

# Managing Public Health – prioritising prevention through changing lifestyles

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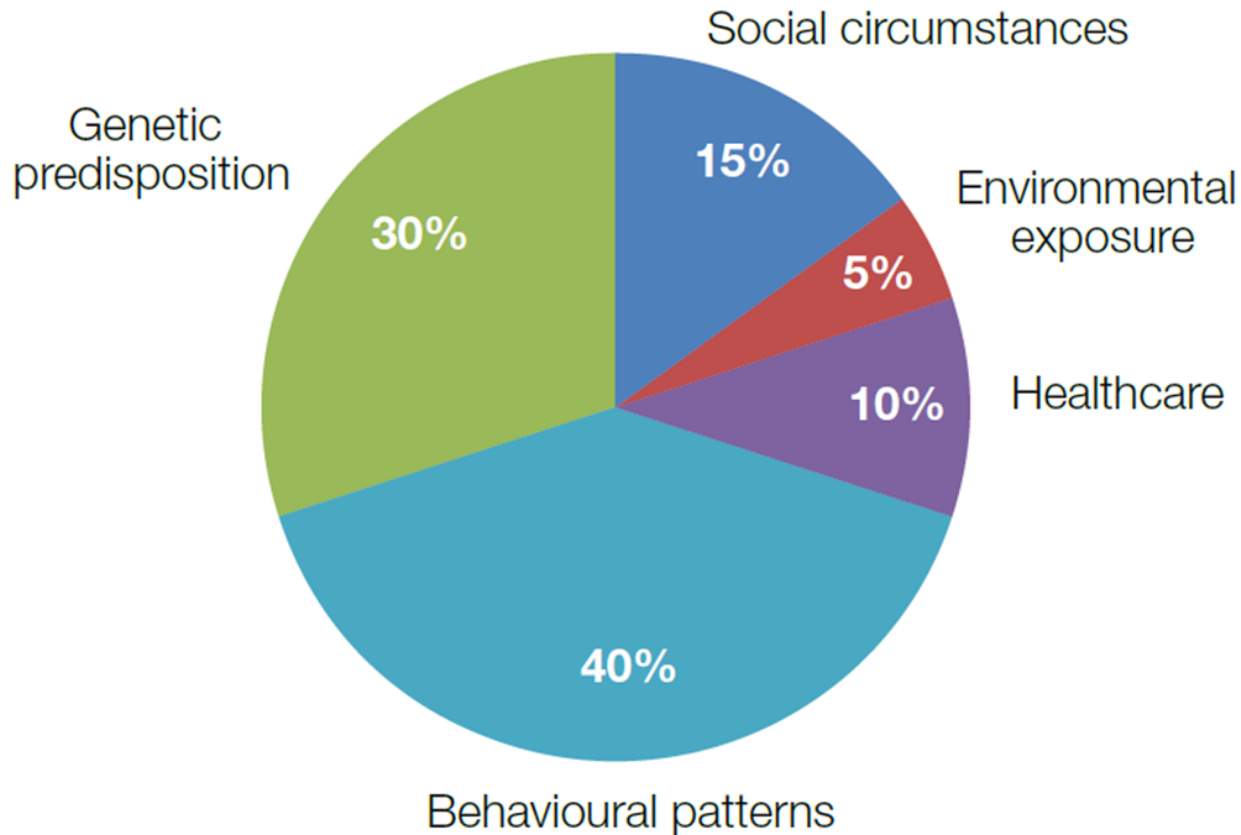
# Overview

- Consider lifestyle related health concerns
- Latest health policies
- Areas of impact in relation to the physical environment
- Local learning and reflections

# Wider determinants of health



# Contribution to premature death



Source: From evidence into action: opportunities to protect and improve the nation's health. Public Health England. October 2014.

# Physical Activity

A wealth of evidence shows that an active life is essential for both **physical** and **mental** health and wellbeing.

