

HEALTH AND WELLBEING BOARD			
Report Title	Health and Wellbeing Strategy: Progress Update Healthy Weight / Obesity		
Contributors	Director of Public Health	Item No.	10
Class	Part 1	Date:	3 July 2014
Strategic Context	Promoting Healthy Weight is one of the priorities within the Lewisham Health and Wellbeing Strategy and the Children and Young People's Plan.		

1. Purpose

- 1.1 The purpose of this report is to provide an update on the progress towards achieving the improvements and outcomes of the key priority area 1; achieving a healthy weight in children and adults in the Health and Wellbeing Strategy. The focus of the report will be on the objectives and actions identified in the delivery plan of the Health and Wellbeing Strategy.

2. Recommendations

Members of the Health and Wellbeing Board are recommended to:

- Note the content of the report, and
- Comment on the progress on actions to achieve healthy weight in children and adults, as outlined in the report.

3. Policy Context

- 3.1 Achieving a healthy weight in children and adults is a priority in Lewisham's Health and Wellbeing Strategy and the Children and Young People's plan.
- 3.2 Reducing Inequality is one of the two principles informing the Sustainable Community Strategy. Achieving a healthy weight also supports the Sustainable Communities priority of healthy, active and enjoyable- where people can actively participate in maintaining and improving their health and well-being.

4. Background

- 4.1 The prevalence of obesity in adults and children in England has more than doubled in the last twenty-five years. A modelled estimate of adult obesity prevalence in Lewisham is 23.7% which is not significantly different to the England average. Recently published data for Lewisham on the prevalence of excess weight (overweight and obese)

in adults is 61.2%, similar to the national average but higher than the London average (57.3%). Maternal obesity data indicate a higher rate than the England average. For children the prevalence of obesity is significantly higher than the England average with 10.7% of reception children and 23.3% of year 6 children obese (2012/13). Obesity levels tend to be higher in deprived areas.

4.2 This report covers progress towards achieving the improvements and outcomes of the key priority area 1; achieving a healthy weight in children and adults in the Health and Wellbeing Strategy. The focus of the report will be on the objectives and actions identified in the delivery plan of the Health and Wellbeing Strategy. This work is undertaken in partnership by strategy agencies, the voluntary and community sector and by individuals. The objectives in the delivery plan reflect the work of a number of strategies and plans. Detailed plans are available for Breastfeeding, Promoting Healthy Weight in Children and Families Strategy, Physical Activity Plan, Lewisham Food Strategy and Workplace Health.

