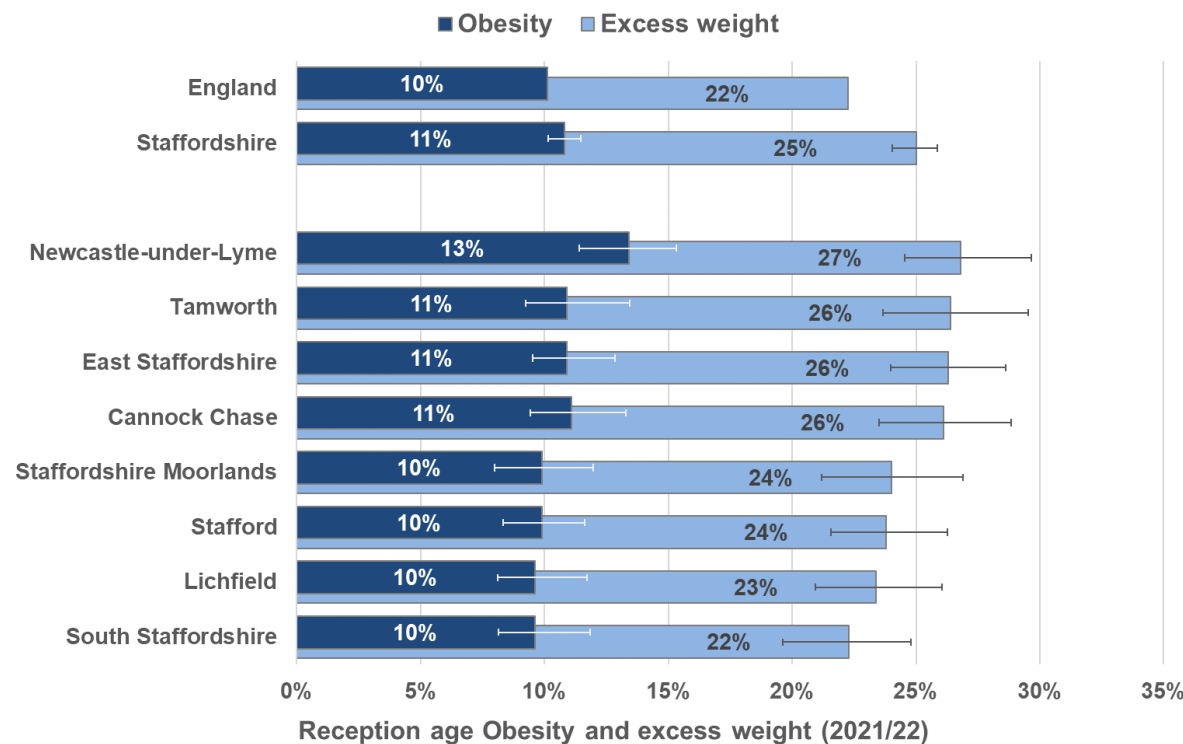


Trends remained stable over the last 5 years



Source: Office for Health Improvement and Disparities. Public health profiles.

District comparison



- Only Newcastle has a higher than national prevalence of both **obesity** and **excess weight**.
- Cannock Chase, East Staffordshire, Newcastle & Tamworth have a higher than national prevalence of **excess weight**.

Source: Office for Health Improvement and Disparities. Public health profiles.

By year six...

Excess weight prevalence higher than national

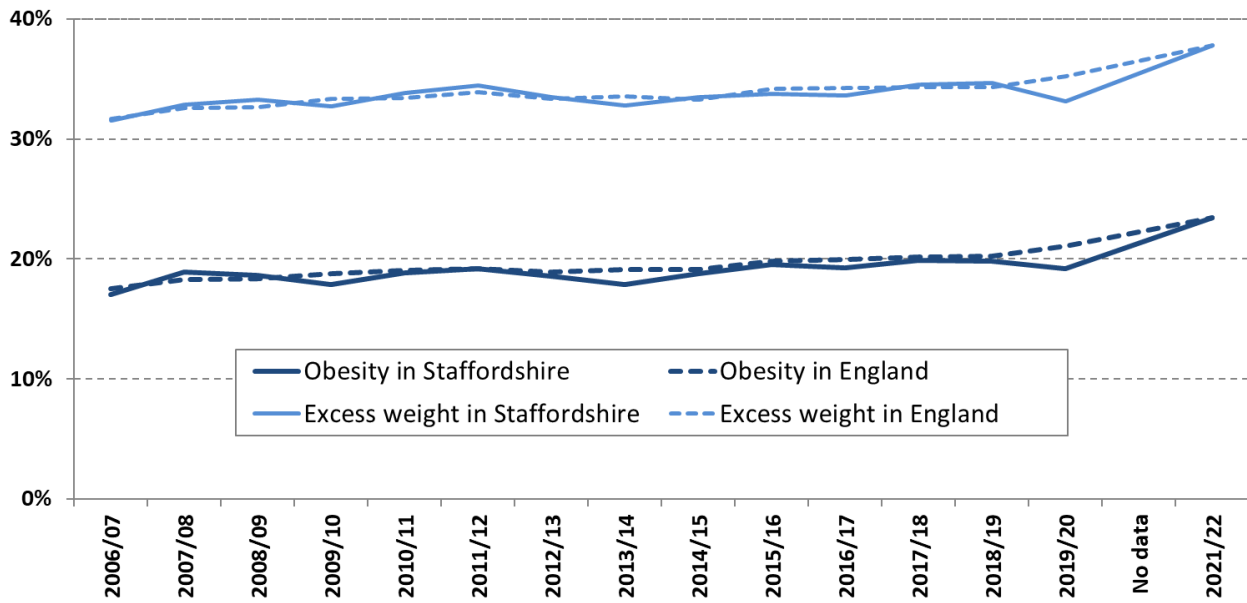


4 in 10 live with excess weight
(similar to national)

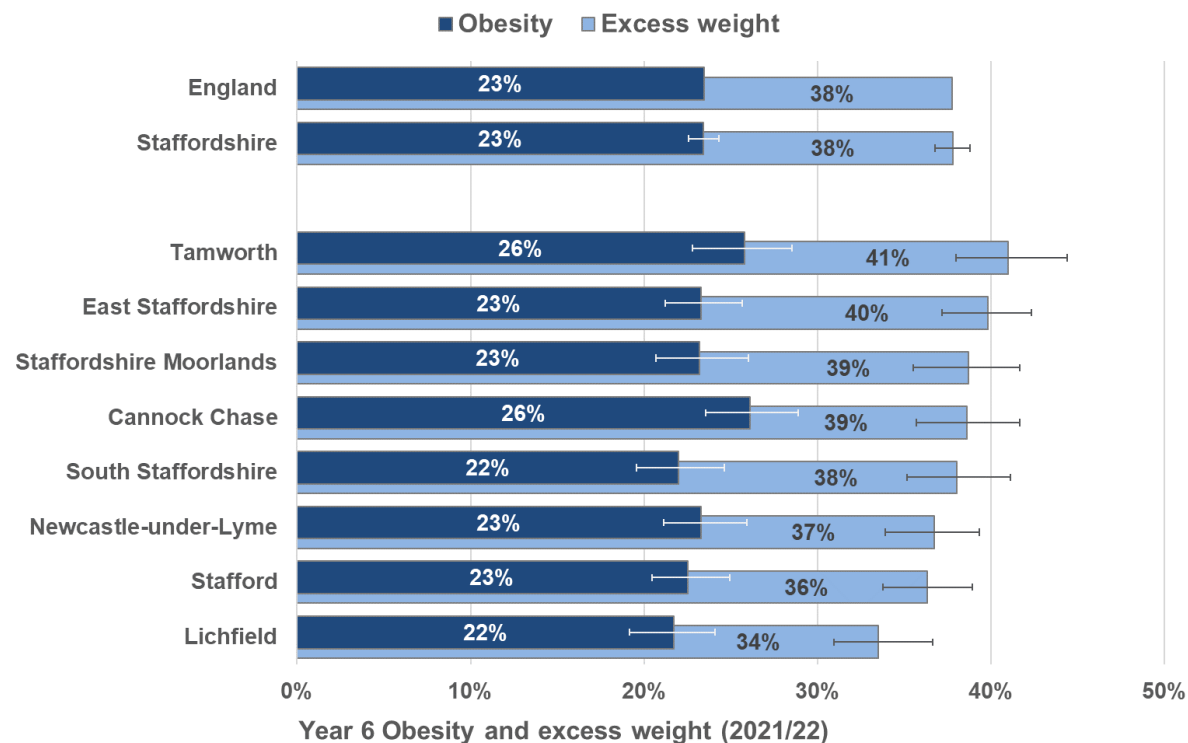


1 in 4 live with obesity
(similar to national but twice the reception prevalence)

Increasing trends over the last two years



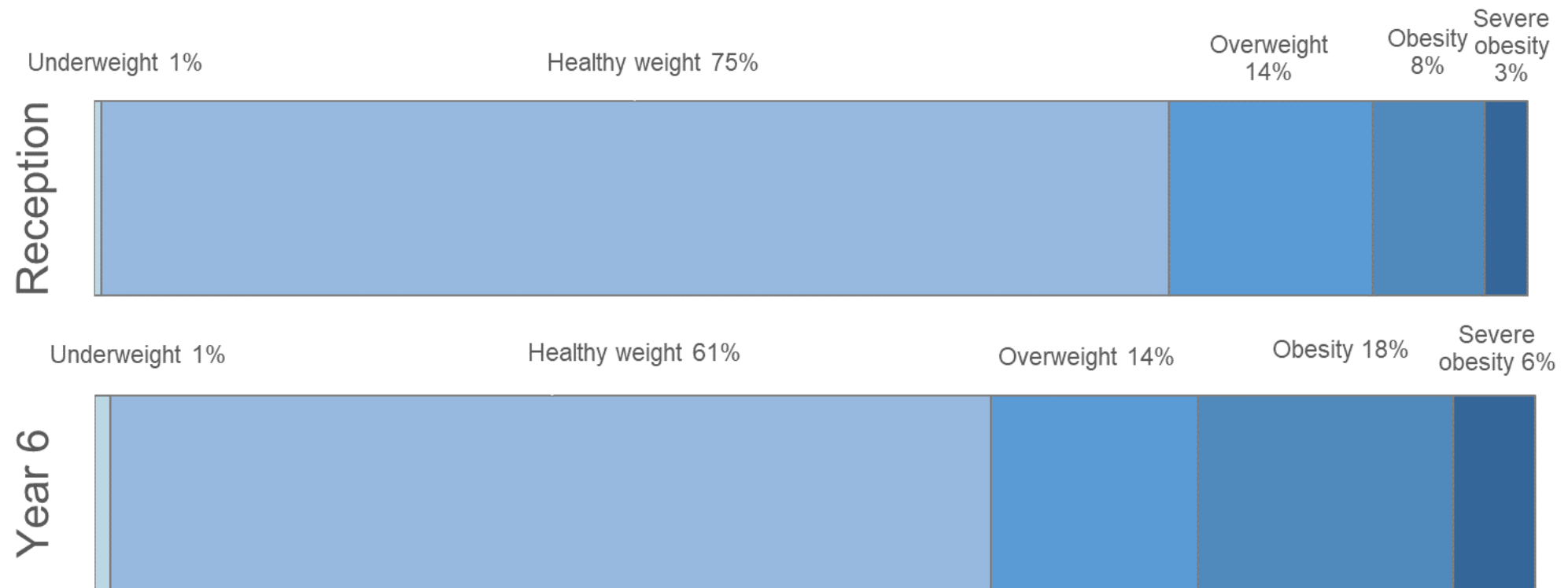
District comparison



- Across all districts and boroughs, the prevalence of **obesity** is similar to national.
- Across all districts and boroughs, **excess weight** is similar to national apart from Tamworth (higher) and Lichfield (lower).

