Oxfordshire
Joint Strategic Needs Assessment
2024

Overview of facts and figures about

Healthy Weight

WORKING DRAFT

August 2024

Oxfordshire

JSNA

Introduction

- This pack is part of the 2024 update of the Oxfordshire Joint Strategic Needs Assessment.
- It includes data on child and adult weight from the National Child Measurement Programme and the Active Lives Survey
- Summary information is included here about the food environment, other information is provided in the “Food” section of the Climate and Health JSNA 2024 report
- The full set of JSNA resources is available at Joint Strategic Needs Assessment | Oxfordshire Insight

Contents

Summary – child weight

- The latest child measurement data (2022/23) shows an improvement (a decrease) in the proportion of children measured as overweight or obese in Oxfordshire, similar to the national trend.
- Data for Oxfordshire districts shows:
  - at reception (aged 4-5 years): Cherwell and Vale of White Horse did not improve as much as the England average and are now similar to average (were better than average).
  - at year 6 (aged 10-11 years): Oxford remains the only district similar to (rather than better than) average. Cherwell has moved from similar to better than average.
- Although Oxfordshire performs well against the England average, there are some areas in Oxfordshire experiencing long term high rates of excess weight.
- The number of small areas (MSOAs*) ranked as worse than the England average for year 6 overweight and obese in Oxfordshire has increased from 2 to 4.
  - 3 areas moved from similar to worse than average: Banbury Ruscote (Cherwell), Banbury Grimsbury (Cherwell), Littlemore & Rose Hill (Oxford).
  - 1 area remained worse than average: Blackbird Leys (Oxford).
  - 1 area moved from worse to similar: Greater Leys (Oxford).
- Each of the areas that are ranked as worse than average on year 6 prevalence of overweight are also ranked as more deprived in Oxfordshire.
- National inequalities data shows that:
  - the prevalence of overweight is significantly higher in more deprived areas.
  - for year 6, the prevalence of overweight is significantly higher for males and for ethnic minority children (non-white British) groups with the highest rates for pupils from a Black background.

*Middle Layer Super Output Areas: 87 (2021) MSOAs in Oxfordshire with an average of 7,600 residents (slightly larger than wards)

Summary – adult weight

- The prevalence of adults classified as overweight or obese improved (decreased) in Oxfordshire in 2022/23. This was unlike the national average where the prevalence increased.
- Over half (57.8%) of Oxfordshire adults are classified as overweight or obese, this was lower (better) than the national average (64%).
- By district the latest 2022/23 data shows:
  - Cherwell (60.3%) remained similar to the national average.
  - Oxford (53.9%) remained better than average.
  - South Oxfordshire (59.4%) moved from better to similar.
  - Vale of White Horse (57.5%) moved from similar to better.
  - West Oxfordshire (58%) moved from similar to better.
- Over two thirds (68%) of adults on Oxfordshire GP practice Learning Disabilities registers were measured as overweight or obese, 10 percentage points above the total adult population.
- Obesity is strongly associated with higher annual rates of hospital admission. The number of hospital admissions linked to obesity in Oxfordshire in 2022/23 was:
  - 65 admissions directly attributable to obesity
  - 4,830 admissions where obesity was a factor
  - 40 admissions for bariatric surgery
- At an England level, hospital admissions directly attributable to obesity were four times more likely in the most deprived areas compared with the least deprived areas.

Summary – diet

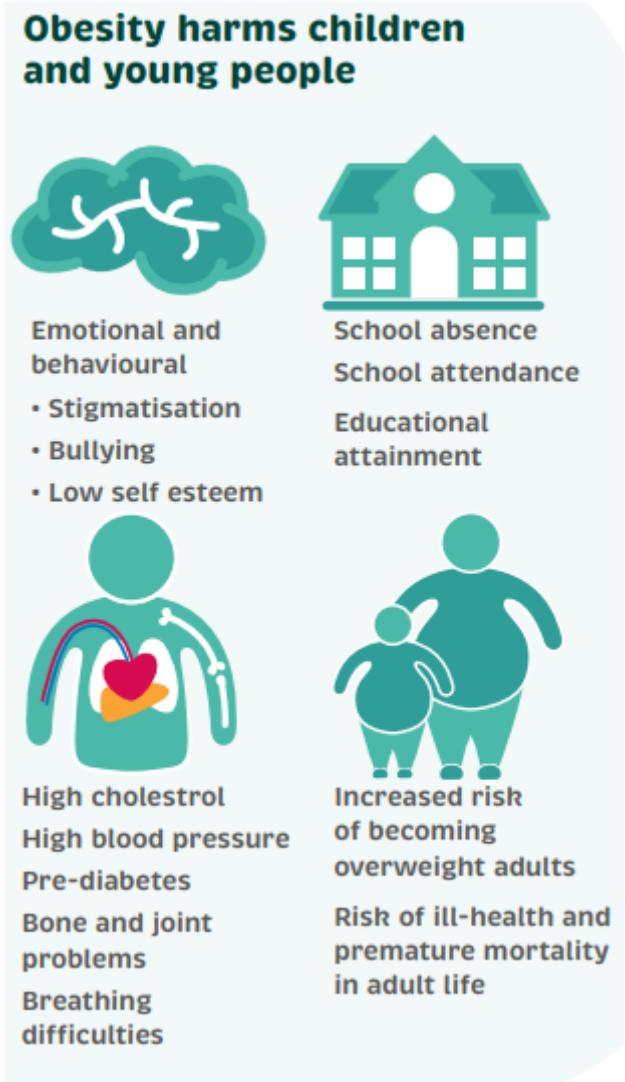
- Nationally, there have been increases in:
  - The proportion of food insecure households and
  - the number of people making use of food banks
- The proportion of adults in Oxfordshire meeting the 5-a-day fruit and vegetables recommendation is above the national average. The latest value is below the previous year, although the difference is not significant.
- At an England level, inequalities data shows that the groups least likely to be meeting the 5-a-day recommendation were: younger people, males, unemployed, disabled, those in more deprived areas and those in routine occupations.
- Oxfordshire has over 400 fast-food outlets, with the highest proportion per population in central Banbury in Cherwell district.

The Healthy Weight Needs Assessment for Oxfordshire (April 2023) includes further analysis and data on the scale and causes of excess weight and what Oxfordshire is doing to implement a whole systems approach to healthy weight.

Child weight

Excess weight in childhood

- During childhood, living with excess weight appears to be associated with lower educational attainment[1] and with worse psychological and emotional health, in part because of the associated stigma[2].
- Many studies have shown that obesity in children strongly predicts adult obesity, with obese children and adolescents around five times more likely to be obese in adulthood than those who are not obese.



From: 2022/23 Director of Public Health Annual Report for Oxfordshire "Healthy Weight, Healthy Communities, Healthy Lives"

[1] Bowman et al. 2022. Mediators of the association between childhood BMI and educational attainment: analysis of a UK prospective cohort study - Abstract - Europe PMC

[2] Singh et al. 2008. Tracking of childhood overweight into adulthood: a systematic review of the literature

Oxfordshire – children overweight and obese

The latest overweight (including obesity) prevalence data for Oxfordshire for the academic year 2022 to 2023 shows:

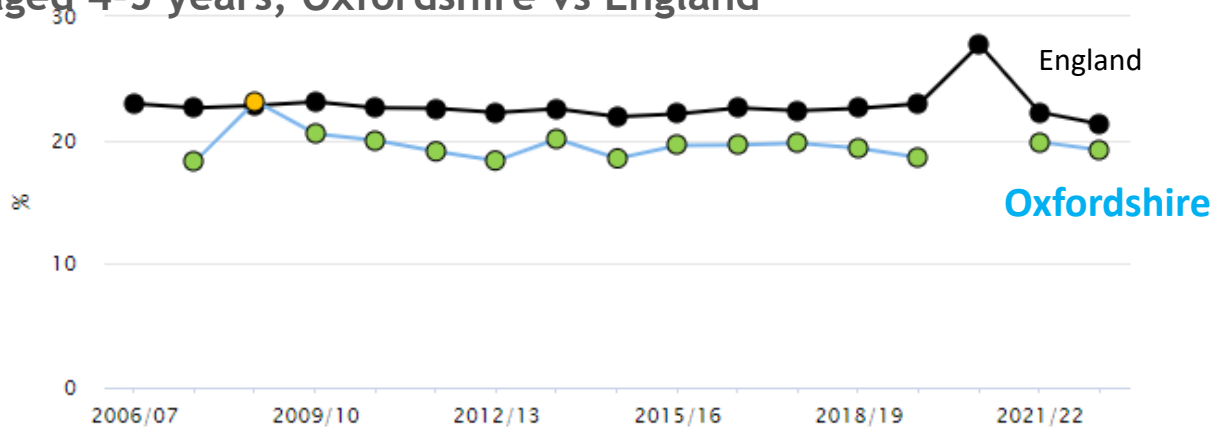
Reception children aged 4-5 years:

- a 0.8 percentage point (pp) decrease (improvement) in prevalence to 19.2% remaining similar to pre-pandemic levels.

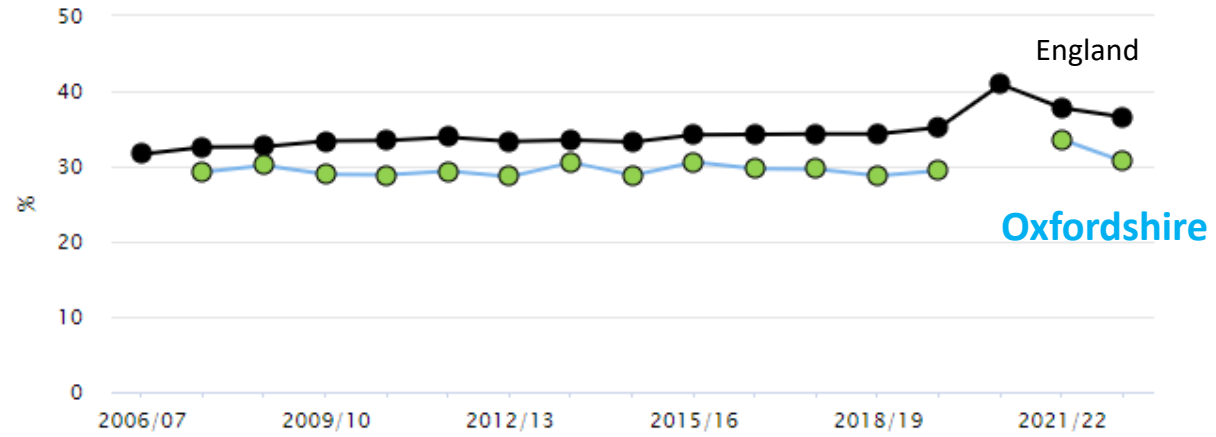
Year 6 children aged 10-11 years:

- a 3.0 pp decrease (improvement) to 30.6%, which is slightly above pre-pandemic level of 29.4% (2019/20), although the difference is not significant.