Minimise the time spent being sedentary (sitting) for extended periods. Even those meeting physical activity recommendations can see adverse side effects of sedentary behaviour

# Physical activity for adults and older adults

**Benefits health**

**Improves sleep**

**Maintains healthy weight**

**Manages stress**

**Improves quality of life**

**Reduces your chance of**

Type II Diabetes	-40%
Cardiovascular disease	-35%
Falls, depression etc.	-30%
Joint and back pain	-25%
Cancers (colon and breast)	-20%

**Some is good, more is better**      **Make a start today: it's never too late**      **Every minute counts**

## Be active

at least **150** minutes moderate intensity per week  
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week  
breathing fast difficulty talking

**Build strength**  
to keep muscles, bones and joints strong  
on at least **2** days a week

**Minimise sedentary time**  
Break up periods of inactivity

**Improve balance**  
For older adults, to reduce the chance of frailty and falls  
2 days a week

## Physical activity for children and young people (5-18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MAINTAINS HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

## Be physically active

Spread activity throughout the day

**Aim for an average of at least 60 minutes per day across week**

All activities should make you breathe faster & feel warmer

PLAY, RUN/WALK, BIKE, ACTIVE TRAVEL, SWIM, SKATE, SPORT, PE, SKIP, CLIMB, WORKOUT, DANCE

**Get strong** (INACTIVITY)      **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

## Physical Activity for Disabled Adults

Make it a daily habit

**Disabled adults**

Physical activity makes you feel good  
Give things a go and enjoy what you do

Being inactive is harmful to health  
Don't be still for too long  
Even a little movement is better than nothing

- Improves mental health and quality of life
- Makes maintaining a healthy weight easier
- Makes daily tasks easier and increases independence
- Strengthens muscles and bones
- Improves mobility and balance
- Improves fitness
- Creates opportunities to meet new people and feel part of the community
- Helps to prevent chronic disease

Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test: Can talk, but not sing in moderate intensity activity. Difficulty talking without pausing = vigorous intensity activity.

UK Chief Medical Officers' Physical Activity Guidelines, 2019

# Chief Medical Officers Physical Activity Guidelines 2019

## Physical activity for early years (birth - 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & SLEEPING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

## Every movement counts

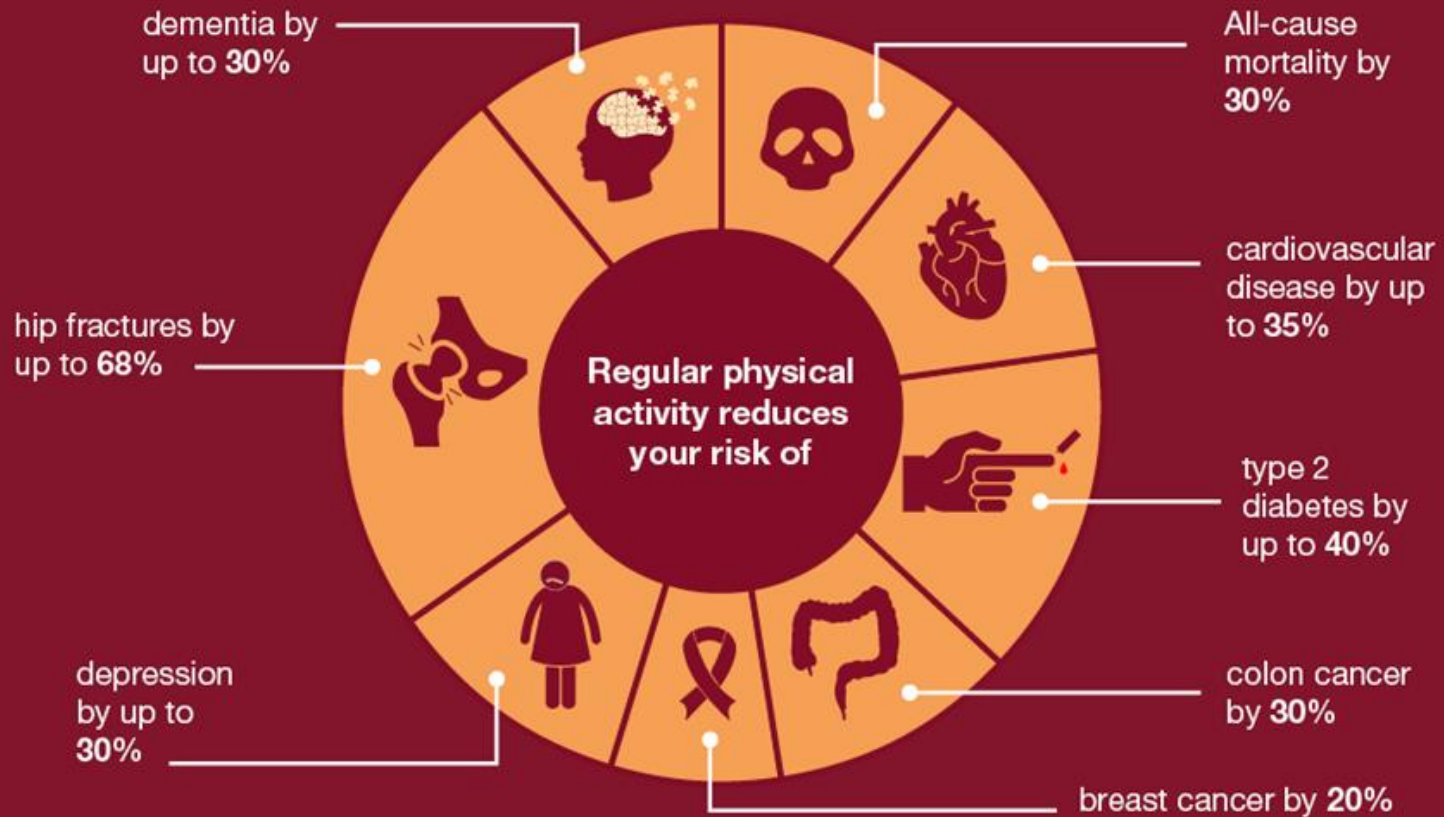
Aim for at least **180** Minutes per day for children 1-5 years

