

# Health Impact Assessment

## Eat Well Move More Shape Up 2017-20

Toolkit produced by: Public Health

Toolkit version: 1.1

HIA version: V0.5

Date HIA completed: 21 September  
2016

***Health is not merely the absence of disease or infirmity but a state of complete physical, mental, social and spiritual well-being.  
(modified by M. Birley (2013) from World Health Organisation's definition – 1948)***

**Title of policy, programme or project ("activity") to be assessed:**

**Eat Well Move More Shape Up Strategy 2016-19**

**What is the activity about? What is the context outlined for the activity? (e.g. policy context, history, background)**

Out of a population of almost 113,000 adults aged over 16<sup>1</sup> in Blackburn with Darwen just over 75,000 are overweight or obese (66.5%) and only just over 40,000 are active enough to benefit their health (35.7%) with physical inactivity costing the borough over £3million.

The borough has a higher than average young population, ONS mid-year estimates record a 23.2% 0-15 population in Blackburn with Darwen compared with 18.9% regionally and 19% nationally. In addition to this, 52% of school aged children are from a minority ethnic background. The most recent National Child Measurement Programme data in Blackburn with Darwen shows that almost 9% of 4-5 year olds are obese and this more than doubles to 20% of 10-11 year olds and 20.6% of 3 year olds in the borough have decayed, missing or filled teeth.

The 2015 Indices of Multiple Deprivation found that 28 out of 91 LSOA's (Lower Super Output Areas) in Blackburn with Darwen were in the 1<sup>st</sup> national decile (most deprived). In addition, healthy life expectancy is considerably lower than the national average particularly amongst males in the borough with the second highest death rate from cardiovascular disease (CVD) out of 152 upper tier authorities. Along with major risk factors for CVD of obesity, physical inactivity, deprivation and ethnicity Blackburn with Darwen also has a steadily increasing over 65 population further impacting on levels of CVD in the borough.

The local authority is developing an action plan to help increase physical activity levels and increase the number of people in Blackburn with Darwen who are a healthy weight to help reduce ill health and increase healthy life expectancy and therefore quality of life.

Our vision is for everyone in Blackburn with Darwen to move more, eat well and maintain a healthy weight, we aim to do this by:

- Supporting an environment that empowers people to make physical activity and healthy eating the easy choice for everyone throughout the course of their lives
- Encouraging positive lifestyle changes that enable the people of Blackburn with Darwen to improve their health and wellbeing and to be a healthy weight
- Empowering the most vulnerable and at risk of poor health in our community to make positive behaviour changes
- Building community capacity and mobilising the workforce of Blackburn with Darwen to make every contact count

**Does this activity have the potential to impact on health? Explain**

*(please consult appropriate Public Health colleague if you are unsure or require further information)*

The strategy has the potential to improve the health of all residents of Blackburn with Darwen by increasing opportunities to be more physically active, by improving access to locally sourced, good quality, affordable and healthy food, making healthy choices the easiest option and providing an environment which supports everyone to be a healthy weight. An extensive three year action plan covering the three strands of the strategy has been developed to detail how this will take place and by which stakeholders ( <http://www.blackburn.gov.uk/Lists/DownloadableDocuments/Eat-Well-Shape-Up-Move-More-Strategy-Action-Plan.pdf>).

Health impacts include reduced incidence of heart disease, certain cancers, stroke and dementia. The ultimate aim of the strategy is to increase healthy life expectancy and quality of life through making the healthy choice the easy choice. In doing so the burden on the public purse will be significantly reduced through reduced health care costs, increased productivity and increased educational attainment.

***\*If no health impacts are identified then the screening does not need to continue, but please ensure that this has been discussed with the appropriate Public Health colleague prior to discontinuation\****

**Does this activity relate to / impact on any of the Health & Wellbeing Strategy objectives?**

- ☒ **Best start for children and young people**
- ☒ **Health & Work**
- ☒ **Safe & healthy homes & neighbourhoods**
- ☒ **Promoting health and supporting people when they are unwell**
- ☒ **Older people's independence and social inclusion**

**Does the activity concern any of the following determinants?**

Lifestyle	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
Physical environment	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
Social / economic environment	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
Other, please specify		

