

Healthy Weight Needs Assessment



Document Governance

Title: Healthy Weight Needs Assessment

Purpose/scope: To provide an overview of the population within Telford and Wrekin as part of the Healthy Weight Needs Assessment

Produced by: The Insight team insight.team@telford.gov.uk

Distribution/Circulation: Public

Status: Final

Disclaimer: Telford & Wrekin Council, while believing the information in this publication to be correct, does not guarantee its accuracy nor does the Council accept any liability for any direct or indirect loss or damage or other consequences, however arising, from the use of such information supplied. For our full Terms and Disclaimer, please see <http://www.telford.gov.uk/terms>

Contents

Cover	Introduction
Telford and Wrekin At A Glance	Prevalence of Overweight and Obesity in Children in Reception
Prevalence of Overweight and Obesity in Children in Year 6	Prevalence of Obesity in Adults (18+)
Health Conditions	Food Environment and Diet
Physical Activity	Deprivation
People with Health Conditions or Impairments	Mental Health
Ward Risk Scores	Summary of Need
Next Steps	

Aims of the Healthy Weight Needs Assessment

- **Understand the health needs of people in Telford and Wrekin**, who has these needs and whether this will change in the future.
- **Bring data together** from a range of sources, to understand health needs **borough-wide**, and at **smaller geographical levels**.
- **Identify health inequalities** in the population and specific at-risk groups e.g., by age, geographical location, deprivation levels.
- Help shape the services provided using evidence-based decision making.
- **Engage** local partners and key stakeholders.
- Ultimately **improve health outcomes for the population** by ensuring services are closely aligned to local needs.

Data Sources

- Office for Health Improvement and Disparities
- Office for National Statistics
- Active Lives Survey
- Quality and Outcomes Framework
- Other locally held data

Telford and Wrekin At A Glance

Population (Census 2021)



185,600
people in Telford
and Wrekin

639
people per km²

40 years old
average age



19.9%
aged 0-15

17.6%
aged 65 and over

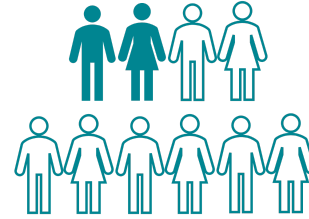


78.3 years
Male life
expectancy



83.1 years
Female life
expectancy

Ethnicity (Census 2021)



17.0%
from Minority ethnic background

83.0%
from White British background

Deprivation (Index of Multiple Deprivation 2019)

Ranked as the **71st most deprived area** out of all 151 Local Authorities



34% of total population
experience health and
disability deprivation



17% of older people
experience income
deprivation

16% (29,100) live in areas that are
amongst the 10% **most deprived** in
England

7% (12,600) live in areas that are
amongst the 10% **least deprived** in
England

General Health (Census 2021)



80%
Very good or
good health



13.8%
Fair health



6.1%
Bad or very
bad health

Disability (Census 2021)



19.7%
of total population
disabled under the
Equality Act

11.0%
of total population have day-to-day
activities limited a little

Key Facts

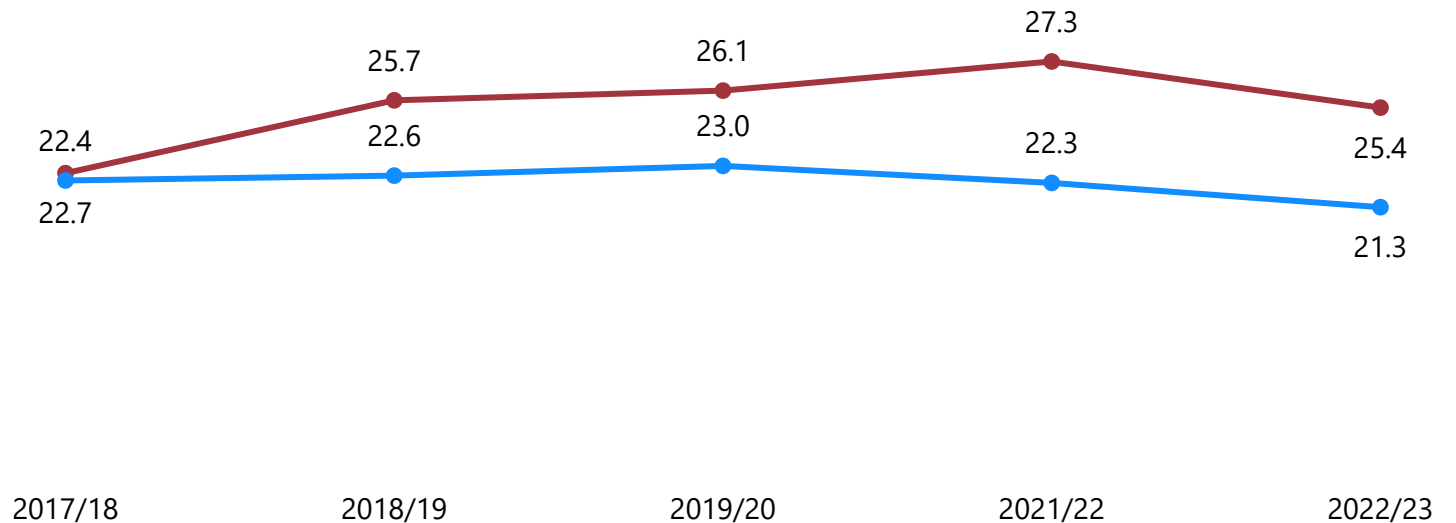
- In 2022/23, **1 in 4 children in reception in the borough were overweight or living with obesity**. At 25.4% this was a decrease of 1.9% from 2021/22.
- The proportion of children in reception classed as overweight or living with obesity in Telford and Wrekin is **worse than England** (21.3%).
- **Dothill ward** has the **highest proportion of children in reception classified as overweight or living with obesity** at 38.5%.
- Reception aged children living in the **most deprived areas** of Telford and Wrekin are **7% more likely to be living with obesity** than those in the least deprived areas (14.1% and 7.1% respectively).
- The **prevalence of children in reception living with obesity is highest in the 'Black' ethnic group** (20.6%) and lowest in the 'White' ethnic group (10.9%).
- **Boys** (11.9%) in reception are 1.3% **more likely to be overweight or living with obesity than girls** (10.6%).