PLAYGROUND, JUMP, CLIMB, MESSY PLAY, THROW/CATCH, SKIP, OBJECT PLAY, DANCE, GAMES, PLAY, TUMMY TIME, SWIM, WALK, SCOOT, BIKE

Get Strong. Move More. Break up inactivity

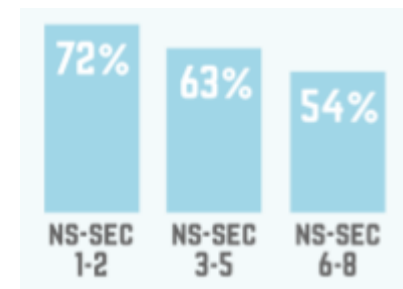
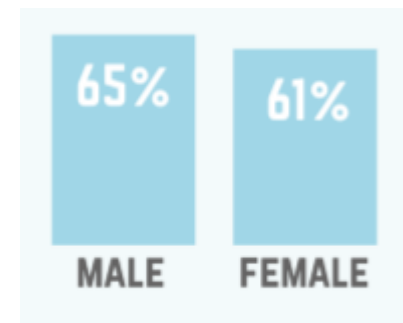
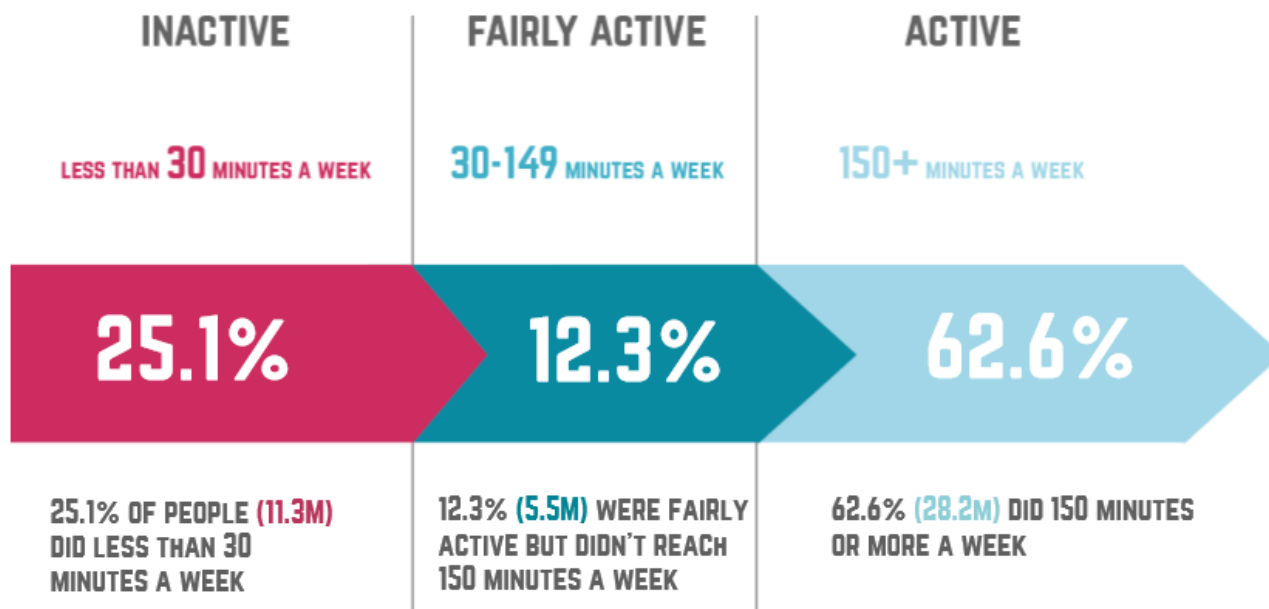
# Physical activity and health

