

## Prevalence

Poor diet is linked to 1 in 7 deaths regionally, with high blood glucose and high body mass index (BMI) also is in the top ten leading risk factors for poor health and death locally\*.

**Two thirds of adults (67.9%)** were classified as overweight or obese.

**One in three** Year 6 children (**34.2%**) were classified as overweight or obese.



**In 2017/18:**

**51.7%** of adults **meet** the recommended **'5-a-day'**

**2.5** portions of **fruit** consumed daily

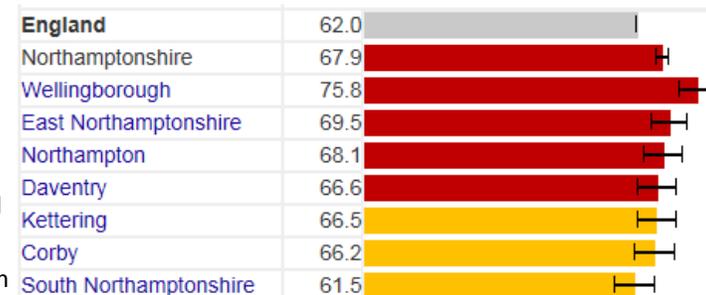
**2.5** portions of **vegetables** consumed daily

**One in five** Reception children (**22.0%**) were classified as overweight or obese.

**8.3%** estimated diabetes in the county (16+ yrs).

Nationally obesity prevalence figures are highest in more deprived areas (**67.4%**) compared to the least deprived areas (**56.4%**) (2017/18).

### Excess weight in Adults 2017/18



Source: Public Health England (based on Active Lives survey, Sport England)

## Prevention

**NHS Health Checks** can spot early signs and help prevent conditions like high blood pressure, heart disease or type 2 diabetes.

In 2018/19, 14,006 people received a health check in Northamptonshire.

**8965** blood glucose tests were undertaken, identifying **6.6%** of patients' blood glucose level considered to be **pre-diabetic** and **2.7%** of patients' blood glucose level considered to be **diabetic**.

## Health Burden

Poor diet contributes to ill-health such as cancer, cardiovascular disease, and high blood glucose.

**106 years of life lost** due to mortality from diabetes per 100,000 population, Northants 2017. (Source GBD)

**26** admissions for **diabetes** for children **aged 0-9, 2016/17.**

**62** admissions for **diabetes** for children **aged 10 to 18, 2016/17.**

**80 deaths from cancer** considered preventable per 100,000 population (under 75 years), 2016-18.

**85** admissions for **diabetes** for children and young people **aged under 19 years, 2016/17.**

**46 deaths from cardiovascular diseases** considered preventable per 100,000 population (under 75 years), 2016-18.

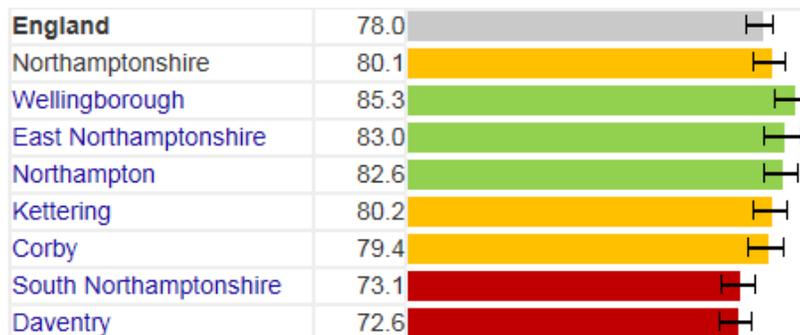
**672** admissions for **coronary heart disease** per 100,000 population, **2017/18.**

## Diagnosis

41,465 people aged 17 and over had a diagnosis of diabetes in 2017/18 in Northamptonshire.

Based on diagnosis rates below an estimated 8,252 people may be living with diabetes without diagnosis in Northamptonshire.

### Estimated diabetes diagnosis rate 2018



Source: PHE

## Treatment

**Good blood sugar control (48mmol):** (2017/18)

Corby CCG **24.5%** Nene CCG **27.9%**

**Good blood pressure control (140/80) :**

Corby CCG **80.3%** Nene CCG **74.4%**

**Good cholesterol control (4mmol/l) :**

Corby CCG **42.8%** Nene CCG **41.8%**

Nationally, we spend more each year on the treatment of obesity and diabetes than we do on the police, fire service and judicial system combined.

**Vision:** For Northampton to have social, built and food environments that promote health and support people to maintain healthy weights, manage healthy diets, maintain healthy blood sugar levels.

## Our Priorities/Objectives

### Whole system approach

Working with partners across the life course to reduce established obesity and prevent overweight and obesity. Using a 'Health in all Policies' approach to planning, food environments, workplaces. Raising knowledge and awareness for all.

#### Achieved through:

- Partnership working.
- Joint commissioning.
- *Health in all Policies*.
- Starting early - in families and schools.

### Commissioning

Using public health commissioned services (NHS health checks, weight management services, digital tools) in partnership with wider systems to identify, alert and signpost people to healthier food habits and physical health outcomes. Embedding mental wellbeing and ACEs\* mitigation in all services.

#### Achieved through:

- Evidence based commissioning.
- Quality assurance.
- Healthy workplace and school programmes.
- Joint commissioning.

### Behaviour, knowledge and skill based approaches

Working with partners to support families, working adults and older people to cook and eat well. Using media, social media and campaigns to improve diet and reduce health related harms.

#### Achieved through:

- Behavioural science.
- Communications in health promotion.
- Improved health literacy in the general public.

### Evidence based approach

Using evidence of local need to tailor and target.

Use evidence of effective approaches to improve outcomes.

#### Achieved through:

- Joint Strategic Needs Assessment (JSNA).
- Health Needs Assessments (HNA).
- Return on Investment (ROI) tools.
- Literature and policy reviews.

## Our Commitment / Enablers

**Reducing inequalities:** healthy food costs more than unhealthy food<sup>^</sup>, so working to make healthy food choices available to all.

**System partnerships:** engage and co-produce with partners / stakeholders e.g. NHS, schools, prisons, workplaces and local government.

**Integrated delivery services,** accessible high quality lifestyle services - integrated, tailored prevention messaging.

**Engagement and co-production of research** and programmes to align with established evidence and population needs and wants.

**Embed Health in all Policies:** a common way of influencing the wider determinants of health: creating places that promote good health; governance/policies based on collaboration.

## Measures of Success

- Fewer than 50% of adults in Northamptonshire classed as overweight or obese by 2030 (baseline of 68%).
- Fewer than 10% of children aged 10-11 in Northamptonshire classed as obese by 2030 (baseline of 19.4%).
- For 60% of people in each districts of Northamptonshire to achieve the recommended '5 a day' vegetables and fruit by 2030.
- Improve the proportion of diagnosed diabetes from the current estimated 82% diagnosis rates for Nene and 84% for Corby to 90%.