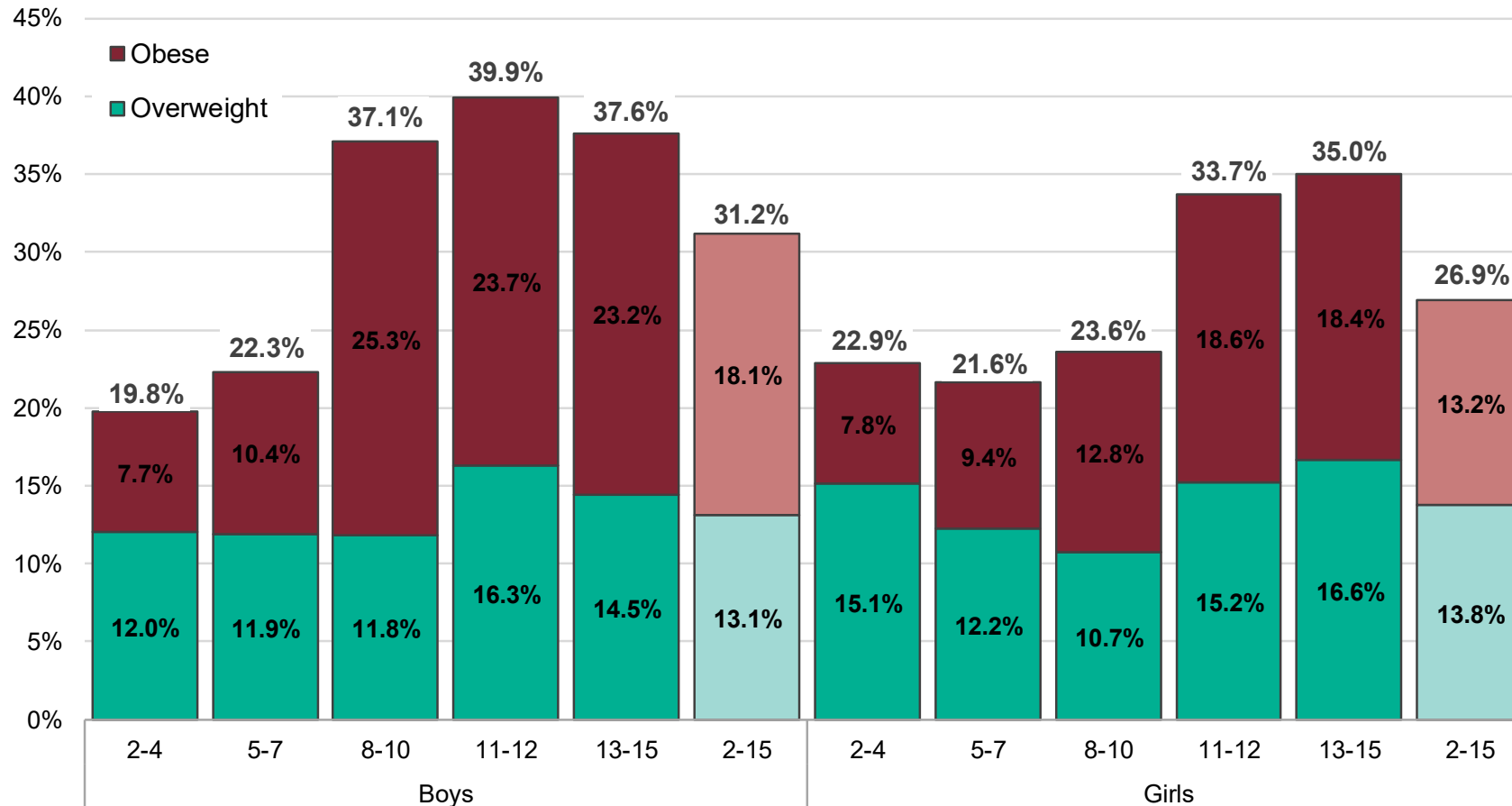
Higher prevalence of obesity by year six

- By Year 6 the prevalence of obesity has doubled to 23% from 11% in Reception whilst the prevalence of overweight remains the same (14% in reception and 14% in year six).
- By Year 6 the prevalence of obesity is higher among boys (26%) than girls (21%).



Prevalence by age and gender

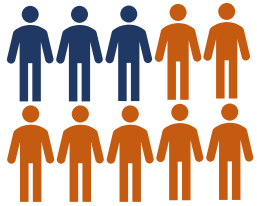
Health Survey for England 2018 and 2019 – Public Health England (Obesity Profile – PHE)



- National Health Survey data for England shows the prevalence of excess weight is more common in boys aged 11-12 and in girls aged 13-15.
- The prevalence of obesity in boys is higher in older ages - also supported by local NCMP findings.

Excess weight continues into adulthood

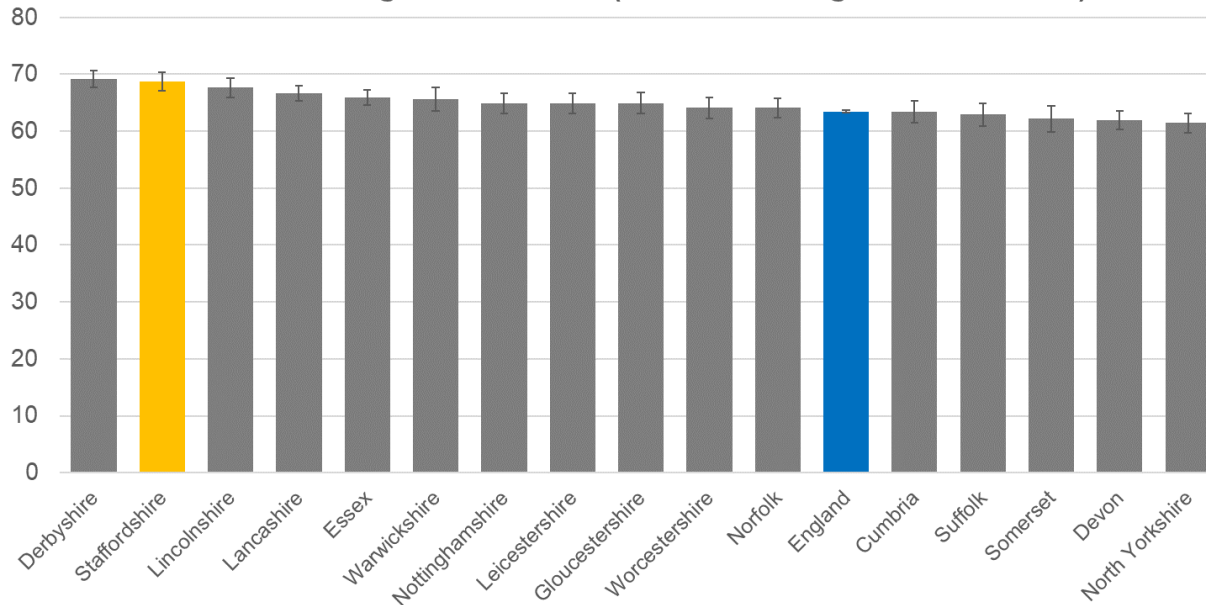
In Staffordshire...



7 in 10 adults live with excess weight, higher than national and showing an increasing trend.

Staffordshire also ranks 2nd highest among similar authorities.

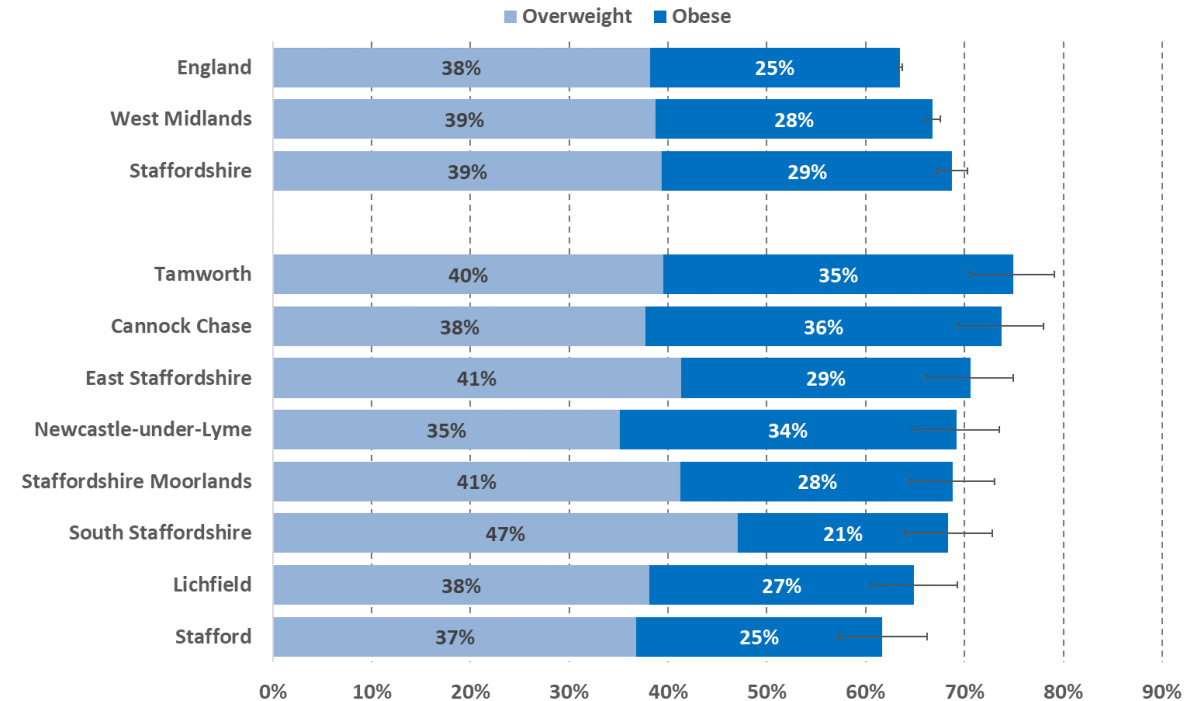
Adult Excess Weight Prevalence (Statistical Neighbours 2020/21)



Source: Office for Health Improvement and Disparities. Public health profiles.

