

Briefing on the Adult Obesity statistics published by Public Health England 4th February 2014

Background:

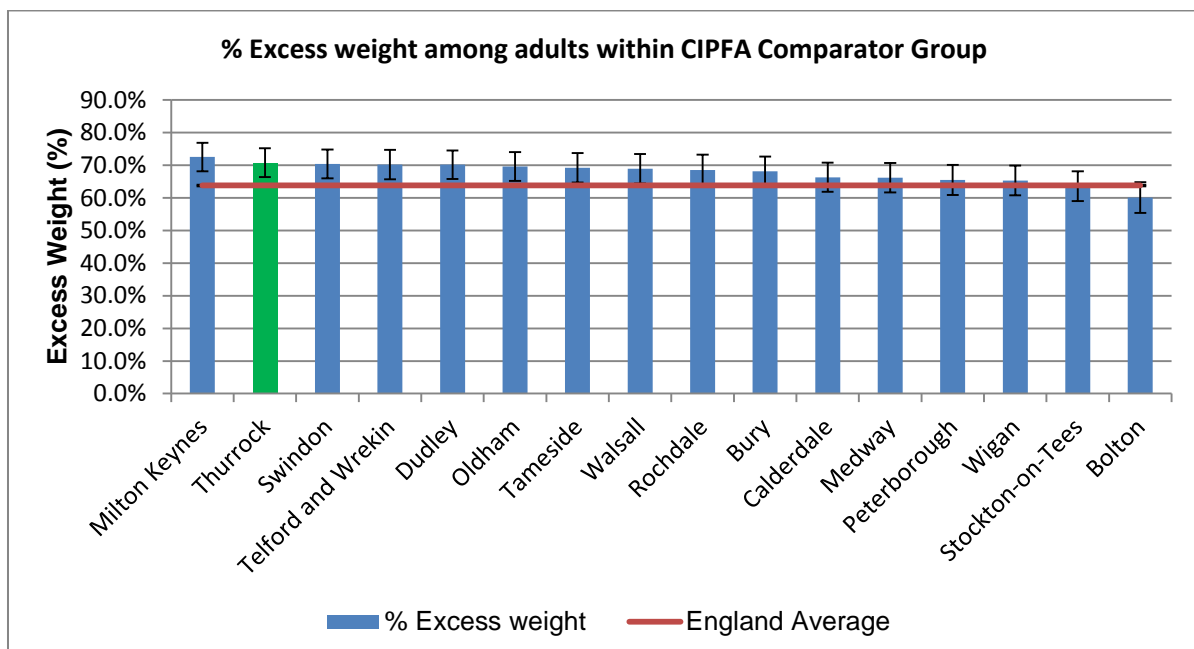
Questions on self-reported height and weight were added to the Sport England Active People Survey (APS) in January 2012 to provide data for monitoring excess weight (overweight including obesity, BMI $\geq 25\text{kg/m}^2$) in adults (age 16 and over) at local authority level for the Public Health Outcomes Framework.

Public Health England have performed extensive analysis to quality assure the data and by making comparisons with measured data from the Health Survey for England have produced adjusted prevalence of excess weight.

Differences between self-reported and measured height and weight vary in a systematic way, primarily as a function of age and sex. The variation can be described by formulas, which have been used to adjust self-reported height and weight at an individual level to estimate the likely actual height and weight of those individuals. Therefore the APS data after such adjustment can be used to provide robust estimates of excess weight prevalence at both national and local authority level and these estimates can be monitored over time.

Thurrock data:

The data for Thurrock shows that **70.8% of adults (aged 16 +) are overweight or obese**. The **England average is 63.8%**. The graph below shows that of the CIPFA comparator local authorities Thurrock has the second highest prevalence of Excess weight in adults however this is only statistically significantly higher than one of the comparator local authorities (Bolton).



Definitions:

Excess weight is a term used for overweight including obesity; it is defined as a Body Mass Index (BMI) greater than or equal to 25kg/m^2

Adults are aged 16 years and over

The data covers the period from mid January 2012 to mid January 2013

About the Active People Survey:

The Active People Survey (APS) is a large telephone survey of sport and active recreation among adults (age 16 and over) in England, commissioned by Sport England.

The APS results are weighted to be representative of the adult population at local authority level in terms of age by sex, ethnicity, working status by sex, household size and socioeconomic classification (NS-SEC).

The average sample size per unitary authority is 876.