Source: OHID 2022/23

Why this is important: Understanding the levels of obesity in children in Telford and Wrekin tells us more about our target groups and how we can tailor our services to benefit the population.

Reception: Prevalence of Overweight (including Obesity)

● Telford and Wrekin ● England



Note: There is no data for 2020/2021 because of the COVID pandemic.

Key Facts

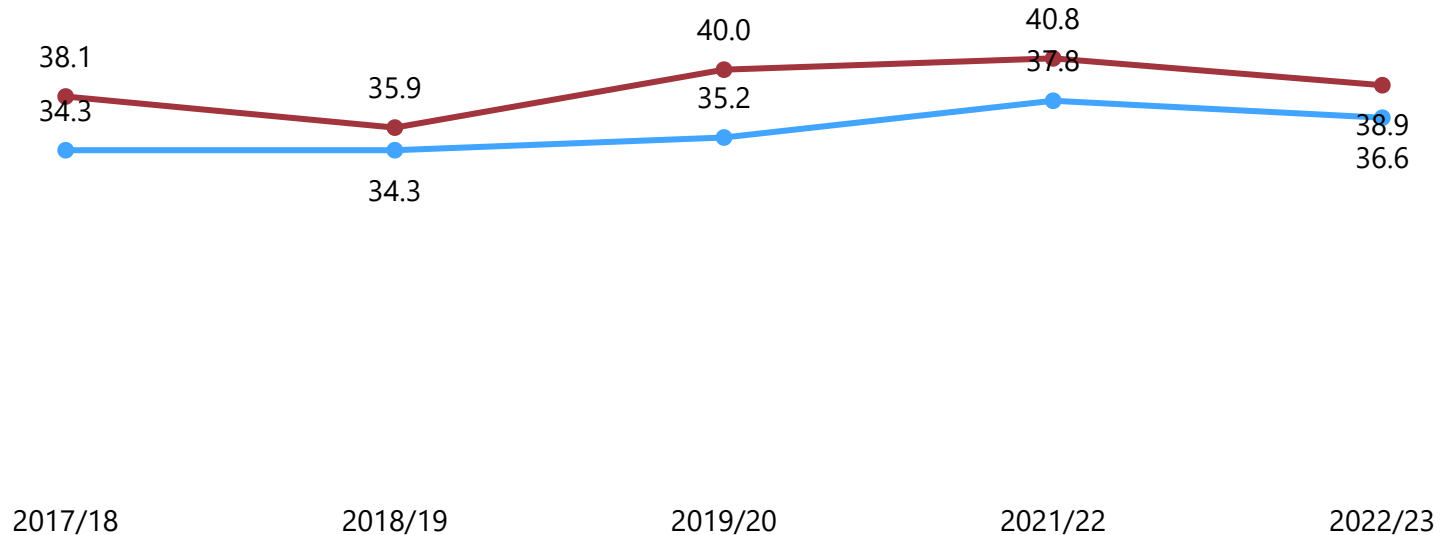
- In 2022/23, **2 in 5 children in Year 6 in the borough were overweight or living with obesity.** At 38.9% this was a decrease of 1.9% from 2021/22.
- The proportion of children in Year 6 classed as overweight or living with obesity in Telford and Wrekin is **worse than England** (36.6%).
- **St Georges ward** has the highest proportion of children in Year 6 classified as overweight or living with obesity at 48.5%.
- Children in Year 6 living in the **most deprived areas** of Telford and Wrekin are **10.4% more likely to be living with obesity** than those in the least deprived areas (28% and 17.6% respectively).
- The **prevalence of children in Year 6 living with obesity is highest in the 'Other ethnic group'** (40%) and lowest in the 'White' ethnic group (22.9%).
- **Boys** (26.6%) in Year 6 are **4.9% more likely to be overweight or living with obesity than girls** (21.7%).

Source: OHID 2022/23

Why this is important: Understanding the levels of obesity in children in Telford and Wrekin tells us more about our target groups and how we can tailor our services to benefit the population.

Year 6: Prevalence of Overweight (including Obesity)

● England ● Telford and Wrekin



Note: There is no data for 2020/2021 because of the COVID pandemic.

