

## What ACTIONS are being undertaken in Buckinghamshire to prevent and treat obesity?

- 148 actions are currently being implemented across Buckinghamshire. 94% focus on primary prevention.
- 50% of actions aim to change the environments that people live or work in.
- 43% of actions aim to change individual lifestyle behaviours directly via education.
- These current actions are targeting the following groups:
  - Professionals 21%
  - Universal 19%
  - Children 12%
  - Communities 10%
  - Schools 6%
  - Families 5%
  - Vulnerable families 4%
  - Vulnerable children 4%
  - Adults 4%
  - Older adults 4%
  - Other 11%
- A further 12 are planned within the next three years.
- Weight management services available across Buckinghamshire.
  - Tier 2 Live Well Stay Well for 2100 adults & 180 children or families per year.
  - Tier 2 FitFans for 90 men per year.
  - Tier 4 surgery for 30 adults per year.

## The distribution of actions compared to the causes of obesity

### Description of diagram

The 226 causes of obesity were derived from the Foresight Report and from workshops with stakeholders involved in the PHE Whole Systems Obesity programme.

These causes were categorised against the Wider Determinants of Health model (Dahlgren and Whitehead, 1991).

The actions being carried out in Buckinghamshire were also categorised against this model. Actions could be categorised at more than one level.

The distribution of actions against the causes of obesity can then crudely be compared.

#### Causes

10% are biological factors  
16% are individual lifestyle factors  
14% are social and community factors  
33% are living and working conditions  
27% are wider conditions

#### Actions

1% targeted biological factors  
43% targeted individual lifestyle factors  
7% targeted social and community factors  
36% targeted living and working conditions  
14% targeted wider conditions

More information about Action Mapping Tool available [here](#)