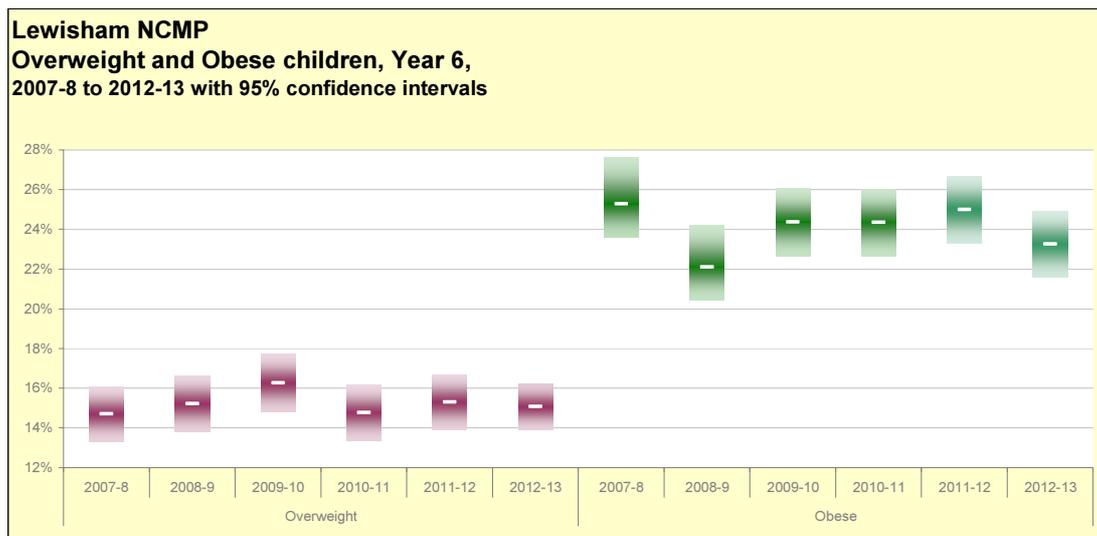
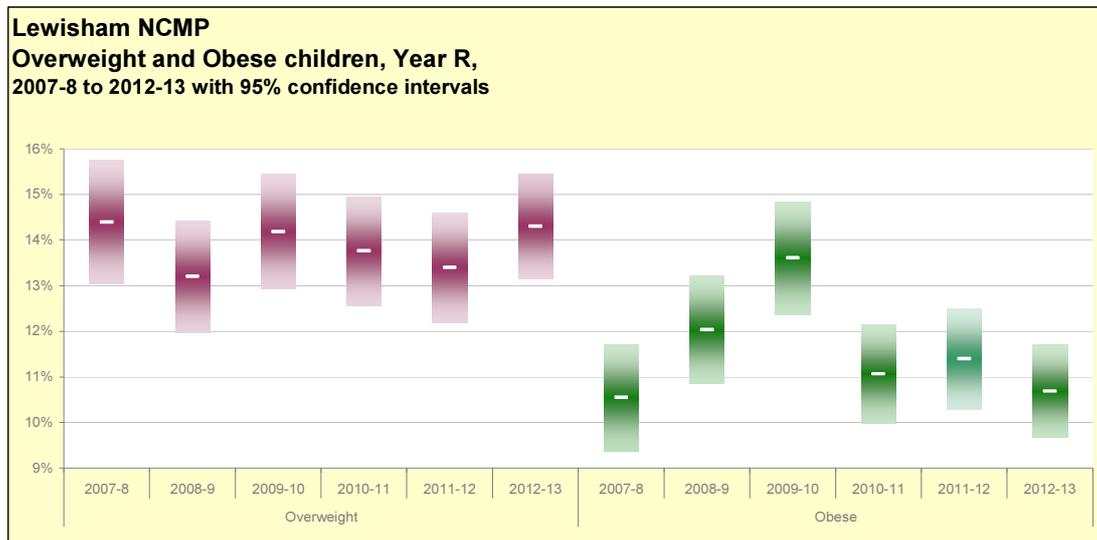
4.3 For this key priority area the Health and Wellbeing Strategy wants to achieve the following:

- Lewisham residents to take up opportunities to be physically active and for all children to engage in regular physical activity.
- Help to be available to everyone who could benefit from weight management and to see a significant reduction in the percentage of children and adults who are obese.
- The majority of fast food outlets to offer healthier food options, and no new outlets to open.
- Children in Lewisham to have the same weight distribution as children living in England in 1990.
- A significant reduction in the prevalence of type 2 diabetes and coronary heart disease.

5. Performance

5.1 Local data for childhood obesity has been available for six years from the National Child Measurement Programme (NCMP). Childhood obesity rates remain significantly higher than the England rate and for 2012/13 Lewisham remains in the top quintile of Local Authority obesity prevalence rates for Year 6. Reception year performance has improved and Lewisham is now in the second quintile. The latest NCMP results (2012/13) show that 10.7% of Reception children are at risk of obesity and this rises to 23.3% in Year 6. The target set for the school year 2012/13 for obesity in Reception (12.2%) and Year 6 (24%) was achieved. As in previous years the proportion of obese children in Year 6 was more than double that of Reception year children, similar to the national results.

5.2 Local analysis of the data reveals that for the six years data has been collected (2007/8 to 2012/13) there is slight variability but no consistent trend over the period in obesity rates in either cohort of children.



5.3 The three year average at ward level shows higher levels of obesity prevalence in the most deprived wards but these are not statistically significant. The national results of the NCMP have shown a strong positive relationship exists between deprivation and obesity prevalence for children with obesity prevalence being significantly higher in deprived areas. The high levels in Lewisham reflect this.

6. **Progress update towards achieving the improvements and outcomes on the key priority area: achieving a healthy weight during 2013/14**

6.1 There are nine objectives in the delivery plan for this priority area. The following section provides:

- a description of the activities and actions for each objective,
- the indicators used to measure progress for the actions and
- the progress towards achieving the outcomes with a timescale that is annual or to be completed during 2013/2014.