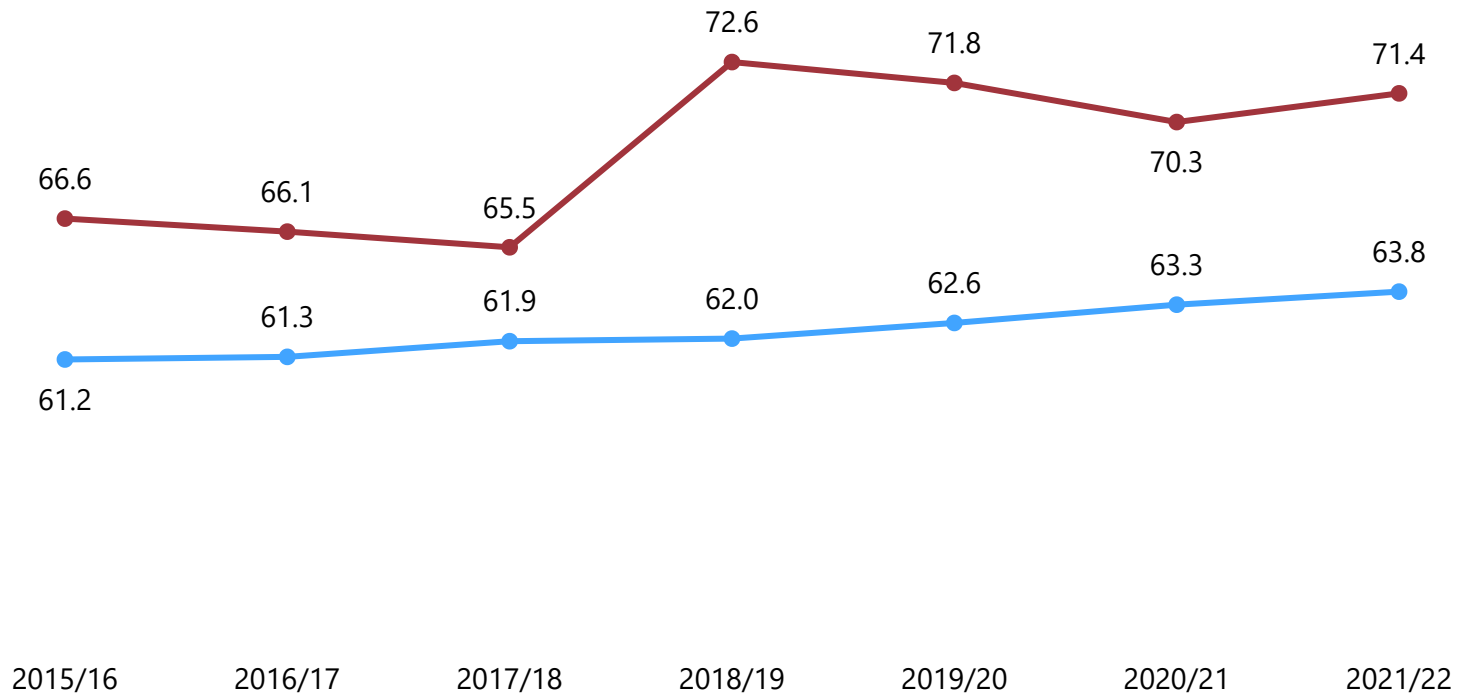
Key Facts

- The borough has **higher rates of adults who are overweight and living with obesity** (71.4% compared to 63.8% nationally).
Source: OHID 2021/22
- **Donnington Medical Practice has the highest prevalence of obesity** at 15.85% (1759 patients).
Source: QOF 2022/23
- **The rate of hospital admissions directly attributable to obesity is worse than national averages** (43 per 100,00 compared to 20 per 100,000).
Source: NHS Digital 2021/22
- 40% of the **Primary Bariatric Surgical Procedures completed to address a primary diagnosis of obesity** were on people in the **45-54 age group**.
Source: NHS Digital 2021/22
- **24.2% of pregnant mothers at 15 weeks gestation** who are patients within the Shrewsbury and Telford Hospital NHS Trust are living with obesity.
Source: NHS Digital April 2023
- **31.2% of adults with learning disabilities** who are patients within the Shrewsbury and Telford Hospital NHS Trust are living with obesity.
Source: NHS Digital 2021/22

Why this is important: Understanding the levels of obesity in adults in Telford and Wrekin tells us more about our target groups and how we can tailor our services to benefit the population.

Percentage of Adults Classified As Overweight or Obese

● England ● Telford and Wrekin



Key Facts

- **Hospital admission rates for non-alcoholic fatty liver disease** in the borough (5.5 per 100,000) are **higher than England** (3.7 per 100,000).

Source: OHID 2020/21

- **7.71% of patients aged 17 or over**, across Shropshire, Telford and Wrekin ICB, have **diabetes mellitus**, an increase of 0.25% from 2021/22 (7.47%).

Source: QOF 2022/23

- The **percentage of patients with established hypertension** in Telford and Wrekin is **14.1%** (28,081 patients).

Source: OHID 2021/22

- The **percentage of patients with coronary heart disease** in Telford and Wrekin is **3.0%** (6,016 patients).

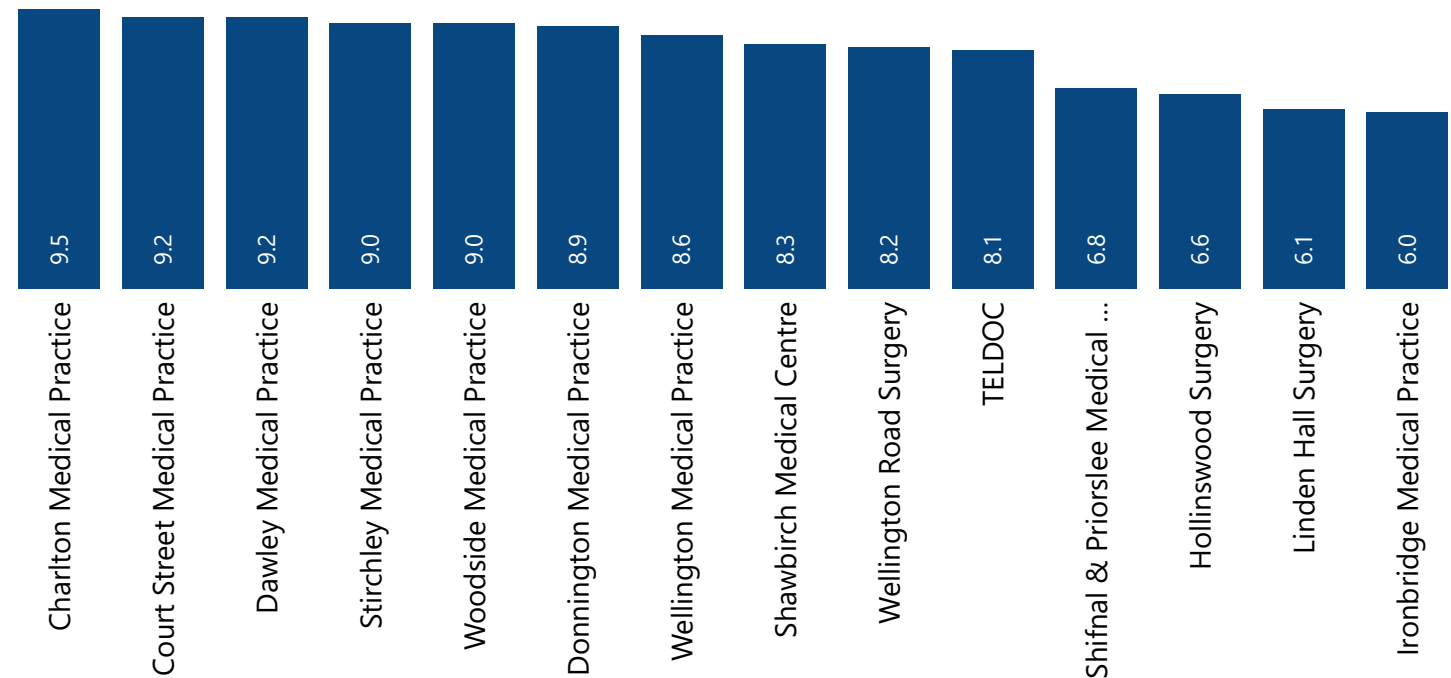
Source: OHID 2021/22

- The **prevalence rate of breast cancer** in the borough is **317.12 per 100,000**. This is **lower than the national rate** (340.57 per 100,000). Colorectal and womb (uterus) cancer have a **prevalence rate of 182 per 100,000 and 56.81 per 100,000** respectively.

