

TITLE OF REPORT: Childhood Obesity / NCMP Update Report

Purpose of the Report

1. To provide an update on the current picture of how Gateshead is performing in reducing childhood obesity. This will compare the previous year's data from the National Child Measurement Programme (NCMP) and consider future projections / trends.

Background

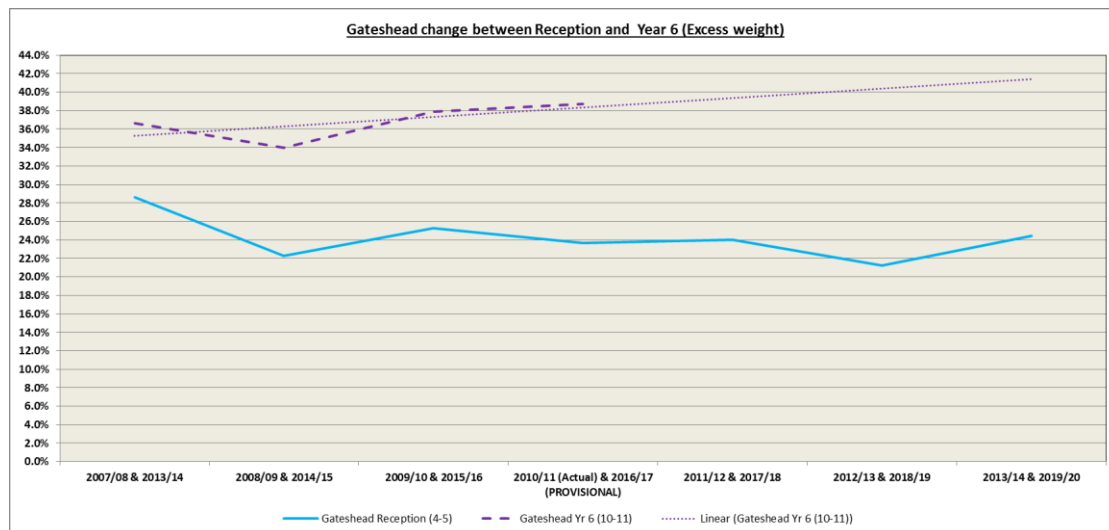
2. The National Child Measurement Programme (NCMP) is a scheme that measures the heights and weights of all pupils in Reception and Year 6 in primary schools.
3. Since the programme launched in 2006, the remit of the programme has changed from being a measurement programme that measures the rates of childhood obesity on a national and local level each year to something more similar to that of a screening programme that now informs parents of their child's results once they have been measured.
4. The responsibility of the implementation of the NCMP lies with Local Authorities following the transfer of Public Health responsibilities in April 2013 from Primary Care Trusts (PCT's).
5. The successful implementation of the NCMP on a local level requires a coordinated approach involving a number of key partners and organisations. This is a very good example of collaborative working as it requires specific input from each named partner to ensure a successful implementation and delivery.

The key partners include:

- Public Health
- Schools
- School nursing team
- Child Health Records
- Parents

Child Obesity in Gateshead

6. Fig. 1.0

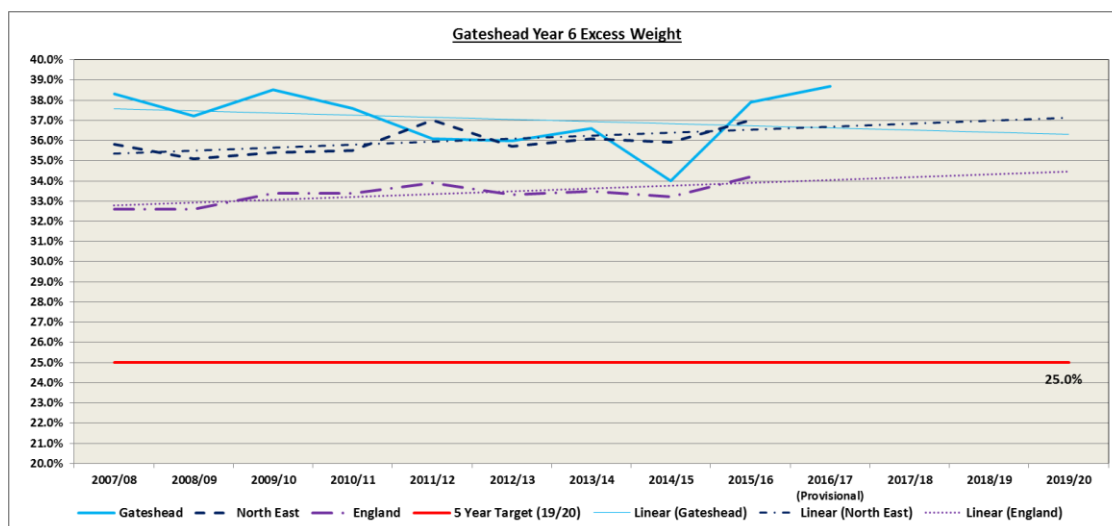


6.1 Since the launch of the NCMP programme in 2006, we have 11 years of data to help identify patterns and trends in our local obesity rates. In 2013/14 the Year 6 cohort that was measured was the same cohort which we measured in Reception during 2007/08. This has enabled us to track changes in obesity rates with the same cohort of pupils.

6.2 Figure 1.0 above shows the change in rates of excess weight, between reception and year six, for this cohort. Trends, between matched cohorts for the first 3 years of the NCMP programme, followed the same pattern. Analysis showed when there was a drop in excess weight for the reception year this was mirrored with a drop in Year 6.

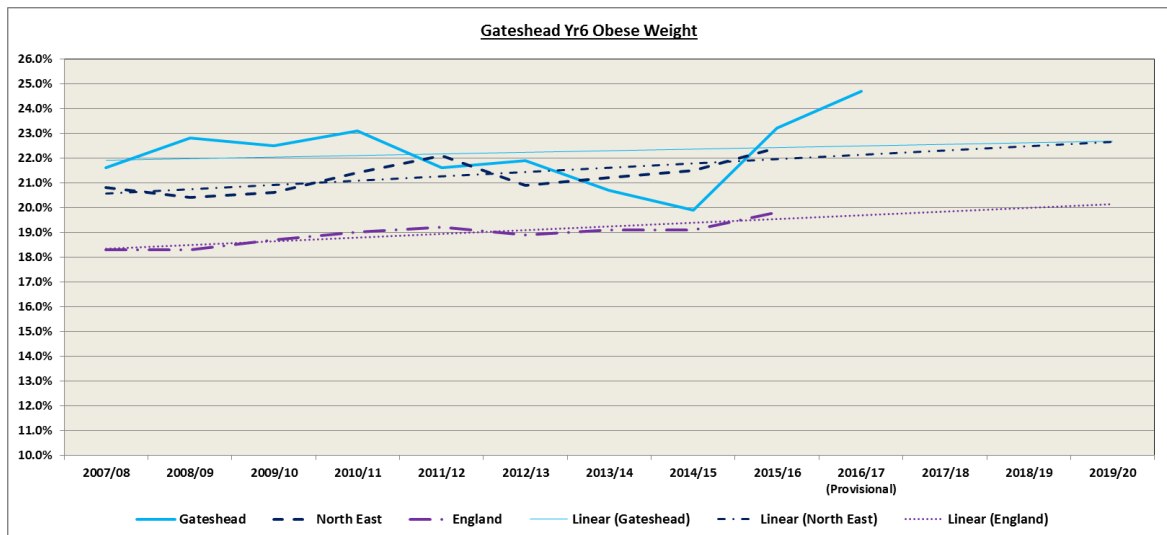
6.3 When the current Year 6 cohort (2016/17) was measured in reception there was a drop in excess weight. Based on previous trends we would have expected to see this drop reflected in the measures for 2016/17. However, what has actually been observed is an *increase* in the rate of excess weight from under 24% to over 38%.

