

# Health and social care policy health and social care essay

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Social, economic and industrial alterations have changed the forms of life globally. Changes in diet and physical activity forms have been cardinal to the rise of fleshiness among many of the universe's population. Obesity was traditionally seen as a disease of high-income states merely, but it is now replacing malnutrition and infective diseases as a job exceeding societal divides. Obesity carries a higher incidence of chronic unwellness including diabetes, bosom disease and malignant neoplastic disease. This paper will critically measure the current UK and NI policies aimed at turn to the fleshiness epidemic. There will besides be a treatment around the definition of policies, function of authorities in healthcare, old and current health care policies sing fleshiness in both Britain and Northern Ireland.

The official computation for specifying fleshiness was set by the World Health Organisation ( WHO ) where grownups are registered fleshy and corpulent utilizing expression of Body Mass Index or ( BMI ), that is an individual's weight in kgs divided by the tallness in meters squared ( DWP, 2012 ). The chief restraint with utilizing organic structure mass index as an index is that it does non-separate fat mass from the thin mass; so an individual could be healthy and have a low organic structure fat, but be clinically fleshy if they have a high plenty BMI. An individual is thought to be overweight if they have a BMI of 25. 0 or more and corpulent if the BMI is 30. 0 or more.

Fleshiness has three categorizations:

1. Class 1 BMI 30 to 34. 9 ( waist margin 102cm asset for males and 88cm asset for females )
2. Class 2 BMI 35 to 39. 9. A person is classed as corpulent

3. Class 3 BMI 40 and over. Is when an individual with a BMI of 40+ is said to be morbidly corpulent ( WHO, 2012 ).

Policy originates from the authorities that are in power, who are beside the legal authorization and have a position and counsel overall policy whether they be private or public ( Crinson, 2009 ). Harmonizing to Crinson 2009 Health policy is hypothesized in footings of macro and micro societal developments, with the macro degree reading the working of societal and formal constructions, such as the economic context of the province and the market, and the National Health Service ( NHS ). The micro side focuses on the influence of policy from the degree of health care professionals and the experience of the users ( Crinson, 2009 ).

Policy devising, harmonizing to a White Paper published by the Labour Government in 1999 provinces that it is a method in which authorities construe their political vision into programs and actions in order to do alterations that are required and wanted by the population ( Cabinet Office, 1999 ). It was besides focused on modernizing the authorities scheme ( Cabinet Office, 1999a ) and the demand for a more inclusive and reactive policies linked to people's demands. It planned to vouch that policy devising was to go more forward thought and evidence-based, every bit good as right assessed and based on the best pattern. It went on to observe the demand for improved grounds when addressing policy devising and to guarantee a more joined-up attack across authorities sections and bureaus ( Cabinet Office, 1999 ).

Harmonizing to the World Health Organisation wellness policy signifies determinations, programs and actions that are started in order to make elaborate wellness attention ends within a society. It goes on to observe that and clear and string policy can sketch a thought for the hereafter whilst helps to set up aims and points of orientation. A wellness policy can besides assist to plan a model and construct understanding in add-on to informing people ( WHO, 2006 ).

There are three cardinal policies countries within the Department of Health and they are National Health ( NH ), Public Health ( PH ), and Social Care ( SC ) ( Kouvonen, 2012 ). The current theory has two dissimilar backgrounds; the first is a public policy analysis that is favored by the United States and Northern Ireland. The 2nd is favored in the United Kingdom and is a societal policy theoretical construction ( Kouvonen, 2012 ).

Policies are intended to better on current commissariats in wellness and societal attention in the UK and purpose to vouch services that are funded or supported by the Department of Health are delivered in an unfastened and patient-centered manner ( [www. dh. gov. uk](http://www.dh.gov.uk) ). This was non ever the instance, as harmonizing to Crinson authorities were apathetic to the type of attention delivered within the healthcare service; that was the concern of the physician. This was to alter in the 1970s when the economic system declined and revenue enhancement gross was reduced ( Crinson, 2009 ).