Source: NHS Digital 2023

Why this is important: Evidence shows that people with obesity are more likely to develop serious health conditions including cardiovascular disease, diabetes and some types of cancer.

Diabetes Prevalence (17+) By GP Practice (%)



Source: QOF 2022/23

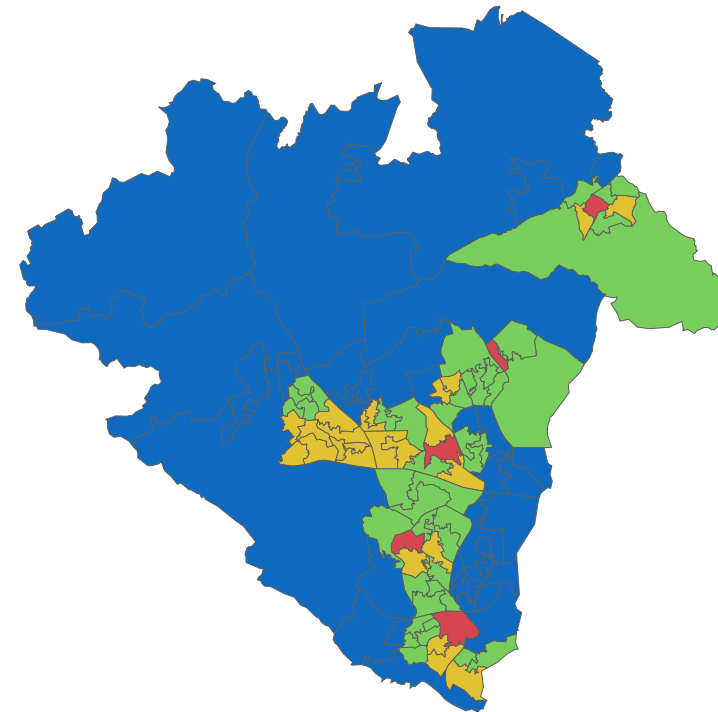
Key Facts

- The borough has **lower** rates (31.9%) of **infants that are totally or partially breastfed at 6 to 8 weeks** than England (49.2%).
Source: OHID 2021/22
- **27.2% of primary pupils are eligible for free school meals**, this is **higher** than the national average (24%).
Source: LAIT 2023
- **24.1% of secondary pupils are eligible for free school meals**, this is **higher** than the national average (22.7%).
Source: LAIT 2023
- The percentage of **adults aged 16 or over meeting the '5-a-day' fruit and vegetable consumption recommendations** is **worse** than national rates (26.1% compared to 32.5%).
Source: OHID 2021/22
- **Fast food accessibility is worse in some areas of Telford and Wrekin than others.** Madeley and Sutton Hill ward has the highest density of fast food outlets, with residents able to easily access unhealthy foods.
Source: Access to Healthy Assets and Hazards 2022

Why this is important: The environment people live in can be one of the greatest challenges to eating healthily. People who live in lower-quality food environments may have poorer diets, resulting in excess weight gain and obesity.

Fast Food Accessibility By Decile

● Best performing quartile ● 2nd ● 3rd ● Worst performing quartile



Source: Access to Healthy Assets and Hazards 2022

Key Facts

- **44.4% of children aged 5 to 16 meet the UK Medical Officers' recommendations for physical activity** (60 minutes per day), this is 2.8% lower than the national figure (47.2%).

Source: OHID 2021/22

- 4.5% of children in Year 7 to 11 and 8.5% of adults **felt that they did not have the opportunity to be physically active.**

Source: Active Lives Survey 2021/22

- The proportion of **adults aged 19 and over that complete at least 150 moderate intensity equivalent minutes of physical activity per week** in Telford and Wrekin (64.2%) is **lower than England** (67.3%).

Source: OHID 2021/22

- The **highest proportion of adults that are active for less than 30 minutes are aged 75 plus** (60.3%), this is followed by the 55-74 age group (39.3%) and the 35-54 age group (26%).

Source: Active Lives Survey 2021/22

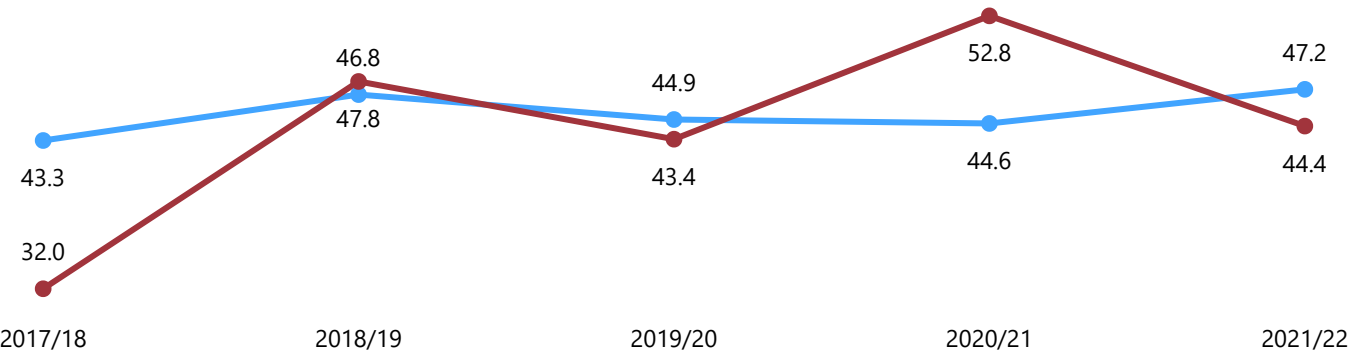
- **Nearly half (48.7%) of adults with a disability or a long term health condition** in the borough are active for less than 30 minutes a week. This is higher than national figures (41%).