District comparison

Excess weight in adults aged 18 and over, 2020/21



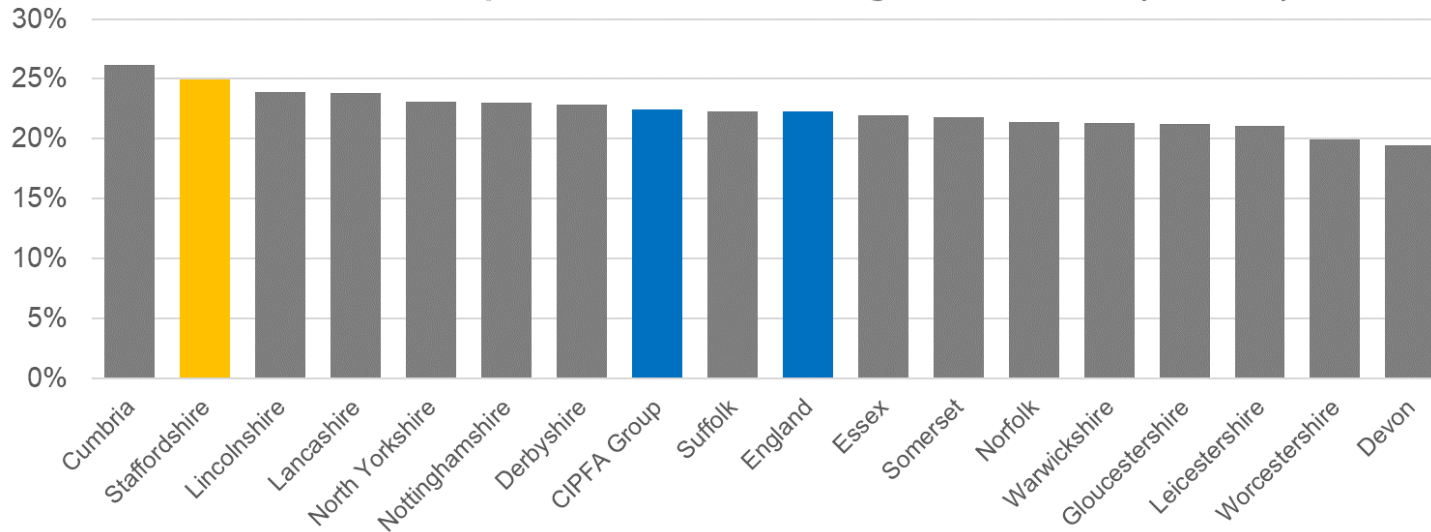
- The excess weight prevalence is higher than national in Cannock Chase, East Staffordshire, Newcastle, South Staffordshire, Staffordshire Moorlands and Tamworth.
- The obesity prevalence is higher than national in Cannock Chase, Newcastle and Tamworth

Source: Office for Health Improvement and Disparities. Public health profiles.

Excess Weight – A Local Focus

How does Staffordshire compare?

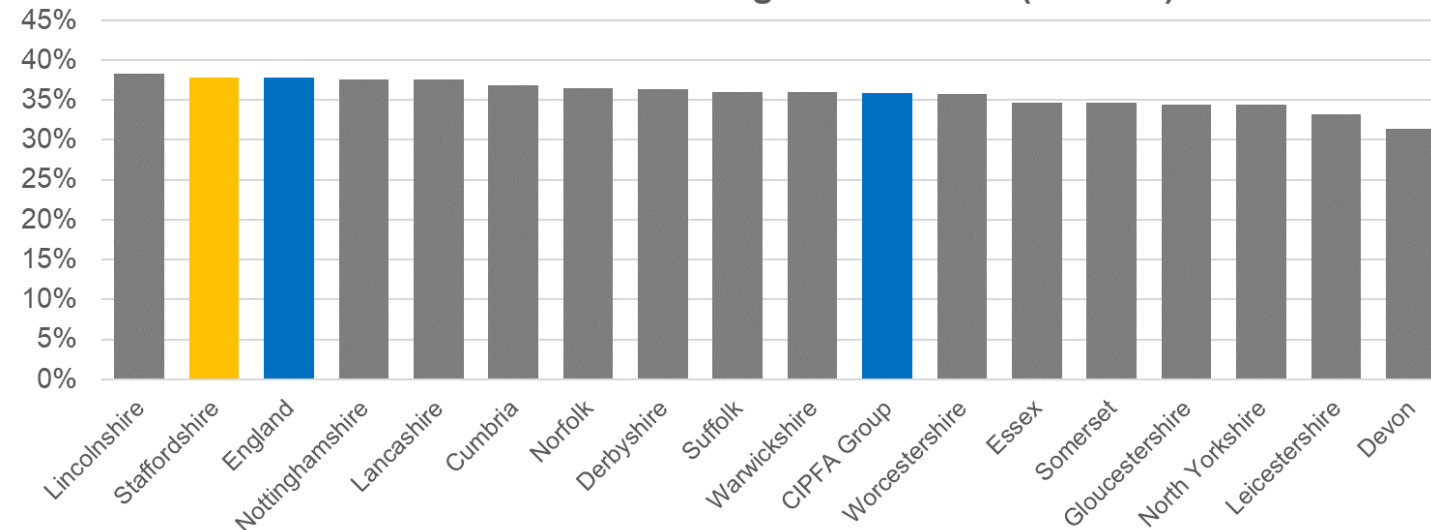
Reception Year Excess Weight Prevalence (2021/22)



- Reception age excess weight is **2nd highest** of its statistical neighbour group.
- To be in line with the CIPFA average, there would need to be an additional **220** children of a healthy weight.

Source: Office for Health Improvement and Disparities. Public health profiles.

Year 6 Excess Weight Prevalence (2021/22)

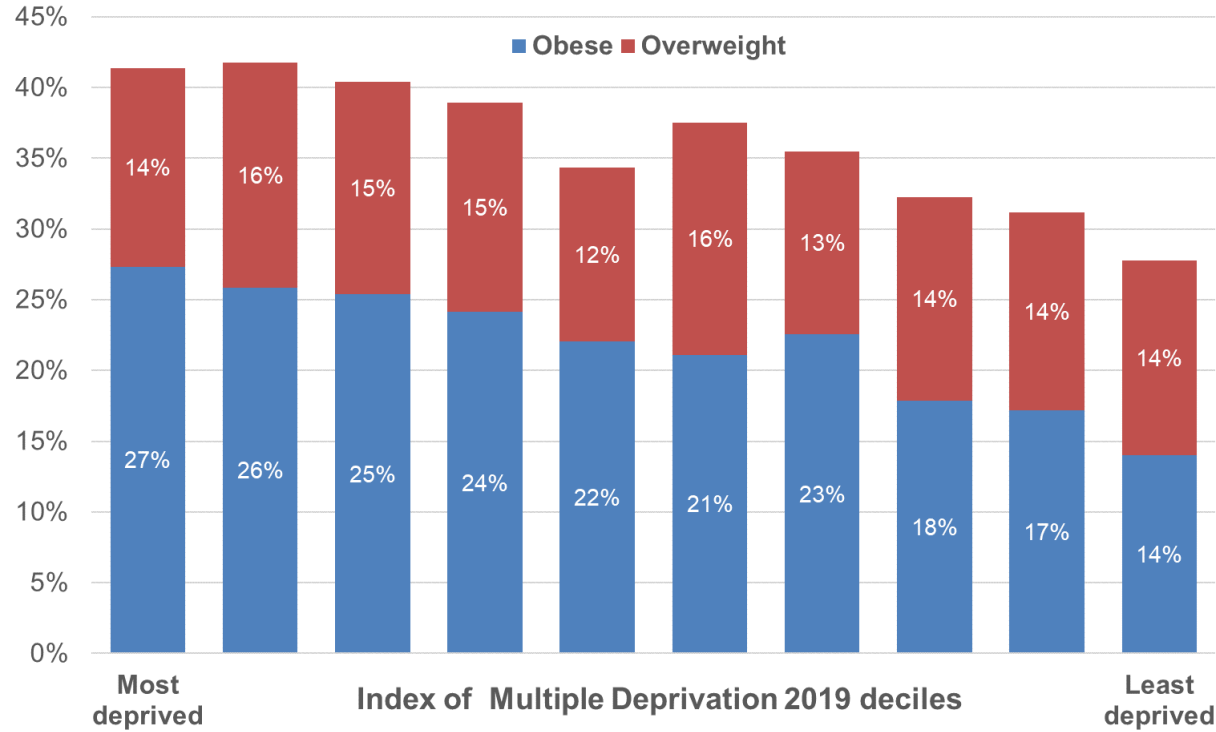


- Year 6 excess weight is **2nd highest** of its statistical neighbour group.
- There would need to be an additional **180** children of a healthy weight to meet the CIPFA average.

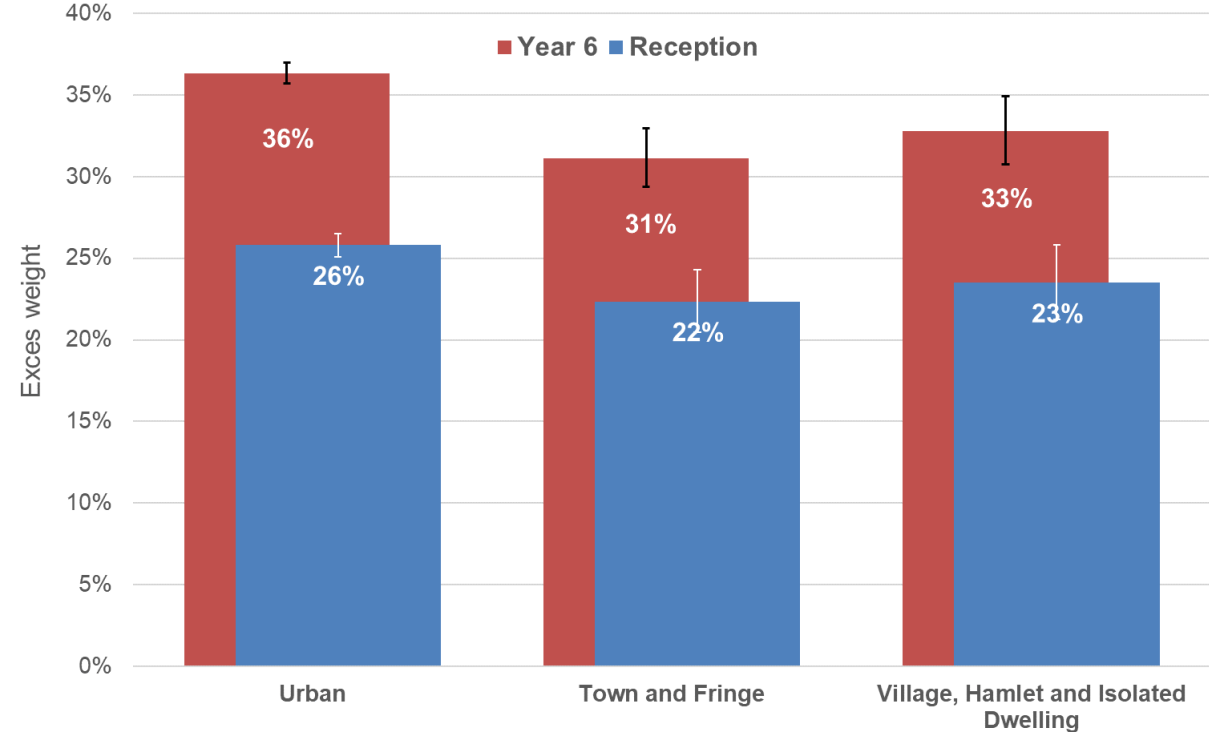
Source: Office for Health Improvement and Disparities. Public health profiles.

Higher levels of obesity in urban and deprived areas

Excess Weight by Deprivation Decile - Year 6 (2018/19, 19/20 & 21/22)



Excess weight by Urban/Rural classification (2018/19, 19/20 & 21/22)



- For both Reception and Year 6, the prevalence of obesity in Staffordshire's least deprived areas is half that of our most deprived areas.
- Excess weight is more prevalent in Staffordshire's urban areas.