Reception prevalence of overweight (including obesity) aged 4-5 years, Oxfordshire vs England



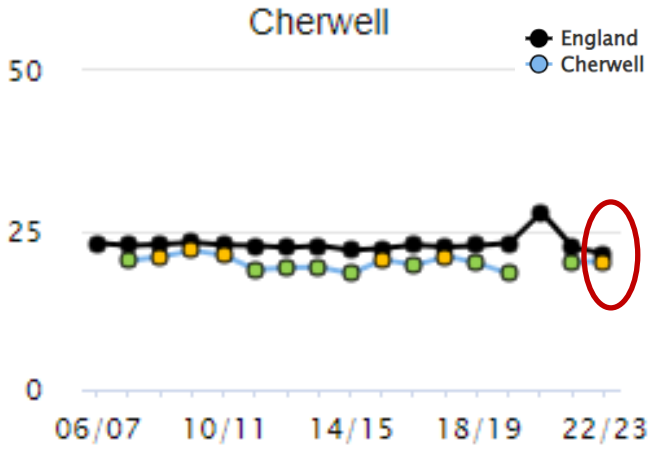
Year 6 prevalence of overweight (including obesity) aged 10-11 years, Oxfordshire vs England

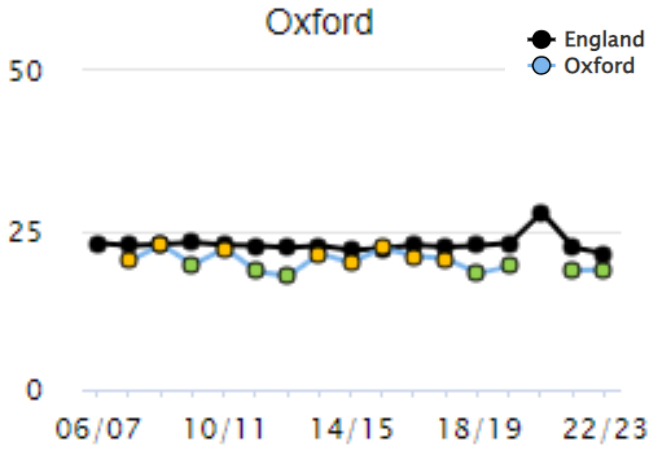


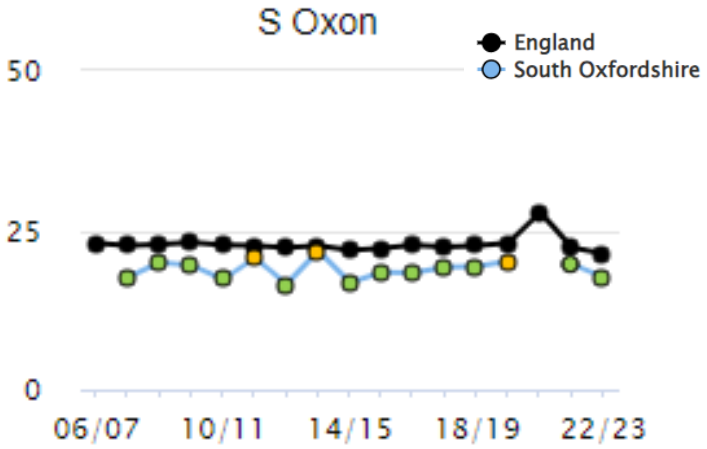
Obesity Profile - Data - OHID (phe.org.uk)

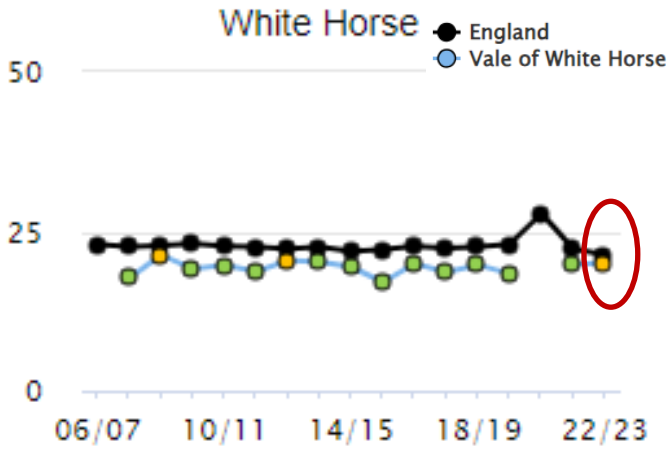
Oxfordshire districts – reception children overweight and obese

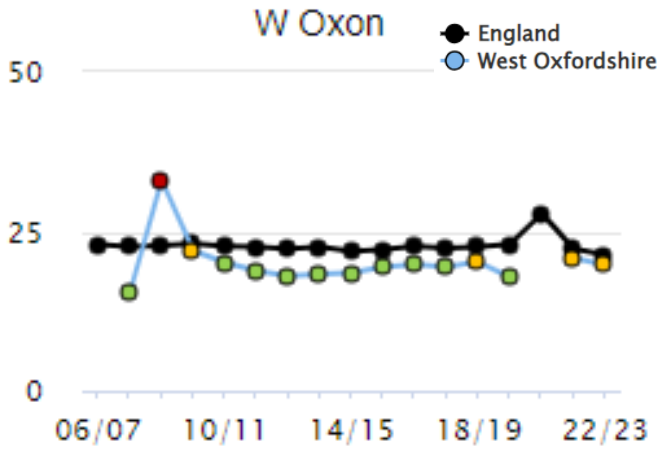
Reception prevalence of overweight (including obesity) aged 4-5 years
Oxfordshire districts vs England











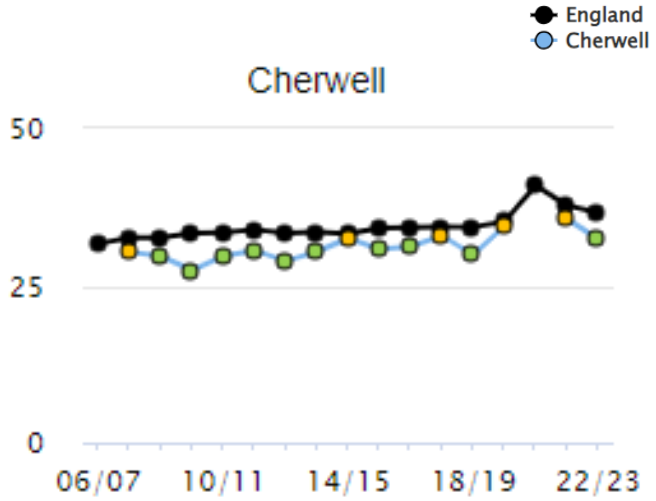
Reception overweight

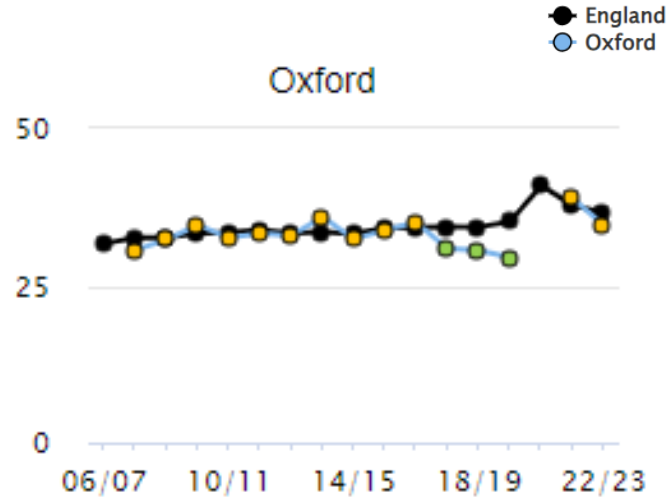
- The latest 2022/23 data shows Cherwell, Vale of White Horse and West Oxfordshire were each similar to national average
- This was a change for Cherwell and Vale as in the previous year these districts were better than average

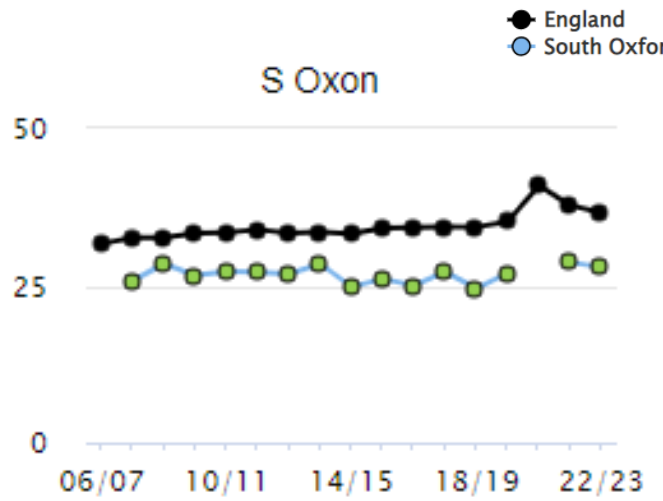
Obesity Profile - Data - OHID (phe.org.uk)

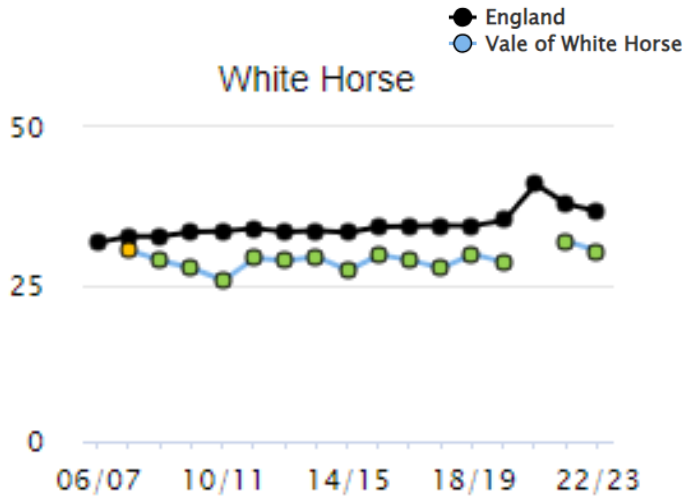
Oxfordshire districts – year 6 children overweight and obese

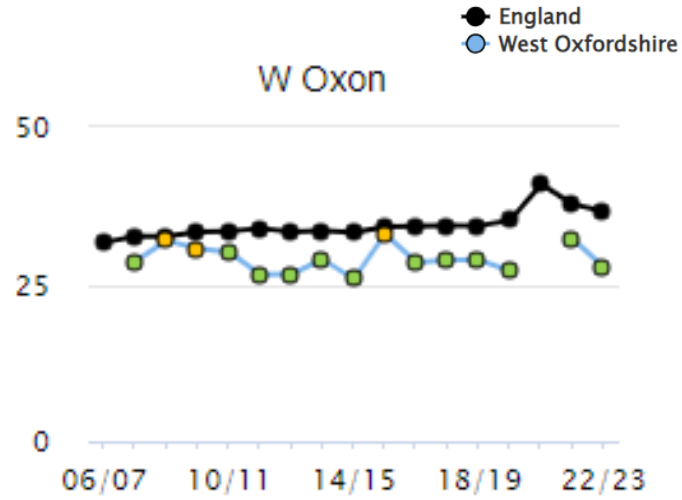
Year 6 prevalence of overweight (including obesity) aged 10-11 years Oxfordshire districts vs England











Year 6 overweight

- The latest 2022/23 data shows Oxford remaining similar to national average
- There was a change for Cherwell which has moved from similar to better than average

Obesity Profile - Data - OHID (phe.org.uk)

