

NORTH LINCOLNSHIRE COUNCIL

HEALTH AND WELLBEING MANAGEMENT GROUP

CHILDHOOD OBESITY AND 'HEALTHY WEIGHT, HEALTHY LIVES' UPDATE

1. OBJECT AND KEY POINTS IN THIS REPORT

1.1 The purpose of this report is to provide the Health & Wellbeing Management Group with an update on progress to tackle childhood obesity and promote healthy weight for all ages across North Lincolnshire since the March 2018 Health & Wellbeing Board report.

1.2 Key points in the report:

- A successful 'Healthy Weight, Healthy Lives' Stakeholder event was held in April 2018
- An Obesity summit is planned for the autumn, for North Lincolnshire wide stakeholders. This will provide an opportunity to map the current 'Obesity System'.
- The output from the event will contribute to a whole-system re-design to achieve improved outcomes for our residents.

2. BACKGROUND INFORMATION

2.1 The Health and Wellbeing Board received a report at the March 2018 meeting highlighting the North Lincolnshire Childhood obesity data and outlining the work being undertaken locally to improve these outcomes for our children and young people. For reference, the data is summarised in Appendix 1.

2.2 The Board requested that Obesity remain a high priority and as such regular updates reported to the Board regarding action and activity to tackle childhood obesity and promote healthy weight for all ages across North Lincolnshire.

2.3 A Healthy Weight, Healthy Lives stakeholder event was held in April 2018 which was attended by over 60 stakeholders (including NHS partners, Active Humber, Get Ahead Partnership, schools, voluntary and community groups) and showcased the intention for a whole-system approach. Dr David Broom (Senior lecturer in Physical Activity, Health and Exercise, Sheffield Hallam University) provided the keynote speech. A local family shared their journey through the Get Going programme, highlighting the benefits in increasing self-esteem, self-confidence and improved emotional wellbeing. 'Food in North Lincolnshire' was launched during the event, celebrating North Lincolnshire's initial membership to the national Sustainable Food Cities Programme.

2.4 Stakeholders helped us finalise key priority areas in the Healthy Weight Healthy Lives Strategy 2018-2020, with an overarching aim that a whole systems approach is taken to ensuring:

- All North Lincolnshire citizens and their families experience the benefits of being a healthy weight.

- North Lincolnshire is a place where healthy lifestyles are the normal way of life and where every adult and child is informed, able and motivated to make positive choices regarding nutrition and physical activity.

Key outcomes of the event included:

- Healthy Weight Healthy Lives Network established
- Healthy Weight Healthy Lives Steering Group established
- A review of the information provided in the NCMP feedback letter sent out to families

2.5 Update on current Weight Management Programmes

2.5.1 **Children:** Get Going is North Lincolnshire's weight management programme for children aged 4-16. Get Going takes a whole family approach and uses a range of support approaches including 1 to 1 sessions and weekly group activities. Most referrals come from schools. Get Going have worked with over 100 families over the last year, achieving an excellent retention rate of 92% completing the 8-10 week programme. 75% of these young people were successful in reducing their BMI Z-score.

2.5.2 **Adults:** The North Lincolnshire Healthy Lifestyle Service provides a 12 week Adult Weight Management Course. This course is designed to help clients make simple and manageable changes in their daily habits that will lead to gradual weight loss, and the ability to keep the weight off. It is aimed at:

- Adults (16+) who live, work or have a GP practice in North Lincolnshire.
- Adults (16+) with a Body Mass Index of 30+ (or 27.5+ for black, Asian or other minority ethnic groups, or those with co-morbidities).

2.5.3 Since April 2018, Adult Weight Management groups have set up across North Lincolnshire at:

- Side by Side Children's Centre (afternoon session)
- Scunthorpe Hub (evening session)
- Epworth Hub (afternoon session)
- British Steel (workplace lunchtime session)
- West Street Children's Centre (morning session)
- Brigg Youth Centre (sessions starting 31st May)

Alongside the weight management programme, clients can work with their allocated healthy lifestyle facilitator on areas that support the programme, such as Cook4life, or support with increasing physical activity through accessing local leisure centres and community groups.