## What are the health benefits of physical activity?



# Levels of physical activity

## England



## South West

21.8%

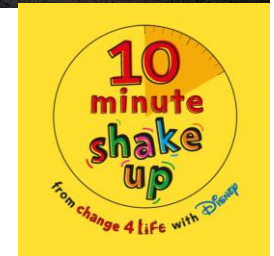
11.6%

66.6%

Source: Sport England Active Lives Adult Survey Nov 2017/18 Report

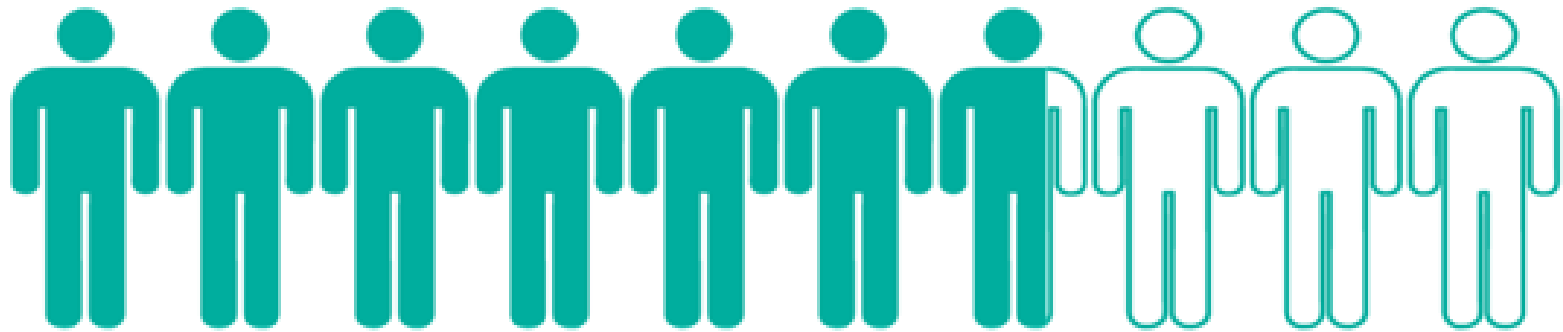