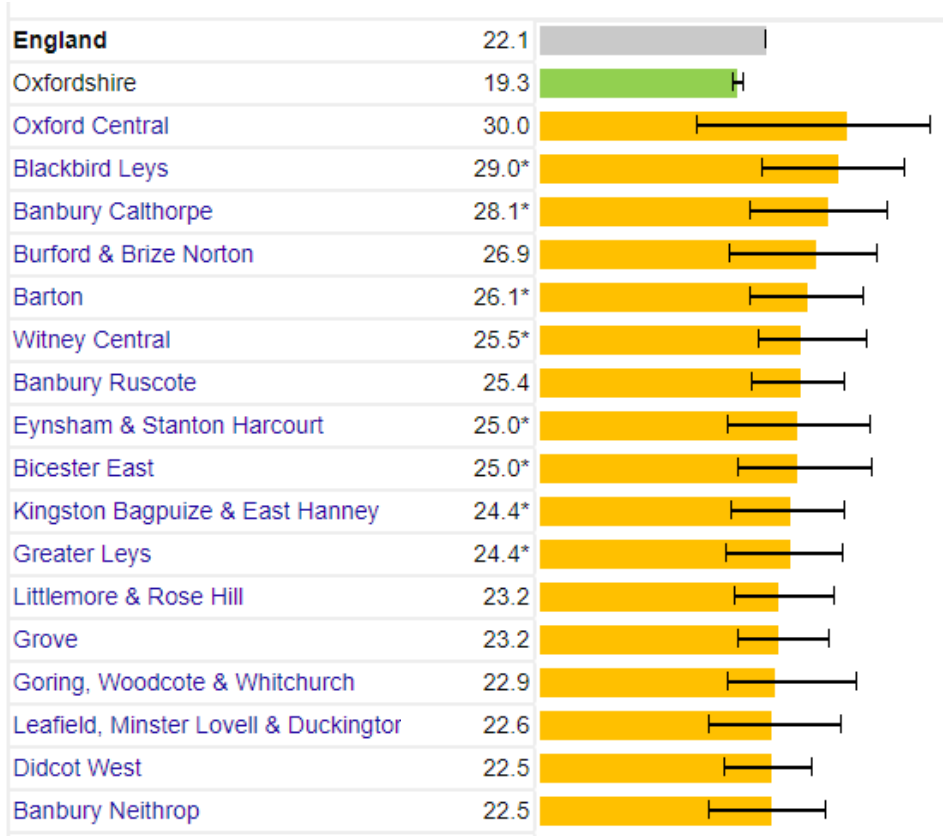
Small area (MSOA) trends and comparisons

Small areas of Oxfordshire compared with England average

- For reception children (aged 4-5 years) there were **no MSOAs** in Oxfordshire worse than average. The previous year also had no MSOAs worse than average.

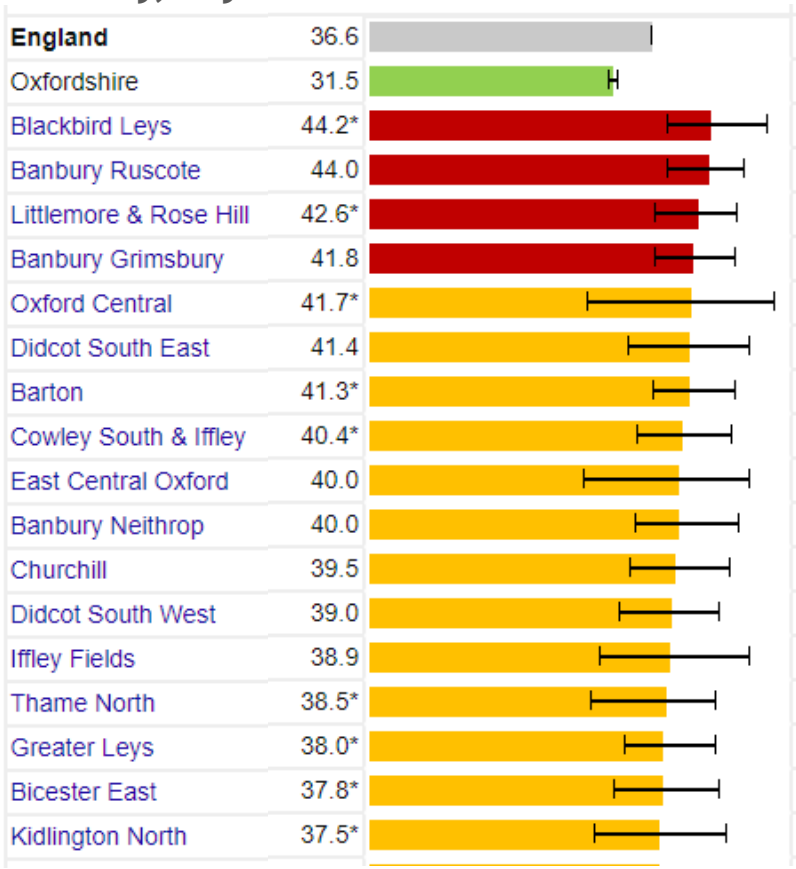
- For year 6 children (aged 10-11 years) there were **4 MSOAs** in Oxfordshire worse than average. The previous year had 2 areas worse than average: Blackbird Leys and Greater Leys.

Reception (aged 4-5 years), overweight inc obesity, 3 years combined to 2022/23



Obesity Profile - Data - OHID (phe.org.uk)

Year 6 (aged 10-11 years), overweight inc obesity, 3 years combined to 2022/23

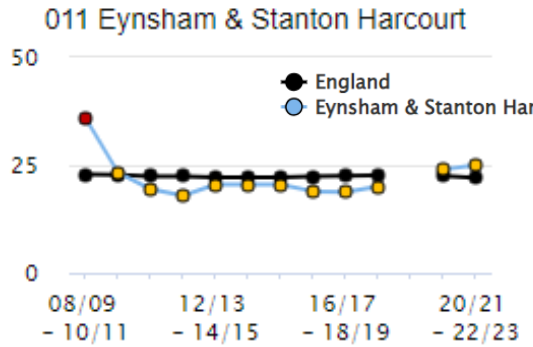


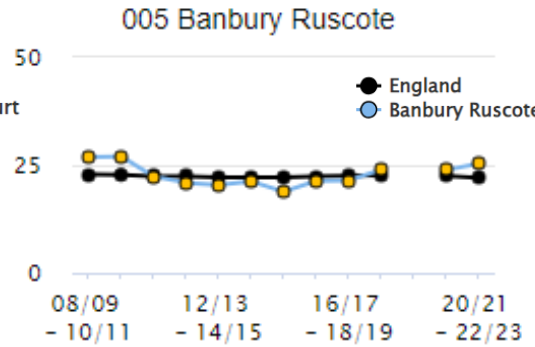
Obesity Profile - Data - OHID (phe.org.uk)

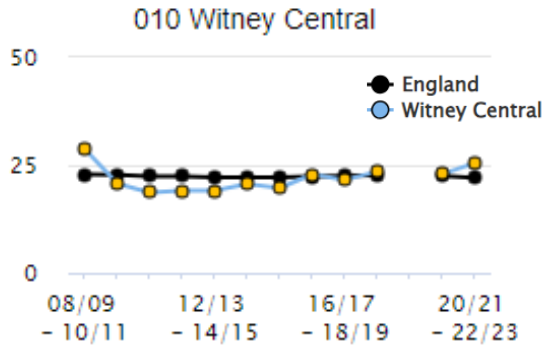
* Data for 2019/20 is underrepresented due to paused measurements in March 2020

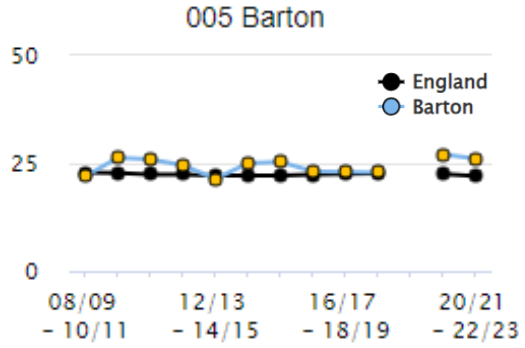
Reception prevalence of overweight including obesity

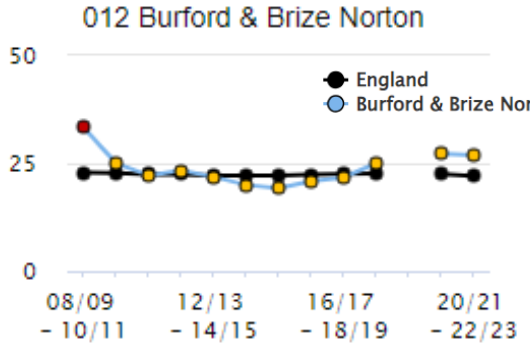
MSOAs in Oxfordshire with highest value (2020-21 to 2022/23)

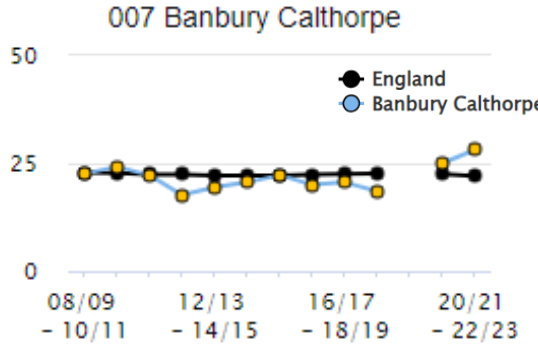


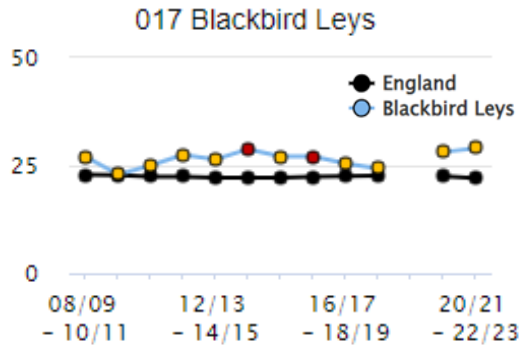


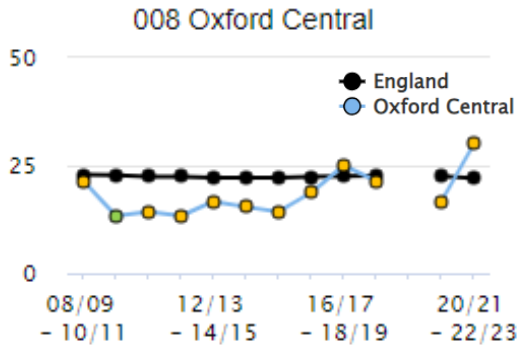








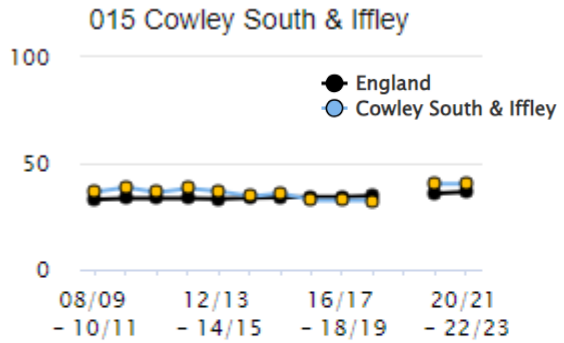


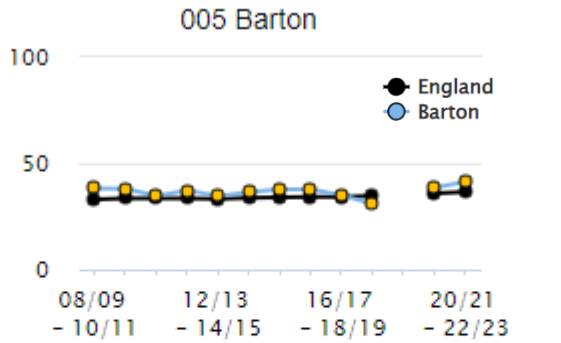


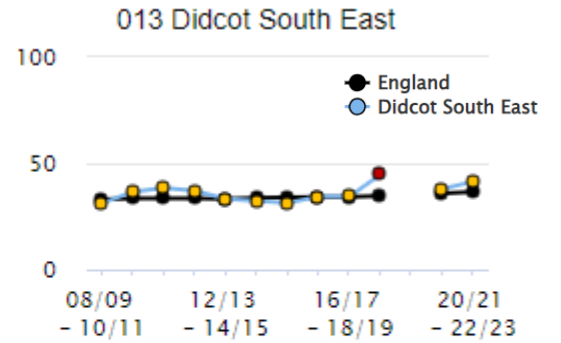
Obesity Profile - Data - OHID (phe.org.uk) NOTE 2020/21 data is excluded from the '3-years data combined' indicators