Source: NCMP local dataset 2021/22, Office for Health Improvement and Disparities. Public health profiles, IMD 2019 and Urban Rural classification

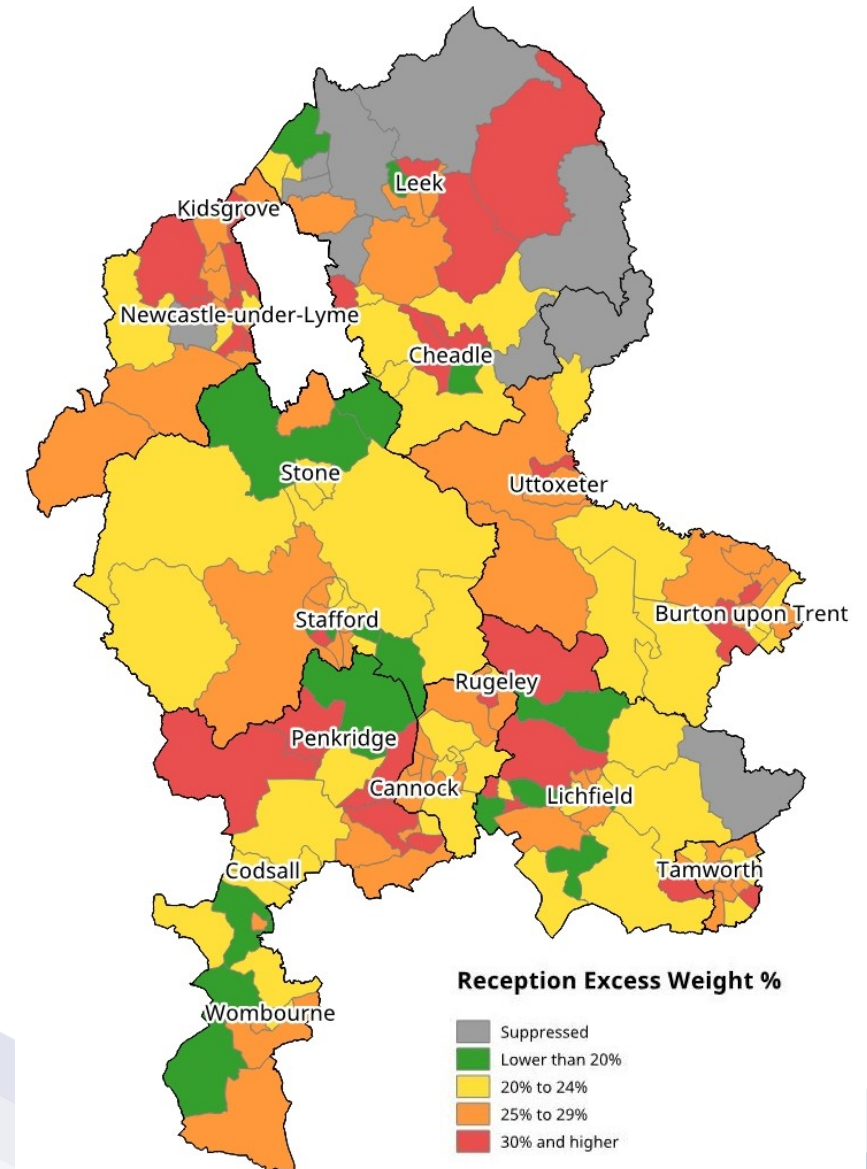
The Indices of Deprivation are a measure of relative deprivation at a local level across England. The IMD combines information from the seven domains to produce an overall relative measure of deprivation. The domains are combined using the following weights: Income Deprivation (22.5%), Employment Deprivation (22.5%), Education, Skills and Training Deprivation (13.5%), Health Deprivation and Disability (13.5%), Crime (9.3%), Barriers to Housing and Services (9.3%), Living Environment Deprivation (9.3%).

Reception – Areas of Focus

Reception Excess Weight
(2018/19, 2019/20 & 2021/22)

Across Staffordshire excess weight is significantly higher than average in 21 of 164 wards.

- **East Staffordshire:** Branston, Heath, Horninglow and Winhill.
- **Lichfield:** Fazeley and Summerfield & All Saints.
- **Newcastle:** Audley, Bradwell, Clayton, Cross Heath, Kidsgrove & Ravenscliffe, Silverdale, Westlands and Wolstanton.
- **South Staffordshire:** Cheslyn Hay North & Saredon, Great Wyrley Landywood, and Huntington & Hatherton.
- **Stafford:** Highfields & Western Downs.
- **Staffordshire Moorlands:** Leek North.
- **Tamworth:** Glascote and Stonydelph.



Year 6 – Areas of Focus

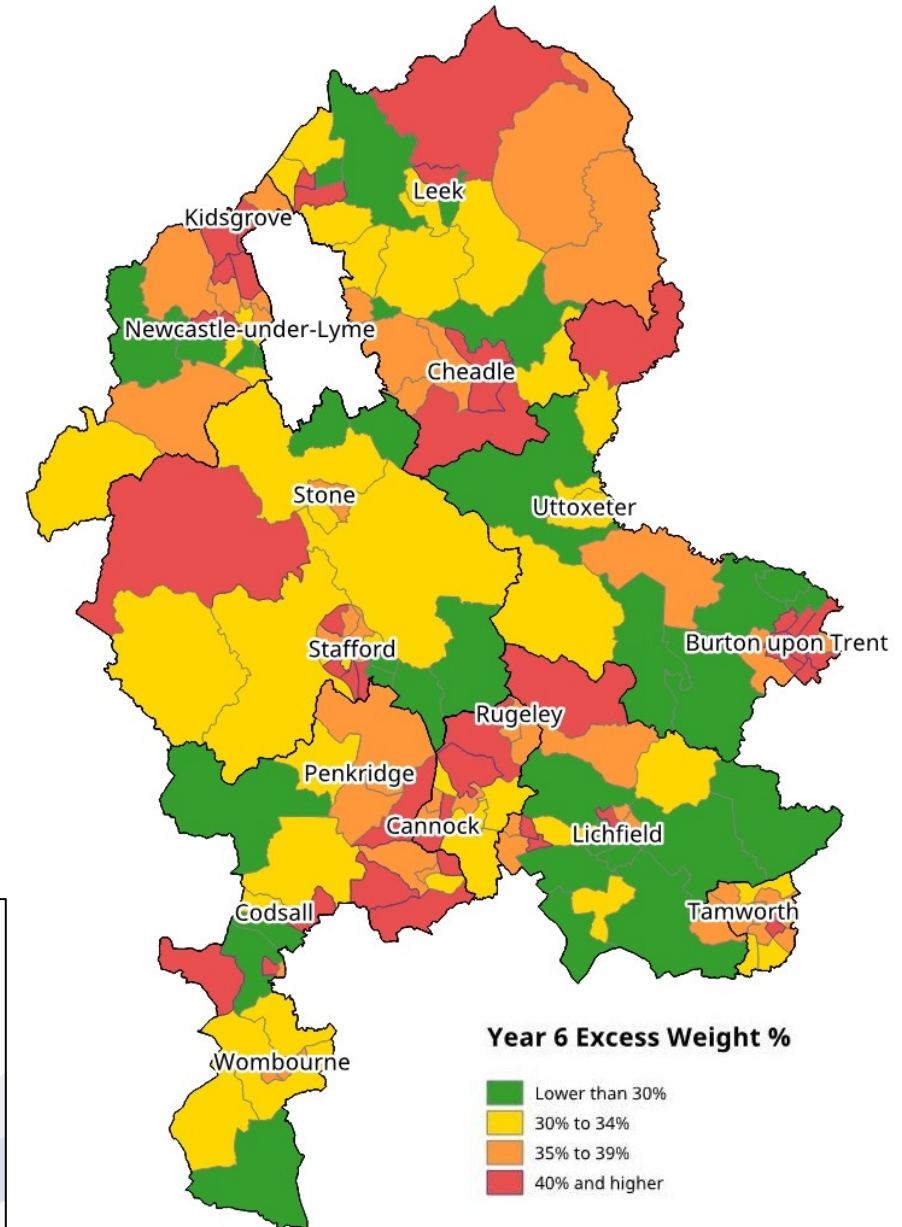
Year 6 Excess Weight
(2018/19, 2019/20 & 2021/22)

Across Staffordshire excess weight is significantly higher than average in 13 of 164 wards.

- **Cannock Chase:** Cannock East and Cannock South.
- **East Staffordshire:** Anglesey, Horninglow and Shobnall.
- **Lichfield:** Summerfield & All Saints.
- **Newcastle:** Kidsgrove & Ravenscliffe.
- **South Staffordshire:** Bilbrook.
- **Stafford:** Eccleshall and Penkside.
- **Staffordshire Moorlands:** Biddulph East and Cheadle North East.
- **Tamworth:** Glascote.

Key areas of focus for both Reception and Year 6 are:
Horninglow, Glascote, Summerfield & All Saints and
Kidsgrove & Ravenscliffe.

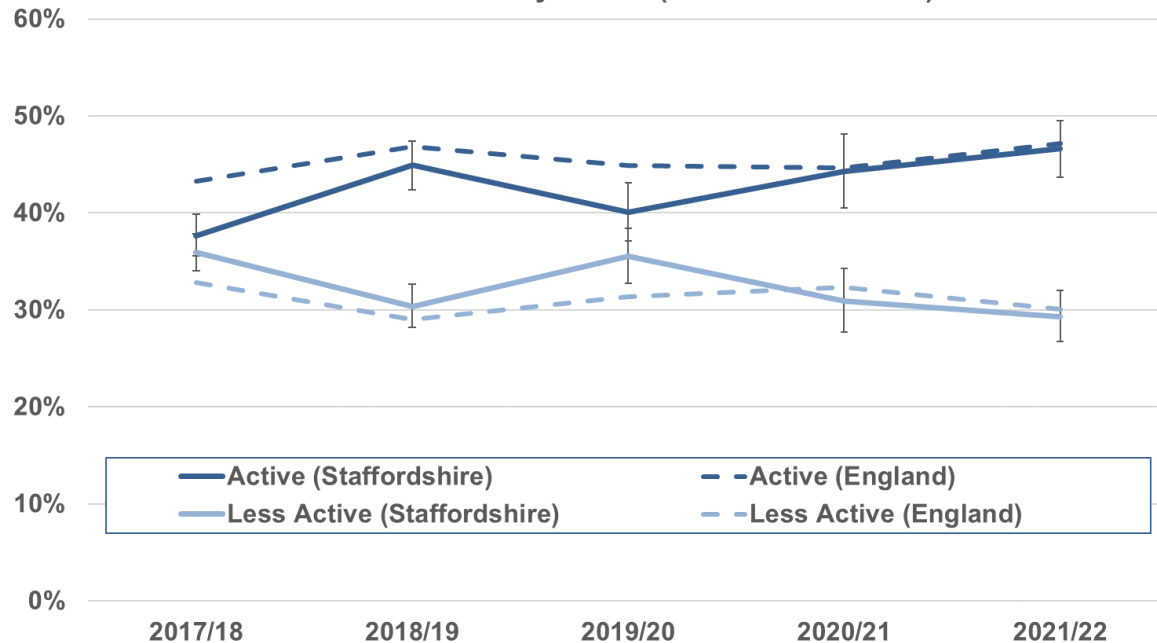
[Appendix 1](#) contains further detail on key areas of focus.



