

Written evidence submitted by the London Borough of Enfield (PHS0083)

Numerous academic peer-reviewed studies have highlighted the effect of healthy lifestyles, defined as meeting guidelines on smoking, physical activity, alcohol consumption and obesity on mortality. Estimates vary across exact definitions, populations and outcome measurements but vary from a greater than 6 year gain in life-expectancy¹, a reduction in hazard ratios for mortality to 0.26², and four-fold difference in mortality³, Meta-analysis indicates a fall in mortality of approximately 66%⁴.

Much of this mortality and it's associated cost to health and social care could be avoided; approximately 1/3 of adults do not meet physical activity guidelines⁵, some 2/3 are overweight or obese⁶ and 13.3% smoke⁷ and 21% consume alcohol that puts them at higher risk of harm (>21 units a week)⁸.

Evidence indicates that significant behaviour change can be achieved with political will and action; Cancer Research UK has documented the effect of Government action on smoking rates reducing prevalence from 50% in the 1950's after the war to 13% today (appendix 1), urban planning (low-traffic neighbourhoods, the 20 minutes city etc) has the potential to increase levels of physical activity⁹, the introduction of the Soft Drinks Industry Levy (the 'sugar tax') is associated with a fall in household sugar consumption of 30g per household per week with no net reduction in the volume of drinks purchased¹⁰ and there is a clear correlation between the presence of Fast-food Take-aways and obesity¹¹. Many changes in behaviour that would improve health would have synergistic effects with the climate change agenda; smoking related litter makes up 68% of all littered items¹² with the tobacco industry estimated to have a carbon footprint similar to that of Peru and Israel¹³, reducing overall vehicle use through increasing active travel will 'yield the greatest benefits in terms of reductions in greenhouse gases and air pollution¹⁴ and it is estimated that a 10kg weight loss in all

¹ Chudasama, Y. et.al (2020) Healthy Lifestyle and life expectancy in people with multimorbidity in the UK Biobank. A longitudinal cohort study. <https://doi.org/10.1371/journal.pmed.1003332>

² Yanpin, L. et.al (2018) Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population. <https://doi.org/10.1161/CIRCULATIONAHA.117.032047> Circulation. 2018;138:345–355

³ Khaw, K.T. et. al (2008) Combined impact of health behaviours and mortality in men and women: the EPIC-Norfolk prospective population study. DOI: 10.1371/journal.pmed.0050012

⁴ Loef, et.al (2012) The combined effects of healthy lifestyle behaviors on all cause mortality: A systematic review and meta-analysis. <https://doi.org/10.1016/j.ypmed.2012.06.017>

⁵ Sport England (2022) Active Lives Adult Survey November 2020-21 Report.

⁶ House of Commons Library (2023) Research Briefing, Obesity Statistics

⁷ Office for National Statistics (2022) Adults smoking habits in the UK 2021.

⁸ NHS Digital (2022) Health Survey for England 2021, part 1.

⁹ Sallis et.al (2016) Physical activity in relation to urban environments in 14 cities worldwide: a cross-sectional study Lancet 2016; 387: 2207–17

¹⁰ Pell et al (2021) Changes in soft drinks purchased by British households associated with the UK soft drinks industry levy: controlled interrupted time series analysis BMJ 2021;372:n254
doi: <https://doi.org/10.1136/bmj.n254>

¹¹ Burgoine T et.al (2014) Associations between exposure to takeaway food outlets, takeaway food consumption and body weight in Cambridgeshire, UK: population based, cross sectional study.

¹² Gov.UK (2021) Government explores next steps to clean up tobacco litter in England
<https://www.gov.uk/government/news/government-explores-next-steps-to-clean-up-tobacco-litter-in-england>

¹³ Action on Smoking and Health (ASH) (2021) Tobacco and the Environment.
<https://ash.org.uk/resources/view/tobacco-and-the-environment>

¹⁴ Watts, N. et al. (2021) The 2020 report of The Lancet Countdown on health and climate change: Responding to converging crises. The Lancet, 397(10269): 129–170. DOI: [https://doi.org/10.1016/S0140-6736\(20\)32290-X](https://doi.org/10.1016/S0140-6736(20)32290-X)

obese / overweight people would reduce CO² emissions by 50m tons / year¹⁵.

Approximately 70% of the funding for health and social care is spent on long-term conditions¹⁶. Whilst it is estimated that some 80% of chronic conditions could be avoided by the adoption of healthy lifestyle recommendations¹⁷ demand from these conditions in the UK is growing¹⁸. Healthcare spend has increased every year since 2008/9 (post-pandemic year notwithstanding) and is projected to grow further¹⁹.

Clearly the position of increasing and unnecessary demand coupled with ever increasing healthcare expenditure is unsustainable from both a humane and economic perspective. It would therefore be useful if the Parliamentary Committee could consider how the Government could take action in this area.