The axial rotation of the province in supplying wellness and public assistance to the public harmonizing to Crinson 2009 takes the position that there are five diverse conceptualizations and they echo differences between political

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and conceptual actions of the function that the province should play when presenting wellness and public assistance services ( Crinson, 2009 ). The author goes on to give illustrations of these conceptualizations one of which is the neoliberal perspective that influenced the alteration in the wellness and societal public assistance policies of the Thatcher Government in the 1980s ( Crinson, 2009 ). In the Political-Economic Critique, harmonizing to O'Connor et Al welfare serves to construct consent for the capitalist economy through the procedure of splitting the population into groups with specific demands. This he notes had the consequence of individualizing what are widespread societal and wellness jobs associates with life in a capitalist society ( Gough, 1979 ).

In a paper by David Berreby in which he asks the inquiry, why do people acquire fat and hazard major wellness jobs? He believes the reply to this inquiry is a capitalist economy and sites it as the chief cause of planetary fleshiness ( Berreby, 2012 ). Conversely in a program series aired on the BBC on the 11th of July 2012 the newsman Jacques Peretti reports that our eating wonts were changed by a determination made in America 40 old ages ago. Peretti traveled to America to analyze the narrative of high-fructose maize syrup ( HFCS ) a calorie-providing sweetening used to dulcify nutrients and drinks, chiefly processed and shop-bought nutrients. The sweetening was backed in America in the 1970s by Richard Nixon's agriculture decision-maker Earl Butz to utilize extra maize grown by husbandmen. Cheap and sweeter than sugar, it quickly found its manner into about all convenience nutrients and soft drinks. HFCS is non merely sweeter than sugar; it besides inhibits leptin, the endocrine that controls hunger, ensuing in the inability to

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halt feeding ( BBC, 2012 ). This was backed up by grounds from Robert Lustig an endocrinologist, who harmonizing to this study, was the first to place the dangers of high-fructose maize syrup ( HFCS ). His findings nevertheless, were discredited at the clip. and a US Congress study sited fat, non-sugar, for the dismaying rise in cardio-vascular unwellness and the nutrient industry responded with a series of low fat and 'heart-healthy' nutrients in which the fat was removed. ( BBC, 2012 ) . Policy shapers encouraged husbandmen to overproduce maize and soy with the promise of foreign trade ( Philpott, 2008 ).

It was besides in the seventies that Britain's nutrient industries used publicizing thrusts to promote the thought of noshing between repasts. A fast nutrient civilization besides developed and fast nutrient irons offered alluring nutrients and clients served themselves, and harmonizing to Ritzer this was the beginning of the McDonaldization of Society. He goes on to compose how fast nutrient eating house contribute to the development of fleshiness and its accents on supersizing its parts ( Ritzer, 2004 ).

Conversely, poorness increased in the 1970s under Thatcher Government and harmonizing to the Institute for Fiscal Studies in 1979 13. 40 % of people in Britain lived below 60 % on average income before lodging costs. With this came a large rise in inequality and under the Gini mark for Britain was up to 0. 339 from 0. 253 ( Crib, et al 2012 ).

Due to the comorbidities associated with fleshiness and their increasing cost to the NHS, the effects of fleshiness are presently and will go on to be of import public wellness challenges globally and in the UK. It impacts society

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and across all life class, and can increase the hazard of life-endangering disease ( Kouvonen, 2012 ).

## **Appendix 1.**

Presently there is a model in Northern Ireland titled 'A Fitter Future for All ' , this docket ps from 2012 to 2022. Within this paper, it explains that in Northern Ireland 59 % of grownups are either fleshy ( 36 % ) or corpulent ( 23 % ) ( DHSSPSNI, 2012 ). This policy addresses the demand to move from childhood based on grounds from the Foresight Report 2007 and is now a cross-sectorial cohesive life class docket that will turn to fleshiness over the following 10 old ages ( Foresight Review, 2012 ). The Department of Health has published a follow-on paper to the Public Health White Paper called 'Healthy lives, healthy people: A call to action on fleshiness in England ', which sets new national thrusts for a falling tendency in extra weight by 2020. The Undertaking Fleshiness: Future Choices undertaking presented its findings on 17 October 2007 and the Undertaking aims to present an executable response to fleshiness in the UK over the following 40 old ages. It besides sets out illustrations of what is intended on a national degree to assist dispute fleshiness, one of these is called the Change4life program. This program it states it will assist consumers to make healthier nutrient picks ( www. dh. gov. uk ). This could be linked to Professor Marmot point when he discussed behavioral picks as persons such as where to shop for nutrient, and how these determinations are dictated by the person's socio-economic circumstance, and if they can afford the recommended good nutrient ( UCL Institute of Health Equity, 2012 ).

