

## Meeting: Culture and Leisure Sub-Committee

**Date: 23 February 2016**

### **Title: Active North Tyneside - Weight Management Programmes**

---

**Author: Phil Scott** **Tel: 0191 643 7295**

**Service: Environment, Housing and Leisure**

**Wards affected: All**

---

#### **1 Purpose of Report**

To explain to Culture and Leisure Sub-Committee the role Active North Tyneside plays in helping to deal with the problems arising from obesity levels in North Tyneside.

#### **2 Recommendations**

The committee is invited to receive a presentation, note the information included and offer comments and observations on the current weight management programmes offered by Active North Tyneside.

#### **3 Details**

3.1 Obesity harms health. It increases the risk of heart disease, type 2 diabetes, cancer, stroke, depression and many other life changing conditions.

3.2 As well as the individual impact there is a wider cost to the state. It is estimated that the overall cost of obesity to the economy and the NHS is around £27 billion per year. Diabetes alone costs the health service around 10% of its budget.

3.3 Obesity also harms local communities and leads to an increase in sickness absence and increased demand for social care services.

3.4 The overall prevalence of obesity and excess weight in North Tyneside is higher than the English average and more adults are physically inactive than other parts of the country.

3.5 In reception year 9% of children in North Tyneside are very overweight, however by year six this has doubled with over 19% of children in North Tyneside considered very overweight.

3.6 Obesity does not affect all groups equally. People from more deprived areas, older people, and people with disabilities are all more likely to be obese or overweight and levels of diabetes are greater in the more deprived areas of North Tyneside.

3.7 Physical activity can reduce the risk and impact of obesity and Active North Tyneside has developed a range of programmes to target those who need the most support.

3.8 This presentation will provide more detail on the programmes available and the impact they have had in tackling the obesity issues within North Tyneside.