2.6 Next steps:

- **Healthy Weight Healthy Lives Steering Group** - first meeting to be held 7th June 2018
- **School Heads Consortium event** – 4th July – will be an opportunity to engage more schools, promote effective use of Sports Premium, and adoption of activities such as the Daily Mile.

- **Healthy Weight System Mapping Summit** – planned for 17th October 2018. The Summit will bring a wider pool of stakeholders together to create a comprehensive map of the local system which is understood to cause obesity in North Lincolnshire.
- **Health Weight Action Planning Summit** – planned for the winter. Stakeholders will review our local system map, identify actions that can be implemented across the system to provide the greatest leverage for change.

3. **OPTIONS FOR CONSIDERATION**

- 3.1 That the Health and Wellbeing Management Group:
- Note the progress made since March 2018 and the next steps.
 - Support the adoption of a whole-system approach to healthy weight
- 3.2 Members of the Health and Wellbeing Management Committee are invited to attend the Healthy Weight Summit in October.

4. **ANALYSIS OF OPTIONS**

- 4.1 A whole-system approach is a framework by which we as stakeholders can come together, share an understanding of the reality of the challenge, consider how the North Lincolnshire obesity system is operating and where it might be feasible to intervene, and agree actions and our accountability and how as a network we will move forward to bring about change.
- 4.2 A whole-system approach uses systems thinking and enables the system to work better because actions are aligned, effort is more targeted, resources are pooled and the approach is on-going, dynamic and flexible. Using systems thinking will also mean focusing on system change strategies rather than individual programmes, initiatives or organisations.
- 4.3 Stakeholders will have to work closely throughout, so that we are aware of and can work in tandem with other parts of the system. We need to understand the inter-connections between the system's parts, identify the key points where we can more effectively intervene and build a network of actions around those points. This enables the system to move forward together rather than in separate silos, maximising synergies and creating a more impactful system-wide approach. Otherwise actions in one area may negatively impact on another, and possible synergies and potential impacts are lost.

5. **RESOURCE IMPLICATIONS (FINANCIAL, STAFFING, PROPERTY, IT)**

- 5.1 Staff resources across the system will be committed to taking this agenda forward through planning of and attendance at steering group and summits and in taking forward the action plan.

6. **OUTCOMES OF INTEGRATED IMPACT ASSESSMENT (IF APPLICABLE)**

- 6.1 N/A

7. OUTCOMES OF CONSULTATION AND CONFLICTS OF INTERESTS DECLARED

7.1 No conflicts of interest declared.

8. RECOMMENDATION

8.1 HWB members are asked to note the progress made on this agenda since March 2018 and the next steps; provide support to the adoption of a whole-system approach to healthy weight and support the Healthy Weight Summit with their attendance.

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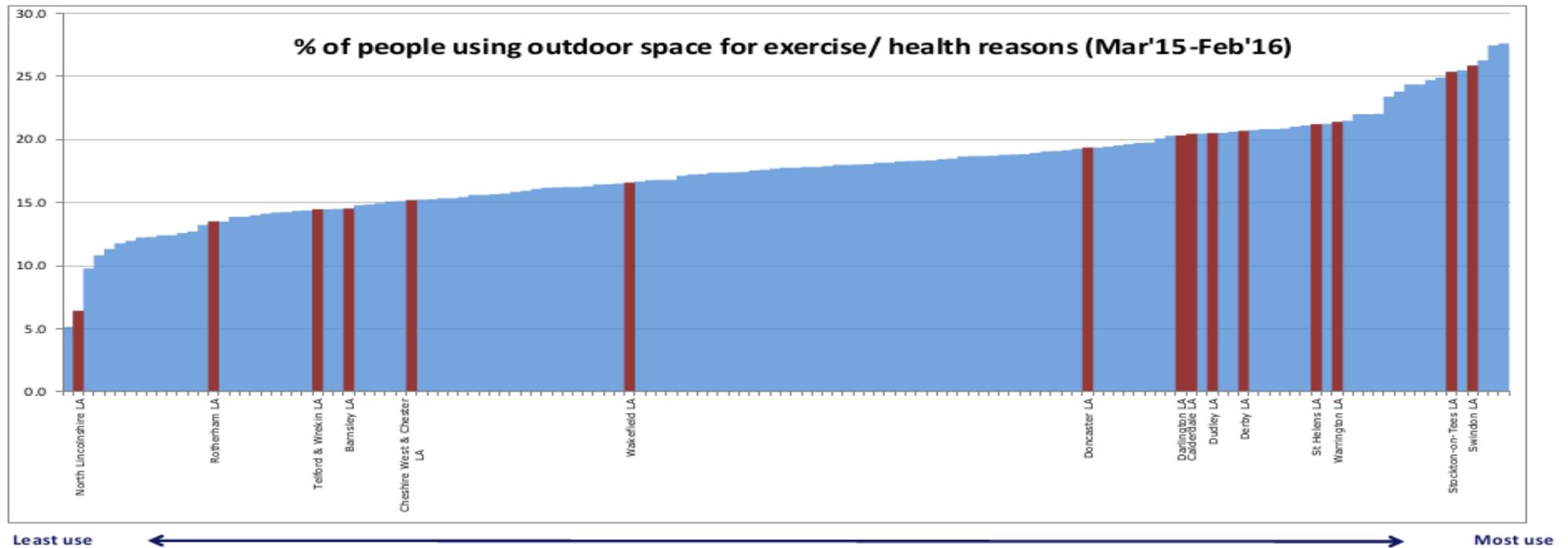
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Date: 6th June 2018

