

Healthy Weight & Physical Activity & MECC Col

Fiona Phillips- City of York Council

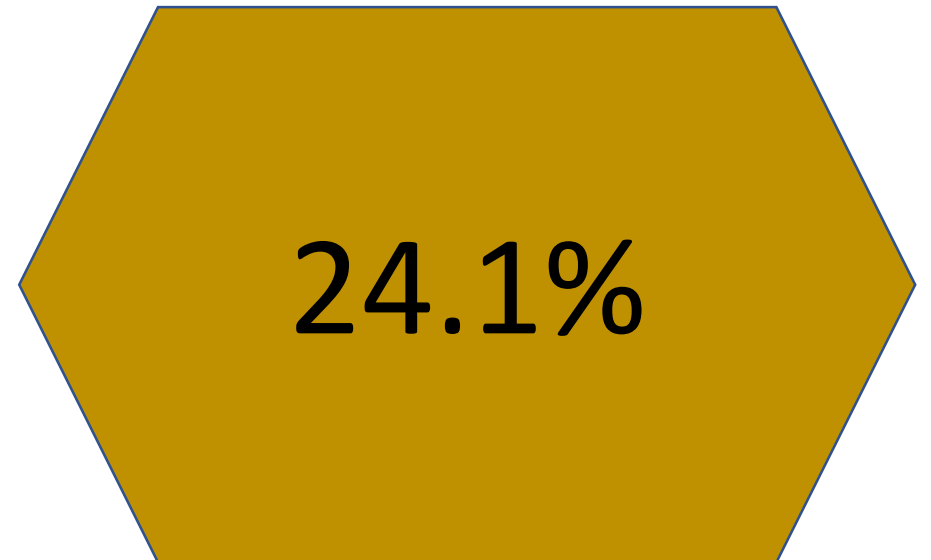