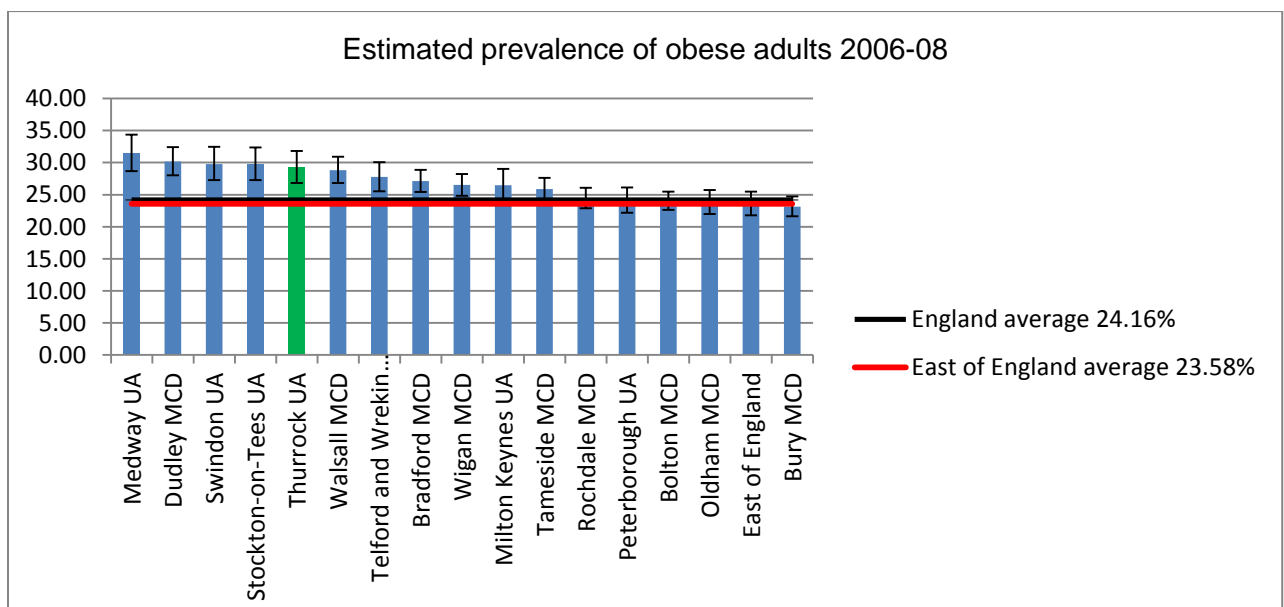
Note of caution:

Whilst this data is the most accurate data currently available it is important to note that it is based on a small sample size and is self reported and is not directly comparable with the previous most recent data set.

Previous data:

The previous data showing prevalence of adult obesity was for 2006-08 and was from this Health Survey for England. This data was a modelled estimate and as such this most recent data from the APS is likely to be far more robust.

Thurrock’s last recorded prevalence data for adult obesity (16+) was 28.1% in 2006-08 which was significantly higher than the national average of 24.1% and the east of England average of 23.58% This is difficult to compare with the most recent data release as this includes individuals with a BMI of 30+ where the most data release is for individuals with a BMI of 25+



Actions for reducing the prevalence of adult obesity 2014-15:

- Stakeholder Workshop delivered 4th December 2013 to consult around Strategy and



Workshop Report
FINAL DRAFT v3 for :

new service model.

- Development and implementation of a Healthy Weight strategy for Thurrock – [Draft Strategy due to be complete end Feb 2014](#).
- Commissioning of a new service model for weight management services to be in place by 1 April 2015 – [Revised service spec ready for tender exercise June 2014](#)
- Current providers are piloting new programmes for adults and children in preparation for new service models.
- Development of a directory of physical activity and sporting opportunities for Thurrock – [Due to be complete April 2014](#)
- Partnership working with County Sports Partnership (Active Essex) to deliver opportunities for people to be more physically active.- [Ongoing](#)
- Review opportunities for local exercise on referral schemes- [ongoing](#)
- 'Beat the Street' community activity project [to be implemented June 2014](#)
- 'Active Sport 4 Life' project following successful joint bid to Sport England with London Borough of Barking and Dagenham - [launched in Thurrock February 2014](#)



Sport 4 Life
Brochure.pdf

The Thurrock Healthy Weight Strategy (currently in draft) will detail how we will be working towards achieving the national ambition of “A downward trend in the level of excess weight averaged across all adults by 2020.”