Factors Influencing Healthy Weight and Active Lifestyles

Children

Childrens Activity Levels (2017/18 to 2021/22)

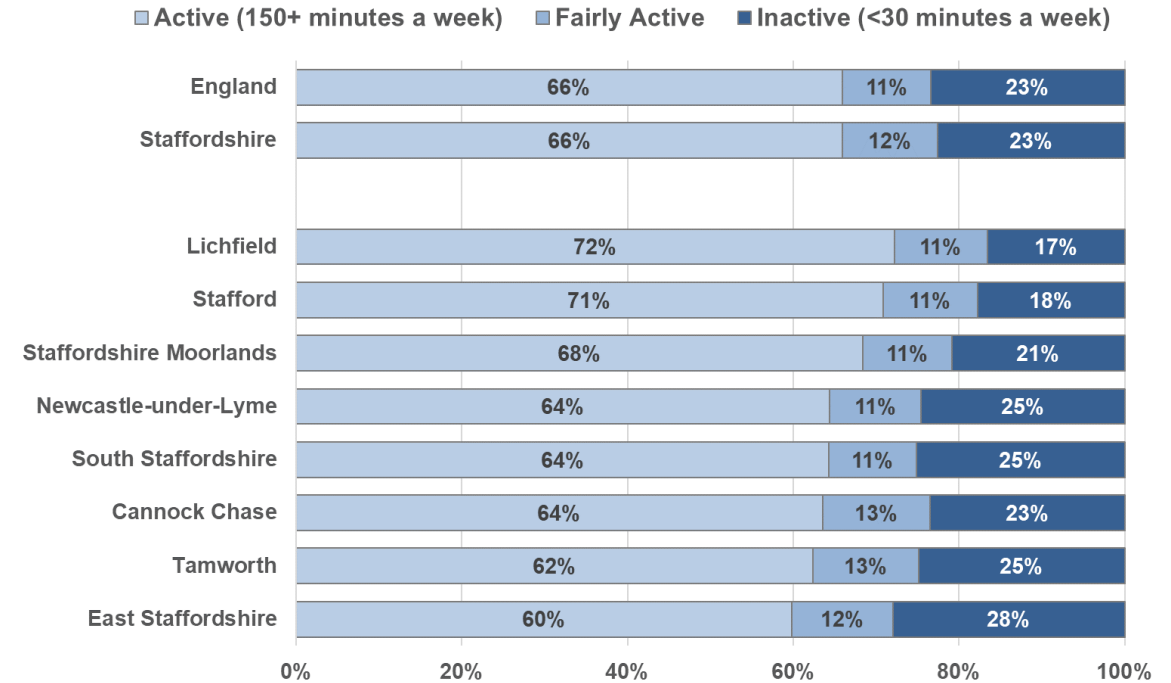


Source: Active Lives Survey (2017/18 to 2021/22). School years 1-11.
Active = minimum of 60 mins a day. Less Active = less than 30 mins a day.

- 3 in 10 children are active for less than 30 minutes a day - similar to national and improving.
- Almost half of children are active for more than 60 minutes a day - similar to national and improving.
- Data not available for all districts / boroughs.

Adults

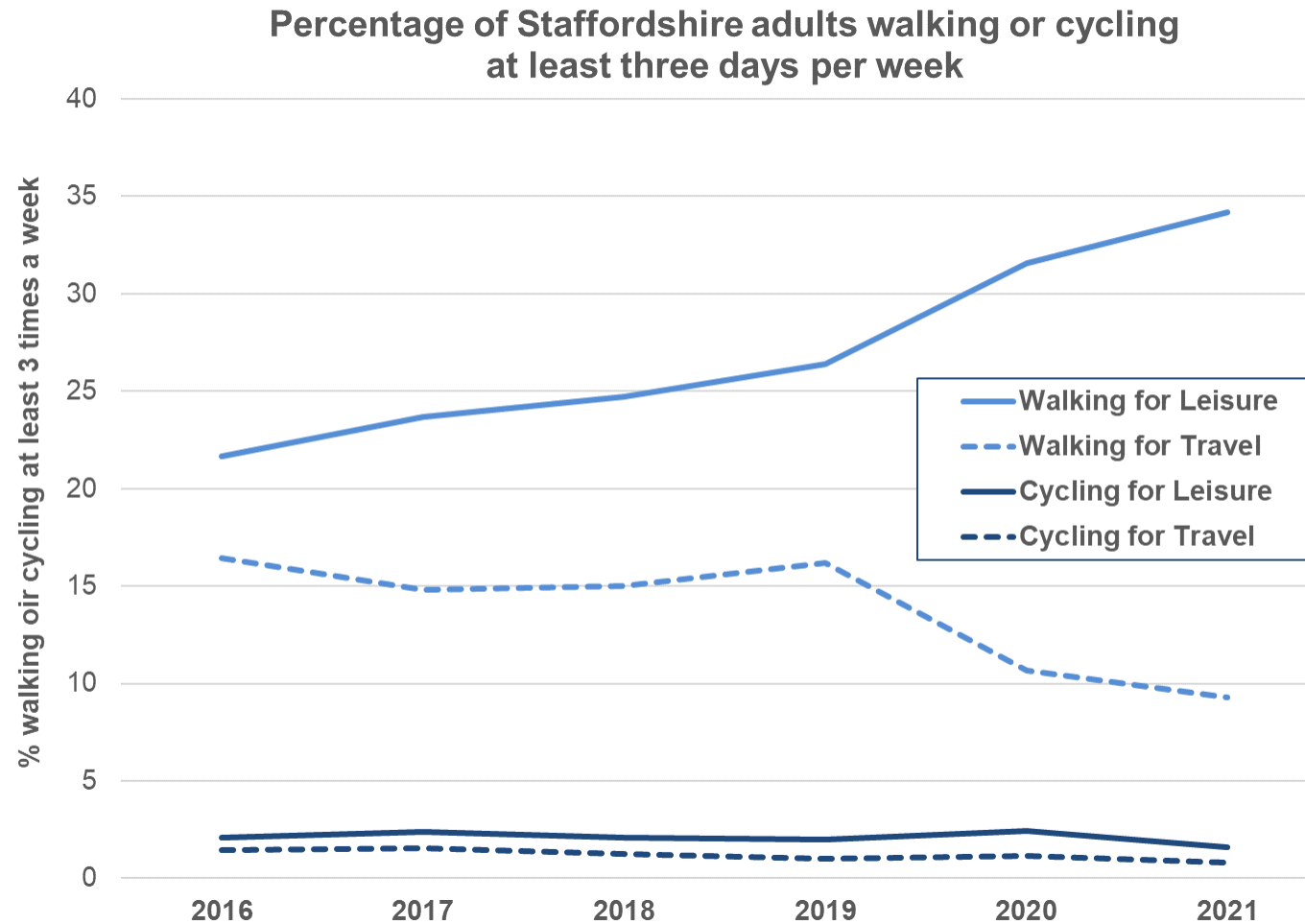
Physical Activity Levels in adults aged 19 and over (2020/21)



Source: NCMP local dataset 2021/22, Office for Health Improvement and Disparities. Public health profiles. Note Sport England also publish adult activity levels for ages 16+

- 2 in 3 adults are active for more than 150 minutes a week, with trends stable over time.
- Activity levels are statistically lower than national in East Staffordshire and higher in Lichfield and Stafford.

Walking and cycling reflect changing lifestyles



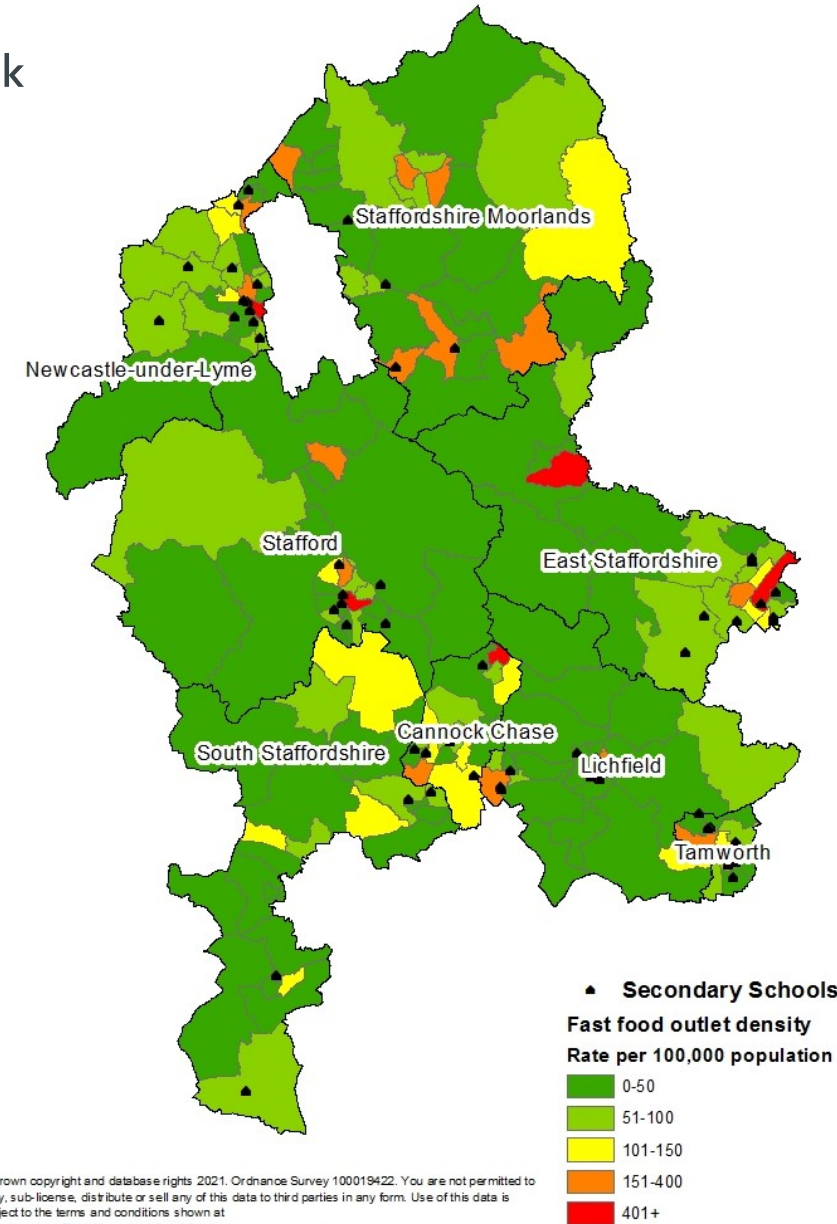
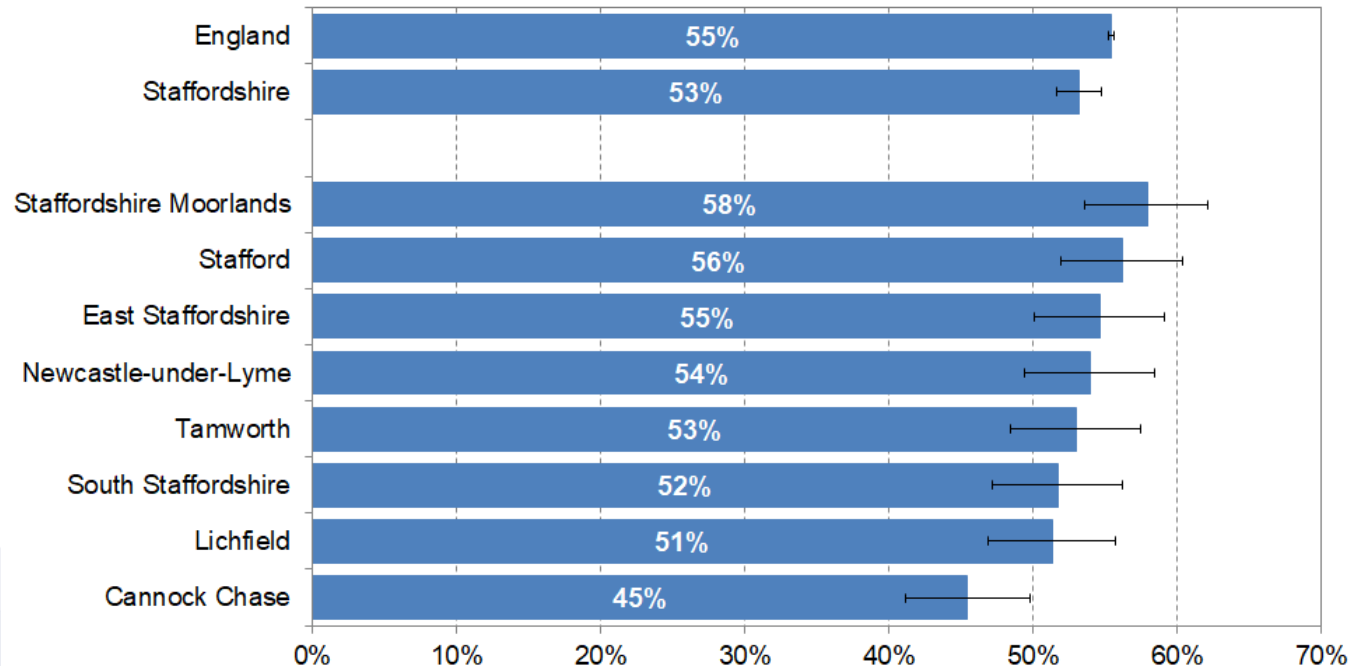
Source: Department for Transport (based on Active Lives, Sport England)

