

## UPDATE ON CHILDHOOD OBESITY (17/18)

Includes:-

- National Child Measurement Programme – latest data
- Update on Islington’s Healthy Living Programmes (Families for Life, Healthy Living Programme and Enhanced Tier 2 Weight Management Service).
- Local Government Declaration on Sugar Reduction and Healthier Foods



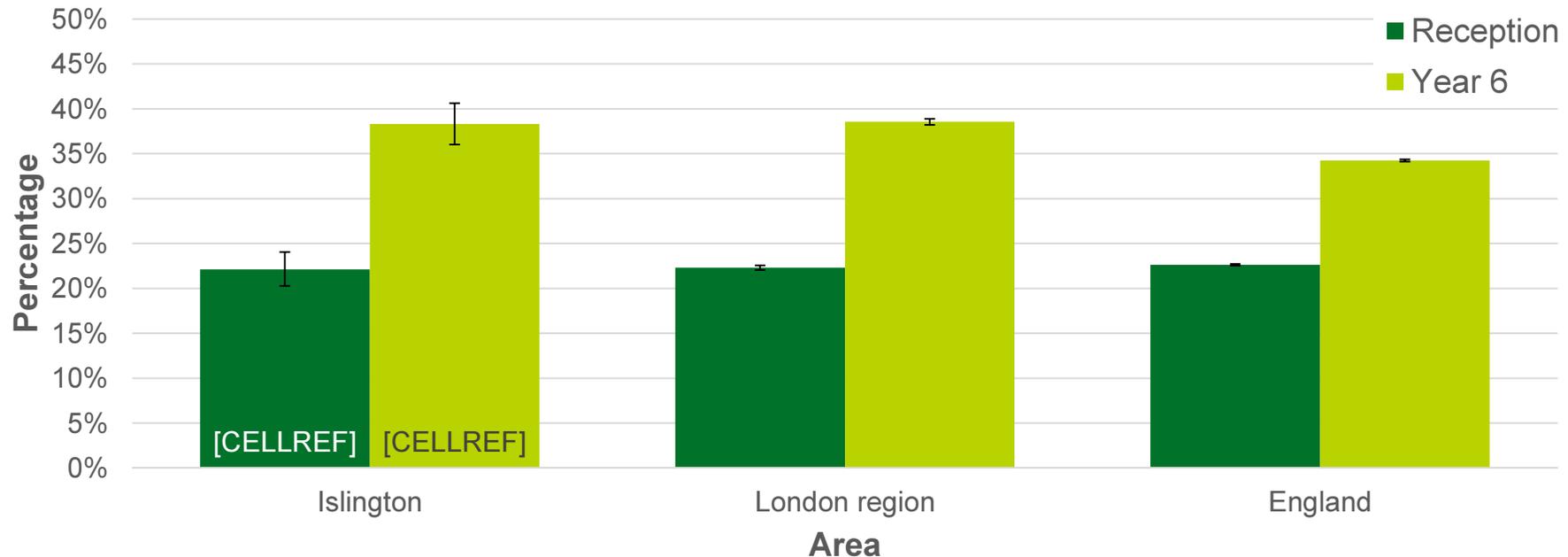
## Wider Islington Context

- § Islington Council takes a holistic, whole system approach to tackling obesity which includes:
- § Creating an environment that supports good health and wellbeing by
  - Improving the food environment
  - improving the food offer
  - promoting physical activity.
- § Long established multi-sectoral partnerships including Proactive Islington, the Islington Food Strategy Group and more recently work on the Local Government Declaration (jointly with Haringey) overseeing action in these key areas.
- § Encouraging settings such as workplaces, schools and children's centres to promote good health (eg NICEF baby friendly, healthy schools/children's centres, Healthy Workplace charter).
- § Supporting children and families to maintain a healthy weight. These include the Families for Life programme, healthy living nurses and a psychology service for children with complex needs.



