



**Obesity Action
Scotland**
Healthy weight for all

Report Card

Obesity in Scotland
Six Years Later

The Commitments

The Obesity Route Map (ORM) was launched by The Scottish Government in 2010. Six years on, what progress has Scotland made?

ORM Commitment: The aim of the ORM is for the majority of Scotland's population to be in a normal weight range throughout adult life. This is a long term aim which it was acknowledged would take many years to achieve.

Progress: **No progress**

Detail: Over the six years the ORM has been in existence the prevalence of overweight and obesity in adults has remained stubbornly high.

Data from the annual Scottish Health Survey indicates that between 2008 and 2014 overweight and obesity levels have not changed significantly. In 2014 65% of adults aged 16 and over were overweight including 28% who were obese.

ORM Commitment: A national indicator to "increase the proportion of healthy weight children"

Progress: **No progress**

Detail: Over the six years since the ORM the proportion of children (2-16 years old) in the healthy weight range has not changed significantly and has fluctuated between 66 and 69%.

Recent ISD data indicates that the prevalence of healthy weight amongst Primary 1 children decreases as deprivation increases. In the least deprived areas 82% of children were classified as healthy weight while in the most deprived areas 74% were classified as healthy weight.

ORM Commitment: To work towards developing a further national indicator which will cover the whole population.

Progress: **No progress**

Detail: No progress has been made on introducing an indicator to cover the whole population.

ORM Commitment: The National Physical Activity Strategy has targets which support the goals for obesity. Its target is that by 2022, 50% of adults and 80% of children will be expected to meet the current recommended levels of physical activity.

Progress: **Progress made**

Detail: In 2014, 63% of adults and 76% of children met the recommended levels. The proportion of adults meeting the target has fluctuated between 62 and 64% between 2012 and 2014. The proportion of children meeting the physical activity guidelines has increased since 2008.

ORM Commitment: Another target identified as relevant is 'progress towards The Scottish Dietary Goals'. This describes, in nutritional terms, the diet that will improve and support the health of the Scottish population

Progress: **No progress**

Detail: Food Standards Scotland's report *The Scottish Diet: It Needs to Change* published in December 2015 indicated that the Scottish diet "falls short of recommendations, and has done for many years, with very little change." Food Standards Scotland has now recommended various actions to improve the Scottish diet which Obesity Action Scotland support.

ORM Commitment: The production, implementation and monitoring of an action plan to support delivery of the ORM

Progress: Actions identified, published and monitored but with varying impact

Detail: A journal paper (Mooney et al. 2015) published in 2015 assessed the appropriateness and likely impact of the balance of measures proposed within the ORM Action Plan. It concluded that the number of interventions aimed at attitudes, values and behaviours outweighed those aimed at costs and regulation. This was at odds with the balance of international evidence on what would be most effective for obesity prevention.

Amongst the conclusions of ORM review by ScotPHN in 2015 was that very few actions had been successful in reaching their milestones. Most have shown a little progress and a few have not started or have progressed slowly. It also highlighted that there have been challenges in working on food and nutrition and that more effort is required to achieve impact in this area.

Overall Assessment:

- *Slow Progress*
- *Limited Success*
- *Requires More Effort*

Based on information from:

Preventing Overweight and Obesity in Scotland A Route Map Towards Healthy Weight. 2010. The Scottish Government

The Scottish Health Survey 2014 edition

Situation Report The Scottish Diet: It needs to change. 2015. Food Standards Scotland

Mooney, J., Jepson, R., Frank J., and Geddes R. 2015. Obesity Prevention in Scotland: A Policy Analysis Using the ANGELO Framework. Obesity Facts 2015;8:273-281

Mackie P., and McCann A., 2014. Report of the Scottish Public Health Obesity Special Interest Group: Expert Group on the Development of the Child Healthy Weight Programme in Scotland. ScotPHN

Kerr A. 2015. Scottish Public Health Obesity Special Interest Group (SPHOSIG). Review of the Obesity Route Map. ScotPHN

Obesity Action Scotland was established mid-2015 to provide clinical leadership and independent advocacy on preventing and reducing overweight and obesity in Scotland.

Our main aims:

- To raise awareness and understanding of what drives obesity and the health problems associated with obesity and overweight with health practitioners, policy makers and the public
- To evaluate current research and identify strategies to prevent obesity and overweight based on the best available evidence
- To work with key organisations in Scotland, the rest of the UK and worldwide, to promote healthy weight and wellbeing

The Steering Group of Obesity Action Scotland has members across various disciplines involved in preventing and tackling obesity and its consequences: clinicians, public health experts, epidemiologists, nutritionists and dieticians, GPs and weight management experts. There are three members of staff.

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