- In line with national trends, levels of walking and cycling for travel have decreased, whilst walking for leisure has increased since Covid-19.
- 1 in 3 adults walk for leisure and 1 in 10 walk for travel at least three days a week.
- Levels of cycling have decreased - 1 in 60 cycle for leisure and 1 in 100 for travel at least three days a week.
- Levels of walking and cycling across districts reflect levels of physical activity across districts.



- 53% of Staffordshire adults eat five a day, lower than national, with Cannock Chase an area of focus.
- The density of fast food outlets is similar to national, although higher in Cannock Chase and East Staffordshire. These are clustered in areas of deprivation and town centres and as a result, sometimes near secondary schools as shown on the map.

Proportion of adults eating '5-a-day' on a 'usual day' (2019/20)
Public Health England (based on Active Lives, Sport England)



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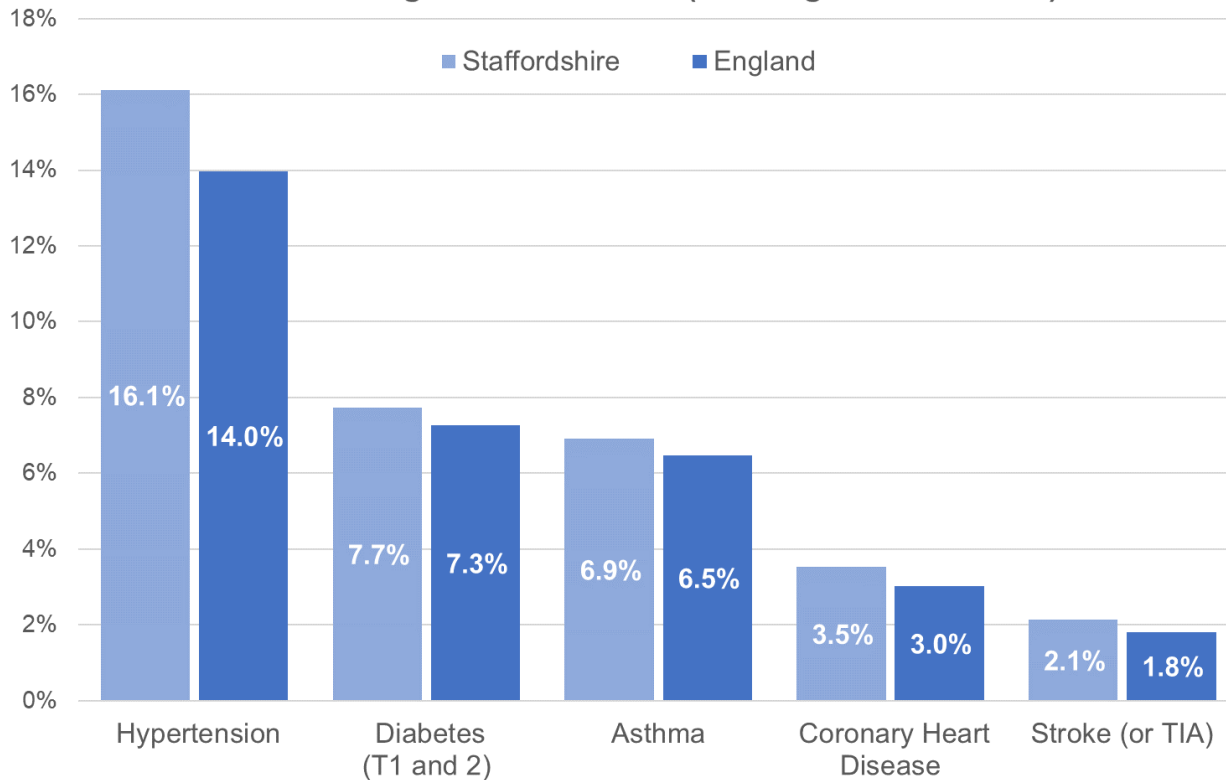
Produced by Staffordshire County Council.

Impact on Health and Wellbeing and Health Services

Higher levels of obesity related conditions

Prevalence of obesity related conditions* such as Hypertension, Diabetes, Asthma, Coronary Heart Disease, Stroke and Musculoskeletal problems all remain higher than national.

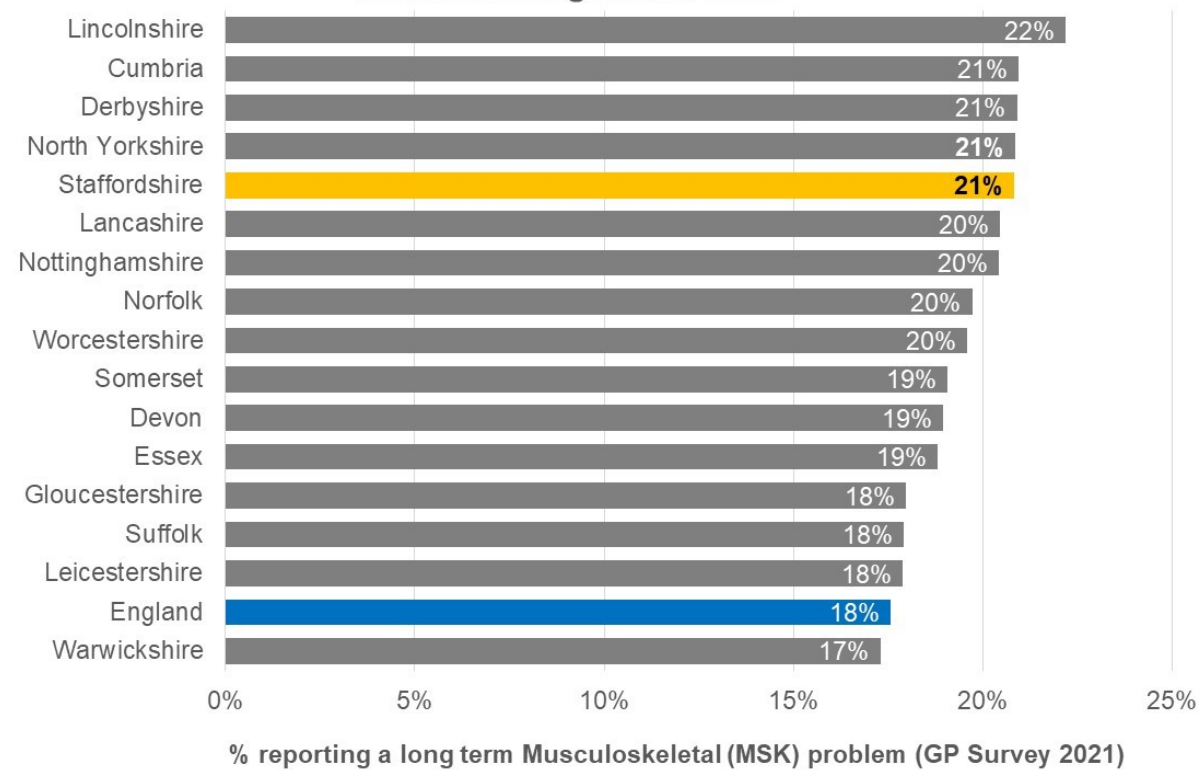
Selected Long Term Conditions (QOF registered 2021/22)



Source: Quality and Outcomes Framework (QOF)

* Not age standardised. Staffordshire has an older age structure than England. The contribution of obesity to each condition varies. Source : See [Obesity - NHS \(www.nhs.uk\)](https://www.nhs.uk).

Self reported long term Musculoskeletal problem (GP Survey 2022)
Statistical Neighbours 2021



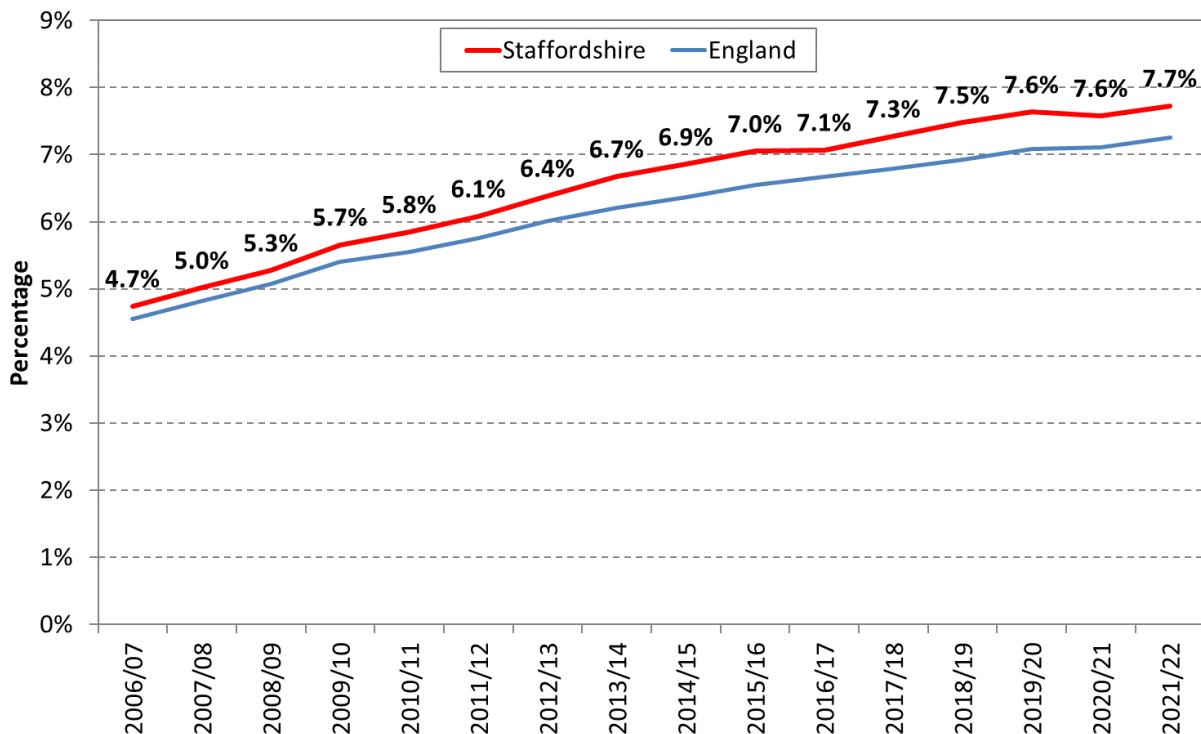
Self reported Musculoskeletal conditions in Staffordshire are higher than national and most statistical neighbours.