## 16/17 National Child Measurement Programme update

Prevalence of overweight and very overweight



Source: NHS Digital, National Child Measurement Programme 2016/17

BMI  $\geq$ 99th percentile is the most commonly used to define severely obese children who are at risk of developing a number of serious acute and chronic health problems.<sup>1</sup>

§ **2.52%** of Reception pupils had **severe obesity** which is similar to the England average (2.35%)

§ **5.9%** of Year 6 pupils had **severe obesity** which is higher than the England average (4.07%)

## Services and interventions for children and families

## Families for Life

- § Families for Life is a universal healthy lifestyle programmes for families with a child aged 2-11 years. Activities include 4 or 6 week programme focusing on healthy eating, active games and cook and eat activities.
- § 21 programmes ran in 17/18 and 98 unique families were reached (212 total attendees)
- § Currently developing an early years and primary parent champion offer to increase referrals into the programmes and allow for parent champions to support sessions
- § From April 2019, these programmes will be delivered by Islington's School Improvement Service



## Healthy Living Service (Weight Management for 5-16 year olds)

- § Overweight children and their families are offered one to one support including home visits if needed.
- § In 16/17, **1038 children** were identified as overweight and obese via the National Child Measurement Programme (NCMP). Of these **613** were classified as very overweight BMI>96 percentile.
- § The Healthy Living Service, delivered by Whittington Health, provides follow up support to those children identified via NCMP and also takes referrals from GPs, school nurses and other professionals.
- § Vacancies within the service, coupled with the numbers of overweight children exceeding service capacity, mean that the service has had to target its resources to focus on supporting those children who are very overweight.
- § Future models for the delivery of tier 2 child weight management services are being developed.

# Enhanced Tier 2 Weight Management Service



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- § Since October 2017, public health has commissioned an enhanced child weight management service to help develop and evaluate the type of weight management intervention that best supports children with co-morbidities and/or complex needs. This involves working collaboratively with CAMHS, dieticians and community paediatricians via a MDT.
- § Since its launch in October 2017, there have been 16 referrals to the pilot service with 9 children / families seen so far
- § With a small amount of financial support from Islington CCG the pilot has been extended to run until March 2019 to help build up the evidence and develop the model.
- § Discussions are ongoing with the CCG regarding funding beyond April 2019, but this service could be aligned to the CAMHS transformation work locally





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# LOCAL GOVERNMENT DECLARATION ON SUGAR REDUCTION AND HEALTHIER FOOD

# Update on Local Government Declaration on Sugar Reduction and Healthier eating pledges



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The LGD was signed by Haringey and Islington HWBB in October 2017.

Summary of activity against each pledge:-

## **1. Tackle advertising and sponsorship**

Draft policy has been agreed. Need to clarify policy in relation to alcohol and process in place for agreeing corporate leadership.

## **2. Improve the food controlled or influenced by the council**

Develop a Food Standards Policy (planned for completion by Sept 18)

Piloting healthier vending machines - in progress with key local employers/organisations

## **3. Reduce prominence of sugary drinks and promote free drinking water**

Pledge aligned to work across LBI on plastic waste, includes 'Refill Islington' and installation of water fountains in public places.

Refill Islington will launch in July. On 8th June, a 'Day of Action' will take place to get businesses signed-up

# Update on Local Government Declaration (cont..)



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## **4. Support businesses and organisations to improve their food offer**

- § Recent achievements: GLL & Whittington Trust (Sodexo) awarded; Delaware North (Emirates) expression of interest received.
- § LGD pledge written into new Laycock catering procurement process

## **5. Public events**

- § Working with Greenspace team on the Council's event application procedure; safer food is embedded and provider must be rated 3 or higher as part of events policy and this year will embed "must provide a range of healthier offerings e.g. caterers have Healthy Catering Commitment"

## **6. Raise public awareness**

- § Progress slowed due to Local Elections and need to brief new members (Haringey).
- § Launch scheduled for July 18