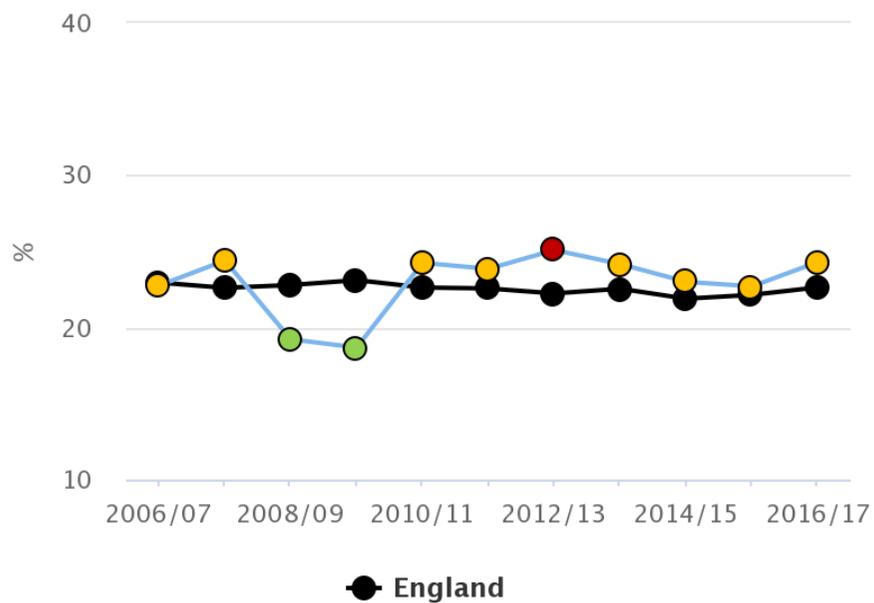
Appendix 1

In North Lincolnshire (2016/7 NCMP data):

- 24.3% children aged four to five are overweight or obese, compared to 22.6% nationally and 22.2% regionally
- 34.7% of children aged 10 to 11 are obese or overweight, compared to 34.2% nationally and 34.6% regionally
- Our prevalence of severe obesity among children aged 10 to 11 is significantly higher than the national average at 5.2% compared to 4.1%
- In the wards of Axholme Central, Broughton and Appleby, and Axholme South fewer than a fifth of reception age children were carrying excess weight (2016/17), compared with over a third of reception age children in Brumby and Town wards.
- By year 6, fewer than a quarter of children in Broughton & Appleby and Ridge were carrying excess weight, compared with over 40% in Barton, Town and Burringham & Gunness.
- According to data from the MENE Survey (Natural England), North Lincolnshire ranks second lowest in the country for people using outdoor space for exercise/health reasons (see graph below).



Reception: Prevalence of overweight (including obese) - North Lincolnshire



Year 6: Prevalence of overweight (including obese) - North Lincolnshire