6.2 Capacity building /training – development of knowledge and skills around nutrition, physical activity and healthy weight to deliver effective brief interventions

6.2.1 The indicators used for this objective are the number of staff attending training. There has been significant progress made towards achieving this objective with over 600 staff attending training on nutrition, physical activity and weight management during the year. Examples of the achievements and the numbers attending training during the period include;

6.2.2 Specific training becoming mandatory for some practitioners e.g. raising awareness of maternal obesity is now part of the mandatory training at Lewisham and Greenwich NHS Trust and all midwives attended an annual update (122 staff); all health visitors have to attend training on introducing solids (36 staff attending).

6.2.3 The Let's Get Moving physical activity pathway was delivered in 20 GP surgeries with 120 primary care staff received training. Sessions were also delivered to the wider community. In total over 300 received the Let's Get moving training.

6.2.4 Training on nutrition and weight was also delivered to 145 staff and volunteers with 86% responding they would alter their work practices after attending the training. A successful obesity event for GP's was held in December with over 80 staff attending representing over 24 practices.

6.2.5 The Fitness for Life training for primary schools teachers resulted in 12 schools running the programme with 50 classes. It is expected that schools will fund this programme from the school sports premium from 2016 onwards.

6.3 Breastfeeding support services – providing easier access to breastfeeding and infant feeding support

6.3.1 There has been significant progress made towards this outcome over the year. The indicators for this objective include:

- 6.3.2 The UNICEF Baby Friendly community stage two award was achieved as scheduled in February 2014. The maternity services will have their final Stage 2 assessment before September 2014. Children's centres too are considering how they can also work towards Baby Friendly accreditation so that they can work more closely with health visitors and maternity services in supporting mothers to breastfeed.
- 6.3.3 Increasing breastfeeding rates and the proportion exclusively breastfeeding at 6-8 weeks is a key priority for Lewisham. Babies who are not breast fed have an increased chance of being obese. Measures to support breastfeeding women in the community include:
- Seven weekly breastfeeding 'Baby café local' drop-ins in Lewisham, supporting over 600 new mothers and over 2000 attendances during 2013/14.
 - A successful breastfeeding peer support programme resulting in 25 active volunteer peer supporters helping to support mothers within the breastfeeding groups and on the post natal ward in Lewisham.
- 6.3.4 A challenge has been lack of data on breastfeeding initiation and prevalence at 6-8 weeks to monitor performance during the year. This has been due to changes in the reporting procedure for breastfeeding. Nationally data submissions did not have sufficient data coverage to publish data and Lewisham resubmitted data in May. The results for 2013/14 are expected to be available in July.
- 6.4 Healthier catering – working with early years settings, schools and fast food outlets to increase the range of healthy food options available**
- 6.4.1 Increasing school meals is the only indicator with a timescale for this period but there has been some progress with working with early year's settings and fast food outlets to increase the range of healthy food options.
- 6.4.2 The proportion of primary school pupils taking school meals has increased from 53% in 2008/09 to 63.1% in 2013/14. It is expected that this will significantly increase next year as in September 2014 all children in key stage 1 (Reception, years 1 and 2) in state-funded schools will be entitled to free school meals. In secondary schools increasing uptake of school meals has proved challenging with pupils less likely to take school meals with the uptake remaining between 32-35% during this period. Examples of work to increase uptake of school meals in this area included; the school catering contract achieved the silver Food for Life award, a review of the secondary school menus was completed and engaging with parents in children's centres and community events to promote school meals to families.

6.4.3 Early years settings have been encouraged to adopt the voluntary food and drink guidelines for early years settings, over 30 settings attended the first round of training with further training planned during 2014. Work is on schedule to meet the target of 50% of settings signed up to the guidelines by March 2015.

6.4.4 Work began on implementing the Healthier Catering Commitments in fast food outlets in Lewisham in 2013. Fifteen businesses have already been successful in meeting the criteria for the scheme and further work is planned with another 40 businesses during 2014.

6.5 Healthier built environment – working with others to create spaces and homes that support health and wellbeing

6.5.1 Work is ongoing on the actions to support this objective with indicators relating to planning, increased active travel and increasing number of community gardens due to be reported in 2015 or beyond.