# Physical activity as part of a lifestyle

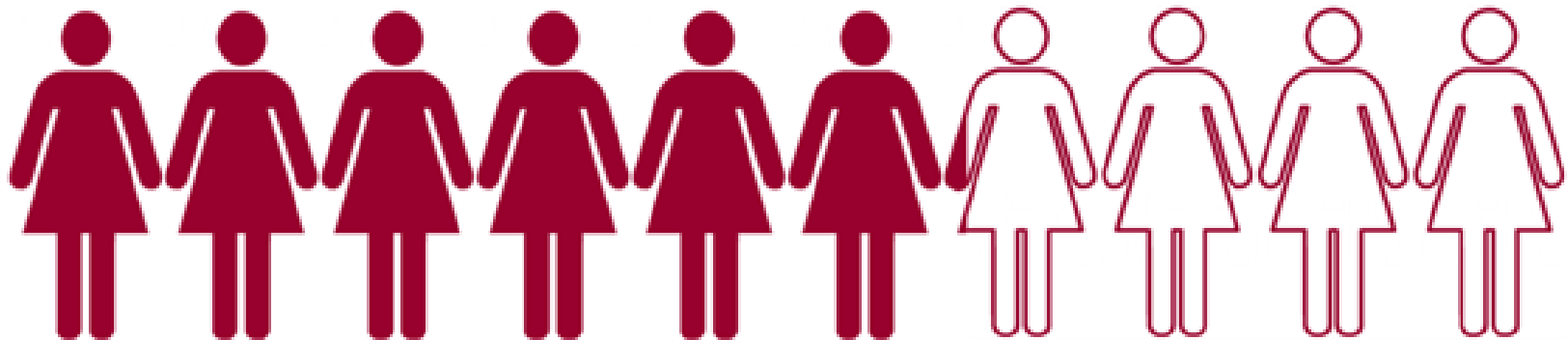


# Healthy weight

Almost 7 out of 10 **men** are overweight or obese (67.2%)



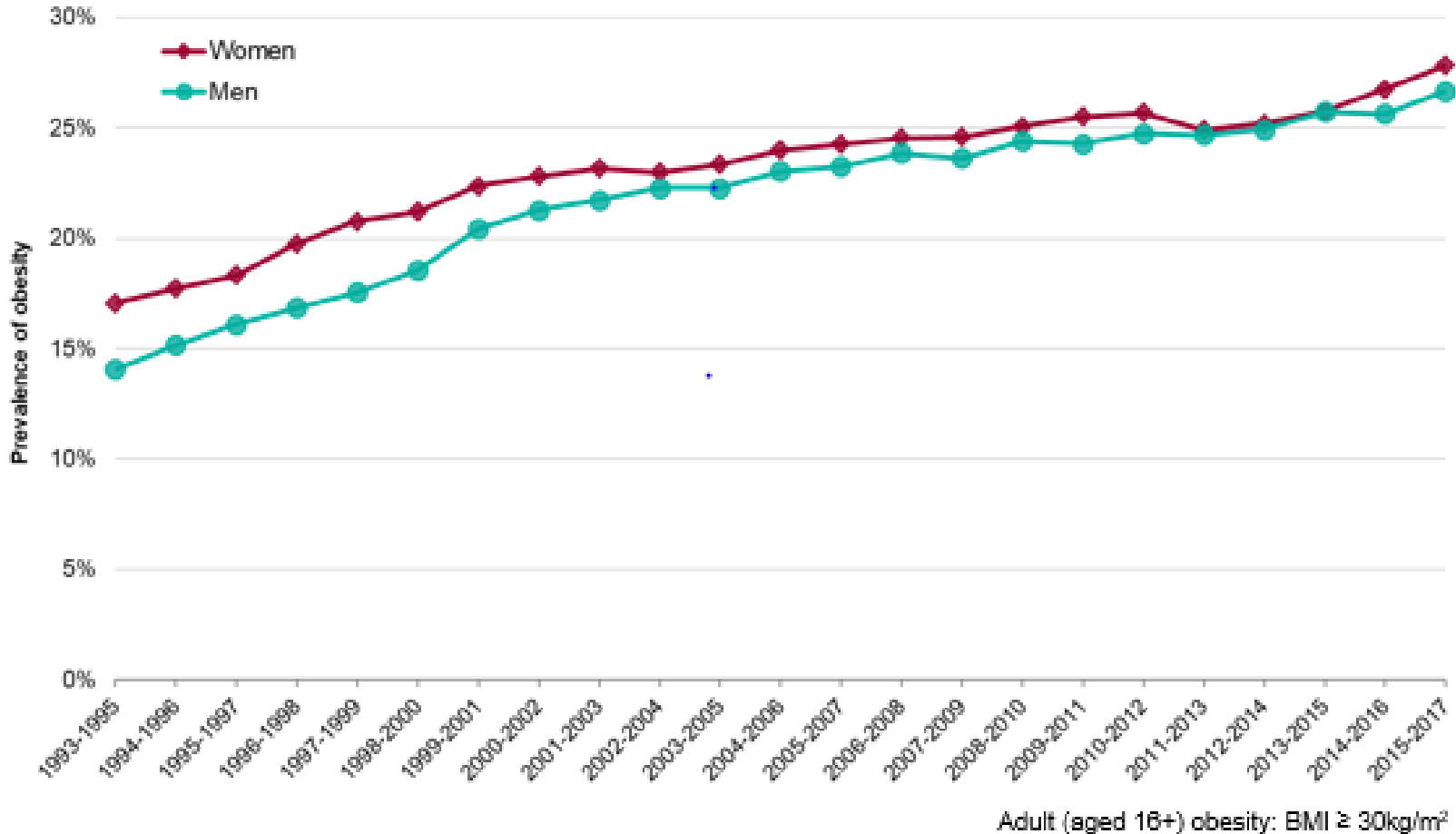
Over 6 out of 10 **women** are overweight or obese (61.5%)