Source: Office for Health Improvement and Disparities. Public health profiles.

Increasing prevalence of diabetes

The prevalence of GP registered Diabetes (Type 1 and 2) in Staffordshire is higher than national and rising.

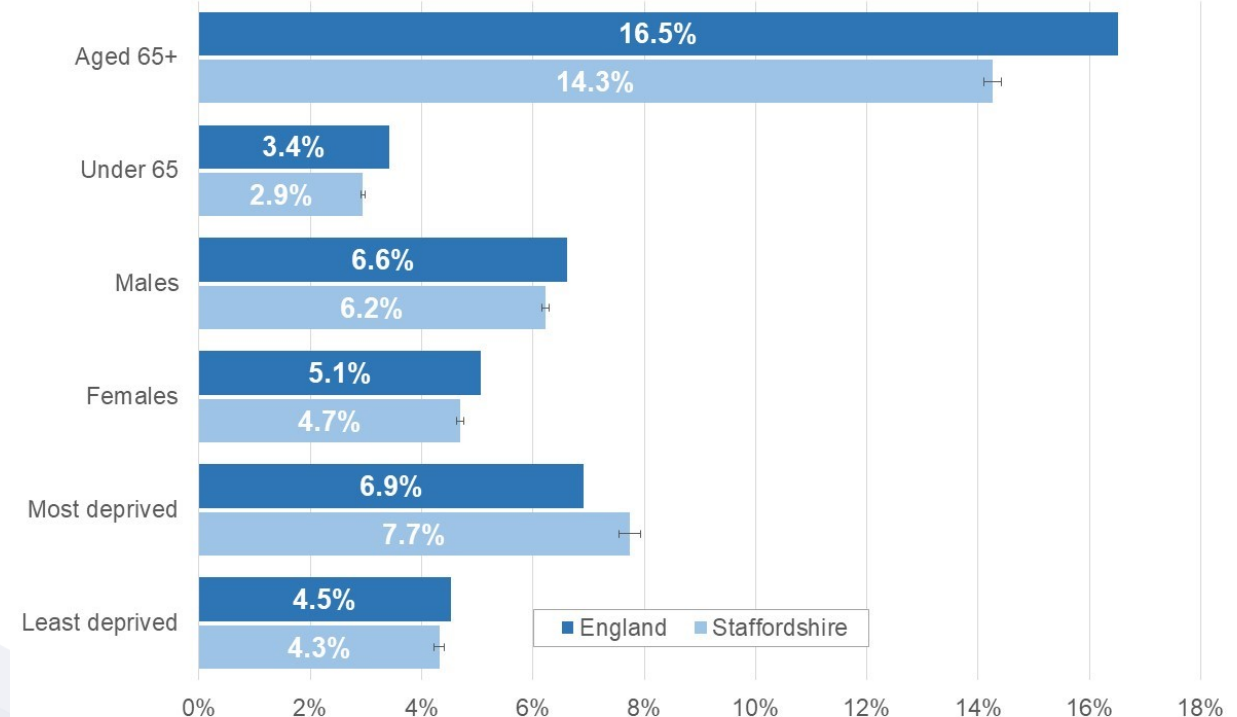
Trends in GP registered Diabetes Prevalence (Type 1 and 2 - aged 17+)



Source: Quality and Outcomes Framework (QOF)

In Staffordshire 92% of diabetes patients are Type 2 ([National Diabetes Audit](#)), particularly higher in older ages, males and in the most deprived areas.

Type 2 All Age Diabetes prevalence by Demographics (2021/22)

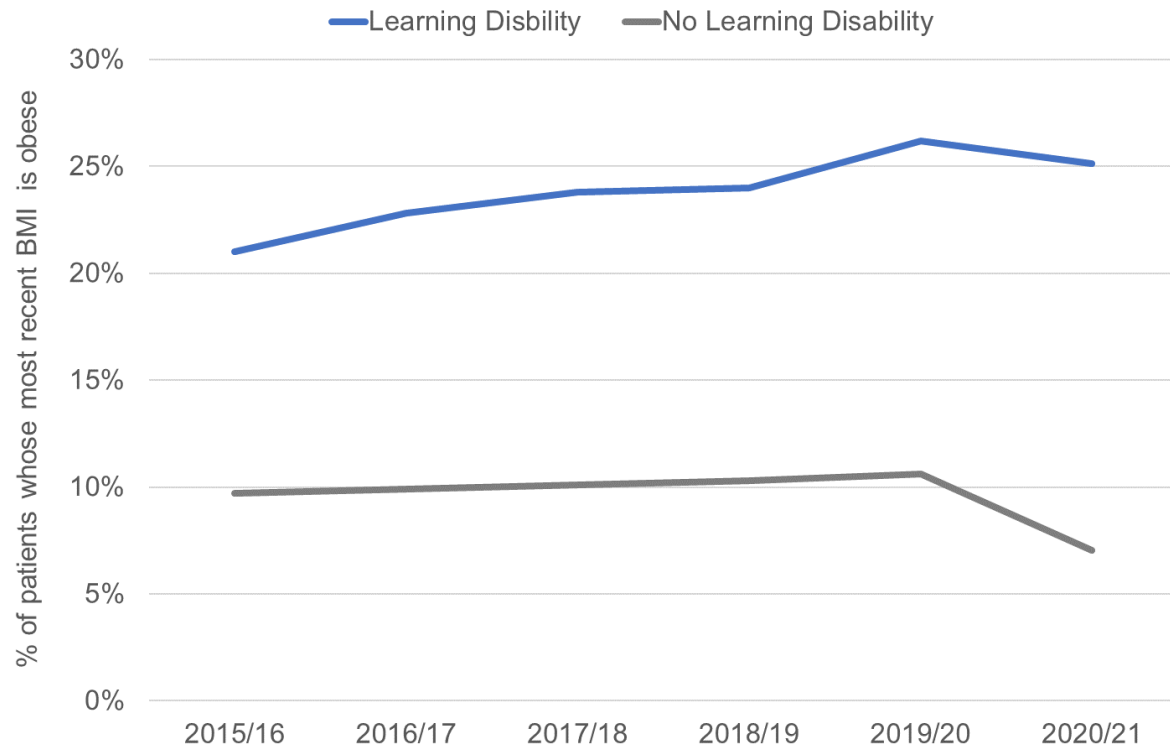


Source: [National Diabetes Audit](#)

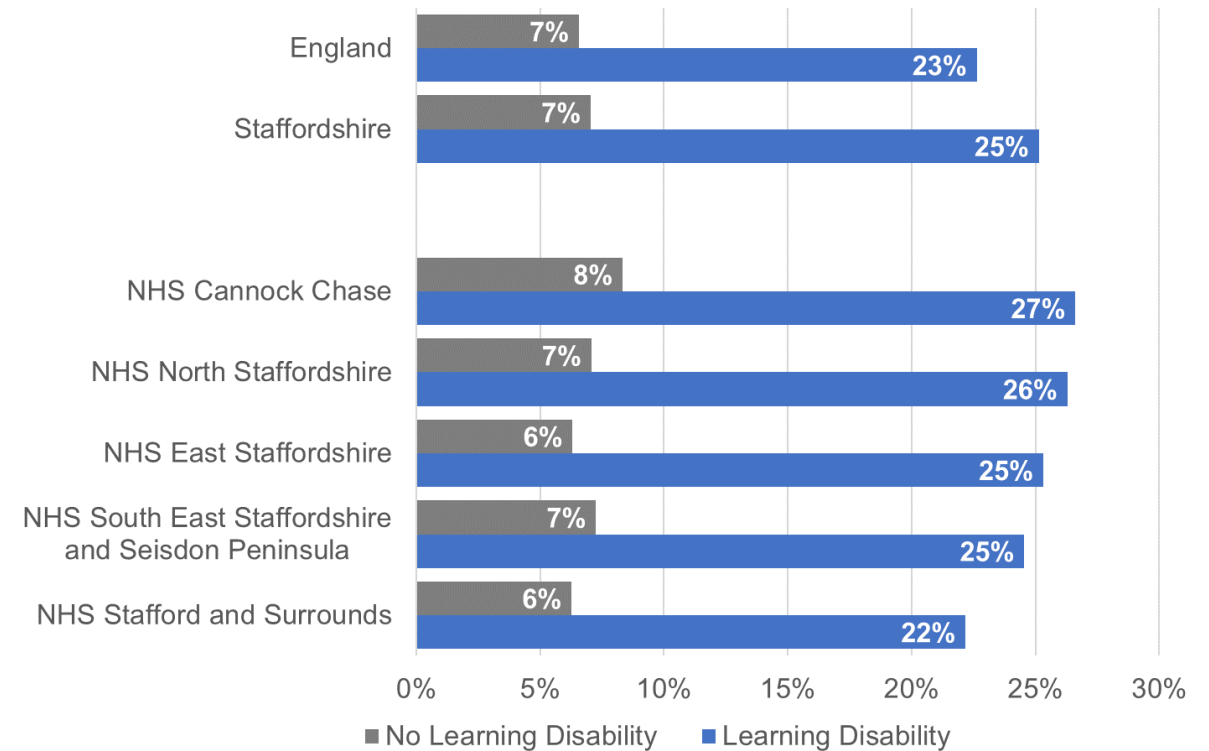
Higher obesity among patients with learning disabilities

GP registered prevalence of obesity is over three times greater in patients with Learning Disabilities, compared to people without and the gap is widening.

