

REPORT TITLE Director of Public Health Report 2022

Author: Vicky Head, Director of Public Health for Milton Keynes

Fatumo Abdillahi, Senior Health Protection and Public Health Specialist,
Bedford Borough, Central Bedfordshire and Milton Keynes Public
Health team

Purpose of Report:

To 1) share with the Partnership the statutory Director of Public Health Report 2022: Taking Local Action to Address Excess Weight in Milton Keynes, and 2) to seek endorsement of the ambitions noted in the report.

1. Recommendations

1.1 The Partnership is asked to endorse the ambitions noted in the report:

- 1) To create healthy, active places to learn, work, and play.
- 2) To work together to support more people to lose weight and keep it off.

2. Background and introduction

2.1 It is a statutory requirement of the Director of Public Health (DPH) to produce an annual report on the health of their population. The focus of the 2022 DPH report is excess weight.

2.2 Excess weight is a major cause of preventable disease and death in Milton Keynes. The increase in excess weight locally will have significant health and economic consequences.

2.3 The report describes the impact of excess weight on population health in Milton Keynes, outlines the main factors driving excess weight, and sets out effective actions that can be taken locally to reduce excess weight.

3. Taking local action together

3.1 Together, partner organisations and businesses in Milton Keynes play important roles in shaping our environment and keeping our population healthy. There is more we can do to prevent people developing excess weight and to support more people to lose weight.

3.2 The report outlines two key ambitions for Milton Keynes, and associated actions:

Ambition 1: Work together to create healthy, active places to learn, work and play

- Employers and service providers, including the City Council and the NHS, should make it easy to access healthy food, through the food services they procure and the businesses that sell food and drink on their premises.
- Organisations, including the City Council, should explore opportunities to limit the marketing, placement, advertising and sponsorship of unhealthy foods.
- The City Council continues, through its planning and transport responsibilities, to make it easier and safer for residents to walk, cycle and use public transport where it is appropriate to do so, and support greater access to green space.
- Employers should explore options to build movement into the working day and make active forms of travel easier, attractive, and more affordable.
- System partners should ensure there is support for voluntary and community organisations to increase access to healthy food and physical activity, with a focus on families most affected by increases in the cost of living.

Ambition 2: Work together to support more people to lose weight and keep it off

- The City Council and the NHS should work together to make it easy to access all publicly funded weight management services and explore innovative approaches to support increase physical activity and achieve a healthy weight
- The NHS should work to increase the number of patients successfully referred to the full range of locally available weight management services.
- Health and care services should work to increase the confidence of frontline professionals to raise the subject of excess weight and offer brief advice, including where to get support.
- Employers, as part of their approach to workplace wellbeing, should promote the availability and access to local weight management services.
- Throughout these actions extra effort should be made to improve access to weight management services for those at higher risk of excess weight, including people with learning disabilities, people with severe mental illness, those living in areas of higher deprivation and people from minority ethnic groups.

List of Annexes

Annex 1: Taking Local Action to Address Excess Weight in Milton Keynes: Director of Public Health Report 2022 (pdf).