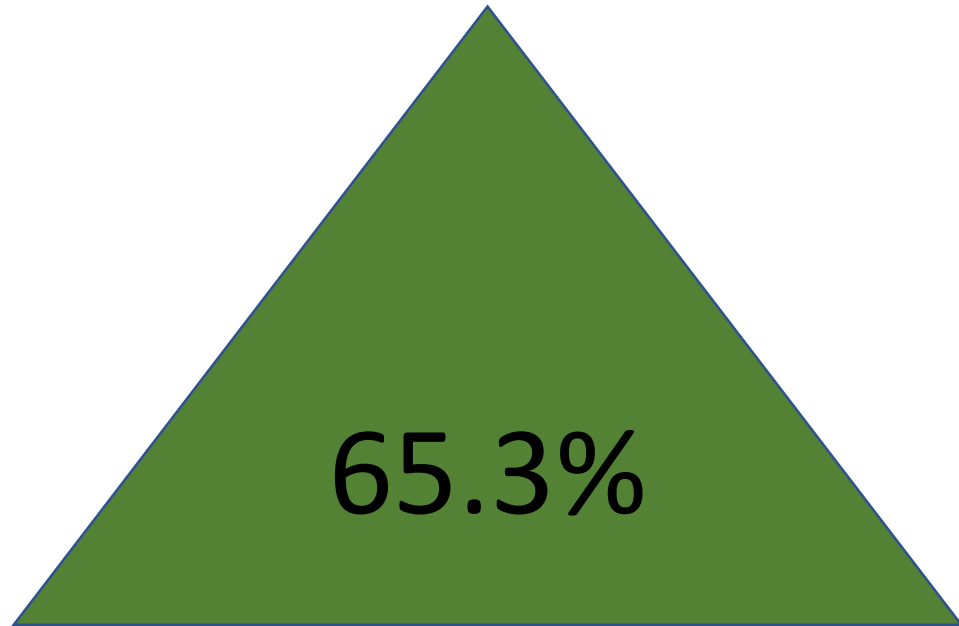
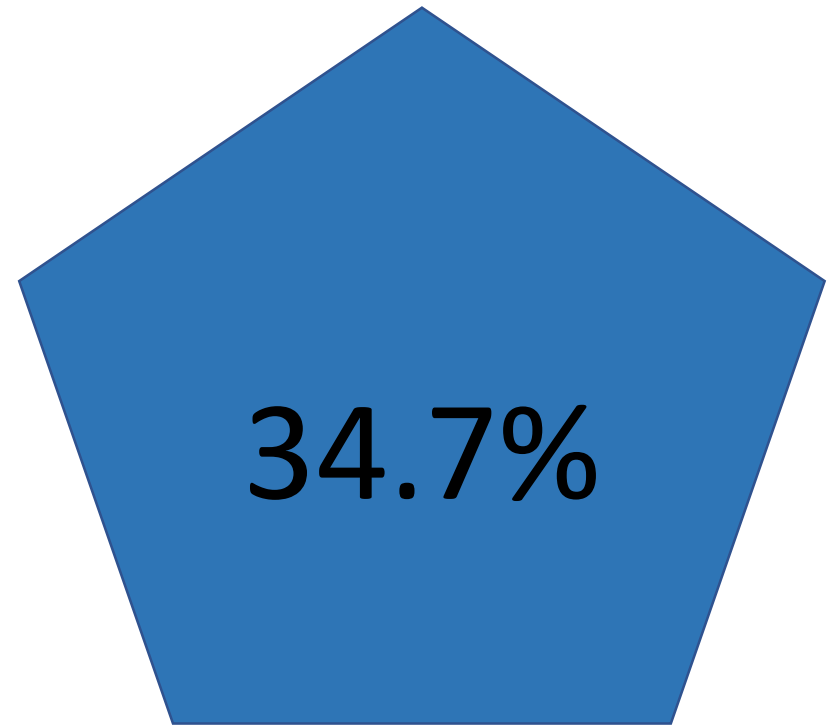
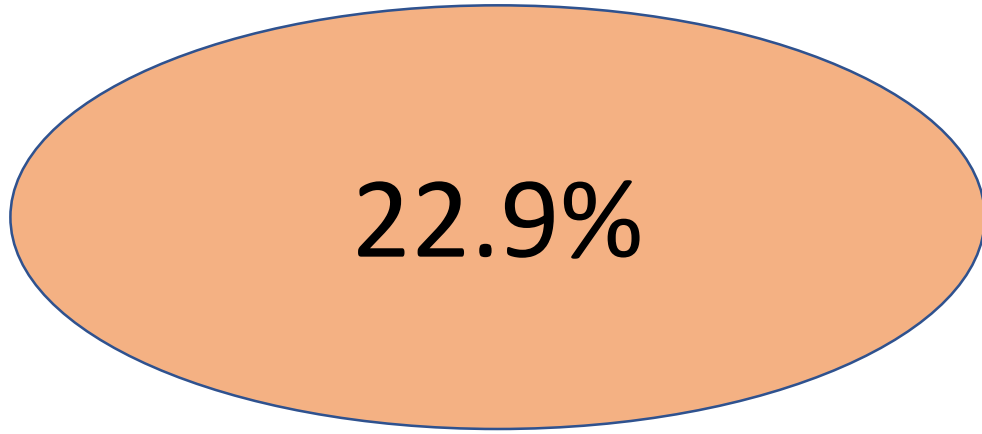
Nicola Corrigan- PHE Y&H