Source: Active Lives Survey 2021/22

Why this is important: Evidence shows that a lack of physical activity is associated with weight gain and the incidence of obesity.

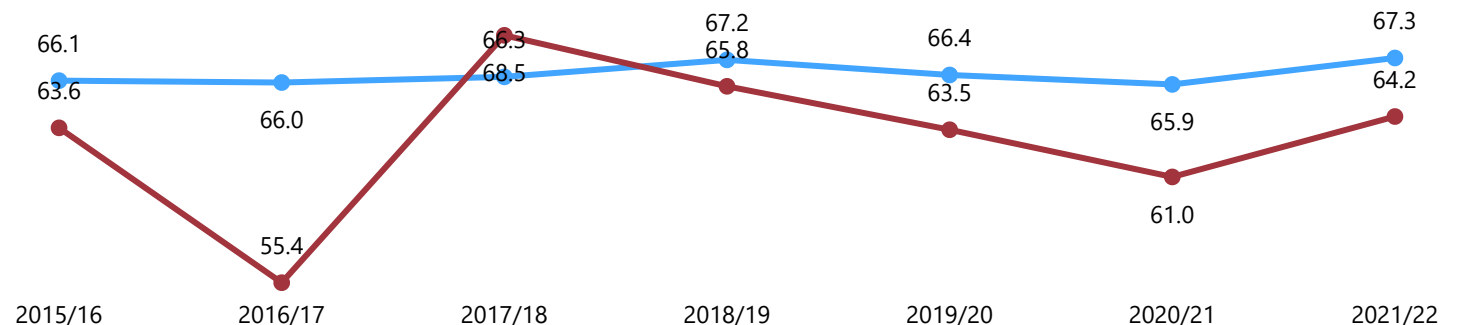
Percentage of Physically Active Children and Young People

● England ● Telford and Wrekin



Percentage of Physically Active Adults

● England ● Telford and Wrekin



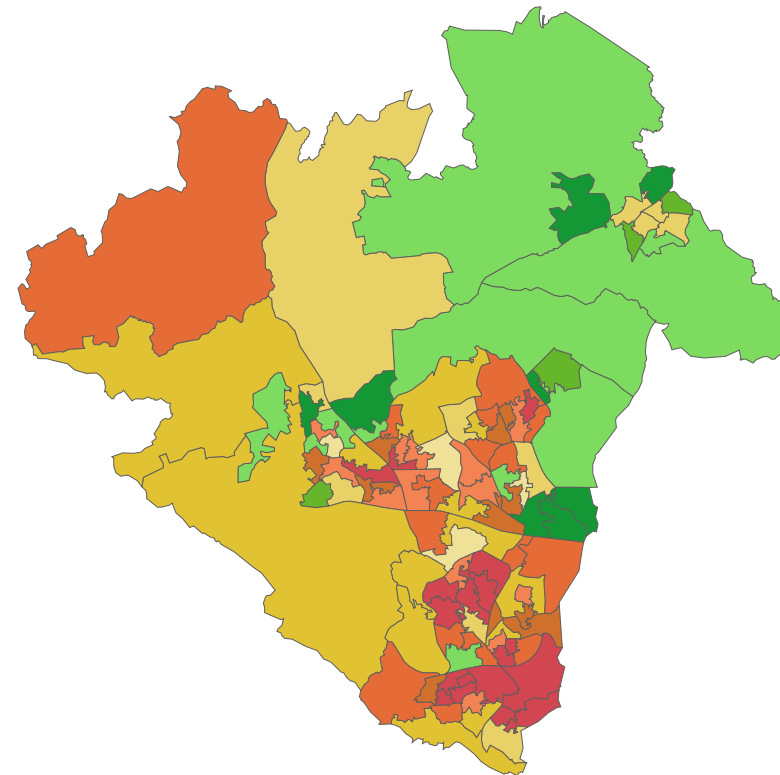
Key Facts

- **Around 1 in 4** (24.9%) of the population of Telford and Wrekin **live in areas in the 20% most deprived nationally**, which equates to around 45,100 people.
Source: IMD 2019
- **23.9% of children in the borough live in relative low income families** (equivalent to 8,814 children) and **17.8% live in absolute low income families** (equivalent to 6,565 children).
Source: OHID 2022/23
- The borough has **lower rates of people claiming unemployment benefits than regionally or nationally**, though in the least deprived areas the rate is double the national.
Source: Nomis 2022
- **Woodside has a high proportion of overall deprivation** (77.5% of the population is in Decile 1 and 22.5% are in Decile 2).
Source: IMD 2019
- **Haygate has a high proportion of health deprivation** (41.5% of the population is in Decile 1 and 58.5% in Decile 2).
Source: IMD 2019

Why this is important: Deprived groups in society have the highest level of obesity prevalence.

Deprivation By Decile

IMD 2019 Decile ● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10



Note: Decile 1 represents the most deprived areas and Decile 10 represents the least deprived areas.

Key Facts

- 19.7% (36,526 people) of the borough's population are **classed as disabled under the Equality Act**. 8.6% (16,043 people) are **limited a lot** and 11% (20,483) are **limited a little** in their day-to-day activities.

Source: Census 2021

- **Madeley and Sutton Hill ward has the highest proportion of people classed as disabled** under the Equality Act at 6.9%. This is followed by Hadley and Leegomery at 5.9%.

Source: Census 2021

- The **percentage of the population of Telford and Wrekin aged 16 and over reporting a long-term Musculoskeletal problem** is 19.5%, higher than the national rate (17.6%).