Adult (aged 16+) overweight including obesity: BMI  $\geq$  25kg/m<sup>2</sup>

Source: Health Survey for England 2017 via Public Health England

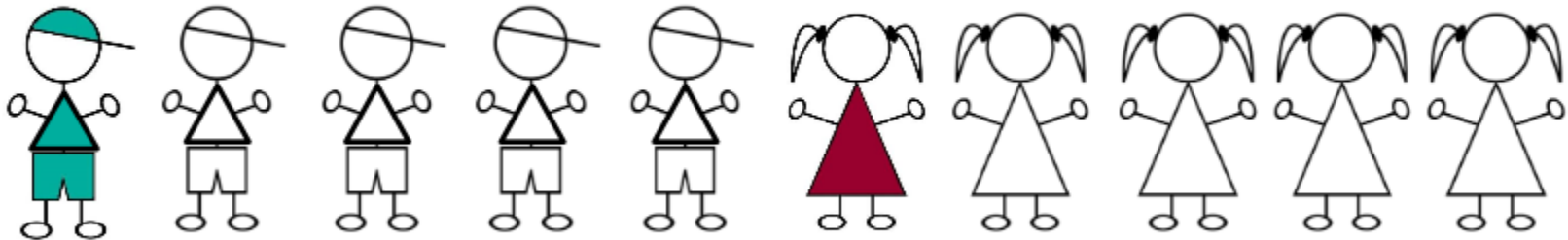
# Trend in adult obesity



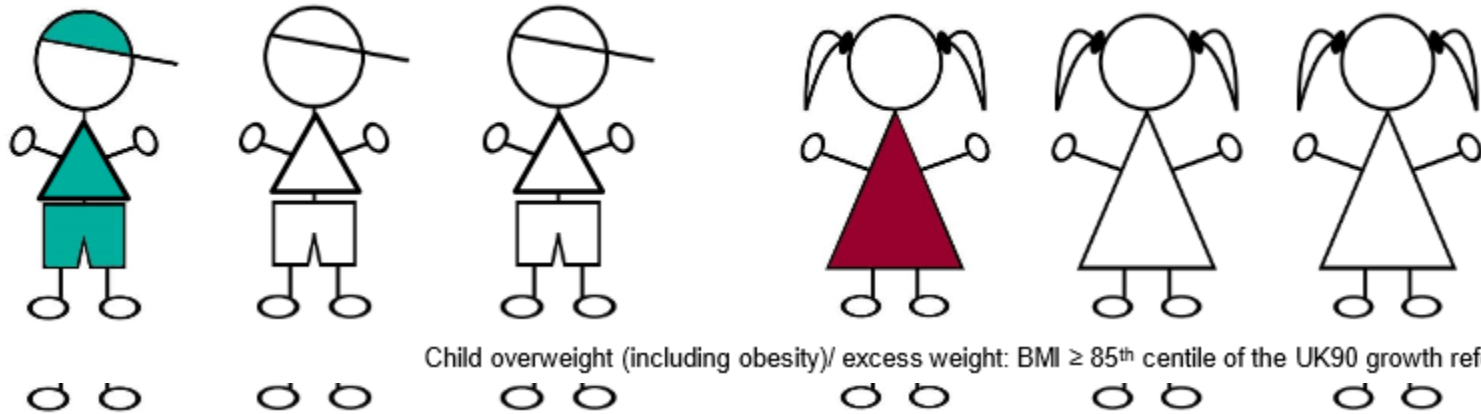
Source: Health Survey for England via Public Health England