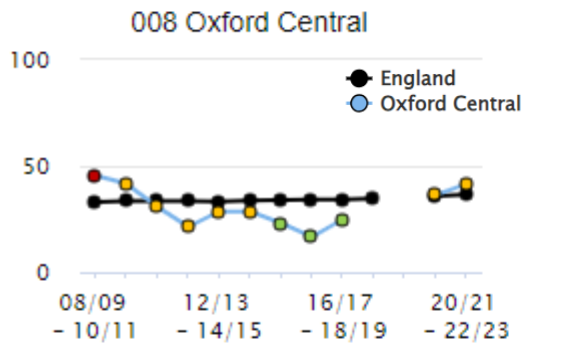
Year 6 prevalence of overweight including obesity

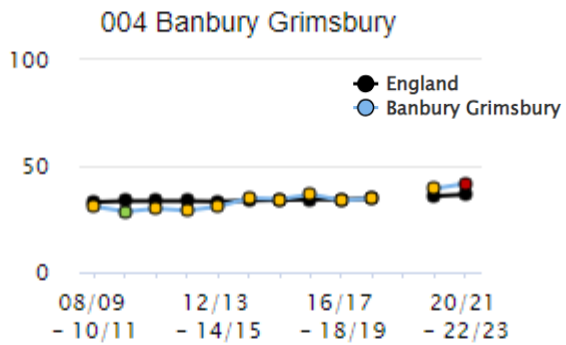
MSOAs in Oxfordshire with highest value (2020-21 to 2022/23)

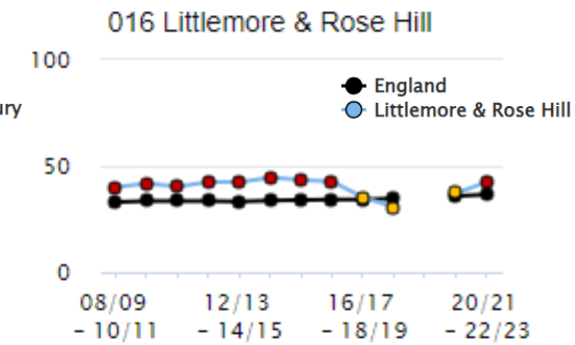


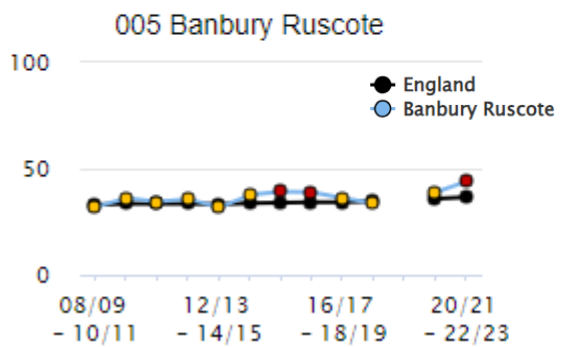


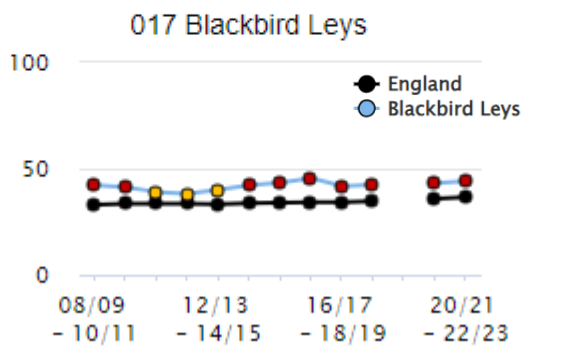








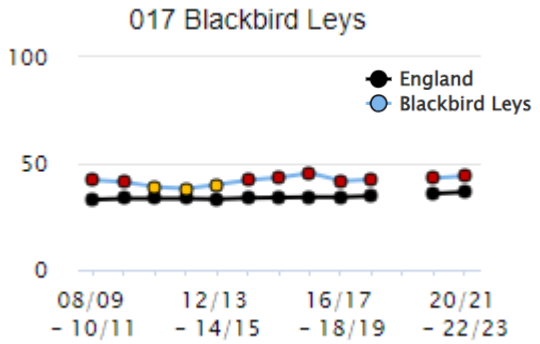




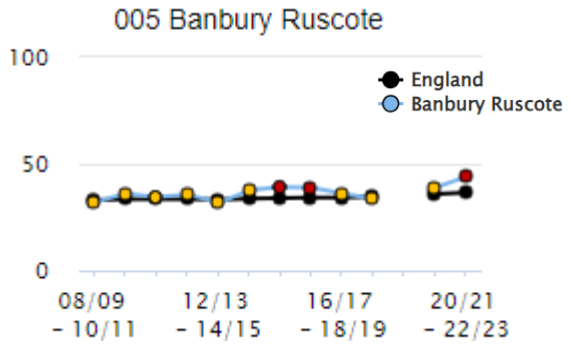
Obesity Profile - Data - OHID (phe.org.uk) NOTE 2020/21 data is excluded from the '3-years data combined' indicators

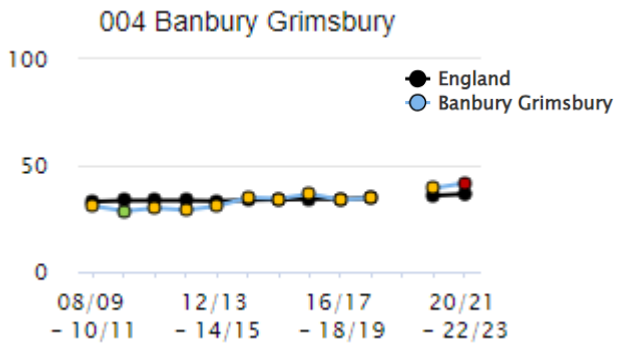
Year 6 overweight inc obesity (3 year combined to 2022/23) MSOAs worse than average - trend

Remained worse than average

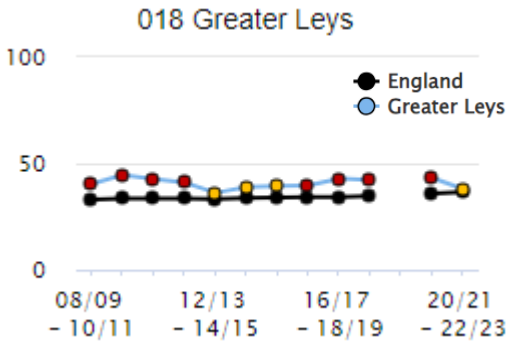


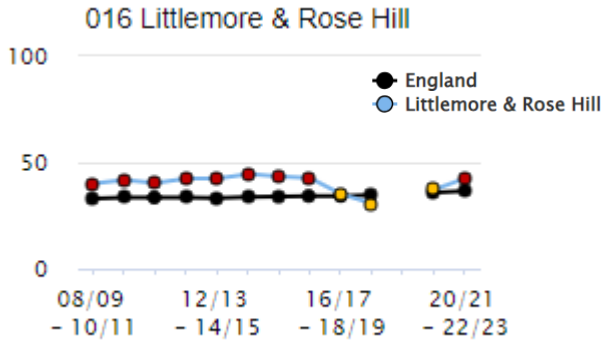
Moved from similar to worse than average





Moved from worse to similar (improved)





- One area remained worse than average: Blackbird Leys (Oxford).
- One area moved from worse to similar: Greater Leys (Oxford).
- Three areas moved from similar to worse than average: Banbury Ruscote (Cherwell), Banbury Grimsbury (Cherwell), Littlemore & Rose Hill (Oxford).
- Each of these areas are also in the more deprived in Oxfordshire

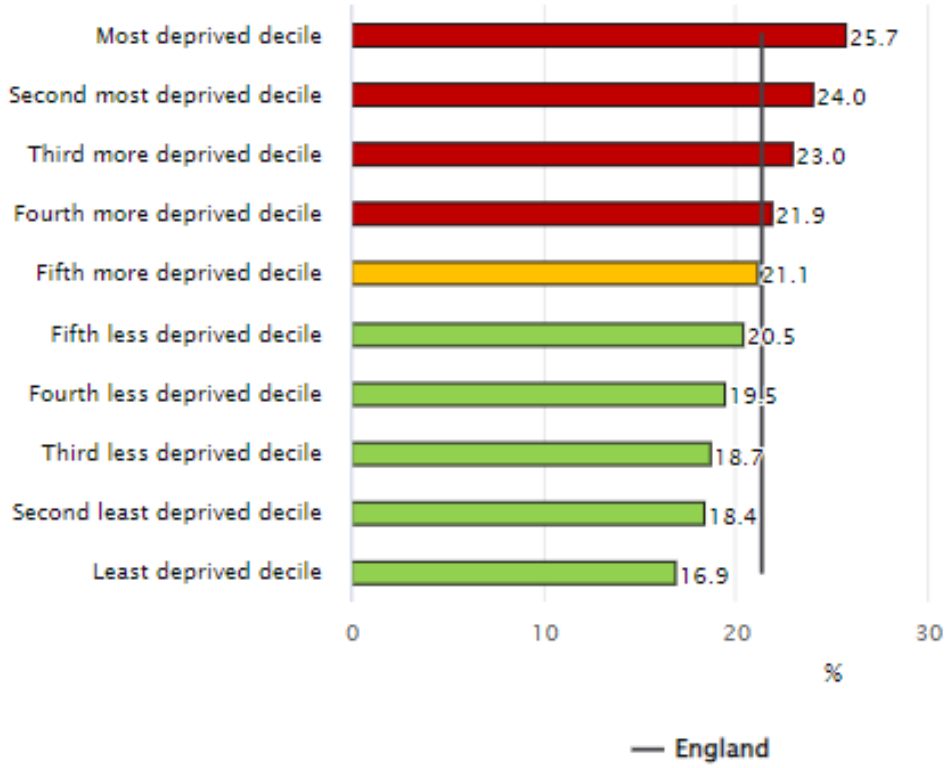
Obesity Profile - Data - OHID (phe.org.uk) NOTE 2020/21 data is excluded from the '3-years data combined' indicators

Inequalities (national)