'A Fitter Future for All ' and 'Healthy Lives, healthy people ' are policies that both the British and Northern Ireland authorities support, but there are wider determiners of hapless wellness such as poorness and inequalities that play an of import function in fleshiness ( HM Government, 2010 ). It could be argued that while policies such as these are aiming the causes of fleshiness, they are non actively seeking out realistic solutions to the job; people may cognize they need to eat healthier, but merely can not afford to purchase the better nutrient.

In developing, states rates of fleshiness are inclined to lift, and this is associated with turning societal disadvantage; turn to societal want and material disadvantage is likely to cut down fleshiness ( Kouvonen. 2012 ).

The socio-economic category as a factor in wellness is non a new phoneme in the United Kingdom, as it has a history of many 100s of old ages.

Harmonizing to Edwin Chadwick's study on healthful conditions of the laboring population in Britain in 1842 showed that in Liverpool the mean age of mortality for people in the upper categories was 35 old ages, and 15 old ages for labor and retainers ( Richardson, 2008 ). Inequalities still exist today but have improved and in the Black study published in 1980, it states that there are still inequalities withrespectto life anticipation and the usage of medical services ( Whitehead et al, 1992 ).

Harmonizing to the Foresight study ( 2007 ) a authorities scientific discipline think armored combat vehicle reported that most grownups are already overweight. It goes on to observe thatmodern lifewill guarantee that approaching coevalss will be heavier than the last, and by 2050, 60 % of

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workforces and 50 % of adult females possibly clinically corpulent. The study besides states the fleshiness is a many-sided and there is no grounds anyplace in the universe where fleshiness has reversed. Social policy models are overriding harmonizing to this study ( Foresight Review, 2012 ) .

The Marmot Report the 3rd such officially approved analysis in every bit many decennaries examining the nexus between wellness and wealth. The findings confirmed a dismaying societal slope, the hapless non merely decease seven old ages earlier than the rich, but they can anticipate to go handicapped 17 old ages earlier. Professor Marmot continues to discourse behavioral picks we make as persons are the portion of our societal and economic scenes. He believes that people born into more flush surroundings tend to follow a healthy lifestyle, ensuing in health care differences between the societal categories ( UCL Institute of Health Equity, 2012 ) .

In 2011 the Chief Medical Officers ( CMOs ) from across the UK published new schemes for physical activity, and they addressed a life class methodological analysis and included guidelines for early old ages ( www. ic. nhs. uk ). It could be argued this is a cover policy and it is widely known that poorer people have limited picks with respect to lifestyle picks such as gym ranks. Besides the study appears to put the duty of exercising on the person. Peoples from poorer socio-economic backgrounds have poorer lodging and environments that don't promote physical exercising which could be due to societal civilization of where these people live and deficiency of resources ( UCL Institute of Health Equity, 2012 ) . Addressing fleshy kids that become corpulent in ulterior life was an issue raised by Dr. Hilary Jones on Good

Morning Britain when he stated that fleshiness begins in childhood. He went on to state that the National Health Service and the Government know causes of fleshiness but actively forestalling it in childhood demands to be addressed ( [www. gm. tv](http://www.gm.tv) ).

Prevention of fleshiness is more accomplishable end than turn toing fleshiness when it becomes established, as some wellness jobs that are acquired through fleshiness remain an issue even after weight loss. Therefore authority's policies are largely directed at the primary bar of fleshiness such as eating good, exercising and no smoke ( Kouvonen, 2012 ).