**What are the potential positive impacts?**

- Improved overall health and wellbeing of residents through encouraging a healthy, affordable diet and improved access to locally produced, affordable food and by promoting the benefits of and opportunities to be physically active across the whole life course.
- Improved healthy life expectancy
- Reduced health inequalities
- Reduced levels of overweight and obesity across the life course
- Focus on children and young people to prevent the cycle of generational obesity to improve quality of life and reduced risk of diabetes and heart disease
- Improved dental health by focussing on education on sugar and sugar reduction initiatives and campaigns
- Improved maternal and infant health by promoting breastfeeding, healthy weaning and physical activity, significantly reducing the risk of obesity and disease in later life and therefore reducing the burden on the local economy along with reduced personal burden
- Reduced food poverty by improving access to affordable food and encouraging community food schemes to support those most in need within specific communities
- Reducing food waste and the environmental footprint of food by encouraging communities to

shop locally wherever possible and exploring community growing options

- Boosting the local food economy by promoting the use of local markets and local food suppliers where possible in improved procurement or direct purchases from the public.
- Improved community resilience by supporting community growing, shopping skills and cooking skills
- Increased physical activity levels which will reduce the burden of disease and contribute to a healthy weight and reduce the cost to the local economy which is currently in excess of £3million
- Increased active travel which have positive effects on the environment, health and the economy
- Reduced social isolation and improved mental health and wellbeing through the effective promotion and communication of food and activity initiatives such as luncheon clubs, health walks etc.
- Improving access to sport and physical activity in underrepresented groups – disability, BME, women and girls, deprived communities – the detailed strategy action plan provides further information on how the strategy aims to achieve this  
(<http://www.blackburn.gov.uk/Lists/DownloadableDocuments/Eat-Well-Shape-Up-Move-More-Strategy-Action-Plan.pdf>)
- Better partnership working and use of resources for the benefit of the residents of Blackburn with Darwen

#### What are the potential negative impacts?

There may be a proportion of the population who do not understand the need for the strategy and the health implications if there is no change in behaviour. They may not want to embrace health improvement initiatives and may be resistive to environmental policy changes e.g. opposition to temporary street closures for street play initiatives, healthy vending in public buildings and healthy catering policies at events. Overall there are very few potential negative impacts.

#### What are the assumptions/risks embedded in or underpinning the activity?

There is an assumption is that everyone will embrace the action plan in strategy and that the strategy will enable everyone to make healthier choices. There is also an assumption that parents/carers will pass the messages to their children/those in their care and make choices that will benefit their health.

The risks of not embracing the rationale and action plan of the strategy is that those individuals health will not improve and they will continue to require preventable support from the state e.g. welfare, health and social care. However if the strategy was not developed this cohort of residents would be at risk regardless.

#### Are there any external factors which identify the nature and extent of the impacts on health for this type of proposal (e.g. research; policy changes etc.)

- Funding – there are cuts across a number of public sector services. Funding available to third sector organisations is becoming increasingly difficult to obtain, all of which places pressure on the services and organisations committed to delivering the outcomes of the strategy
- Encouraging the council to adopt the Local Authority Declaration on Healthy Weight will require a strong direction from executive members and will allow public health to embed it in all council policies
- Council workforce review – may affect the ability to implement the strategy due to fewer staff having greater remits and changes in priorities

#### List the groups most likely to be affected by this proposal

All residents of Blackburn with Darwen across the life course will be affected by this proposal

**What are some of the potential equity issues?**

The strategy is designed to address all residents of the borough by taking both a population and targeted approach. The Integrated Strategic Needs Assessments for the borough and extensive consultation with the public and stakeholders will inform the areas of greatest need. The strategy aims to be fully inclusive and will encourage those most at risk of ill health to make better health choices.

As outlined throughout this assessment there are a number of positive impacts on many of the 9 protected characteristics set out in the 2010 Equality Act.

