

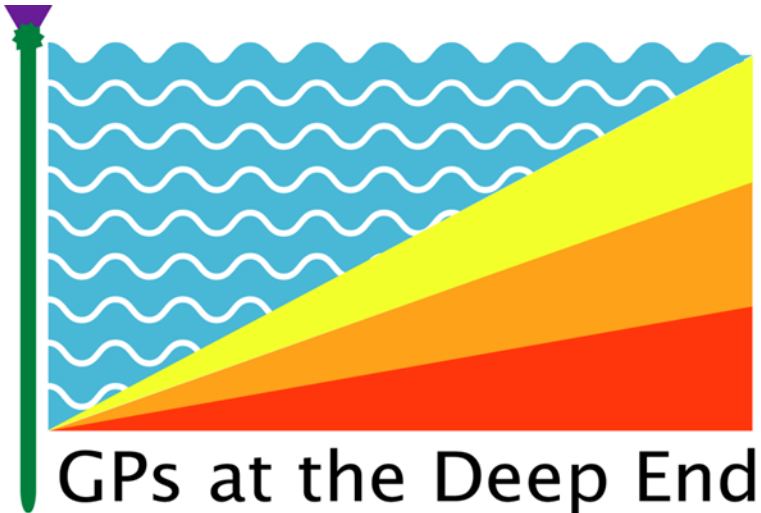
Scotland Policy Conferences: Policy priorities for tackling obesity in Scotland



*“Assessing the
strategy’s potential to
narrow health
inequalities”*

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 @dnblane

Declaration of interests



Overview

- Obesity and Socioeconomic Circumstances (SEC)
- Determinants of obesity-related inequalities
- A framework for tackling inequalities in obesity
- Assessing the Diet and Obesity Strategy

What do we mean by **health inequalities**?

- “...the **unfair and avoidable** differences in people’s health across social groups and between different population groups.

They are most commonly associated with **socio-economic inequalities,**

*but can also result from **discrimination.**”*



Obesity and Socioeconomic Circumstances (SEC)

- **Men** living in the most affluent areas have the lowest obesity levels
 - levels are higher but broadly similar in all other areas
- **Women** living in the most affluent areas have the lowest obesity levels
 - obesity progressively more common as deprivation increases
- **Children:** x2 obesity gradient
 - worsened in recent years, especially in most deprived areas.

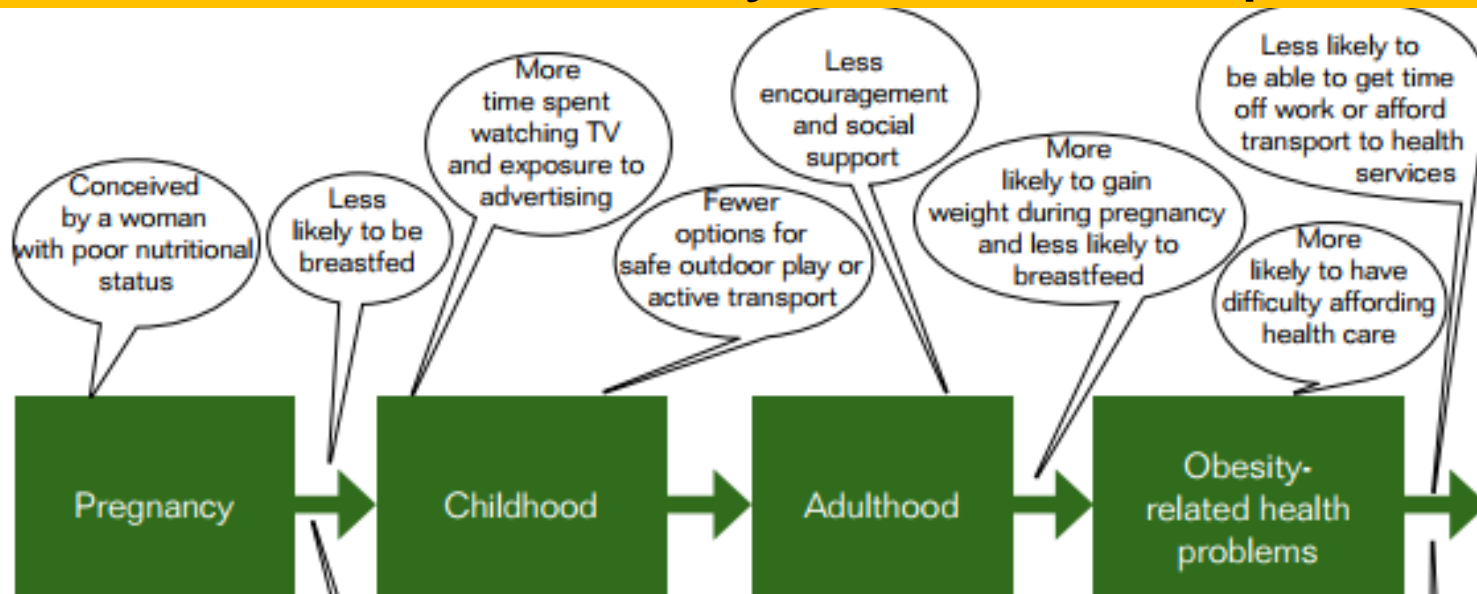
Source: NHS Health Scotland (2017). *Obesity and health inequalities in Scotland*.