Social determiners of wellness are besides a cardinal factor in fleshiness in both kids and grownups. Harmonizing to the World Health Organisation the societal conditions in which people live are paramount to their wellness. It goes on to observe that deficiency of income, hapless lodging and deficiency of entree to healthcare installations are merely some of the factors taking to inequalities ( [www. who. int](http://www.who.int) ).

Medical attention on its ain can non adequately better a person 's wellness and turn to where people live and work is besides of import The societal determiners of wellness are the `` upstream '' societal, economic, and environmental factors that affect the wellness of persons and populations, including income, societal support, instruction and literacy, employment and working conditions. Downstream determiners, which include physical activity, clean air and H2O and healthy lodging. These factors can act upon wellness inequalities difference between social groups that can ensue in fleshiness in poorer countries ( Kouvonen, 2012 ).

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Incidents of Childhood fleshiness are higher in countries with a lower socioeconomic population harmonizing to the National Health Service Information Centre study on fleshiness. It besides states that fleshiness is more widespread in schools in deprived countries. It besides noted that with Reception kids ( kids in the primary school age group ) 6. 9 % of those in the least disadvantaged countries were corpulent, in comparison to 12. 1 per centum of kids in most disadvantaged countries ( [www. ic. nhs. uk](http://www.ic.nhs.uk) ).

In Northern Ireland statistics show that 8 per centum of kids ages between 2 and 15 old ages are corpulent, harmonizing to the Health Minister Edwin Poots. The wellness Minister went on to state that the likeliness of corpulent kids become corpulent grownups was likely; this would set a greater strain on the wellness and societal attention services due to the comorbidities associated with the status ( Northern Ireland Executive, 2012 ).

Governments province that wellness policies are micro driven, but in the world it could be argued that they are macro driven as ultimately fleshiness will be more in the long tally due to fleshiness related unwellness such as diabetes and heart disease, and harmonizing to the NHS website the cost will be ? 4. 20 billion per twelvemonth ( HM Government ). Undertaking fleshiness is a challenge for non merely the UK, but globally and harmonizing to the Department of Health and Social Services Northern Ireland web site, corpulence and fleshiness will catch malnutrition and infective disease in footings of their cost to the wellness services and people enduring from the status ( [www. dhsspsni. gov. uk](http://www.dhsspsni.gov.uk) ) .

## Appendix 2.

It was not until 1999 that fleshiness was declared an epidemic in America and was considered to impact all racial groups and across all ages in the United States ( National Medical Association, 1999 ). Harmonizing to the information published there was an addition from 12 % to 18 % over a seven twelvemonth period utilizing an organic structure mass index ( BMI ) that was greater than 30 ( National Medical Association, 1999 ). Historically obesity rates were low and unaffected until the 1970s and 80s, and the obesogenic environment( an environment that encourages and leads to fleshiness in persons that relates to the influence that contributes towards fleshiness such as nutrient, physical activity and environment. Many broader determiners of hapless wellness such as wellness inequalities, poorness and want play an important function, and these factors have not swayed over the old ages. In pre-war Britain, big differences in mortality and morbidity degrees between rich and hapless were recognized as the norm by policy shapers. It was the debut of the National Health Service in the forties that brought with it hope that the societal category differences impacting wellness would worsen. It wasn't until the seventies that the Marmot Report stated people's lifestyle and fortunes have a direct consequence on their wellness ( Crinson, 2009 ).

The wellness deductions from fleshiness are huge and can finally ensue in a premature decease. Although fleshiness is caused by the consumption of more energy through nutrient and drink than needed and the ensuing extra stored in fat in the organic structure, the position that the obesogenic environment besides plays a portion in fleshiness is going widely accepted.

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Social and economic fortunes are besides evaluated in this paper as are the function of authorities and policy shapers, both in the United Kingdom and Northern Ireland. The overall position of this paper would be that policies are made by persons that have no penetration into what portion of society they are directed at such as disadvantaged and socio-economic countries that lack the agency and installations whereby persons feel that their part to society is valued and of import sufficiency for them to care about their ain well-being. Policies are non directed at one specific group such and the one size fits all doesn't look to be working as fleshiness is now a planetary epidemic.

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