

NORTH LINCOLNSHIRE COUNCIL

CABINET

CHILDHOOD OBESITY – GET GOING PROGRAMME

1. OBJECT AND KEY POINTS IN THIS REPORT

- 1.1 To inform the cabinet of the latest achievements and continued progress of the Get Going programme (North Lincolnshire's childhood weight management programme)
- 1.2 To ask cabinet to note the progress to date

2. BACKGROUND INFORMATION

- 2.1 Childhood obesity is a significant public health challenge. In North Lincolnshire 24.1% of children aged 4-5yrs and 35% of children aged 10-11yrs are either overweight or obese, which is higher than both the regional and national averages.
- 2.2 In recognition of the need to both effectively prevent and manage childhood obesity, the Health Improvement Team (Places Directorate, NLC) commissioned the North Lincolnshire School Sport Network in 2013 to deliver a local childhood weight management programme (until 2017). The 'Get Going programme' was therefore developed with the aim to support children aged 4-16yrs to achieve and maintain a healthier weight.
- 2.3 The Get Going programme is delivered by a team of physical activity and health coaches who work with children, young people and their families for 10 weeks on a 1-2-1 basis in family settings. In addition, the coaches deliver a wide range of obesity prevention activities (focusing on physical activity and nutrition) across North Lincolnshire's schools.
- 2.4 This report provides a summary of key achievements from the programme between April 2014 and March 2015.
- 2.5 In relation to the 10 week 1-2-1 programme, a total of 122 children started Get Going in 2014/2015 with 92% of families completing the 10 week programme (over 1000 family appointments were delivered). Highlights include -
 - Two out of three children reduced their BMI score
 - 92% of parents rated the programme as excellent, 8% as good
 - On average each child increase their weekly physical activity by 5hrs and 30mins
 - Number of children reporting that they had a positive view of themselves almost double after completing the programme
 - 88% of parents said their knowledge of nutrition and healthy diet had either improved or vastly improved
 - 71% of parents said their families consumption of fruit and vegetables had either improved or vastly improved

2.6 In relation to the obesity prevention activities in schools

- 2,673 children and young people have accessed the Skip4Life physical activity programme
- 645 children and young people have been involved the Get Going to school active travel programme
- 350 have accessed the school based Change4Life and Get Going clubs

2.7 On the 11 November 2015, the first Get Going awards event took place at the Baths Hall in Scunthorpe, with over 100 families and a range of professional partners attending (including school nurses, public health, dieticians and early help practitioners). The event was hosted to positively acknowledge children, young people and families' participation in the Get Going programme and celebrate their achievements in making sustainable lifestyle changes. Furthermore the event was used to recognise the contribution of valuable partners (both within NLC and externally) and showcase future activity available to current and previous participants of Get Going.

3. OPTIONS FOR CONSIDERATION

3.1 Cabinet notes the achievements and continued progress of the Get Going programme

4. RESOURCE IMPLICATIONS (FINANCIAL, STAFFING, PROPERTY, IT)

4.1 Not applicable

5. OUTCOMES OF INTEGRATED IMPACT ASSESSMENT (IF APPLICABLE)

5.1 Not applicable

6. OUTCOMES OF CONSULTATION AND CONFLICTS OF INTERESTS DECLARED

6.1 Not applicable

7. RECOMMENDATIONS

7.1 Cabinet is asked to accept this report and recognise the achievements and continued progress of the Get Going programme.

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Background Papers used in the preparation of this report - People Scrutiny
Panel Report on childhood weight