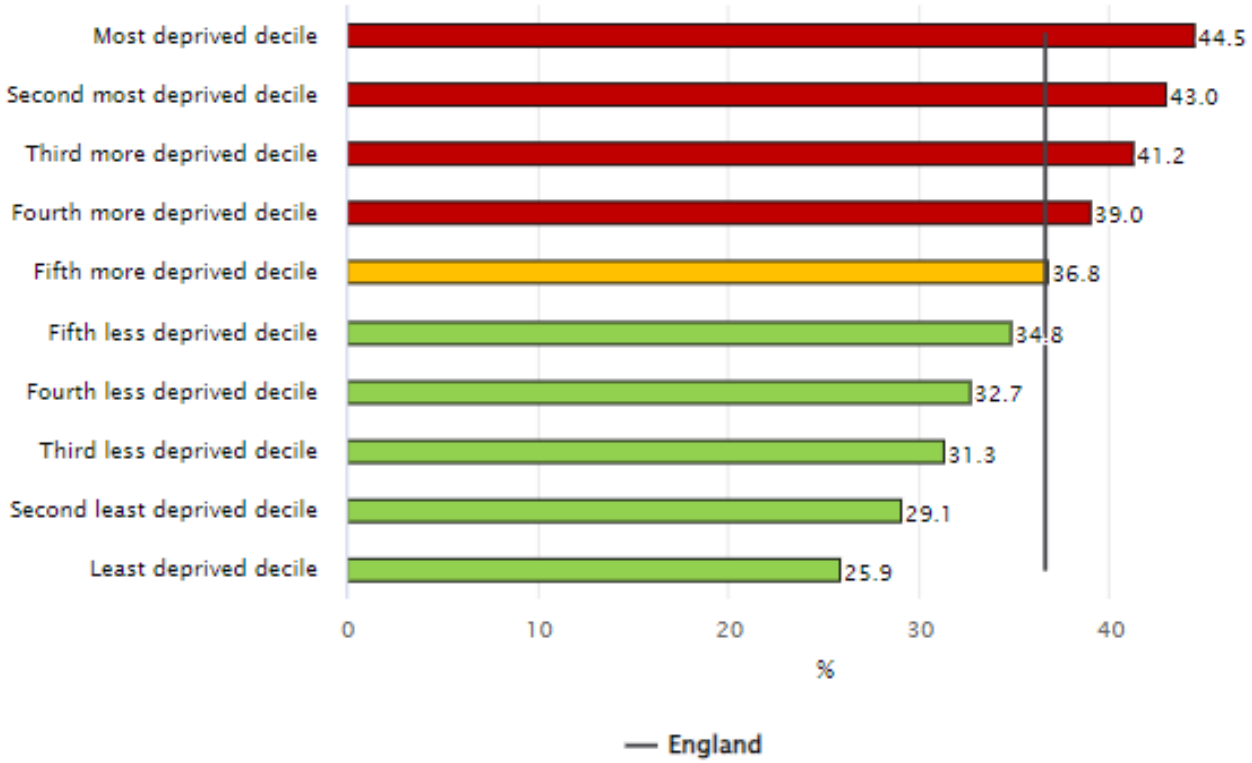
Prevalence by deprivation (IMD 2019) - England

- At an England level, the prevalence for overweight including obesity for both reception and year 6 children was significantly higher in more deprived areas.

Reception prevalence of overweight (inc obese) 2022/23



Year 6 prevalence of overweight (inc obese) 2022/23

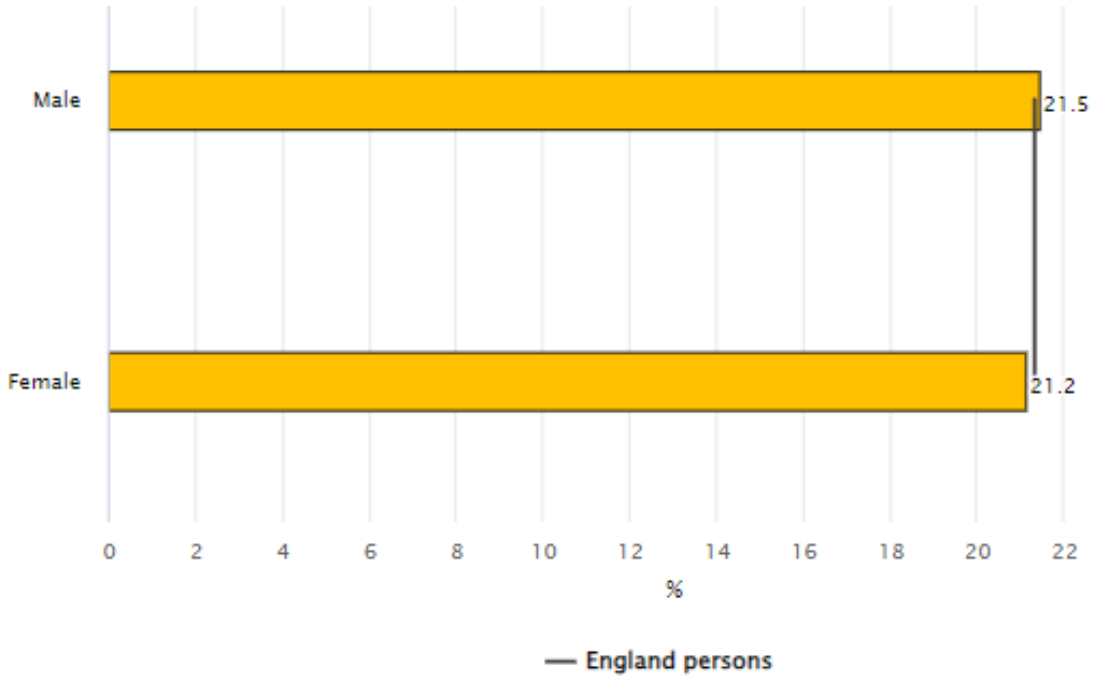


Obesity Profile - Data - OHID (phe.org.uk)

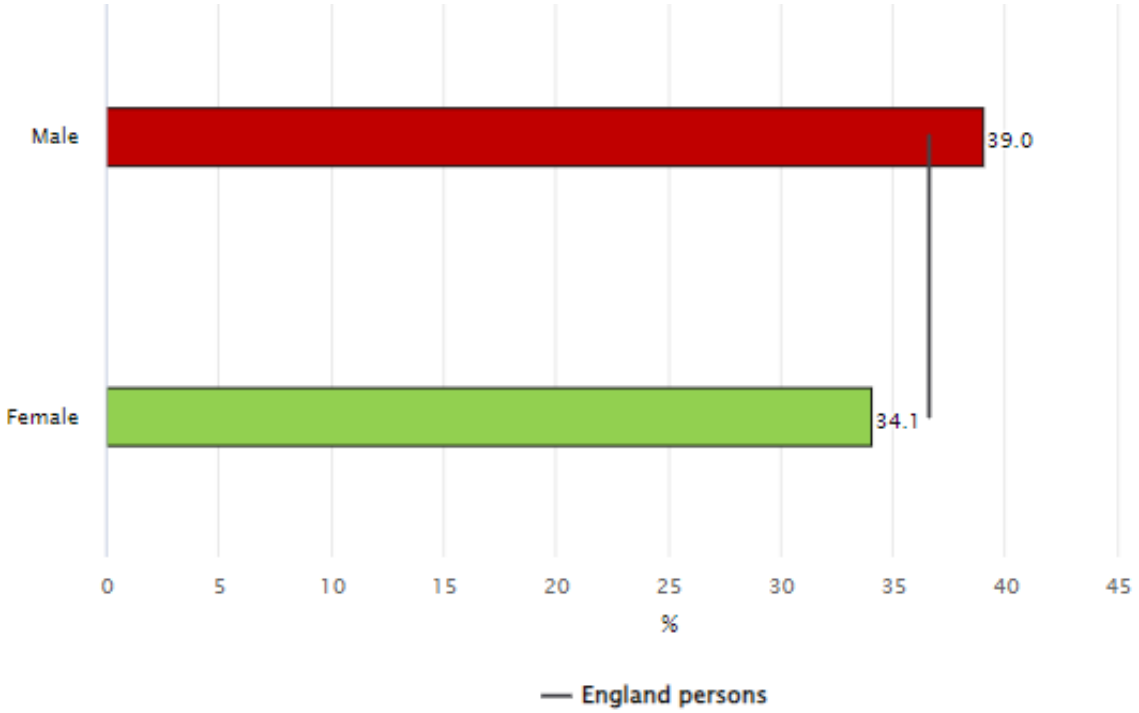
Prevalence by sex - England

- At an England level, the prevalence for overweight including obesity at reception age was similar for males and females.
- For year 6, the prevalence for males was significantly higher than for females.

Reception prevalence of overweight (inc obese) 2022/23



Year 6 prevalence of overweight (inc obese) 2022/23

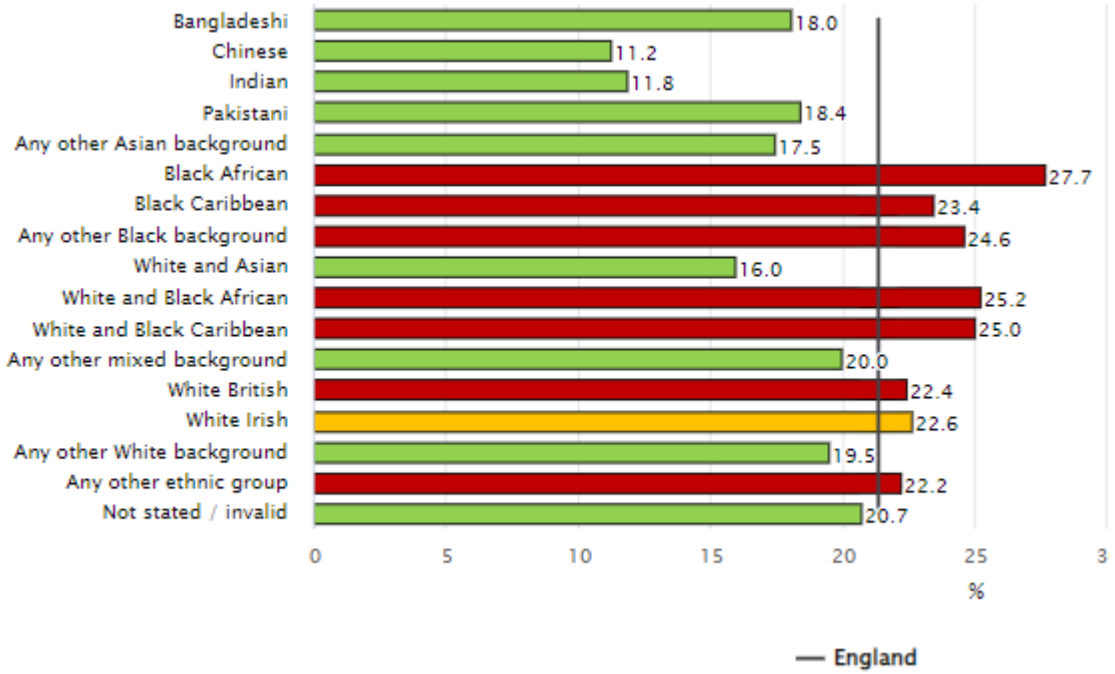


Obesity Profile - Data - OHID (phe.org.uk)

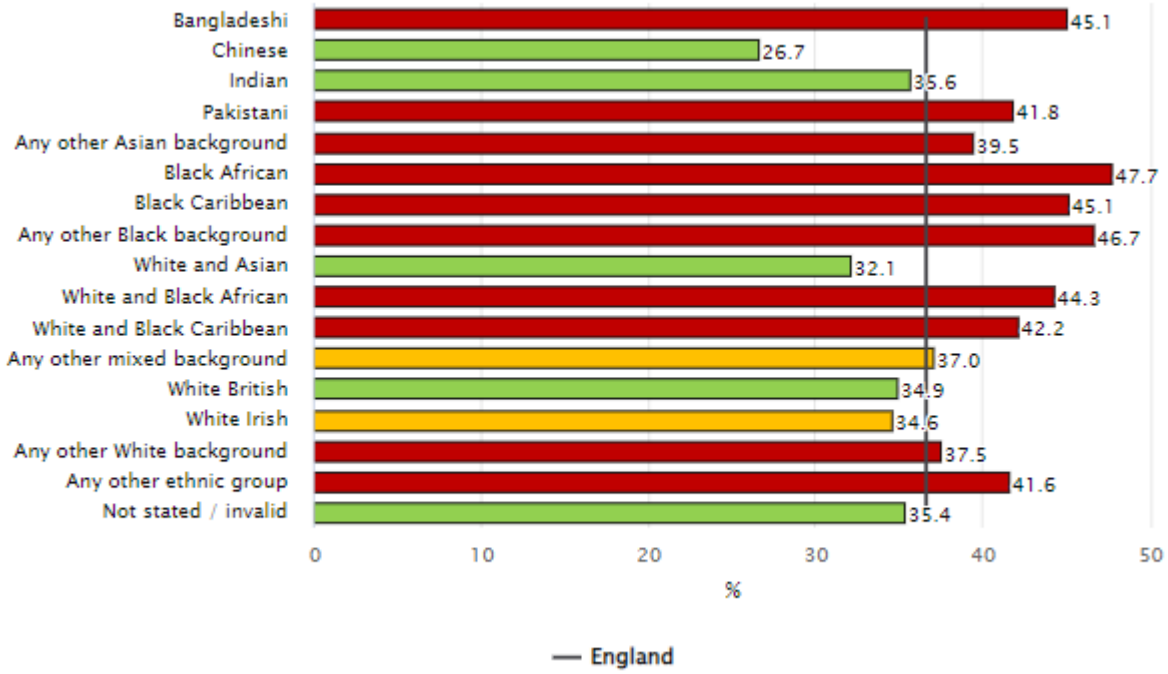
Prevalence by ethnic group - England

- At an England level, the prevalence for overweight including obesity at reception age was significantly higher for while British children and for some ethnic minority groups.
- For year 6, the prevalence for white British children was below (better than) average. For ethnic minority groups there was a significant gap with the highest prevalence for those of a Black background.