<http://www.scotpho.org.uk/publications/reports-and-papers/obesity-and-health-inequalities-in-scotland/>

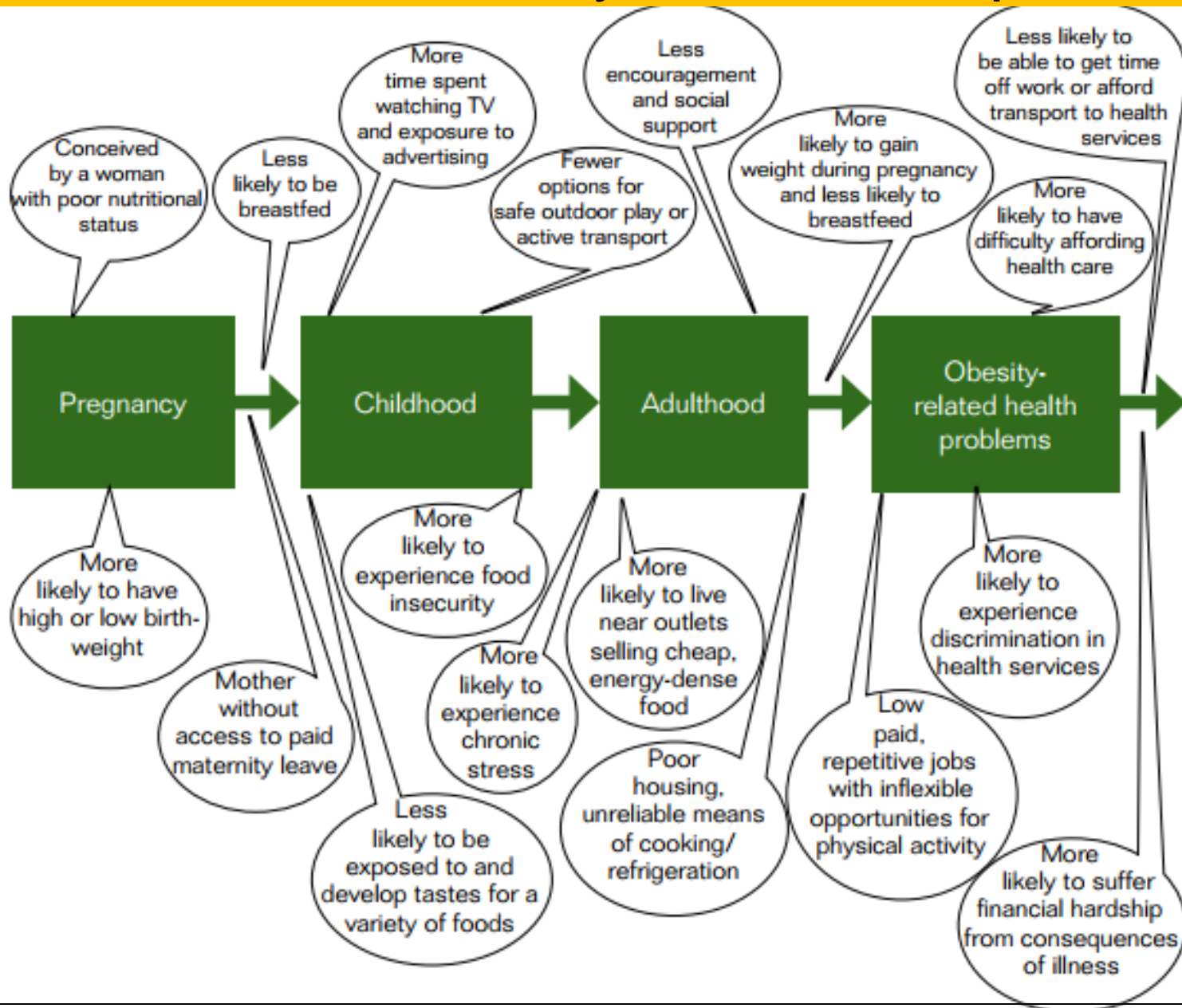
Determinants of obesity-related inequalities