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¹⁵ Gryka, A. et al. (2012) Global warming: Is weight loss a solution? *Int J Obes (Lond)* 2012 Mar;36(3):474-6. doi: 10.1038/ijo.2011.151. Epub 2011 Jul 26.

¹⁶ Department of Health (2012) Long-term cond

¹⁷ Bodaj, B. et al (2018) Lifestyle Medicine: A brief review of its dramatic impact on health and survival

¹⁸ British Medical Association (BMA) (2019) BMA response to 'Advancing our health: prevention in the 2020's'

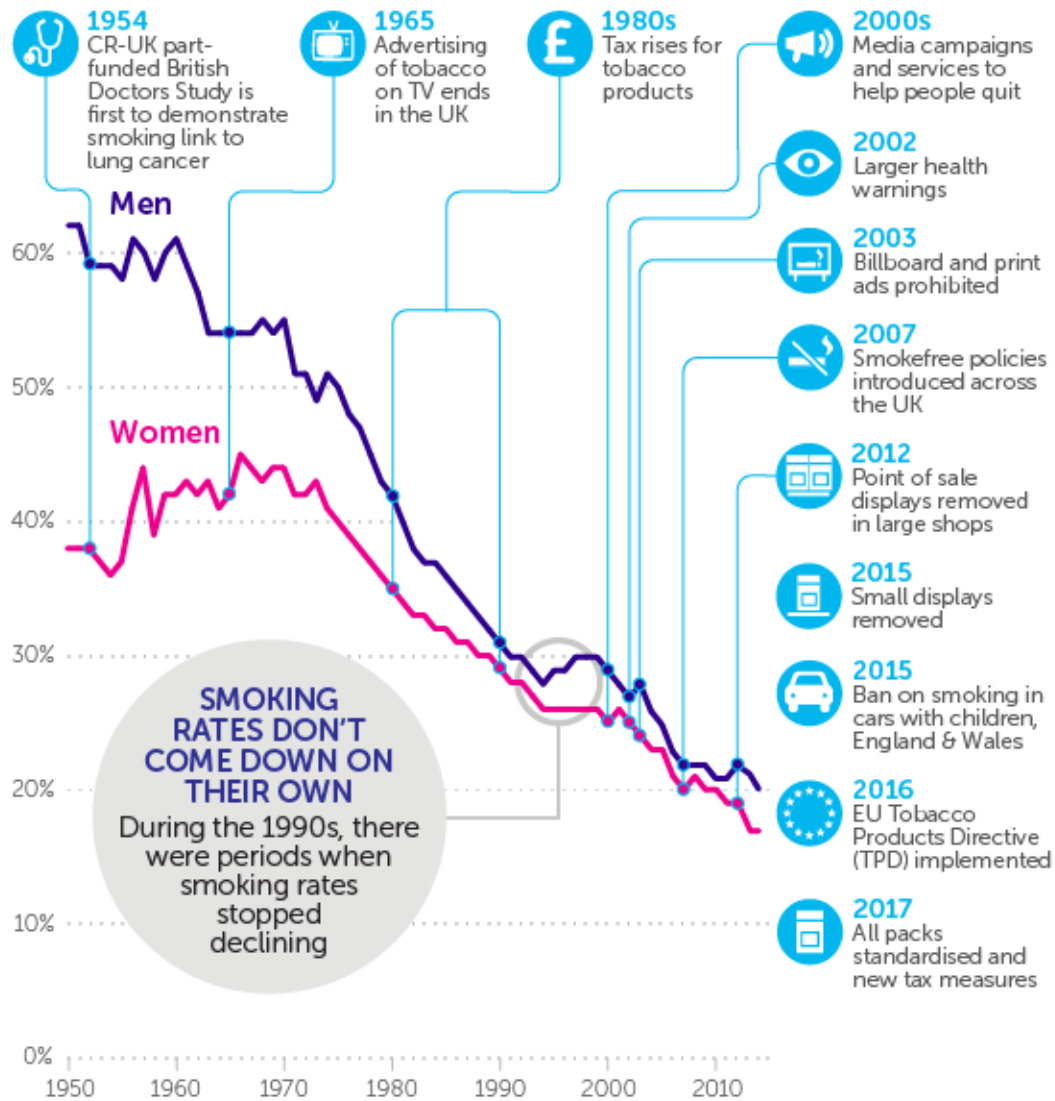
¹⁹ King's Fund (2022) The NHS budget and how it has changed <https://www.kingsfund.org.uk/projects/nhs-in-a-nutshell/nhs-budget>

Appendix 1: Government action and smoking prevalence decline

Source: Cancer Research UK, 2017. This is the end of tobacco advertising.

<https://news.cancerresearchuk.org/2017/05/19/this-is-the-end-of-tobacco-advertising/>

SMOKING RATES DECLINE WITH ACTION



Source: Adult Smoking Habits in Great Britain. Opinions and Lifestyle Survey, ONS

LET'S BEAT CANCER SOONER
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