## CHECKLIST

Answers favouring doing an HIA	To your knowledge	Answers favouring not doing a HIA
<b>Health impacts</b>		
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Not sure	Does the initiative affect health directly?	<input type="checkbox"/> No
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Not sure	Does the initiative affect health indirectly?	<input type="checkbox"/> No
<input type="checkbox"/> Yes <input type="checkbox"/> Not sure	Are there any potential serious negative health impacts that you currently know of?	<input checked="" type="checkbox"/> No
<input type="checkbox"/> Yes <input type="checkbox"/> Not sure	Is further investigation necessary because more information is required on the potential health impacts?	<input checked="" type="checkbox"/> No
<input type="checkbox"/> No	Are the potential health impacts well known and is it straightforward to identify effective ways in which beneficial effects can be maximised and harmful effects minimised?	<input checked="" type="checkbox"/> Yes
<input type="checkbox"/> No	Does evidence, data or experience already exist out there, regarding this policy, programme or project so that an HIA might be a waste of resources?	<input checked="" type="checkbox"/> Yes
<b>Community</b>		
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Not sure	Is a large proportion of the population likely to be affected by the initiative ( <i>over 25% of the resident population</i> )?	<input type="checkbox"/> No
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Not sure	Are there any socially excluded, vulnerable, disadvantaged groups likely to be affected?	<input type="checkbox"/> No
<input type="checkbox"/> Yes <input type="checkbox"/> Not sure	Are there any community concerns about any potential health impacts?	<input checked="" type="checkbox"/> No
<b>Initiative</b>		
<input type="checkbox"/> Yes <input type="checkbox"/> Maybe	Is there some reason to suspect that health issues not considered in the planning process of this initiative might become more visible by doing an HIA?	<input checked="" type="checkbox"/> No
<input type="checkbox"/> Yes <input type="checkbox"/> Maybe	Is the cost of the initiative high ( <i>over £100,000</i> )?	<input checked="" type="checkbox"/> No
<input type="checkbox"/> Yes <input type="checkbox"/> Maybe	Is the nature and extent of the disruption to the affected population likely to be major?	<input checked="" type="checkbox"/> No
<b>Organisation</b>		
<input checked="" type="checkbox"/> Yes	Is the initiative a high priority/important for the organisation/partnership?	<input type="checkbox"/> No
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Maybe	Are the individuals and organisations with a stake in this initiative likely to buy into the HIA process?	<input type="checkbox"/> No
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Maybe	Is there potential to change the proposal? Will there be any other similar proposals in the future?	<input type="checkbox"/> No
<b>FOR = 7</b>	<b>TOTAL</b>	<b>AGAINST = 8</b>



## Choosing which HIA to do

Health Impact Statement	Type of HIA	Comprehensive
<input type="checkbox"/> Yes	Is there only limited time in which to conduct the HIA?	<input checked="" type="checkbox"/> No
<input checked="" type="checkbox"/> Yes	Is there only limited opportunity to influence the decision?	<input type="checkbox"/> No
<input checked="" type="checkbox"/> Yes	Is the timeframe for the decision-making process set by external factors beyond your control?	<input type="checkbox"/> No
<input checked="" type="checkbox"/> Yes	Are there only very limited resources available to conduct the HIA?	<input type="checkbox"/> No

## Deciding who should do the HIA

External	Assessors	Internal
<input type="checkbox"/> No	Do personnel in the organisation or partnership have the necessary skills and expertise to conduct the HIA?	<input checked="" type="checkbox"/> Yes
<input checked="" type="checkbox"/> No	Do personnel in the organisation or partnership have the time to conduct the HIA?	<input type="checkbox"/> Yes

Is an HIA appropriate?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Why or why not?	
It is anticipated that due to the overwhelming positive impact that this strategy hopes to have on health in the borough a full Health impact Assessment is not required. This strategy targets all of the boroughs residents and aims to support and encourage them to make life choices and changes that will improve health and wellbeing.	
If yes, what type and how?	
N/A	
Recommendations / comments	
It is recommended that this activity continues without change. As previously mentioned, the aim of this strategy is to target health inequalities and improve health and wellbeing of everyone across the borough.	

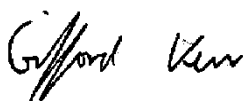
Completed by: Beth Wolfenden

Date: 21/09/2016

Approved by

(Head of Service/Director):

Date: 21/09/2016



*This signature signifies the acceptance of the responsibility and ownership of the HIA and the resulting action plan (if applicable).*

Approved by

(Public Health): \_\_\_\_\_

Date: \_\_\_\_\_

*This signature signifies the acceptance of the responsibility to publish the completed HIA.*



***\*Once this form has been completed and approved, this document should be saved as the Health Impact Statement for the specified activity, any actions should be monitored appropriately\****

<sup>i</sup> ONS (2015). *Mid-year population estimates*