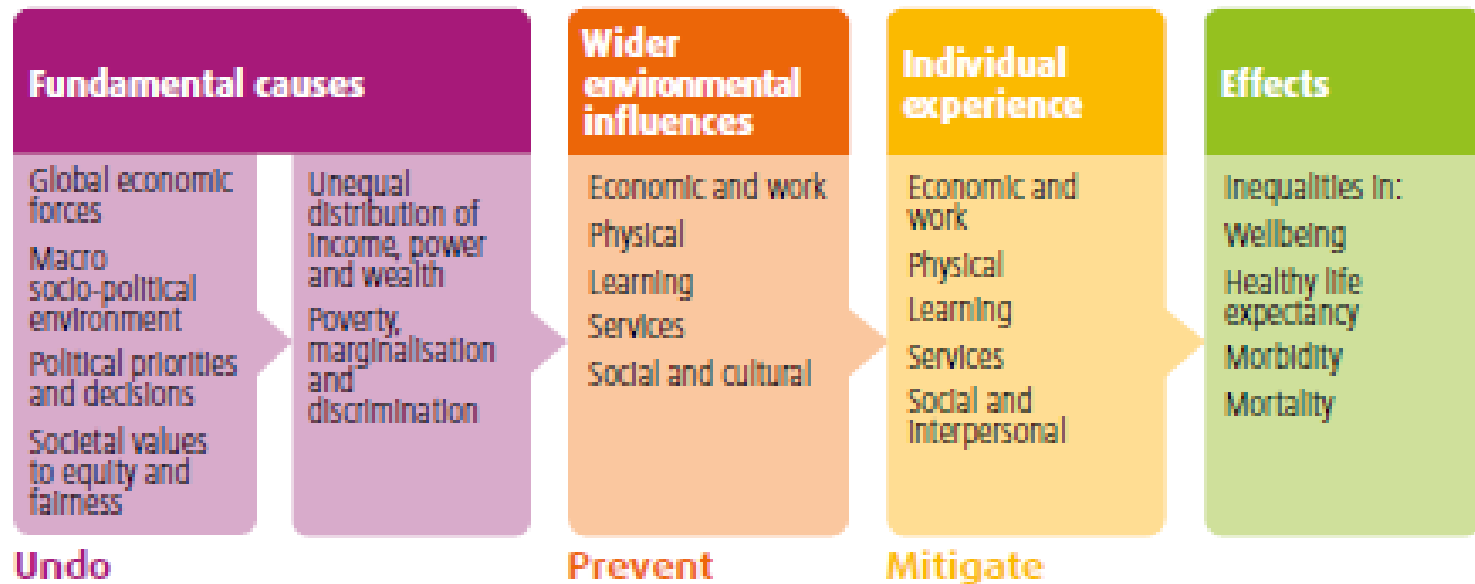
Determinants of obesity-related inequalities