Reception prevalence of overweight (inc obese) 2022/23



Year 6 prevalence of overweight (inc obese) 2022/23



Obesity Profile - Data - OHID (phe.org.uk)

Adult weight

Overweight, obesity and health

Obesity contributes towards many illnesses such as Type 2 diabetes, high blood pressure (hypertension), heart attacks (myocardial infarction), gallstones and a number of cancers.

- Nearly half of all cases of Type 2 diabetes and gout in England and around a third of all cases of high blood pressure and colon cancer are attributable to obesity.
- Obesity is the second most preventable cause of cancer in the UK.

Obesity and the risk of developing diseases

- Obesity increases the risk of developing different diseases. A woman living with obesity is over 12 times, and a man 5 times, more likely to develop Type 2 diabetes than those of the same sex not living with obesity.

Percentage of attributable cases to obesity in England[1]

Table 2: **Percentage of cases in England attributable to obesity**

Condition	Percentage of cases attributable to obesity
Type 2 diabetes	47%
Gout	47%
Hypertension	36%
Colon cancer	29%
Myocardial infarction	18%
Angina	15%
Gallstones	15%
Endometrial cancer	14%
Ovarian cancer	13%
Osteoarthritis	12%
Stroke	6%
Prostate cancer	3%
Rectal cancer	1%

[1] NAO report (HC 220 2000-2001): Tackling Obesity in England

See 2023-24 Director of Public Health annual report | Oxfordshire County Council

Government plans to tackle obesity in England – Department of Health and Social Care Media Centre (blog.gov.uk)

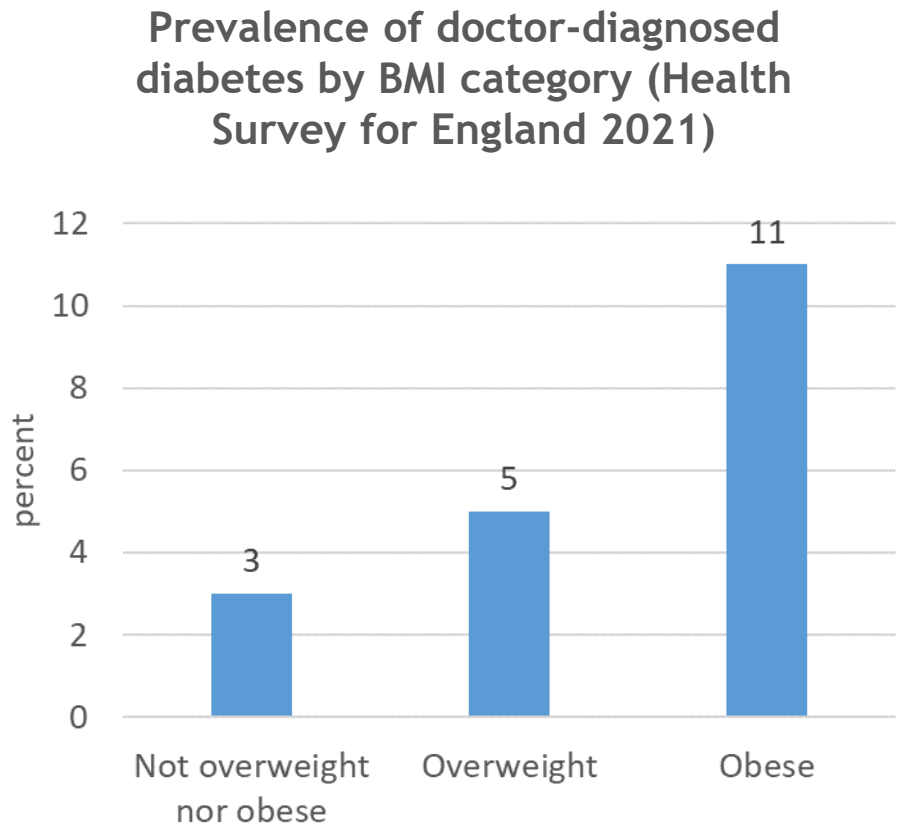
Overweight, obesity and health – diabetes and longstanding illness

Doctor-diagnosed diabetes higher in overweight and obese adults

- After controlling for age, the prevalence of doctor-diagnosed diabetes increased with BMI group, from 3% of those who were not overweight nor obese, to 5% of overweight and 11% of obese adults. The pattern of association between diagnosed diabetes and BMI status was similar for men and women.

Longstanding illness higher in obese adults

- After controlling for age, the prevalence of longstanding illness was similar for those who were not overweight nor obese (36%) and those who were overweight but not obese (35%). It was higher among those classified as obese (51%).
- The proportions who reported a limiting longstanding illness were also higher for obese adults than for other groups; 35%, compared with 20% of those who were not overweight nor obese and 21% of overweight adults.



From Health Survey for England 2021 (2022 HSE data expected to be released late 2024)

Diabetes is characterised by high blood glucose levels (hyperglycaemia). Untreated hyperglycaemia is associated with damage and possible failure of many organs, especially the eyes, kidneys, nerves, heart, and blood vessels. Diabetes substantially increases the risk of cardiovascular disease (CVD) and tends to worsen the effect of other risk factors for CVD, such as abnormal levels of blood fats, raised blood pressure, smoking and obesity (Garcia et al, 1974). Being overweight is a risk factor for Type 2 diabetes (Source: Diabetes UK).

Doctor-diagnosed diabetes was measured by asking participants

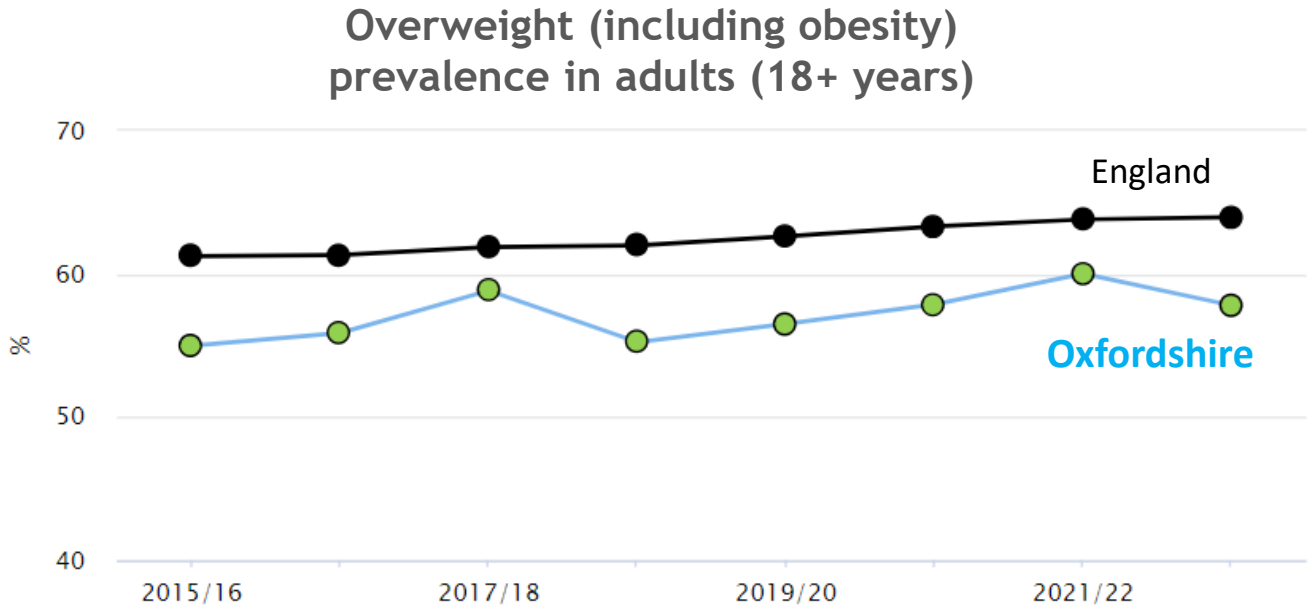
- Do you now have or have you ever had diabetes?
- [If yes] Were you told by a doctor that you had diabetes?

Longstanding illness refers to illnesses or conditions lasting or expected to last 12 months or more. Limiting longstanding illness consists of longstanding conditions that reduce an individual's ability to carry out day-to-day activities.

Oxfordshire – overweight and obesity trend

Excess weight in adults is a complex problem with multiple causes and significant implications for health and wellbeing. It is recognised as a major determinant of premature mortality and avoidable ill health. Adults are defined as overweight (including obese) if their body mass index (BMI) is greater than or equal to 25kg/m2. Obesity is defined as a BMI greater than or equal to 30.

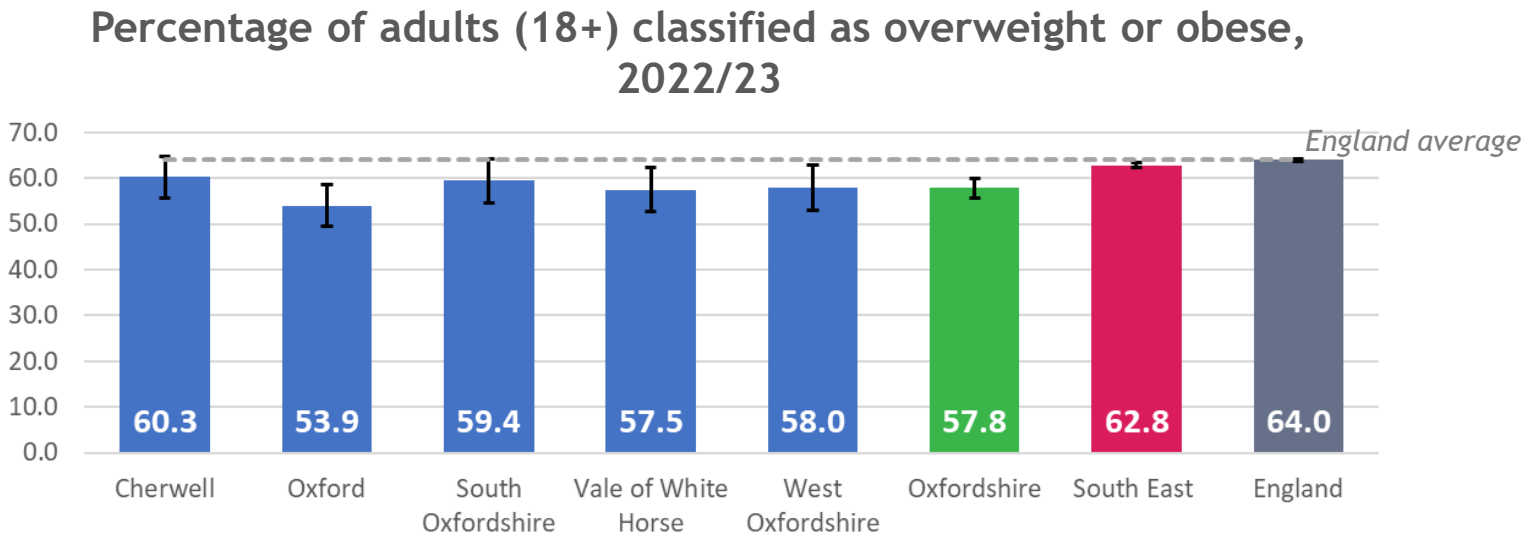
- The percentage of people aged 18 years and over in Oxfordshire classified as overweight or obese reduced by 2.2 percentage points (pp) from 60.0% in 2021/22 to **57.8% in 2022/23** (the difference was not significant).
- The 2022/23 prevalence was similar to the pre-pandemic (2019/20) rate of 57.9%.
- England in 2022/23 was at its highest prevalence since this data was first reported