# Childhood obesity

**More than 1 in 5 children in Reception is overweight or obese**  
(boys 22.9%, girls 21.8%, all children 22.4%)



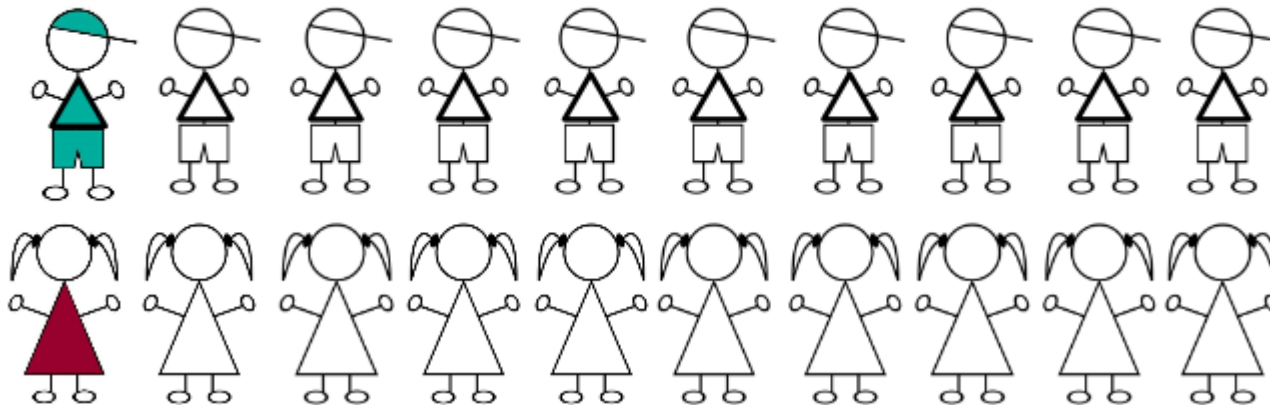
**More than 1 in 3 children in Year 6 is overweight or obese**  
(boys 36.4%, girls 32.2%, all children 34.3%)



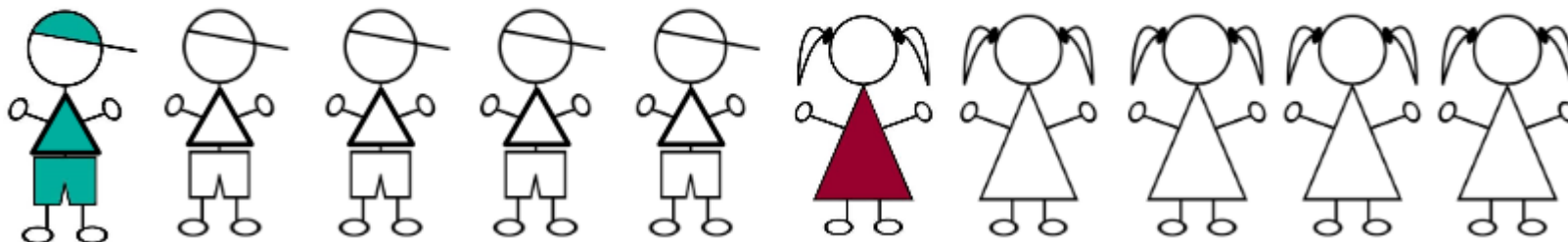
Child overweight (including obesity)/ excess weight: BMI  $\geq$  85<sup>th</sup> centile of the UK90 growth reference

Child overweight (including obesity)/ excess weight: BMI  $\geq$  85<sup>th</sup> centile of the UK90 growth reference

**Around 1 in 10 children in Reception is obese** (boys 9.9%, girls 9.1%, all children 9.5%)



**Around 1 in 5 children in Year 6 is obese** (boys 22.2%, girls 18.0%, all children 20.1%)



# Approaches to achieve a healthy weight



HM Government

Childhood Obesity

A Plan for Action



## Making obesity everybody's business

A whole systems approach to obesity



**onesmallst**  
to a healthier

A briefing for elected members



Public Health Devon



# Key policies and priorities



The NHS Long Term Plan

## Healthy and Happy Communities

DEVON'S JOINT HEALTH AND WELLBEING STRATEGY, 2020-25  
FINAL DRAFT FOR BOARD APPROVAL, OCTOBER 2019



#NHSLongTermPlan  
[www.longtermplan.nhs.uk](http://www.longtermplan.nhs.uk)