7. Fig. 2.0



7.1 Excess weight patterns for Year 6 showed a downward trend until 2015/16 (Fig. 2.0 above). Over the last 2 years there has been an increasingly upward trend in rates of excess weight to its highest point since the beginning of the NCMP. As a result of this, a significant acceleration of action is required, by all partners, if we are to reach the target of reducing rates of excess weight in Year 6 to 25% by 2020.

8. Fig. 3.0



8.1 Considering obesity rates for Year 6 as opposed to excess weight the same upward trend, over the last 2 years, is observed. The current *provisional* data for 2016/17 shows the highest rate of Year 6 obesity in Gateshead since the launch of the NCMP.

Future Plans

9. Since April 2013 local authorities have been responsible for commissioning public health services for school-aged children aged 5 to 19 (school nursing). In October 2015 the commissioning responsibility for the 0 to 5 public health nursing workforce (health visiting and family nurse partnership) also transferred to local authorities. This transfer of responsibilities has given local authorities the opportunity to ensure that commissioning for children age 0 to 5 and 5 to 19 is joined up so that the needs of everyone age 0 to 19 are comprehensively addressed.
10. Good health, wellbeing and resilience are vital for all our children now and for the future of society. There is firm evidence about what is important to achieve this through strong children and young people's public health. This is brought together in the national Healthy Child Programme 0 to 19. This programme provides a framework to support collaborative work and more integrated delivery. One of the key aims of the programme is to reduce childhood obesity by promoting healthy eating and physical activity
11. As part of the transfer of commissioning responsibility for the 0 to 5 public health nursing workforce it was agreed that a review of all public health 0 to 19 services should be carried out with a view to remodelling and re-procuring services during

2017/18. The remodeling of the 0 to 19 service will give us the opportunity to further consider, develop and enhance the role of the service in relation to how it can best support children, young people and their parents in tackling obesity in Gateshead.

12. Since September 2016, the Gateshead Healthy Schools Programme has operated a traded service for schools to buy into. Approximately half of Gateshead schools bought into the programme and, to date, 38 schools have signed up to the programme for 2017/18. Work is ongoing to continue the promotion of the Healthy Schools Programme to encourage all schools to become engaged. It is hoped the launch of the National Healthy Schools Rating Scheme in September 2017 will also encourage more schools to engage with the Programme.
13. The Public Health team has been restructured to enable an increased focus on opportunities to address obesity across the lifecourse. Work is planned to establish a strategy taking account of current action, emerging evidence (e.g. Millennium Baby Study) and local need.
14. The Public Health team is collaborating, with Edberts House, in a community development childhood obesity project, 'Fit 4 The Future', with families in the Old Fold and Nest Estates. The FUSE researcher, embedded in the Public Health Team, is undertaking participatory research to evaluate the impact of this approach. The Public Health Team in Gateshead is adopting a whole systems approach to tackling obesity, engaging local communities, VCS organisations, schools, teachers, parents, children and young people in activities defined by them, including diet and physical activities, sport, arts and cultural activities, and outdoor exercise. The project is progressing and a number of ideas are being generated by the community. An interim and final evaluation will be developed as part of the work.

Recommendations

15. The Health and Wellbeing Board is asked to:
 - Note and comment on the current position in relation to performance in reducing childhood obesity.
 - Agree to receive a report on the 0 to 19 service remodelling at the June meeting outlining a potential future model for delivery of 0 to 19 public health services.
 - Approve the development of a whole systems obesity strategy for Gateshead, in line with the work being developed nationally by Public Health England (PHE) and the Local Government Association (LGA) with Leeds Beckett University. The strategy will be developed across a life course approach and will involve key partners, with a number of sub group areas to emerge from this work.

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