OHID based on Sport England data
Public health profiles - OHID (phe.org.uk)

Adult overweight and obesity – Oxfordshire and districts

- An estimated 57.8% of people aged 18 or over in Oxfordshire were classified as overweight or obese in 2022/23, lower than the average for England (64.0%) and the South East (62.8%).
- Oxford district had the lowest percentage of adults classified as overweight or obese (53.9%) and Cherwell had the highest (60.3%). Oxford's low percentage of adults overweight/obese is likely to be linked to the younger age profile of the population in the city.



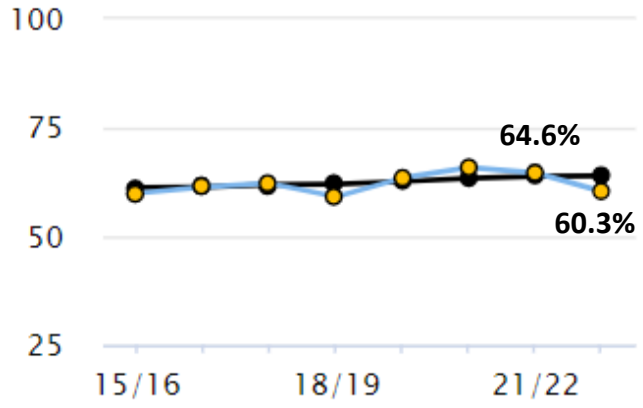
Physical Activity - OHID (phe.org.uk)

Explore Healthy Weight Story Maps (arcgis.com)

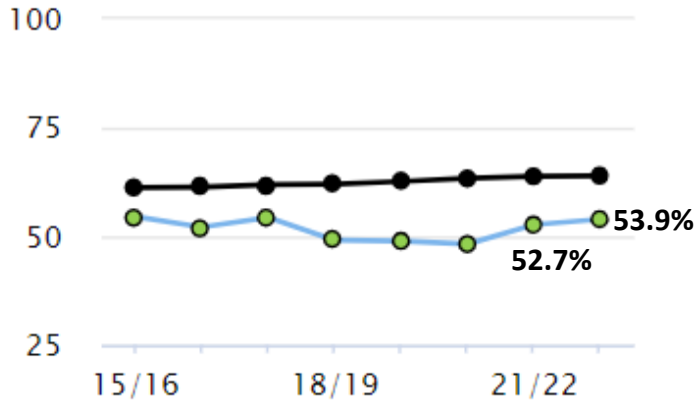
Districts – overweight and obesity trend

Percentage of adults (18+) classified as overweight or obese

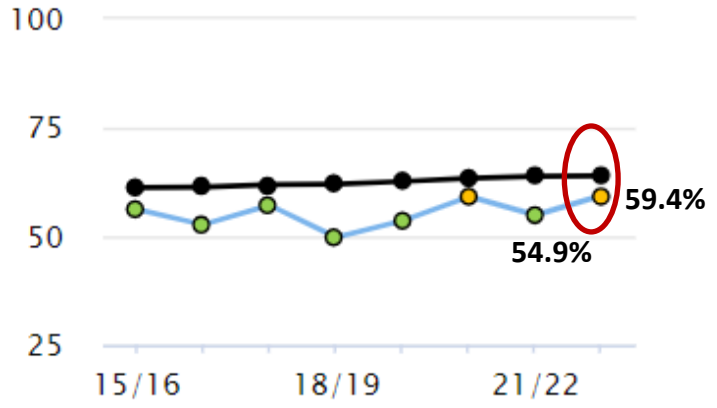
Cherwell



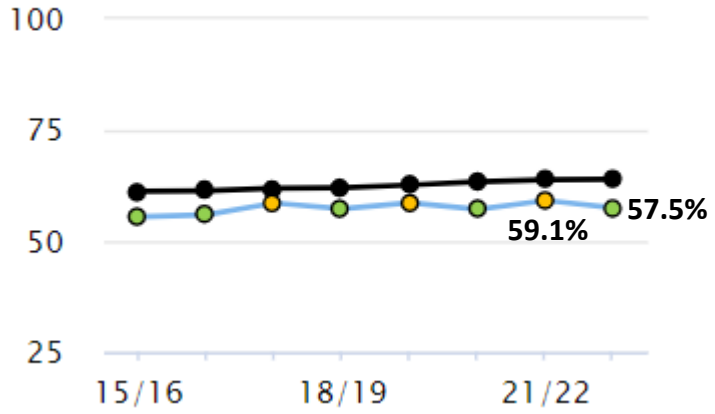
Oxford



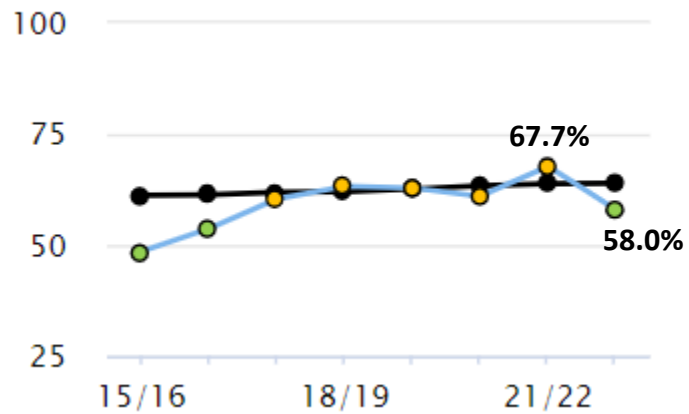
South Oxfordshire



Vale of White Horse



West Oxfordshire

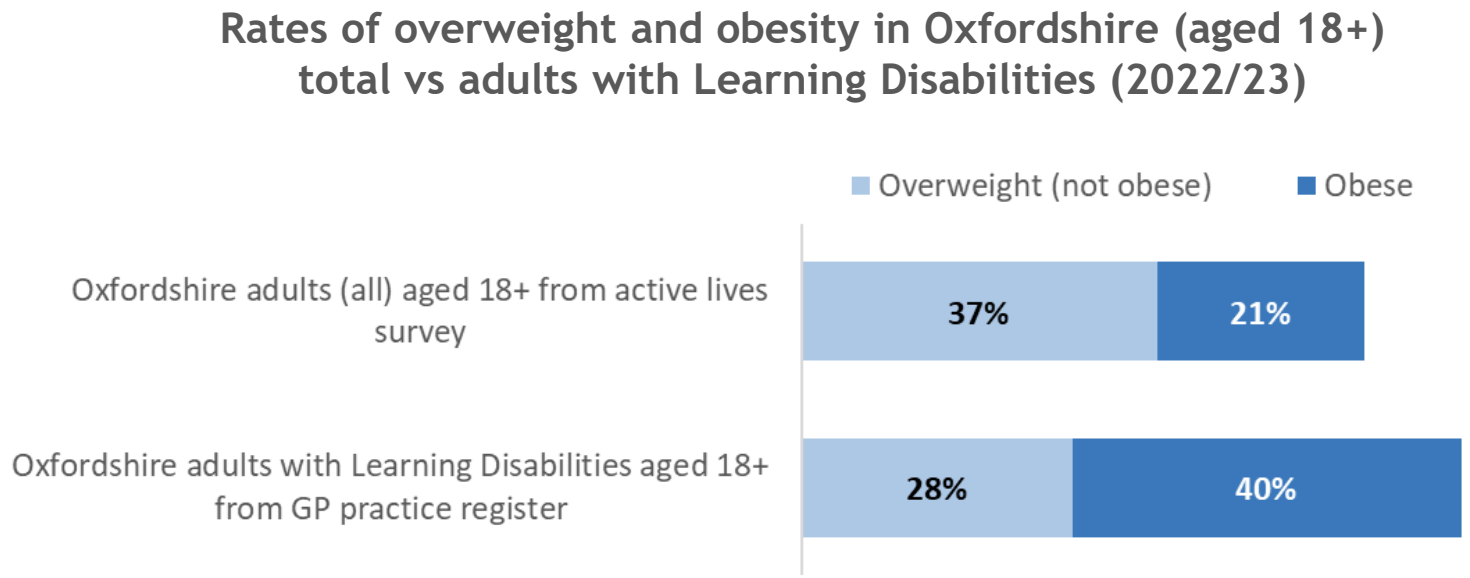


- The latest 2022/23 data shows Cherwell remaining similar to national average.
- There was a change for Vale of White Horse and West Oxfordshire which have each moved from similar to better than average.
- There was an increase in South Oxfordshire which has moved from better than average to similar.

Obesity Profile - Data - OHID (phe.org.uk)

Overweight and obesity of adults with Learning Disabilities

- Of adults (aged 18+) on Oxfordshire GP Learning Disabilities registers with a BMI test, 40% were measured as obese and a further 28% were overweight. 68% in total were either overweight or obese.
- This was well above the 21% of adults in Oxfordshire who were classified as obese from the Active Lives Survey and the further 37% who were overweight. 58% in total either overweight or obese.