6.5.2 Success in this area includes approval to include a planning policy in The Development Management Local Plan to prevent the establishment of new hot food takeaway shops in close proximity (400m) to schools.

6.5.3 Cycle parking has been installed along the route of the new super cycle highway in New Cross with TFL funding.

6.6 Physical activity programmes – providing access to a range of activities in schools and in the community

6.6.1 The indicators relating to this objective include increased participation in activities by children and adults. The timescales for reporting are March 2015. Access to a wide range of physical activity or healthy lifestyle programmes has been available to schools and the community and this work is ongoing. Examples of participation rates for each activity in 2013/14 include:

- Thirty two primary schools participated in the Hoops4health programme, an accredited healthy lifestyle programme based on basketball. This service will be de-commissioned from 2016 and it is anticipated that schools will continue to fund this from the school sports premium.
- Change4Life clubs have been established in many schools and the Youth Sport trust have set a target for School Games Organisers to ensure that all Primary Schools in Lewisham have a Change4Life club to engage disengaged pupils to support healthy active lifestyles. This target has proved to be challenging with not all schools engaging with the programme.
- Cycle training resulted in around 1000 pupils taking part in Bike ability level 1 and 2 and around 100 children taking part in the holiday courses.

- Over 51,000 adults and children accessed the free swimming sessions during the year with numbers ranging from 2398 to 6755 per month.
- The discounted cycle loan scheme had around 500 people take part in the last year; this resulted in 50% buying the bike they borrowed.

6.7 Nutrition initiatives – working with communities to improve healthy eating and cooking skills of residents

- 6.7.1 There has been significant progress on activities to improve healthy eating and cooking skills of residents, unless specified the indicators used for this objective are the number of participants supported by each activity.
- 6.7.2 The universal free vitamin D (Free D) scheme launched in November has proved to be very successful in engaging with the community and has had a very positive response from families. The vitamins are now easily accessible with around 60 distribution points in the borough including 46 community pharmacies, health centres and children's centres. In the first 4 months over 2500 bottles of women's tablets and 4000 bottles of children's drops were issued. Early indications are that the scheme is reaching 20-30% of those eligible, in line with the target of 25%.
- 6.7.3 Healthy eating on a budget cookery courses were commissioned and delivery started in December 2013, a total of 6 courses were delivered during the year recruiting 99 participants.
- 6.7.4 Community projects continue to be supported by nutritionists as part of the Downham Nutrition Partnership and North Lewisham plan. Sixteen groups and a total of nearly 850 residents participated in activities during the period. Also the accredited healthy eating and the cookery workshop training offered as part of Public Health promotion training resulted in 11 residents completing the course. Several of these individuals are now supporting local communities by delivering or volunteering in community cookery programmes in the borough.
- 6.7.5 The number of food banks in the borough increased over the year, with currently 6 distribution points operational in Lewisham. Processes are being developed to monitor access on a quarterly basis to all distribution points.

6.8 Workplace health initiatives – assisting employers to help their own employees improve their health

- 6.8.1 There has been some progress on workplace health initiatives with the Council and partner agencies that are represented on the Health and Wellbeing board. Indicators to be reported during this period are feedback from staff that have attended workplace health events.

6.8.2 A joint workplace health group with representation from the Council, Occupational Health providers and Lewisham and Greenwich NHS Trust has been established. Approval is being sought for the Council and partners to sign up to the London Healthy Workplace Charter accreditation. Workplace health events during this period include:

- Health event delivered in November by Health Trainers who provided lifestyle brief interventions on alcohol awareness and healthy eating.
- Health checks sessions for local authority staff in January and February resulted in 52 assessments undertaken with a total of 31 staff signed up for some form of follow up lifestyle support.

6.9 Obesity surveillance – monitoring levels and trends of overweight and obesity in the population.

6.9.1 The indicators for this objective are to increase participation in the NCMP, to determine the prevalence of maternal obesity and adult obesity as part of the NHS Health checks on an annual basis. There has been improvement in monitoring levels and trends of overweight and obesity in the local population through access to a range of data over the last three years. Data that is now available annually include:

6.9.2 Levels of excess weight (overweight and obese) in adults - published annually for the first time as part of the Active People Survey. The result for Lewisham is 61.2%, similar to the national average but higher than the London average (57.3%).

