

NORTH YORKSHIRE CHILDREN'S TRUST BOARD

21 September 2009

Childhood Obesity Update

1.0 Key Points

- 1.1 The height and weight of all eligible Year Reception and Year 6 children has been completed for the academic year 2008/09 (National Child Measurement Programme, NCMP). The data has been cleaned and uploaded to the National Information Centre. The validated results will be available in December 2009 at which point we will be able to report on current performance against trajectory. Based on last years NCMP result North Yorkshire LAA2 target on childhood obesity rates among Year 6 children is currently on target.
- 1.2 NHS North Yorkshire and York has identified funding to address childhood obesity within its investment plan. The proposal is to prioritise the commissioning of weight management services for children, young people and families in the Scarborough and Whitby area in line with need. Further details are provided in section 5 of this report.
- 1.3 One MEND (Mind, Exercise, Nutrition, Do It) programme has now been delivered in the Ryedale area and others are planned. A Healthy Weight, Active Lives Steering Group has also now been established in Ryedale to identify and monitor local action to address childhood obesity. Further funding has been secured from the National MEND Programme to deliver three programmes in Hambleton and Richmondshire.

2.0 Recommendations

- 2.1 The Board receives an update on performance against the childhood obesity target at its next meeting when the results have been validated (December).
- 2.2 The Board notes the commissioning plan for weight management services for children, young people and families.
- 2.3 The Board agrees to receive a report on the results, evaluation and recommendations of the MEND programmes in Summer 2010, in time to inform commissioning plans for 2010/11.

3.0 Background

- 3.1 In January 2009 this Board endorsed the North Yorkshire and York Healthy Weight, Active Lives Strategy. The Strategy describes the local issues in relation to both children's and adult obesity and the actions required to address these issues. The following sections of this report provide further detail to current progress around specific programmes of work.

4.0 National Child Measurement Programme

- 4.1 Provisional coverage rates for this year's NCMP (2008/09) remain high at 91.7% (combined for Year Reception and Year 6).
- 4.2 This year as recommended within the NCMP guidance, parents also received routine feedback on their child's height and weight measurement result. Public Health are currently working with the School Nursing Team to review systems in relation to both data collection and routine feedback and make improvements for next years programme.
- 4.3 The full report analysing the results from last year's North Yorkshire and York National Child Measurement Programme will shortly be available on the PCT website.

5.0 Commissioning a children's weight management service

- 5.1 A project steering group has been established to manage the commissioning of weight management services for children, young people and families in the Scarborough and Whitby area. A series of workshops aimed at partners and potential providers have been organised in Scarborough and Whitby in late September and October. The aims of these workshops are to engage with stakeholders to agree the target group and desired outcomes for the local service and shape the design of the service. The comments/views will be used to shape the service specification.

6.0 Update on MEND programmes

- 6.1 In total 6 families completed the first programme delivered in Ryedale at the beginning of the year. Favourable outcomes were recorded for Body Mass Index (BMI), recovery rates from exercise and reductions in waist measurement. As this was the first of seven programmes to be implemented in this area it is not known at this stage whether the results are significant. The overall implementation and delivery of this first programme has been reviewed and recommendations made for future programmes.
- 6.2 The second MEND Programme in Ryedale will start on the 21 September at Norton College. This programme will be delivered at 7 -13 year olds. Two further programmes are planned for mid January 2010 at Norton College and Lady Lumley School, and a further three to be rolled out throughout 2010.
- 6.3 Three MEND programmes are also now going to be delivered in Hambleton and Richmondshire early 2010.

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