Health and Care of People with Learning Disabilities, Experimental Statistics 2022 to 2023 - NHS England Digital

Hospital admissions related to obesity - Oxfordshire

NHS Digital data shows:

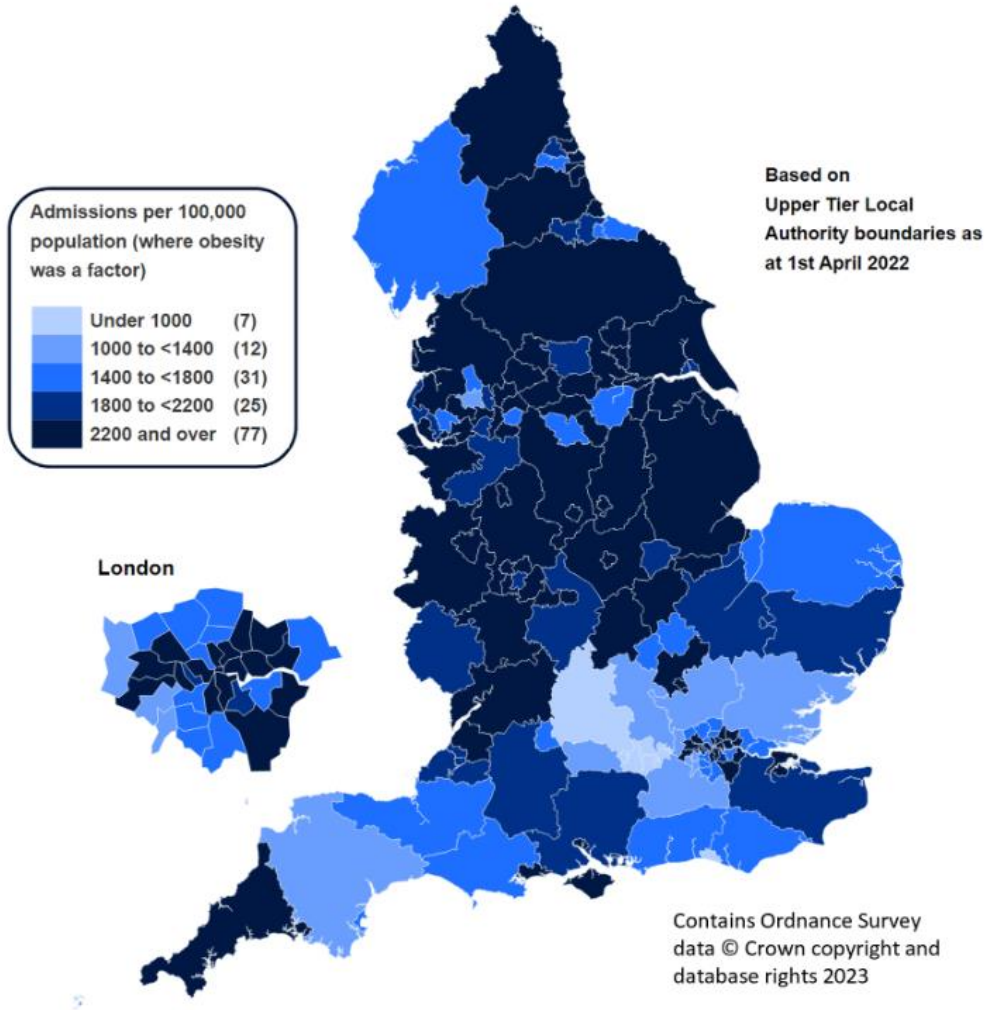
- Admissions directly attributable to obesity in Oxfordshire was 65 in 2022/23 (50 in the previous year). The rate per 100,000 was 9 compared with 16 for England.
- Admissions where obesity was a factor in Oxfordshire was 4,830 in 2022/23 (6,005 in the previous year). The rate per 100,000 was 684 compared with 2,225 for England.
- Obesity admissions for bariatric surgery in Oxfordshire was 40 in 2022/23 (30 in the previous year). The rate per 100,000 was 6 compared with 9 for England.
- At an England level, admissions directly attributable to obesity were four times more likely in the most deprived areas (24 per 100,000 population), compared with the least deprived areas (6 per 100,000 population)[1].

Microsoft Power BI

[1] Part 1: Hospital admissions - NHS England Digital

Statistics on Public Health: Data Tables - NHS England Digital

Age standardised admissions rate per 100,000 population by Local Authority where obesity was a factor (2022/23)



Diet, food insecurity and fast food

Food insecurity

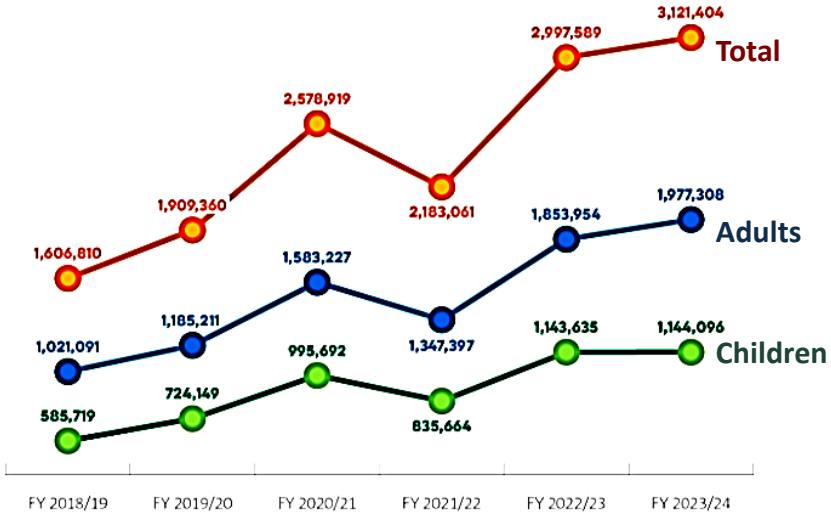
According to an April 2024 House of Commons briefing[1] on food insecurity, across the UK:

- There have been increases in:
  - The proportion of food insecure households and
  - the number of people making use of food banks
- The people most likely to experience food insecurity were:
  - Children
  - Disabled people
  - People in workless families
  - Households from a black or mixed ethnic background
  - People in social rented accommodation
- The latest annual data from the Trussell Truss network[2] for 2023/24 shows a continued increase in the number of emergency good parcels distributed by foodbank.

Household food insecurity is split into two categories:

- *'Low food security' means that the household reduces the quality, variety, and desirability of their diets.*
- *'Very low food security' means that household members sometimes disrupt their eating patterns or reduce their food intake because they lack money or other resources for food.*

Number of emergency food parcels given by food banks in the Trussell Trust network

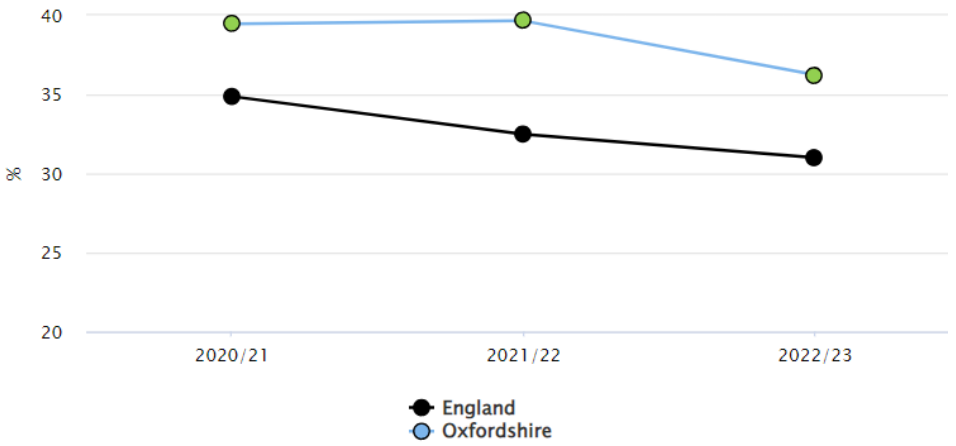


[1] Who is experiencing food insecurity in the UK? (parliament.uk)
[2] Trussell Trust network end of year stats (April 2023 to March 2024)

Diet – fruit and vegetable consumption

- *Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. A portion of fruit or vegetables is 80g.*
- *The 5 A Day campaign is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke and some types of cancer.*
- As of 2022/23, the proportion of adults in Oxfordshire meeting the 5-a-day recommendation was 36.2%, above the national average of 31%. The latest value is below the previous year although the difference is not significant.
- At an England level, inequalities data shows that the groups least likely to be meeting the recommendation were: younger people, males, unemployed, disabled, those in more deprived areas and those in routine occupations.

Percentage of adults meeting the '5-a-day' fruit and vegetable consumption recommendations Oxfordshire vs England



	Oxfordshire					
Period		Count	Value	95% Lower CI	95% Upper CI	England
2020/21		-	39.5%	37.5%	41.4%	34.9%
2021/22		-	39.7%	37.7%	41.6%	32.5%
2022/23		-	36.2%	34.3%	38.2%	31.0%

Source: OHID, based on Sport England data

OHID from Sport England Active Lives survey accessed from fingertips

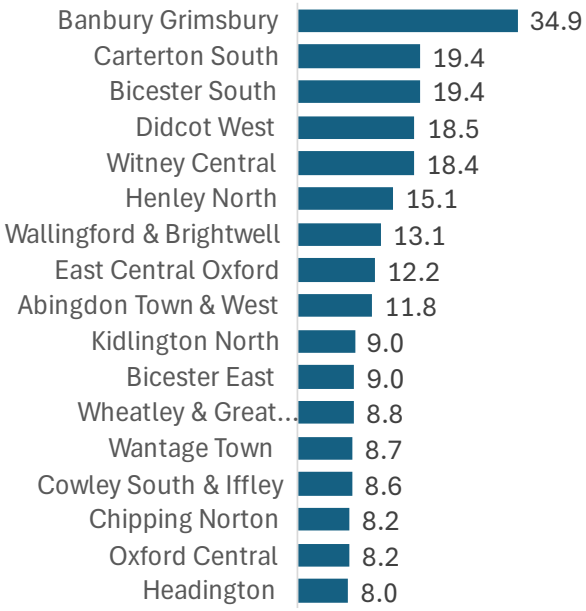
Fast-food outlets

- *National planning guidance[1] states: "Planning policies and decisions should aim to … support healthy lifestyles… – for example through the provision of … access to healthier food"*
- Nationally, local authorities that are ranked as more deprived also have a greater density of fast-food outlets.[2]
- According to the food hygiene database, as of July 2024 there were 429 fast food (takeaway/sandwich shop) outlets across Oxfordshire.[3]
- By district the highest number and rate per population were Cherwell and Oxford.
- By area (MSOA) there is no clear link with areas of deprivation. The area with the highest rate of fast-food outlets was Banbury Grimsbury, which includes Castle Quay shopping centre and Banbury town centre. There were a total of 46 outlets in this MSOA.

Count and rate of fast-food outlets in Oxfordshire by district (July 2024)

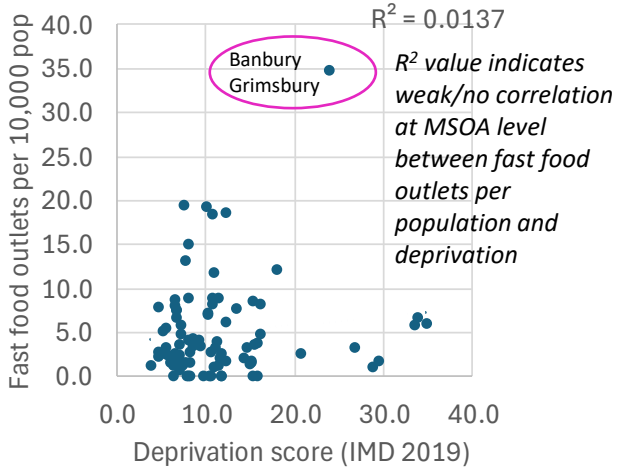
	Count of fast-food outlets	Outlets per 10,000 population (ONS 2022)
Cherwell	116	7.07
Oxford	94	5.79
South Oxfordshire	87	5.73
Vale of White Horse	68	4.78
West Oxfordshire	64	5.47
Oxfordshire	**429**	**5.81**

Fast-food outlets per 10,000 population by MSOA*



*MSOA = middle layer super output area, 86 2011 MSOAs in Oxfordshire, slightly larger than wards

Rate of fast-food outlets per 10,000 population vs deprivation by MSOA



[1] https://www.gov.uk/guidance/national-planning-policy-framework/8-promoting-healthy-and-safe-communities

[2] Public Health England, density of fast food outlets 2017; 2019 review of the use of the planning system to regulate hot food takeaway outlets

[3] Food hygiene rating database https://ratings.food.gov.uk/open-data business type = "Takeaway/sandwich shop"; Population denominator is ONS mid-2022 estimates

Finding out more

- Director of Public Health Annual Report 2022/23 (oxfordshire.gov.uk)
- Explore Healthy Weight Story Maps (arcgis.com)

- Obesity Profile - OHID (phe.org.uk)
- Obesity policy in England House of Commons briefing June 2023