Trends in obesity in Staffordshire patients with Learning Disabilities



Obesity in patients with Learning Disabilities 2020/21

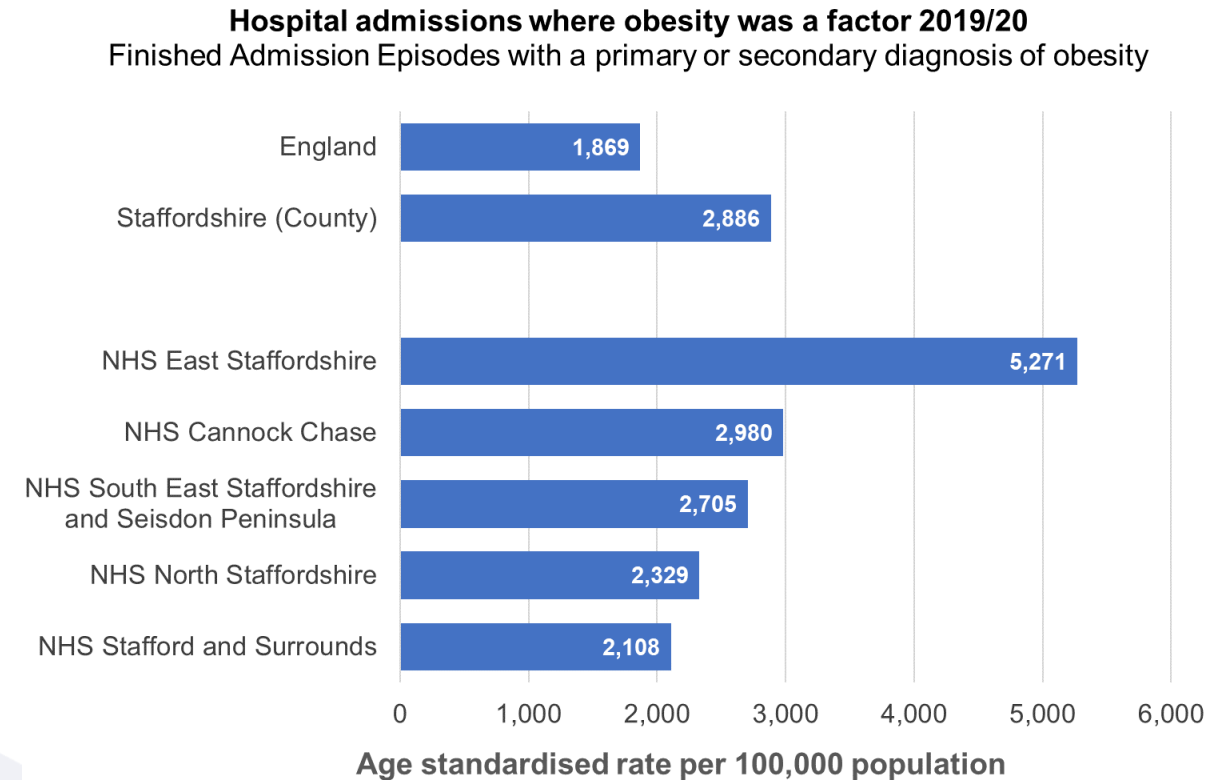
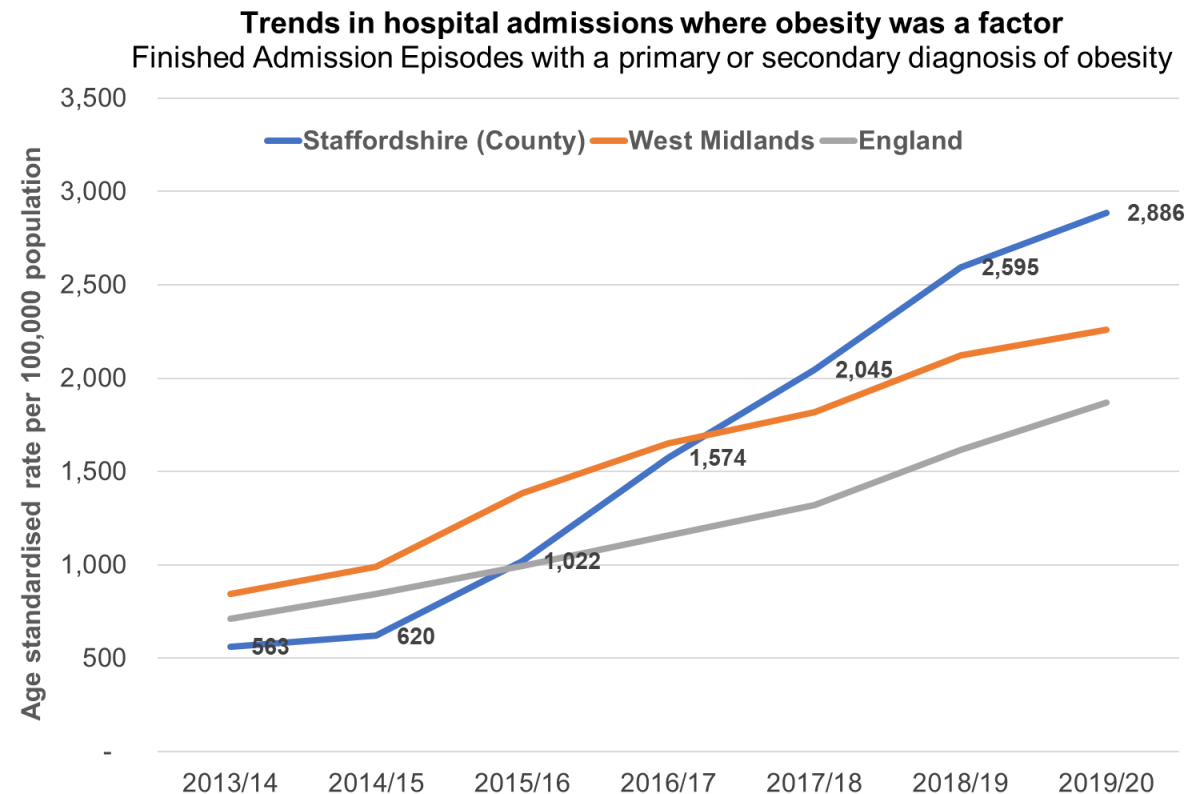


Source: Health and Care of People with Learning Disabilities Experimental Statistics 2020 to 2021 - NHS Digital

*Based on experimental statistics – please note the above is a GP recorded prevalence of obesity so will not match estimates of excess weight derived from the active lives / people survey

Rising obesity related hospital demand

- Before Covid-19 obesity related hospital admissions in Staffordshire were higher than national and on an upward trend.
- Of these, twice as many were female than male.
- Very high admissions in East Staffordshire.



Note: Finished admission episodes coded with a primary or secondary diagnosis of obesity (ICD code E66)
Source: NHS Digital (Hospital Episode Statistics) - More recent data not available as methodology is currently under review.

COVID-19 Impact and Resident Voice

COVID-19 Resident Impact

In Staffordshire:

- Residents report a mixed picture for lifestyle behaviours during the first lockdown.
- Increases in exercise reported by some (31%), balanced against decreases amongst others (29%).
- The same is also true for healthy eating.
- Positively, many respondents planned to maintain healthy behaviours.

	Exercise	Alcohol consumption	Eating healthy
Did more of	31%	27%	21%
No change	39%	46%	56%
Did less of	29%	10%	23%
Plan to keep doing	39%	9%	48%

Nationally:

- COVID-19 adversely impacted diet and physical activity in many children, young people and adults.
- Over half of adults found it difficult to manage weight during lockdowns due to increased snacking, reduced exercise, anxiety or stress, and difficulties accessing healthy food.
- Those with higher BMIs had difficulty in accessing healthy food, lacked motivation and control around food and lacked support compared to before lockdown.
- Reduced access to Weight Management Services and support during lockdowns.
- Evidence suggests excess weight is associated with an increased risk of a positive COVID-19 test and more severe illness.

Sources: Supporting weight management services during the COVID-19 pandemic (PHE, 2020), Obesity, eating behaviour and physical activity during COVID-19 lockdown: A study of UK adults (University of Liverpool, 2020), Excess Weight and Covid-19: Insights from new evidence (PHE, 2020), Impact of Covid-19 on Health related behaviours, wellbeing and the ability to manage weight (Slimming World, 2020)

Appendix 1: Areas of Focus Summary - Data Matrix

Areas of focus overview

- Addressing the needs of communities will differ, therefore a targeted approach is required to tackle specific issues in areas of greatest need.
- The table below provides a summary of the key supporting metrics and indicates districts and boroughs where results are worse than national – Cannock Chase, East Staffordshire, Newcastle and Tamworth are consistently highlighted across many of the key areas.

	Cannock Chase	East Staffordshire	Lichfield	Newcastle-under-Lyme	South Staffordshire	Stafford	Staffordshire Moorlands	Tamworth	Staffordshire
Reception Excess Weight prevalence									
Reception Obesity prevalence									
Year 6 Excess Weight prevalence									
Year 6 Obesity prevalence									
Adult Excess Weight prevalence									
Adult Obesity prevalence									
Physical Activity in Adults									
Five a day consumption									
Density of Fast Food Outlets									
Hypertension prevalence									
Diabetes prevalence									
Coronary Heart Disease prevalence									
Asthma prevalence									
Stroke prevalence									
Musculoskeletal conditions									
Obesity related hospital admissions									

Physical activity in children not included due to incomplete data across all districts / boroughs

Supporting Data Matrix

	Cannock Chase	East Staffordshire	Lichfield	Newcastle-under-Lyme	South Staffordshire	Stafford	Staffordshire Moorlands	Tamworth	Staffordshire	England
Reception Excess Weight Prevalence	26%	26%	23%	27%	22%	24%	24%	26%	25%	22%
Statistical Neighbour Rank	4 out of 16	1 out of 16	5 out of 16	1 out of 16	7 out of 16	1 out of 16	2 out of 16	2 out of 16	2 out of 16	
Reception Obesity Prevalence	11%	11%	10%	13%	10%	10%	10%	11%	11%	10%
Statistical Neighbour Rank	4 out of 16	3 out of 16	6 out of 16	1 out of 16	4 out of 16	3 out of 16	1 out of 16	7 out of 16	3 out of 16	
Year 6 Excess Weight Prevalence	39%	40%	34%	37%	38%	36%	39%	41%	38%	38%
Statistical Neighbour Rank	9 out of 16	1 out of 16	9 out of 16	10 out of 16	2 out of 16	2 out of 16	1 out of 16	6 out of 16	2 out of 16	
Year 6 Obesity Prevalence	26%	23%	22%	23%	22%	22%	23%	26%	23%	23%
Statistical Neighbour Rank	5 out of 16	3 out of 16	7 out of 16	7 out of 16	4 out of 16	2 out of 16	2 out of 16	7 out of 16	2 out of 16	
Adult Excess Weight Prevalence	74%	71%	65%	69%	68%	62%	69%	75%	69%	63%
Statistical Neighbour Rank *	2 out of 16	4 out of 16	6 out of 16	5 out of 16	5 out of 16	12 out of 16	1 out of 16	1 out of 16	2 out of 16	
Adult Obesity Prevalence	36%	29%	27%	34%	21%	25%	28%	35%	29%	25%
Statistical Neighbour Rank *	1 out of 16	9 out of 16	7 out of 16	2 out of 16	14 out of 16	8 out of 16	6 out of 16	2 out of 16	2 out of 16	
Physical Activity in Children	**	**	**	43%	42%	47%	42%	**	47%	47%
Physical Activity in Adults	64%	60%	72%	64%	64%	71%	68%	62%	66%	66%
Five a day consumption	45%	55%	51%	54%	52%	56%	58%	53%	53%	55%
Fast Food Outlets (rate per 100,000)	120	119	64	103	51	76	99	86	90	95
Hypertension prevalence	16%	14%	16%	17%	17%	16%	19%	14%	16%	14%
Diabetes prevalence	8%	8%	7%	8%	8%	7%	8%	8%	8%	7%
Coronary Heart Disease prevalence	4%	3%	4%	3%	4%	3%	4%	3%	4%	3%
Asthma prevalence	6%	6%	7%	7%	6%	6%	7%	7%	7%	6%
Stroke prevalence	2%	2%	2%	2%	2%	2%	3%	2%	2%	2%
Musculoskeletal conditions	22%	18%	18%	23%	22%	20%	21%	25%	21%	18%
Obesity related hospital admissions (rate per 100,000 - CCG values) ***	2,708	4,009	2,354	2,311	2,354	2,216	2,311	2,354	2,595	1,615

Worse than England or Statistical Neighbour Group, Better than England or Statistical Neighbour Group (difference calculated using 95% statistical significance)

* Difference to Statistical Neighbour Group not calculated ** recent coverage low in the district / borough *** methodology under review. District / Borough figure based on best fit CCG