6.9.3 National Child Measurement programme –The NCMP involves the annual height and weight measurement of all children in reception year and Year 6 in schools; in 2012/13 over 6,000 children were measured (3,565 in Reception and 2,442 in Year 6). The participation rate in Lewisham of 92% (exceeding target of 90%) means that robust data are collected, providing valuable information about the trends in underweight, healthy weight, overweight and obesity in children in Lewisham, which will be used to help plan and deliver services.

6.9.4 Prevalence of maternal obesity in Lewisham - data from Lewisham and Greenwich NHS Trust for 2010 - 2012 indicates that maternal obesity rates are higher than the national average (21% compared to 17%). The results for 2012 indicate that 51% of women at their booking appointment were overweight or obese, (30% and 21%).

6.9.5 Levels of excess weight (overweight and obesity) in adults aged 40-74 years – monitored as part of the NHS health checks, indicate levels of 58.2% (October 2102 to October 2013).

6.10 Weight Management programmes – targeting those adults and children already identified as overweight or obese

- 6.10.1 The indicators for this objective include increased number of referrals and positive outcomes. Two activities reported for this period include the proactive follow up of children as part of the NCMP by school nurses and the commission of a lifestyle referral hub as part of the NHS health Checks. Progress has also been made on developing targeted and specialist weight management programmes which are due to be reported in 2015
- 6.10.2 The healthy weight school nurse team proactively follow up all children identified as very overweight as part of the NCMP to offer telephone advice or referral to the weight management programmes. In 2013 this resulted in over 600 contacts with families.
- 6.10.3 A Lifestyle Referral Hub for those identified as high risk after their NHS Health Check became operational in July 2013 with referrals being received from GP surgeries, pharmacies and community teams. This has resulted in increased referrals to weight management and physical activity programmes between April 2013 and March 2014.
- 6.10.4 A tiered weight management service for adults and children became fully operational in 2013. Referrals to all services have increased during 2013.
- 6.10.5 The children's weight management services offer a variety of Boost and Mend programmes which are accessible in community venues across the borough. Since the services have become fully operational over 200 families have completed the programmes, with positive outcomes on weight, physical activity and dietary behaviours. All services offer on-going support for families for 12 months to help sustain lifestyle changes.
- 6.10.6 The adult weight management services include dietetic weight management clinics, Weight Watchers by Referral, community weight management programme (Shape-up) and support by Health Trainers. In 2013 there were over 1800 referrals to the services with the majority of those completing the programmes achieving a weight loss, with 50% achieving a 5% weight loss (range between 2.5% to over 10%).

7. Financial implications

- 7.1 There are no specific financial implications arising from this report; all activities continue to be delivered within the existing budgets.

8. Legal implications

- 8.1 There are no specific implications arising from this report.

8.2 Members of the Board are reminded that under Section 195 Health and Social Care Act 2012, health and wellbeing boards are under a duty to encourage integrated working between the persons who arrange for health and social care services in the area.

9. Crime and Disorder Implications

9.1 There are no specific crime and disorder implications arising from this report.

10. Equalities Implications

10.1 Obesity is associated with socio-economic status with higher level of obesity found among more deprived groups. Obesity prevalence also varies between ethnic group and increases with age for both men and women.

10.2 An EAA was carried out on the promoting healthy weight, healthy lives strategy and a health equity audit on breastfeeding. The services and activities to support achieving a healthy weight have been commissioned to meet the needs of communities in terms of accessibility and targeted to promote uptake, these will help to reduce inequalities.

11. Environmental Implications

11.1 There are no specific environmental implications arising from this report.

12. Conclusion

12.1 This report provides an update on the progress towards the improvements and outcomes on achieving a healthy weight in children and adults in Lewisham. The focus of the report is on the objectives and actions within the delivery plan of the Health and Wellbeing Strategy, it also covers the ongoing work of the varied strategies and plans that support this priority.

If you have any difficulty in opening the links above or those within the body of the report, please contact Kalyan DasGupta (kalyan.dasgupta@lewisham.gov.uk; 020 8314 8378), who will assist.

If there are any queries on this report please contact Katrina McCormick, Joint Deputy Director of Public Health, London Borough of Lewisham, on 0208 314 9056, or by email at: Katrina.McCormick@lewisham.gov.uk.