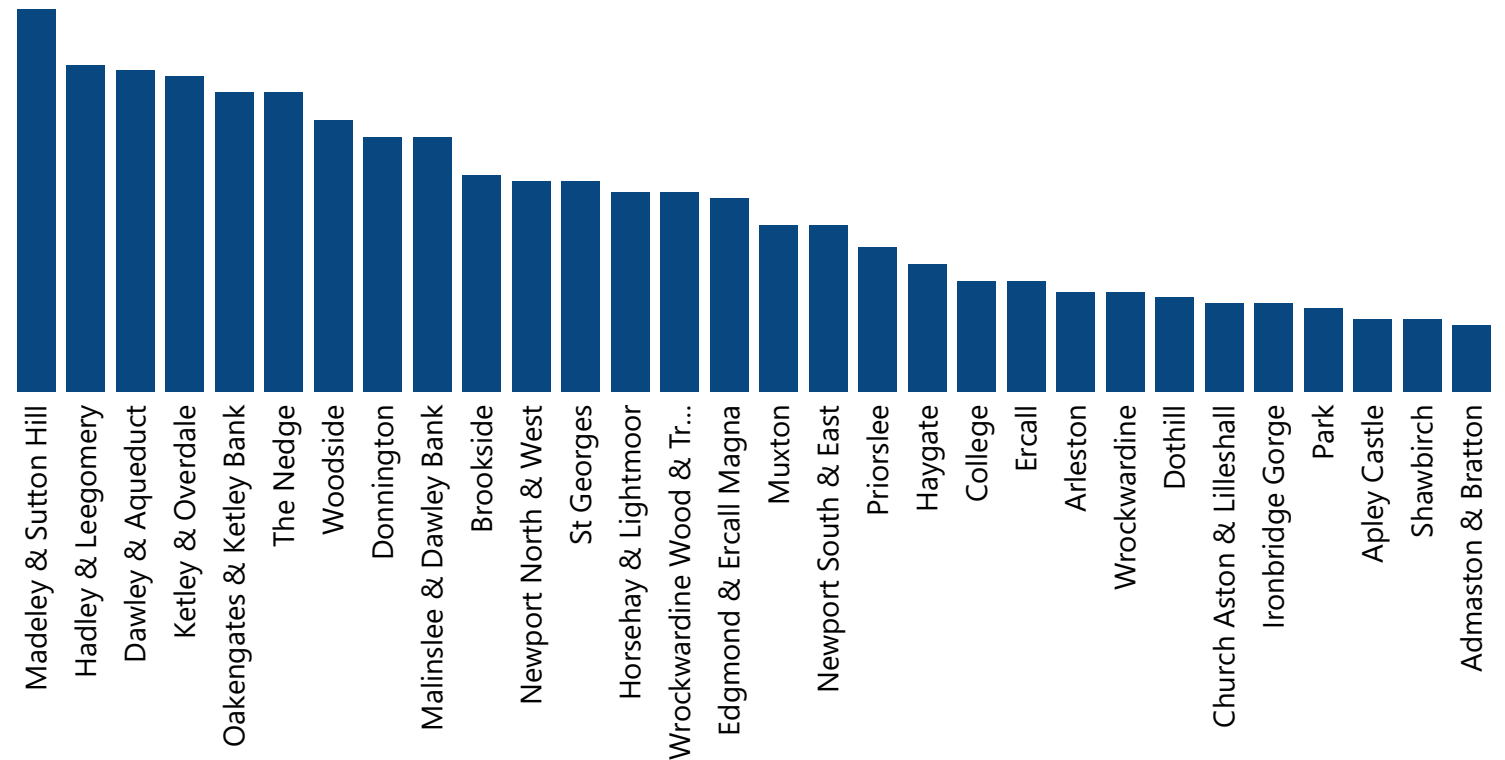
Source: OHID 2022

- **Ironbridge Medical Practice has the highest prevalence of learning disability** in patients at 1%, this is followed by Stirchley Medical Practice (0.8%) and Wellington Medical Practice (0.8%).

Source: OHID 2022

Why this is important: People with mobility limitations or learning disabilities are at greater risk of obesity.

Proportion of Ward Population Classed As Disabled Under the Equality Act



Key Facts

- **15.6% (24,229 patients) of the borough population aged 18 and over had diagnosed depression**, which is **higher** than the prevalence for England (12.7%).

Source: OHID 2021/22

- **Stirchley Medical Practice has the highest prevalence of depression** in patients aged 18 or over at 20.4%, this is followed by Dawley Medical Practice (20.1%) and TELDOC (19%).

Source: QOF 2022/23

- The **percentage of people who reported a low satisfaction score in the borough is 5.7%**, worse than the national average (5%).

Source: OHID 2021/22

- **23.6% of people reported that they experience a high level of anxiety**, compared to 22.6% nationally.