Determinants of obesity-related inequalities



Determinants of obesity-related inequalities



- **Individual-level:** Education, Employment and Income influence obesity risk through: access to health information and the ability to act on it; access to healthier food options and opportunities for physical activity
- **Community-level:** Access to recreational facilities; density of fast-food outlets; family and social support
- **Societal-level:** Advertising of HFSS foods; Built environment; Weight stigma and discrimination; access to NHS weight management services

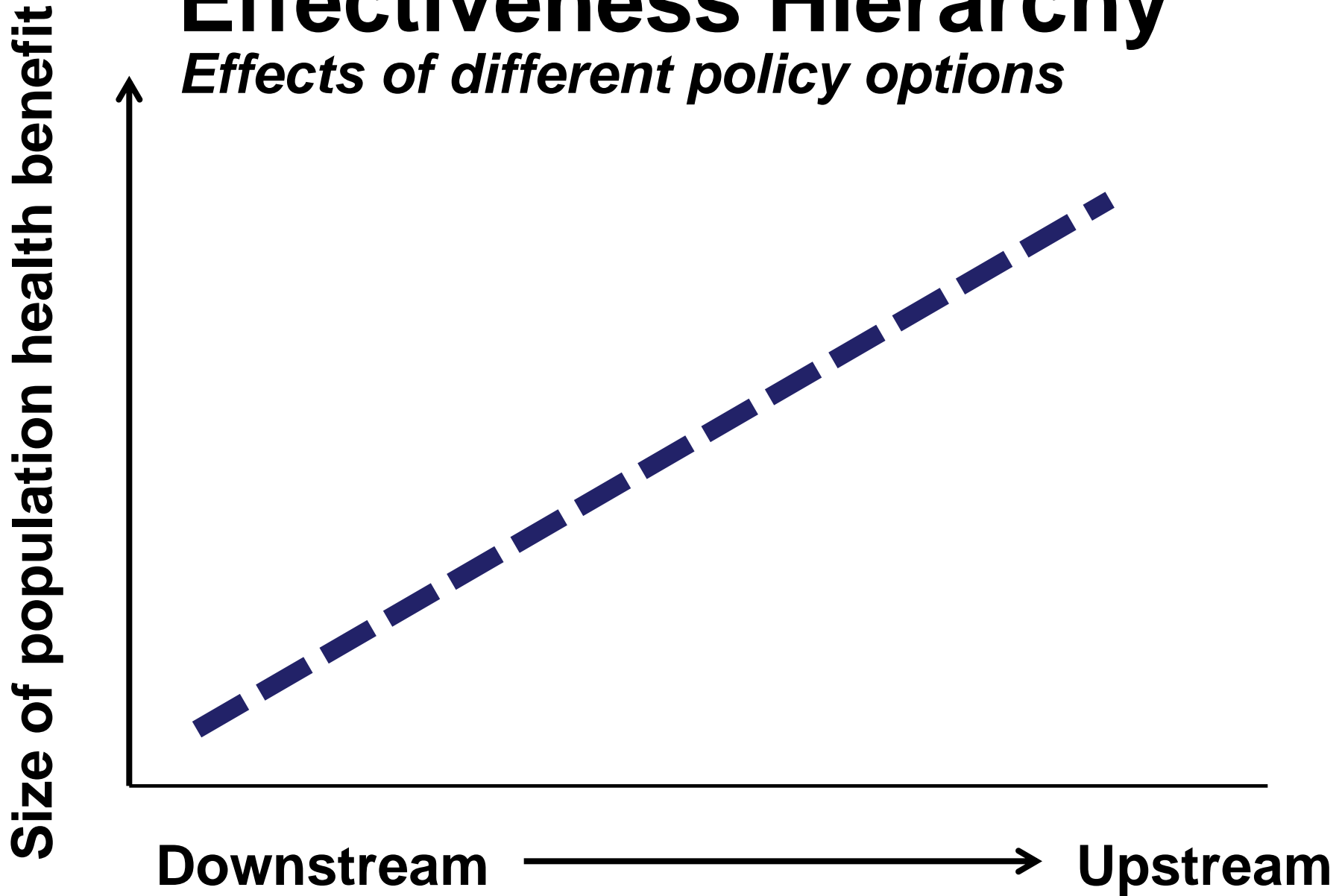
| Approach to tackling health inequality | | Level of intervention | | | |
|--|-----------|--|--|---|---|
| | | Individual | Community | Societal | |
| | | Strengthening individuals | Strengthening communities | Improving living and school/work conditions | Promoting healthy macro policies |
| Disadvantage | Targeted | Health education, health promotion and social marketing; diet and exercise advice; weight-management advice and monitoring | Group, community or school-based diet, exercise or weight-management advice and counselling; healthy eating campaigns in schools | | |
| Gap | | | | | |
| Gradient | Universal | | | Access to physical fitness facilities and healthy food; green spaces, walk-ability and the built environment; traffic light labelling | Restrictions on advertising HFSS foods; food prices and agricultural subsidies fiscal measures to regulate supply and demand (e.g. taxing HFSS foods) |



