

Health Impact Assessment Screening Record Sheet

Conducted by:

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Title of the programme, policy or project

Consultation Healthy Weight: Healthy Wales

Description (including key themes and objectives)

Obesity is a major public health challenge for Wales. The Child Measurement Programme (2016/17) shows that 27.1% of four to five year olds in Wales were overweight or obese and the National Survey for Wales indicates that in 2017-18 60% of adults in Wales were overweight or obese.

The burden of childhood obesity is being felt the hardest in more deprived areas. Referring to the Welsh Index of Multiple Deprivation, there is a 6.2 percentage point difference between the prevalence of obesity in children living in the least deprived areas compared to children living in the most deprived areas (14.9% and 8.7%) and an 11 percentage point difference for overweight and obesity amongst adults (66% and 55%).

Obesity leads to a higher risk of suffering from type 2 diabetes, coronary heart disease, stroke, certain cancers and is linked to mental health issues. Illness associated with obesity is estimated to cost the Welsh NHS more than £465 million per year by 2050, with a cost to society and the economy of £2.4 billion.

The Public Health (Wales) Act 2017 placed a duty on the Welsh Ministers to publish a national strategy on preventing obesity, and reducing obesity levels in Wales. The Welsh Government is consulting on the themes and proposals that this strategy will need to address.

The consultation will inform the development of a 'Healthy Weight: Healthy Wales' plan.

The plan will be for a 10 year period.

The proposals contribute to 'A Healthier Wales: Our Plan for Health and Social Care', which sets out a vision for the future of health and social care service in Wales. Central to that vision is a shift in focus and resources to prevention, with a greater emphasis on keeping people healthier and well.

We will test a range of possible approaches during the consultation process. These will include the structures we need to put in place to deliver a whole system approach to tackling obesity, legislating to improve our food and drink environment,

improving the food offer and opportunities for activity in a range of settings and putting in place effective services to support people to reach and maintain a healthy weight.

Nature of Evidence considered/to be used (including baseline data, technical and qualitative research, expert and community knowledge)

We have worked with Public Health Wales to develop the evidence base for the consultation proposals. They will publish this evidence to coincide with the launch of the consultation. It will include a 'Case for Change' report and a review of published research into obesity.

Data on current levels of overweight and obesity In Wales has been obtained from the following sources:

- The Welsh Health Survey (adults aged 16+);
- The Healthy Behaviours in School-aged Children Survey.
- The Child Measurement Programme (children aged 4-5)

The Body Mass Index (BMI) measure is used to determine overweight and obesity.

The Government Office for Science Foresight report on 'Tackling Obesities: Future choices' has been used to provide background on the causes of obesity within a societal context.

Research by Public Health Wales and the National Obesity Forum has informed understanding of perceptions of healthy weights amongst the general population.

The development of the consultation proposals has been supported by a national 'Obesity Strategy Board' which included members from the Welsh Obesity Alliance, Welsh Local Government Association, Local Health Boards, Public Health Wales, Allied Health Professionals, Offices of Future Generations and Children's Commissioners and Welsh Government departments. This has included testing a range of evidence and proposals to develop a consultation draft.

Staff and patients from Weight Management Clinics in Cardiff and Vale University, Aneurin Bevan Local and Abertawe Bro Morgannwg University Health Boards have been consulted.

There have been a number of stakeholder events during the process of developing the Healthy Weight: Healthy Wales consultation. This has included two policy development workshops with over 80 people and organisations represented, a prioritising actions debate between the Future Generations commissioner and Director of Public Health and Deputy Chief Executive with Cardiff and Vale University Health Board, regular board meetings with stakeholders, meetings with Deputy Directors and policy leads within Welsh Government, visiting flying start community weight management groups to see work on the ground and the testing of proposals with the Welsh Medical Committee.

Key population groups affected by the programme, policy or project.

