Nottingham and Nottinghamshire Healthy Weight and Nutrition Joint Strategic Needs Assessment (JSNA)

Nottingham City Council

Nottinghamshire County Council

Welcome
&
Housekeeping

The Importance of Healthy Weight and Good Nutrition





Scope & language

1. Scope

   - ✓ Nottingham City & Nottinghamshire
   - ✓ Life-course
   - ✓ Key influencing factors
   - × Movement and physical activity
   - × Eating disorder and specialised diets

2. A compassionate approach and language

Prevalence – Children & young people

Too many children move through primary school on an unhealthy weight trajectory

23.7%
Nottingham Reception overweight incl. obesity

40.1%
Nottingham Year 6 overweight incl. obesity

25.5%
Nottinghamshire Reception overweight incl. obesity

37.4%
Nottinghamshire Year 6 overweight incl. obesity

23.5%
England average

36.2%
England average

Around **70%** of **Nottingham** children and **48%** of **Nottinghamshire** children living with overweight (including obesity) are in the most **deprived** neighbourhoods.
The deprivation gradient is more pronounced in Nottingham city

Prevalence - Adults

Healthy weight remains a significant population health challenge

The burden is evident in childhood and adulthood, with Nottingham experiencing particularly high levels

71.8%

Nottingham adults above a healthy weight

68.5%

Nottinghamshire adults above a healthy weight

64.6%

England Average

- **Higher levels of deprivation are associated with a higher proportion of adults living with obesity and lower proportion of adults at a healthy weight in Nottingham and Nottinghamshire**
- **Around one-third of adults in Nottingham and Nottinghamshire meet the '5-a-day' fruit and vegetable consumption recommendations**

Adult obesity	**Nottingham 35.3%**	**Nottinghamshire 28.0%**	**England 26.6%**

What do you think are the main facto
influencing healthy weight and goo
nutrition in Nottingham and
Nottinghamshire?

Determinants influencing healthy weight and good nutrition



The local food environment continues to shape health outcomes

- Healthy food is significantly less affordable than less healthy alternatives
- Cost-of-living pressures are increasing food insecurity and reliance on cheaper, energy-dense foods
- Nottingham has a higher density of hot-food takeaways (135.4 per 100,000 population) than the national average, while Nottinghamshire has a lower density (98.6 per 100,000)
- Planning policy, food partnerships, food security activity and action on the commercial determinants of health are important population-level tools for creating healthier communities

Unhealthy weight is a major driver of ill health, disability and reduced quality of life

- Focusing on healthy weight is an opportunity to reduce disability, improve wellbeing, support healthy ageing, maintain independence and reduce pressure across health services
- A high Body Mass Index (BMI) is the largest modifiable contributor to years lived with disability in the East Midlands.
- Overweight and obesity contributes substantially to diabetes, cardiovascular disease and musculoskeletal conditions.
- Nottingham and Nottinghamshire experience particularly high levels of BMI-related disability, especially among older adults.

Unhealthy weight and poor nutrition are not experienced equally

- People most likely to experience unhealthy weight and poor nutrition are those living in the most deprived communities

- Additional groups at higher risk include:
  - certain ethnic minority populations
  - people with disabilities or long-term conditions
  - those exposed to adverse early life and environmental factors
  - Low income, food insecurity, and environment drive poorer diet and higher reliance on unhealthy foods

Assets, services and interventions

Local Authorities services and interventions

- Nottingham City Sustainable Food Partnership and Nottinghamshire Sustainable Food Network
- Healthy Start scheme promotion
- Food related community grants
- Commissioned healthy weight support (Thriving Nottingham and Your Health Notts)
- School meal provision
- Library services and community learning (Inspire Libraries and Nottingham City Libraries)

Policy/ Frameworks and Strategies

- Joint Health and Wellbeing Strategy for Nottingham and Nottinghamshire
- Nottinghamshire Spatial Planning and Health Framework
- Nottingham & Nottinghamshire ICS Integrated Care Strategy
- Nottingham City Eating and Moving for Good Health Plan
- Nottinghamshire Food Charter



Community initiatives

- Social eating projects
- Community food growing networks
- Food redistribution clubs
- Community Kitchens
- Community based cooking workshops

NHS Services

- Nottingham & Nottinghamshire Single Point of Access for children and young people
- Specialists weight management services
- NHS Digital Weight Management Programme
- Specialist Diabetes Management services

Recommendations

Systemwide prevention, messaging and partnership action

Consistent, compassionate messaging and coordinated action throughout the life course

Supporting the workforce

Build skills and confidence for supportive conversations and healthier workplaces

Healthy weight pathway

Improve pathway integration, equitable access and expand outcome measures beyond weight alone

Food environment and commercial determinants

Address food insecurity, improve access to affordable nutritious food and reduce unhealthy food influences

Physical activity and healthy weight

Ensure physical activity is a core component of healthy weight support and prevention activities

Data and local insight

Use shared intelligence to understand needs, monitor inequalities and support evidence-led action

Cross-cutting JSNA themes

Align actions with related JSNAs and strategies to address the wider determinants of health and avoid duplication

Q&A

Based on the evidence presented today, where should the Nottingham and Nottinghamshire system focus its efforts over the next 3-5 years?

Please rank your top three priorities (1 = highest priority)

From insight to action

Based on what you've heard today and the recommendations, what is the one action you will take to support healthy weight and good nutrition in Nottingham and Nottinghamshire?

Thank you and closing comments