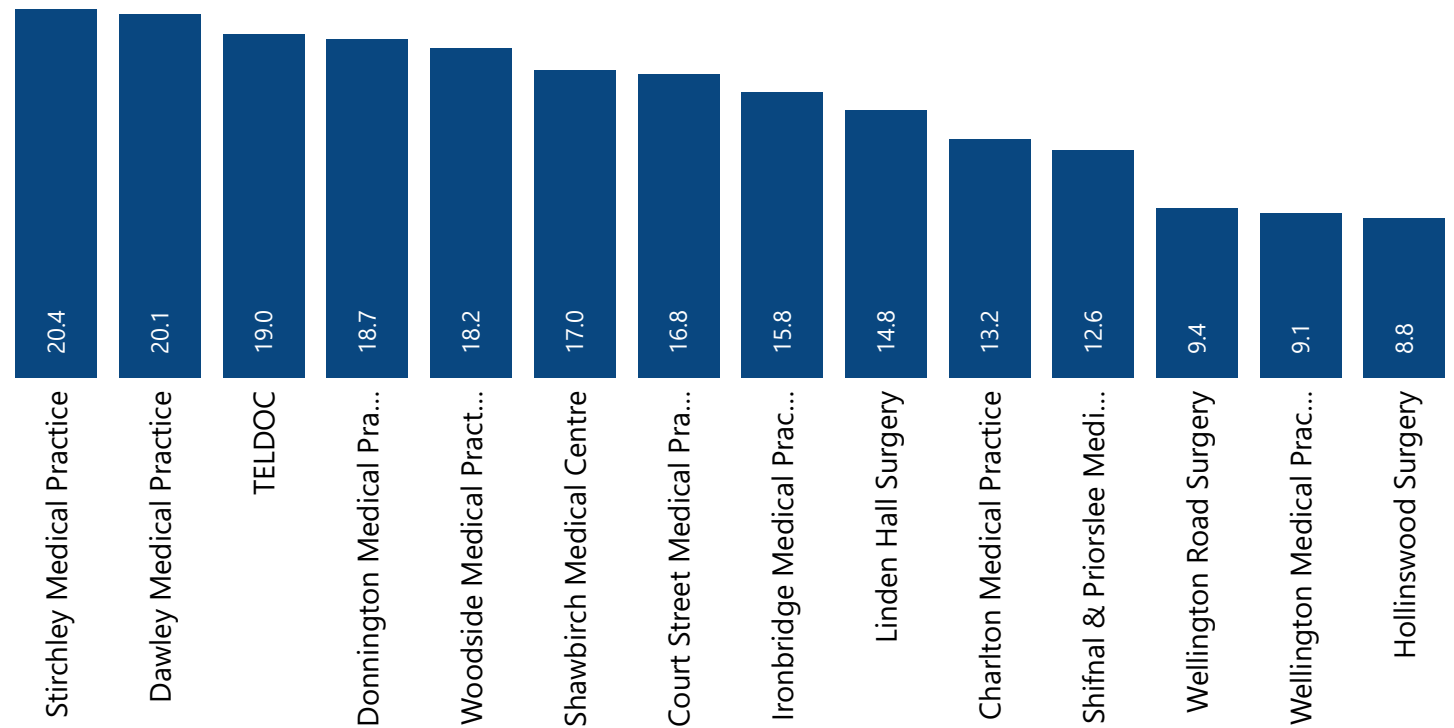
Source: OHID 2021/22

- The **proportion of school pupils with social, emotional and mental health needs** is 3.2% in the borough. This is **higher** than the regional (2.8%) and national average (3%).

Source: OHID 2021/22

Why this is important: Evidence shows that people with mental health problems are more likely to develop obesity and related disorders. People with obesity are also more likely to develop mental health problems.

Depression Prevalence (18+) By GP Practice



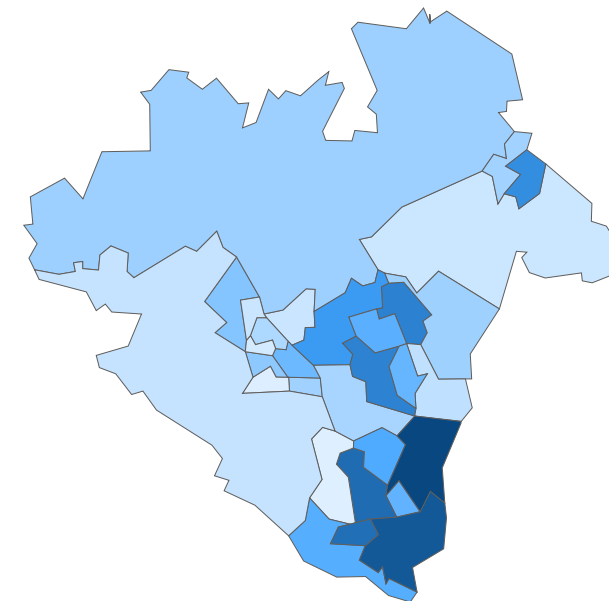
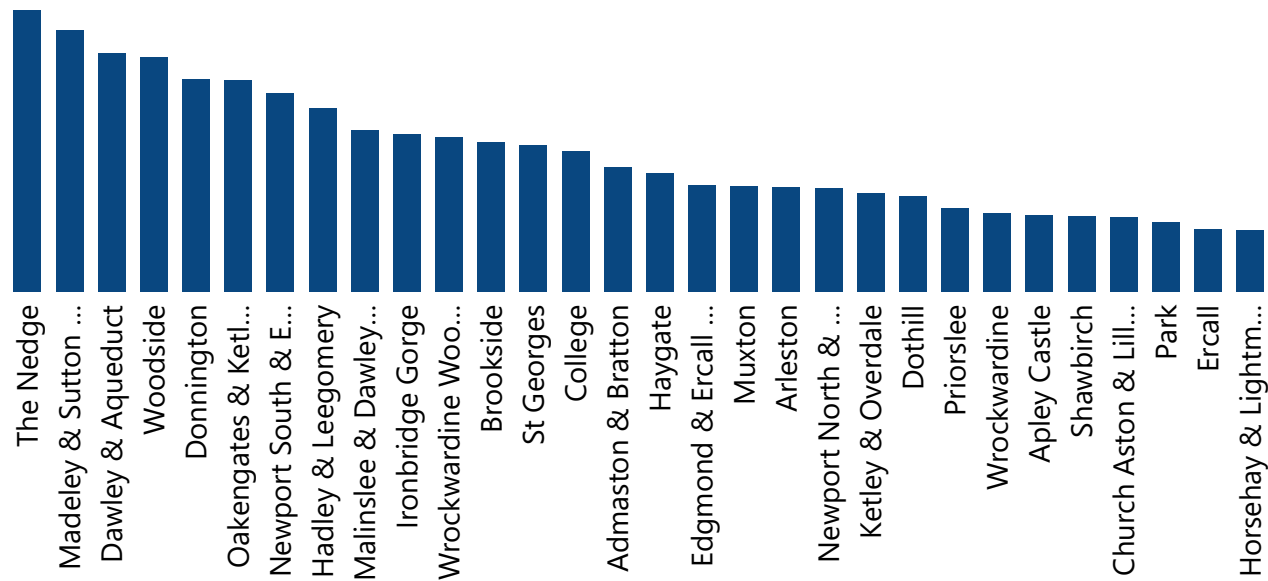
Source: QOF 2022/23

Ward Risk Scores

Ward Data-

The risk scoring for each ward shown on this page brings together all of the indicators where there is small area data (Ward, GP Practice, LSOA), the latest values are summed, combined for one area and converted to best fit Wards. The following indicators are included in a ward's risk score: proportion of children in reception that are overweight or obese, proportion of children in Year 6 that are overweight or obese, prevalence of adult obesity, prevalence of hypertension, prevalence of coronary heart disease, prevalence of diabetes mellitus in patients aged 17 or over, the level of fast food accessibility, proportion of the population classed as disabled under the Equality Act, percentage of patients with learning disabilities, percentage of patients aged 18 and over with depression, the level of overall deprivation and the level of health deprivation.