**Health & Wellbeing**  
Committed to promoting health equality



### PHE Strategy 2020-25

<b>HEALTHIER</b>	<b>1 Smoke-free society</b> Take steps towards creating a smoke-free society by 2030
	<b>2 Healthier diets, healthier weight</b> Help make the healthy choice the easy choice to improve diets and reduce rates of childhood obesity
	<b>3 Creating cleaner air</b> Develop and share advice on how best to reduce air pollution levels and people's exposure to polluted air
	<b>4 Better mental health</b> Promote good mental health and contribute to the prevention of mental illness
<b>FAIRER</b>	<b>5 Best start in life</b> Work to improve the health of babies, children and their families to enable a happy healthy childhood and provide the foundations of good health into adult life
<b>SAFER</b>	<b>6 Effective responses to major incidents</b> Enhance our ability to respond to major incidents (including pandemic influenza) by strengthening our health protection system
	<b>7 Reduced risk from antimicrobial resistance</b> Work to help contain, control and mitigate the risk of antimicrobial resistance
<b>STRONGER</b>	<b>8 Predictive prevention</b> Utilise technology to develop targeted advice and interventions and support personalised public health and care at scale
	<b>9 Enhanced data and surveillance capabilities</b> Improve our data capability and strengthen our approach to disease surveillance using new tools and techniques
	<b>10 New national science campus</b> Transition to a new national science campus with state-of-the-art facilities at PHE Harlow

### Joint Strategic Needs Assessment Devon Overview 2018



**Public Health Devon**

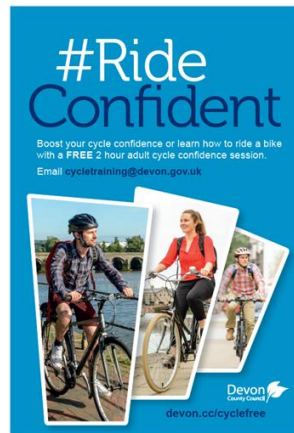
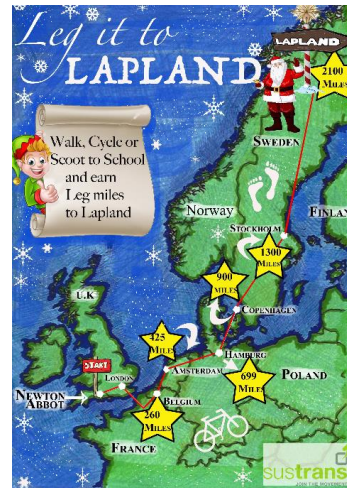


# How can we support physical activity?





# Active travel based campaigns



# Access to healthy food



# Access to community spaces



# Ten NHSE Healthy New Town Principles

1. Plan ahead collectively
2. Plan integrated health services that meet local needs
3. Connect, involve and empower people and communities
4. Create compact neighbourhoods
5. Maximise active travel
6. Inspire and enable healthy eating
7. Foster health in homes and buildings
8. Enable healthy play and leisure
9. Provide health services that help people stay well
10. Create integrated health centres

# Reflections and learning for working across planning and health

- Build **relationships** across the wide system as early as feasibly possible
- **Leadership** with good **governance structure** to enable decision making to happen
- Take time to understand each others **language, priorities** and **processes**
- Sharing of **data driven intelligence** to support needs assessments
- Develop **relationships** with **developers**
- **Engage** with new communities in a **meaningful** way

# Further information

Putting health in to place

<https://www.england.nhs.uk/ourwork/innovation/healthy-new-towns/>

Spatial Planning for Health – an evidence resource for planning and designing healthier places

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/729727/spatial\\_planning\\_for\\_health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf)

Place based approaches to reducing inequalities

<https://www.gov.uk/government/publications/health-inequalities-place-based-approaches-to-reduce-inequalities>

Sporting Future: A New strategy for an Active Nation

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/486622/Sporting\\_Future\\_ACCESSIBLE.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/486622/Sporting_Future_ACCESSIBLE.pdf)

Sport England: Towards an Active Nation <https://www.sportengland.org/media/10629/sport-england-towards-an-active-nation.pdf>

Everybody active, every day

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/374914/Framework\\_13.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/374914/Framework_13.pdf)

Thank you for listening and please do get in touch if you would like any more information

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