Chris Sharp- PHE Y&H

Guess the %

- **Child excess weight in 4-5 and 10-11 year olds - 4-5 year olds (17/18)**
- **Child excess weight in 4-5 and 10-11 year olds - 10-11 year olds (17/18)**
- **Percentage of adults (aged 18+) classified as overweight or obese (16/17)**
- **Percentage of physically inactive adults (16/17)**

Were you correct?



Why do we need to 'Make Every Contact Count' – Strategic context

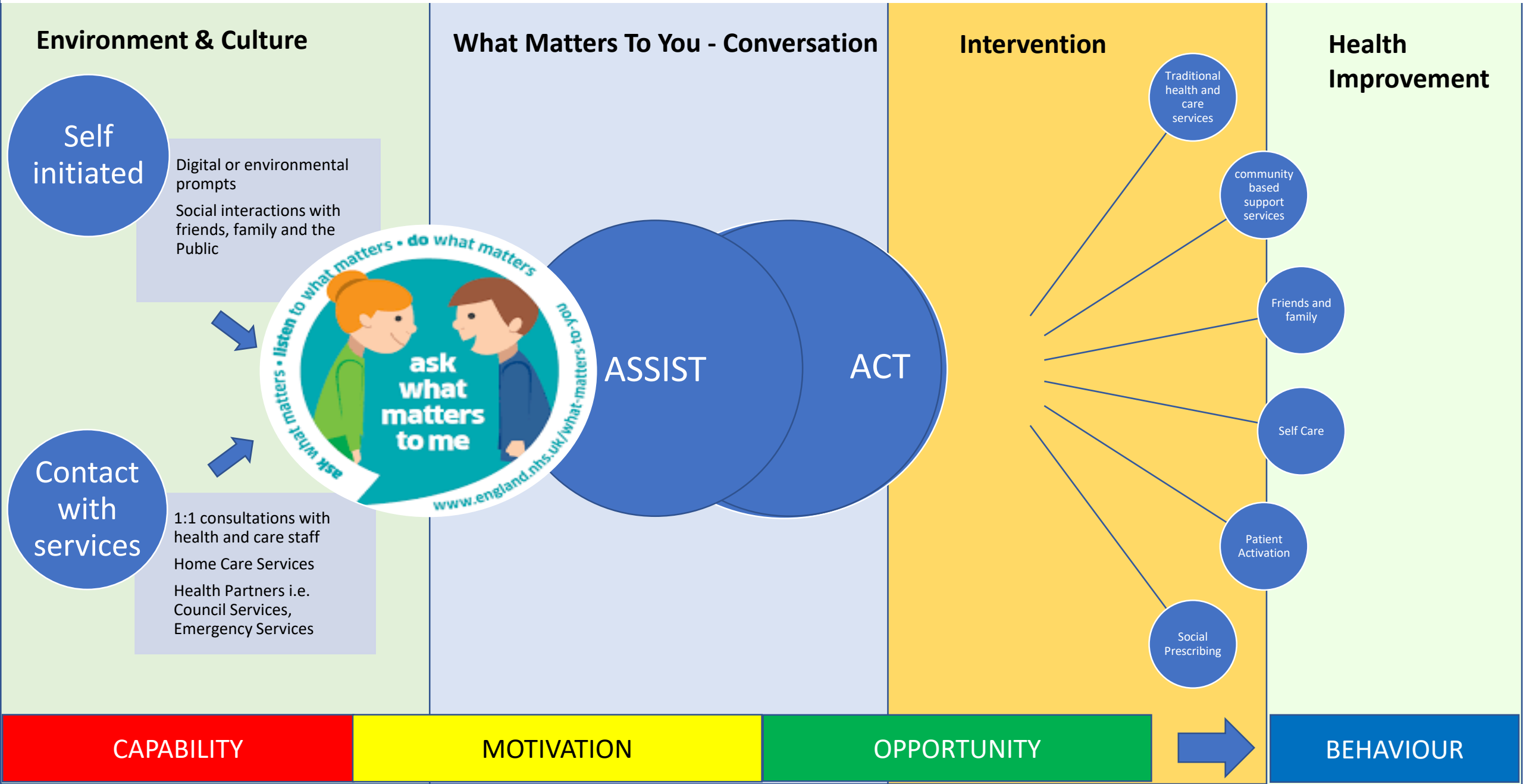
- 'If the nation fails to get serious about prevention then recent progress in healthy life expectancies will stall, health inequalities will widen, and our ability to fund beneficial new treatments will be crowded-out by the need to spend billions of pounds on wholly avoidable illness'. NHS 5 Year Forward View.
- Many long-term diseases in our population are closely linked to known behavioural risk factors.
- Around 40% of the UK's disability adjusted life years lost are attributable to tobacco, hypertension, alcohol, being overweight or being physically inactive.