Using the list of **vulnerable and disadvantaged groups** (appendix 1) included assess which groups amongst the general population will potentially be affected by the proposal

Protected characteristic or group	What are the positive or negative impacts of the proposal?	Reasons for your decision (including evidence)	How will you mitigate Impacts?
Age (think about different age groups)	<p>People 18- 50 - Positive</p> <p>Older people 50+ - Positive</p>	<p>We have taken a life course approach to developing the proposals for consultation 60% of adults are overweight or obese</p> <p>The highest prevalence of morbid obesity is in the 45-54 age group (3.5%) and the 55-64 (3.3%) age groups.</p> <p>The consultation will consider what services are required to help people reach a healthy weight. This includes consideration of clinical service requirements.</p> <p>The consultation will be open to the general public, with roadshow events taking place across Wales. Pre consultation visits to Weight Management Clinics have been undertaken to seek views from patients</p>	
Disability (think about different types of disability)	Positive	<p>The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation. The consultation will be made available in accessible format on request and representative third sector groups will be consulted.</p> <p>Obesity is a major contributor to years lived in disability and preventative measures could have a positive impact on the</p>	

		health of the population.	
Gender Reassignment (the act of transitioning and Transgender people)	None	The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation Representative third sector groups will be consulted.	
Pregnancy and maternity	Positive	The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation Mothers who are obese before pregnancy are more likely to have children who become obese. The consultation will include proposals to support women during pregnancy and maternity Breastfeeding has been associated with a decreased risk of obesity and the consultation will include measures to support mothers to breastfeed.	
Race (include different ethnic minorities, Gypsies and Travellers and Migrants, Asylum seekers and Refugees)	Positive	The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation There is some evidence that obesity amongst black and Chinese children at age 4-5 is significantly higher than the Wales average. Representative third sector	

		groups will be consulted.	
Religion, belief and non-belief	None	The consultation will not address specific religious practices. Representative third sector groups will be consulted.	
Sex / Gender	Positive	The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation The research that underpins the consultation proposals has considered when male and females are at most risk of becoming obese and when they may be open to making positive changes.	
Sexual orientation (Lesbian, Gay and Bisexual)	None	There is no evidence to suggest sexual orientation is a factor in maintaining a healthy weight.	
Marriage and civil partnership	Positive	The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation We have taken a life course approach to developing the proposals for consultation. There is some evidence that people are more at risk of gaining weight at transition points in their lives and this may include when they settle into long term relationships.	
Children and young people up to the age of 18	Positive	We have taken a life course approach to developing the proposals for consultation The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation. A CYP	

		<p>version of the consultation paper will be produced and a resource pack made available to schools.</p> <p>27% of 4-5 year olds are classified as overweight or obese. For 15 year olds, 27% of boys and 18% of girls are overweight or obese. The consultation will consider how to support this group to reach a healthy weight</p>	
Low-income households	Positive	<p>The consultation will seek to identify measures that can help the whole population to maintain a healthy weight. The impact of the proposals on specific groups will be tested during the consultation. The consultation engagement events will be developed to include seeking the views of lower income households. We know that the cost of food is a significant factor in the choices people make so proposals to limit price promotions for foods high in fat, salt and sugar may be of concern. We also know that the burden of childhood obesity is being felt the hardest in more deprived areas.</p> <p>Referring to the Welsh Index of Multiple Deprivation, there is a 6.2 percentage point difference between the prevalence of obesity in children living in the least deprived areas compared to children living in the most deprived areas (14.9% and 8.7%) and an 11 percentage point difference for overweight and obesity amongst adults (66% and 55%).</p>	<p>We will work with food manufacturers and suppliers to improve the nutritional value of their food offer, whilst also working in communities and in our schools to improve knowledge and skills in food preparation.</p>

Screening

Using the **Determinants of health and well-being checklist** (appendix 2) included consider:

- How (in what way either positively or negatively)
- To what extent (significant/moderate/minimal impact)

These groups within the population and the general population itself may be affected by the proposal or that the proposal may have implications for – and summarise it for each section on the screening sheet below.

Any missed opportunities for enhancing the proposal can be listed under the positive (+) column. Any missed detrimental impacts on health and wellbeing can be listed under the negative (-) column. If there are no likely impacts or they are minimal then move to the next section.

Ask the question: How does this proposal impact upon these determinants, for example, physical activity or diet (within Lifestyles section) in a positive or negative way? Or not at all?