Source: Bambra CL, et al. (2015) How effective are interventions at reducing socioeconomic inequalities in obesity among children and adults? Two systematic reviews. Public Health Research, No. 3.1.

Effectiveness Hierarchy

Effects of different policy options

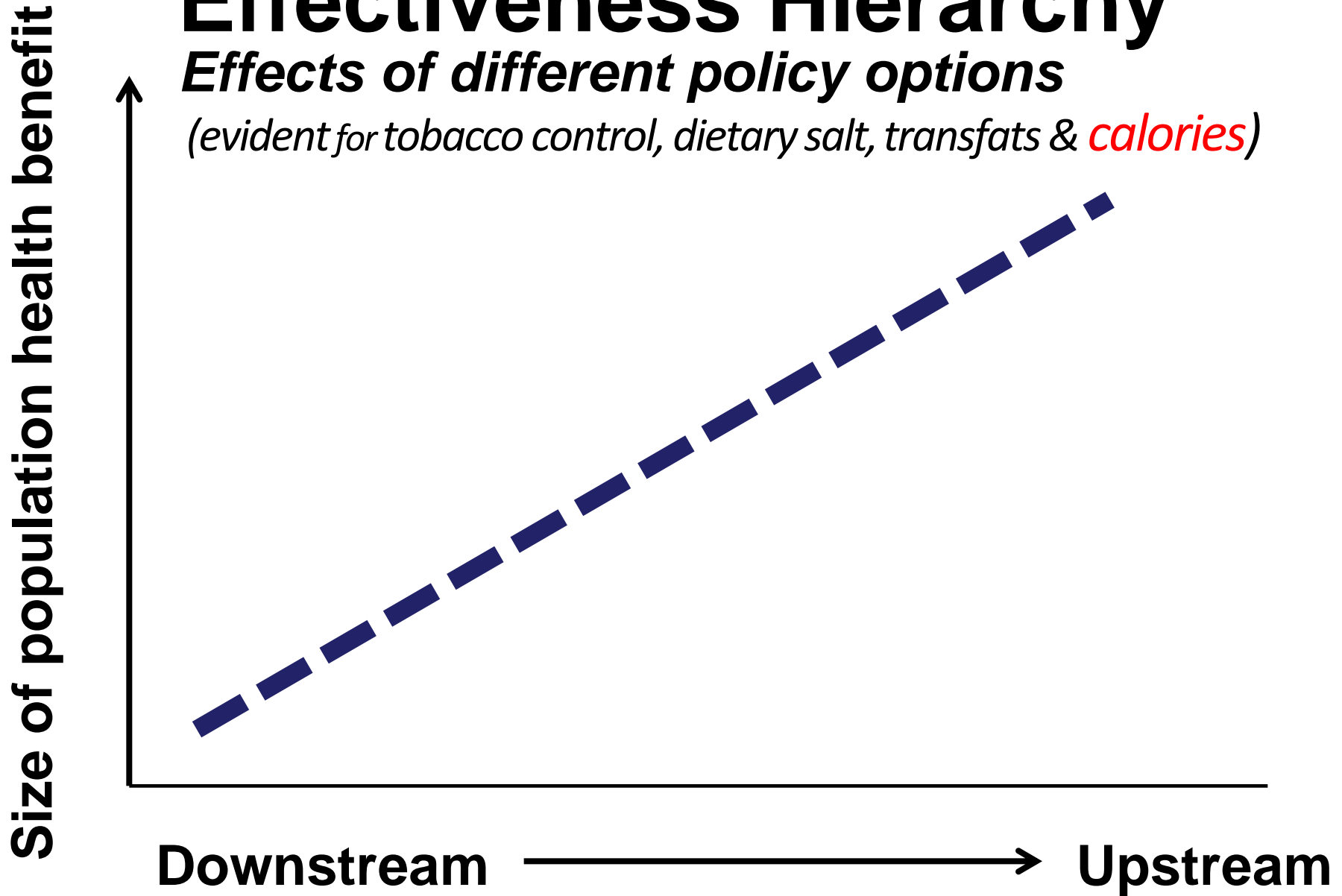


Source: Capewell S, Capewell A. (2017) An effectiveness hierarchy of preventive interventions: neglected paradigm or self-evident truth? *J Pub Health* 19:1-9

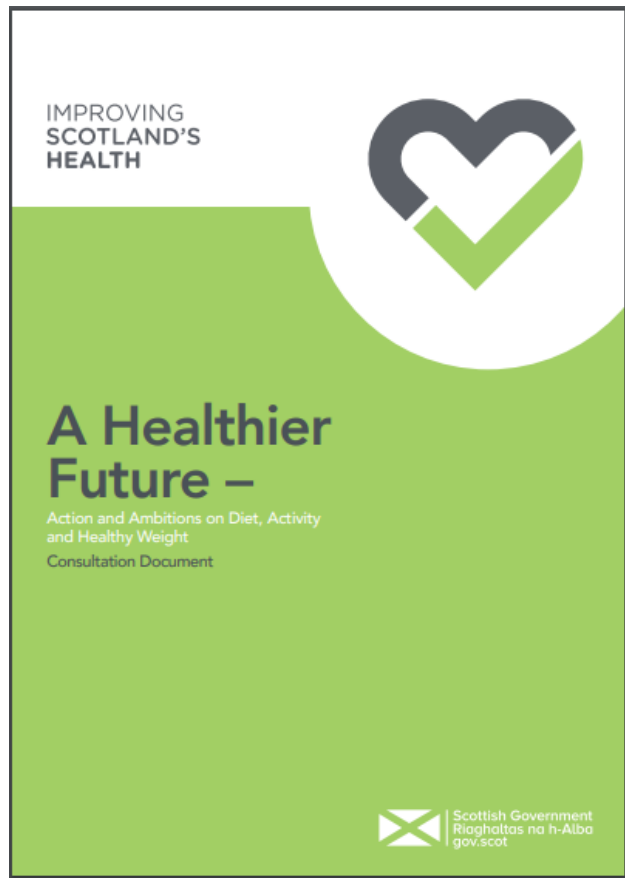
Effectiveness Hierarchy

Effects of different policy options

*(evident for tobacco control, dietary salt, trans fats & **calories**)*



Assessing the Diet and Obesity Strategy



- Action on **price promotions** of junk food ✓
- Action on junk food **advertising** ✓
- Action on food purchases for consumption **outside the home** ✓
- Investment to support people with **Type 2 diabetes** to lose weight ✓
- Preventative services including information, advice and support for **children and families** on healthy eating ✓
- Practical support for small and medium sized food manufacturers to **reformulate** and develop healthier products ✓
- Opportunities for people to be **more active** ✓
- Working with the public sector and a wide **range of partners** to support local improvement work on diet and weight ✓

Conclusion



“Interventions that rely less on individual choice and more on changes to the wider environment are essential in making healthier choices easier when we eat at home, eat out or eat on the go.”

- Importance of Early years ✓
- Whole population approaches more likely to reduce inequalities ✓
- Multi-sectoral coordination ✗