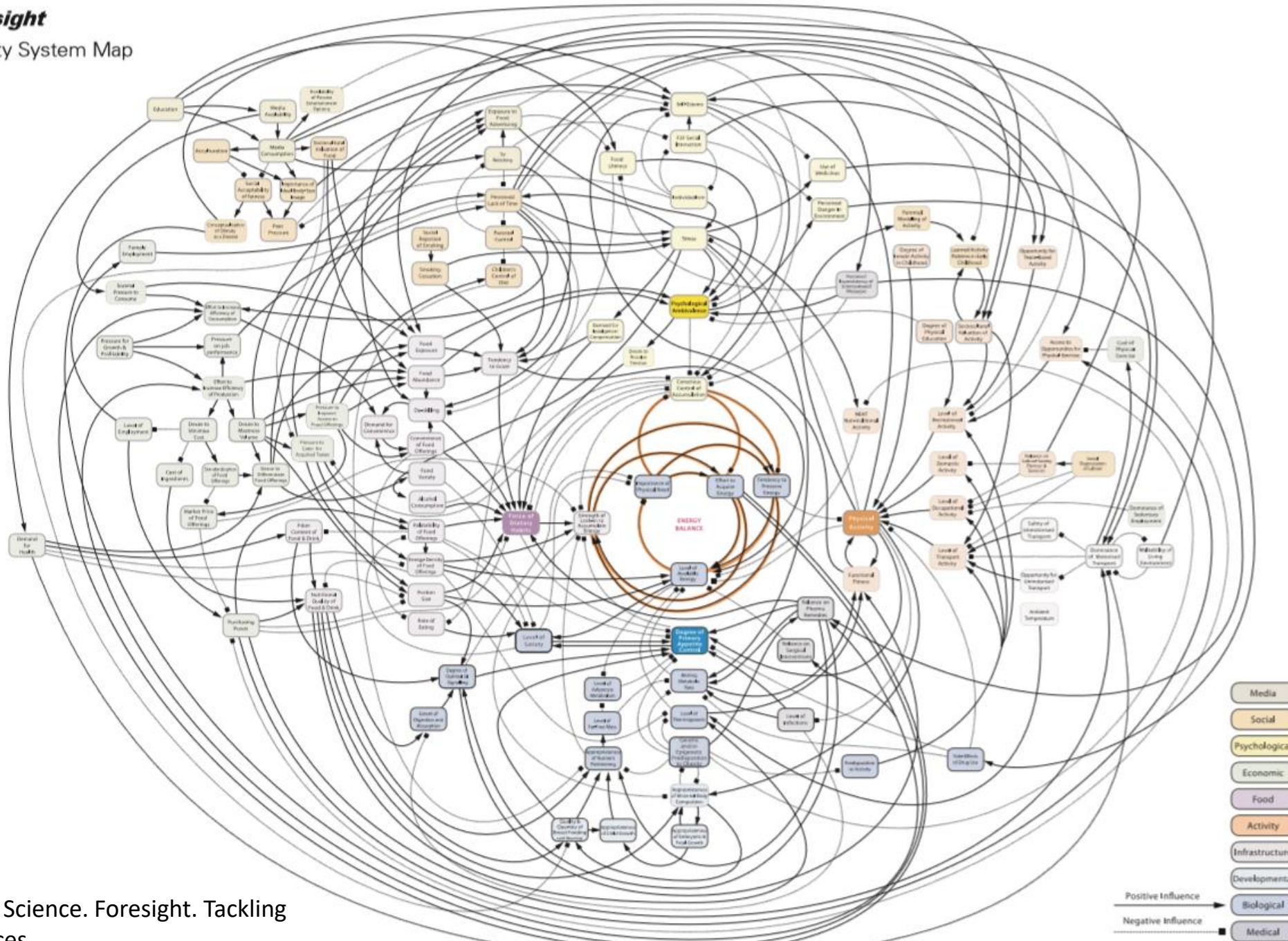
MECC reasons for looking at physical activity and healthy weight

- ‘After smoking, obesity is the next biggest cause of premature death in the UK’.*
- Poor diet has the highest impact on the NHS budget, costing around £6 billion per year, greater than alcohol consumption, smoking and physical inactivity*
- Physical inactivity is estimated to contribute to almost one in ten premature deaths from coronary heart disease (CHD) and one in six deaths from any cause**
- “If exercise didn't involve a whole lot of self-motivation and actual physical activity, but instead came in a pill, it would be hailed immediately as “a wonder drug” Aaron E. Carroll

Condition	
EXERCISE (5 x 30mins/week) reduces risk by...	
Heart disease	40%
Hypertension (blood pressure)	50%
Stroke	30%
Diabetes type 2 amputations/ulcer	50%
Obesity	10%
Cancer	Unclear
...Breast cancer	25%
...Bowel cancer	45%
Depression	30%
Dementia	30%
Low back pain	40%
Osteoarthritis	50%
Falls in elderly	40%
Osteoporosis	40%
Fractures	50%