Lifestyles		Vulnerable groups affected
(Positive) + Consulting on a healthy weight plan will encourage healthier lifestyle choices including better diet and increased physical activity. Positive impacts on these areas of public health are therefore a primary intention of the consultation.	(Negative) –	Children and young people All Income related groups People living in areas known to exhibit poor economic and/or health indicators People unable to access services and facilities
Social and community influences on health		Vulnerable Groups affected
(Positive) + The consultation will consider what action can be taken at community level to support its members to achieve a healthy weight. This will include consideration of current initiatives shown to be effective for scaling up. The consultation will explore how parents can be supported to help their families reach and maintain a	(Negative) –	Children and young people All Income related groups People living in areas known to exhibit poor economic and/or health indicators People living in isolated/over-populated areas

healthy weight.		People unable to access services and facilities
Mental well-being		Vulnerable Groups affected
(Positive) + Being overweight or obese can have significant impacts on mental wellbeing	(Negative) –	Children and young people Older people Income related groups People with disabilities Groups who suffer discrimination or other social disadvantage which have higher prevalence of mental health problems Geographical areas which have higher incidence of mental health problems

Living /Environmental conditions affecting health		Vulnerable Groups affected
(Positive) + The consultation will seek views on how our wider environment can be used to support healthy weights for example nutritional information, availability of healthier food options and access to the natural environment for physical activity purposes . The consultation will consider improvements in our environment to promote more physical activity. The availability of healthy food choices is a significant factor in people’s diet. The consultation will consider how our environment can be changed to lessen access to unhealthy foods and improve	(Negative) –	Children and young people Older people People on a low income People with disabilities People living in isolated/over-populated areas

access to healthy food options.		
Economic conditions affecting health		Vulnerable Groups affected
(Positive) + There is a significant difference in obesity levels between those in the least and most deprived areas of Wales. Increasing the numbers of people in Wales at a healthy weight has the potential to have a greater impact on those on low incomes.	(Negative) –	<p>Children and young people</p> <p>People on low income</p> <p>Economically inactive people</p> <p>Unemployed/workless people</p> <p>People with disabilities</p> <p>People living in areas known to exhibit poor economic and/or health indicators</p>

Access and quality of services		Vulnerable Groups affected
(Positive) + Currently the primary approach to managing obesity is through the Obesity Pathway. Our LHBs and PHW are responsible for implementation. Initial review work has indicated that full implementation across all levels has been inconsistent with differing levels of access to services across Wales. The consultation will propose the first whole-system plan to tackle obesity in Wales. Improvements in safe routes to schools and other active travel infrastructure can encourage a more active lifestyle and improve access to services. The consultation will seek views	(Negative) –	<p>Children and young people</p> <p>Older people</p> <p>People with disabilities</p> <p>Range of groups who suffer social disadvantage who have particular service needs</p> <p>People unable to access services and facilities</p>

on the availability of services in rural areas.		
Macro-economic, environmental and sustainability factors		Vulnerable Groups affected
<p>(Positive) +</p> <p>There are no macro economic implications at this consultation stage. Should the final plan be successfully implemented there could be a positive impact on GDP by improving the health of the workforce. There is also potential to realise savings the NHS budget that will be incurred by treating obesity related health conditions.</p> <p>The introduction of a Healthy Weight: Healthy Wales plan' meets the duty in the Public Health Bill 2017 to develop an obesity strategy for Wales.</p> <p>It supports the ways of working set out in the Well-being of Future Generations Act through encouraging preventative strategies, collaboration and integration. It contributes to the 'healthier Wales' and 'more equal Wales' national well-being goals.</p>	<p>(Negative) –</p>	<p>Children and young people</p> <p>Older people</p> <p>People on low income</p> <p>Economically inactive</p> <p>Unemployed/workless</p> <p>People who are unable to work due to ill health</p>

Recommendations

Are the impacts that have been identified above enough to warrant a more comprehensive health impact assessment?

Yes, a full health impact assessment will be undertaken prior to publication of the final 'Healthy Weight: Healthy Wales' plan.

If no, what are the reasons for not conducting an assessment?

N/a

Do any additional actions need to be taken as a result of this HIA process?

No

If yes, please outline (list recommendations and/or mitigation/enhancement here)

If a further HIA is required, outline the next steps (E.g. Date and time of scoping meeting)

Completion of consultation - April 2019
HIA April- July 2019
Publication final 'Healthy Weight: Healthy Wales' plan - October 2019

Have there or will there be other impact assessments conducted? i.e. Equality Impact Assessment, Environmental Impact Assessment. Or will it form part of one?

If yes, please outline

The Integrated Impact Assessment has been completed