Ward Risk Scores



Note: Dark Blue= Higher Risk Score
Lighter Blue= Lower Risk Score

Who

School aged children- higher rates of obesity than nationally

Pregnant women- Around 1 in 4 are obese at 15 weeks gestation

Adults aged 45 and over- lower levels of physical activity and higher proportion of hospital admissions related to obesity

People from an **ethnic minority background** and those living in **deprived areas of the borough**

Women going through **menopause**

People suffering with **mental health** problems

People with **disabilities/long-term health conditions and their carers**

Where

The Nedge has the highest risk score when the small area data is summed

Arleston, Malinslee & Dawley Bank and Wrockwardine- high proportions of overweight or obese school aged children

Donnington and Woodside localities- high proportion of adults that are obese

The south of the borough- Need for provision for people with disabilities and long-term health conditions

Woodside, Malinslee & Dawley Bank and Brookside are the least financially resilient wards

Mental health needs (high rates of depression) are centred in the **middle of the borough**

What

Healthy Meals- higher proportions of children receiving FSM and people reporting not knowing how to be healthy on a budget/short timescale

Informational support addressing the challenges that menopause poses to weight loss

Accessible options for physical activity- high demand for exercise suitable for people with long-term conditions, busy schedules and carers

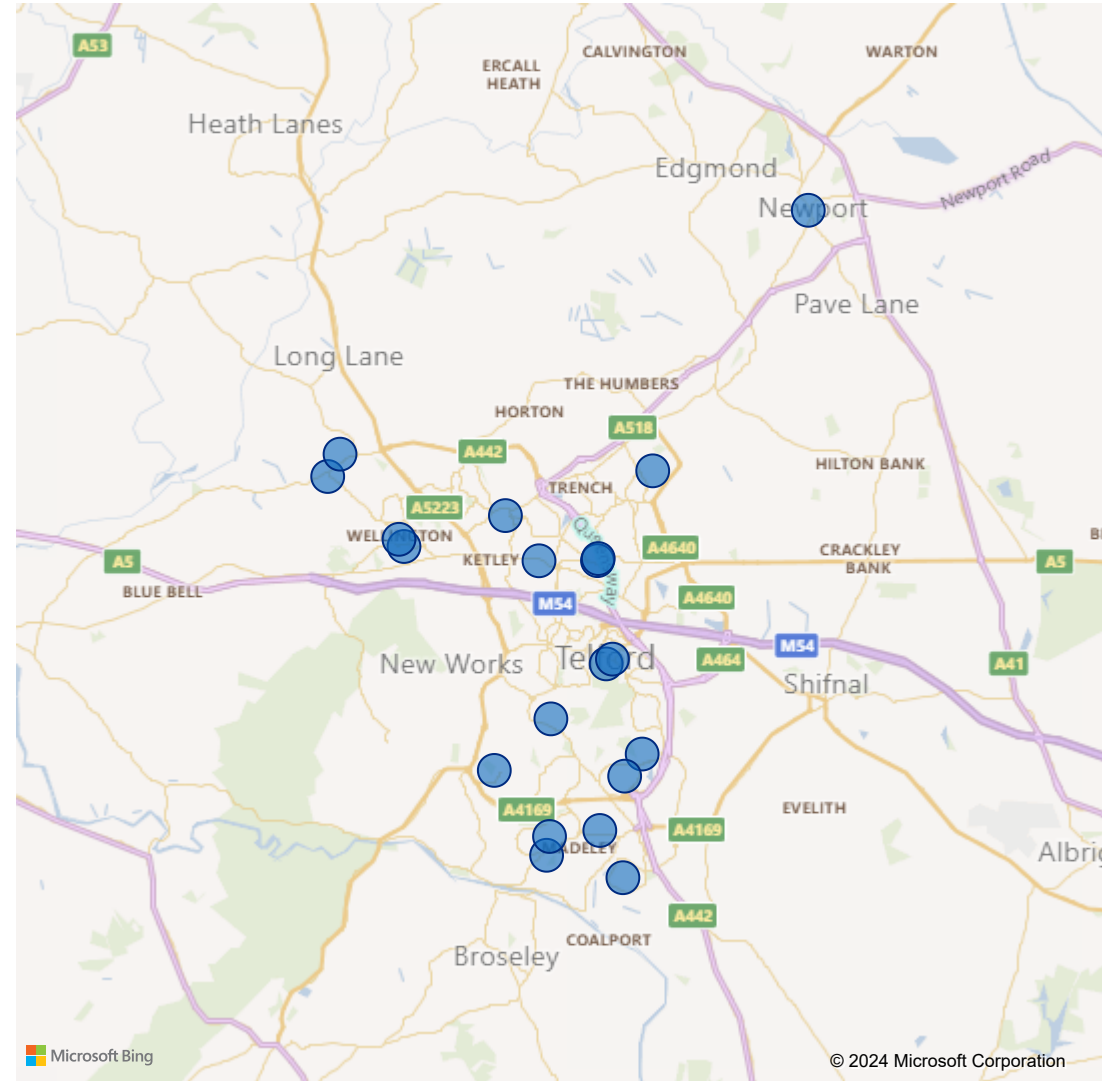
Affordable activities- the survey identifies that people struggle to afford gym memberships, fitness classes and after school clubs

Training for professionals providing them with the tools to signpost people

Current Offer

- Healthy Lifestyles Service
- Healthy Families Programme
- NHS Digital Weight Management Programme
- NHS Diabetes Prevention Programme
- National Child Measurement Programme (NCMP)
- Links to family hubs
- Eatwell and family cooking sessions
- Schools Health and Wellbeing Programme
- 10 by 10
- Green Spaces are Go
- Free swimming
- Physical activity with community groups and centres
- KOG – community cycling project
- Active Travel/ Active SMiles
- Men's walking groups
- T3/T4 weight management

Location of Healthy Lifestyle Clinics



What Next

- Healthy Weight Strategy development- Children and Adults
- School Food Standards Support
- Planning policies- Fast Food Outlets
- Workforce training: quality conversations/ MECC
- Expansion of Schools Health and Wellbeing Programme
- Targeted Healthy Families Support to children over 97th centile
- Targeted physical activity for males linked to mental health
- Targeted physical activity for patients and carers- Dementia
- Targeted intervention for communities identified through CORE20PLUS5