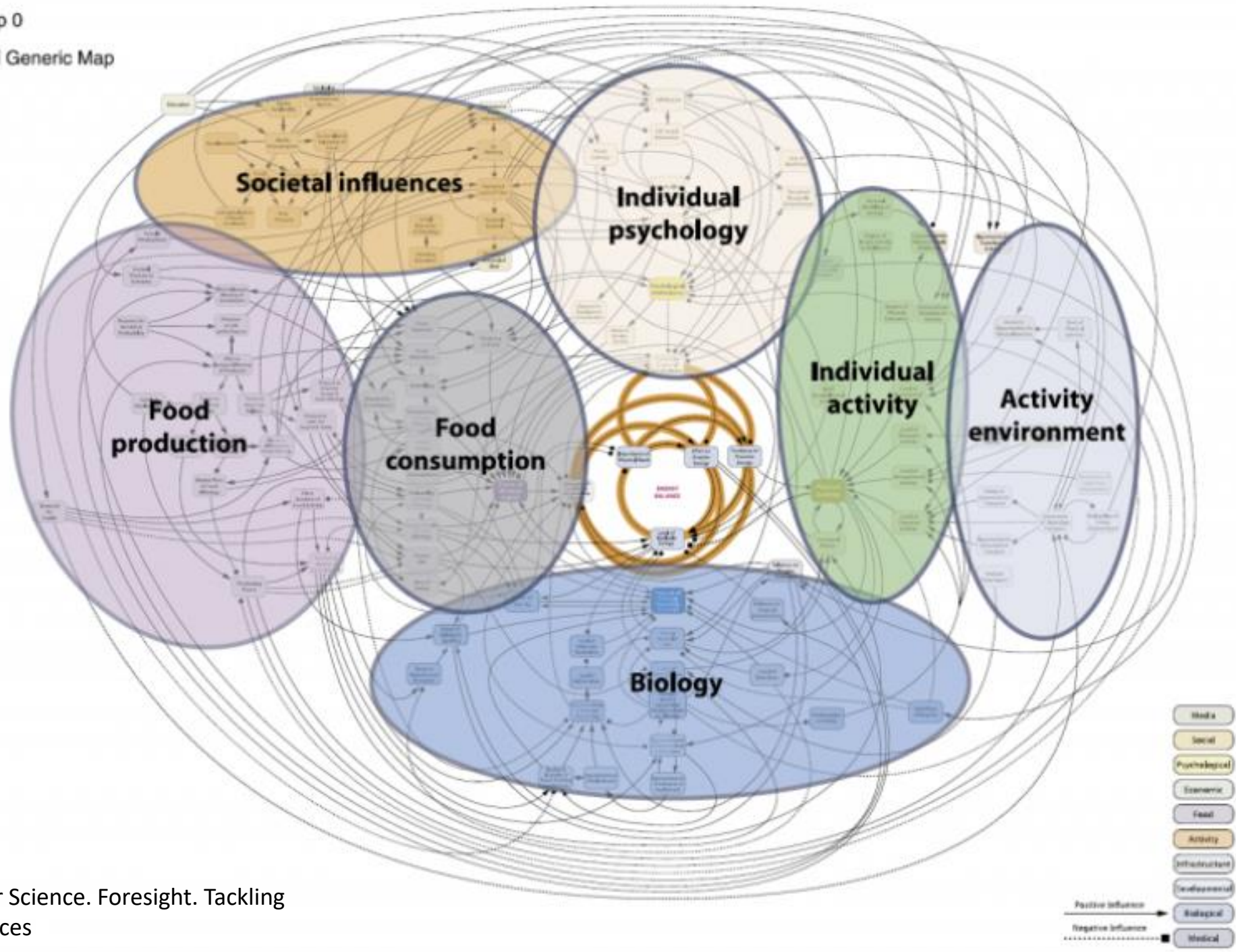
Making Every Contact Count – Person Centred Approaches - What Matters to You





Map 0

Full Generic Map



Systems mapping: activity one

Write down factors that are associated with MECC conversations about Obesity and Sedentary behaviours

- Think initially about your work and its contribution to MECC conversations about Obesity and Sedentary behaviours
- Then think more broadly about the full range of influences on MECC conversations about Obesity and Sedentary behaviours

Systems mapping: activity two

- Arrange the factors into any groupings that make sense

If you have time...

- What are the connections between each factor?

Next steps

- Volunteers to continue this work to develop a system map and identify potential action points
- Please leave your details on a post-it and give to one of the facilitators.