

<b>Item No.</b> 7.	<b>Classification:</b> Open	<b>Date:</b> 28 January 2016	<b>Meeting Name:</b> Health and Wellbeing Board
<b>Report title:</b>		Southwark Childhood Obesity Data and Options for 5 year Childhood Obesity Outcome Ambitions	
<b>Wards or groups affected:</b>		All	
<b>From:</b>		Ruth Wallis, Director of Public Health, Lambeth and Southwark	

## RECOMMENDATIONS

1. The board is requested to:
  - Receive an update on the most up to date Southwark data for childhood obesity
  - Note the evidence based interventions required to effectively tackle childhood obesity in the borough
  - Note the scale of the challenge, consider and agree suitable 5 year outcomes for childhood obesity that Southwark should seek to work towards in its new Obesity Strategy.

## EXECUTIVE SUMMARY

2. Childhood obesity is of major public health concern nationally and locally. Over the years, childhood obesity levels in Southwark, particularly at Year 6 have been some of the highest in the country. Southwark Health and Wellbeing Board has indicated that addressing childhood obesity locally is a priority with senior leaders being nominated to be part of the obesity strategy development senior leaders group. Latest National Childhood Measurement Programme results indicate that in Southwark 13.0% of Reception and 27.9% Year 6 children are obese. The prevalence for excess weight (obesity and overweight) is 26.4% for Reception and 42.7% for Year 6 children. Tackling obesity requires sustained concerted action. The Children and Families Partnership Board agreed for a set of evidence based interventions to be put into place, to support the local children's healthy weight care pathway. A couple of these interventions are up and running whilst the others are currently still being procured. These prioritised interventions are:
  - Promoting sustained breastfeeding through the implementation of the UNICEF Baby Friendly Initiative
  - Capacity building of health and non-health practitioners in contact with children and their families (including early years)
  - Schools Healthy Weight Promotion programme
  - Community and Specialist children's weight management services
  - Specialist Healthy Weight School Nurse support for "high risk" children

3. An update on current action around childhood was presented at the last Health and Wellbeing Board meeting. The board requested that proposals for ambition outcomes for childhood obesity be presented at a future meeting. This report offers options for 5 year Southwark ambition childhood obesity outcomes..
4. Using the NCMP trends, Public Health has modelled different options for local 5 year childhood obesity and excess weight outcomes for Reception and Year 6 children. The different options are as follows:
  - **Ambition Outcomes for Reception Year - Obesity**
    - ***Obesity Option 1:*** Reduce the level to **12% by 2019/20**, equivalent to approximately 15% reduction over five years
    - ***Obesity Option 2:*** Reduce the level to **11.3% by 2019/20**, equivalent to approximately 25% reduction over five years
  - **Ambition Outcomes for Reception Year - Excess Weight**
    - ***Excess Weight Option 1:*** Reduce the level to **25.0% by 2019/20**, equivalent to approximately 10% reduction over five years
    - ***Excess Weight Option 2:*** Reduce the level to **23.6% by 2019/20**, equivalent to approximately 20% reduction over five years
  - **Ambition Outcomes for Year 6 - Obesity**
    - ***Obesity Option 1:*** Reduce the level to **26.4% by 2019/20**, equivalent to approximately 10% reduction over five years. The ambition would seek to halt any further increase and bring it down to levels seen around 2009/10 and 2010/11
    - ***Obesity Option 2:*** Reduce the level to **24.9% by 2019/20**, equivalent to approximately 20% reduction over five years. The ambition would seek to bring down the Year 6 obesity level to the lowest ever seen since the introduction of the NCMP
  - **Ambition Outcomes for Year 6 - Excess Weight**
    - ***Excess Weight Option 1:*** Reduce the level to **26.4% by 2019/20**, equivalent to approximately 10% reduction over five years. The ambition would seek to halt any further increase and bring it down to levels seen around 2009/10 and 2010/11
    - ***Excess Weight Option 2:*** Reduce the level to **24.9% by 2019/20**, equivalent to approximately 20% reduction over five years. The ambition would seek to bring down the Year 6 obesity level to the lowest ever seen since the introduction of the NCMP.
5. Although the point percentage reductions may appear small, these are very challenging ambitions. In order to meet these outcomes a sustained whole systems approach will need to be implemented for a minimum of five years. The currently agreed interventions that are being commissioned will need to be scaled up even further and concerted effort will be required by all key partners to ensure that their policies, strategies and practices positively promote healthy weight.
6. Public Health is recommending that at least one outcome relates to reducing excess weight at Reception Year. This would provide a focus on prevention and

early action. The Health and Wellbeing Board is asked to decide on which of the 5 year outcome(s) for childhood obesity that it would want to aspire towards and a commitment to seek relevant financial investment and input across the Partnership.

## **BACKGROUND INFORMATION**

7. The latest National Child Measurement Programme results (2014-15 academic year) were published in November 2015. For Southwark Reception children, the obesity rate only slightly decreased from 13.2% in (2013-14) to 13.0% (2014-15). For Year 6, the obesity rate increased from 26.4% (2013-14) to 27.9% (2014-15). Southwark has the highest proportion of obese Year 6 children in the country and the second highest for Reception children. For excess weight, the proportion of Reception children has decreased from 28% (2013-14) to 26.4% (2014-15). For Year 6 children there has been a slight decrease from 43.8% (2013-14) to 42.7% (2014-15), however Southwark still has the highest proportion of Year 6 children with excess weight in the country. Tackling childhood obesity is challenging and requires a whole systems approach, no one single intervention or isolated interventions will be able to deliver sustained improvements. The Health and Wellbeing Board has requested potential outcome ambitions for childhood obesity reduction in Southwark.

## **KEY ISSUES FOR CONSIDERATION**

8. The Health and Wellbeing Board will need to decide on the potential childhood obesity and/or excess weight outcome ambitions for Southwark. Agreeing the local ambitions for childhood obesity will also require commitments to complete the commissioning of the already agreed evidence based interventions, with a view to sustaining and scaling up the implementation of these, and securing the associated resources necessary. A commitment to a purposeful approach across the Partnership to promote healthy weight will also be required. In the current financial climate, the Health and Wellbeing Board will need to make tough decisions regarding any of the ambitions it seeks to work towards. Reducing childhood obesity is a long term ambition and a life course approach alongside co-ordinated evidenced based interventions will be required. This will need, at the very least, to channel existing resources towards co-ordinated evidence based interventions and approaches.

## **Policy implications**

9. Addressing childhood obesity is incorporated within the priorities of the Southwark Health and Wellbeing Strategy. Key organisations represented within the Partnership should assess the health and wellbeing impact of their main strategies and policies to ensure opportunities to promote healthy weight are maximised.

## **Community impact statement**

10. There is a strong association between childhood obesity and deprivation. Black African and Black Caribbean children are at greater risk of obesity compared to their white counterparts. However, childhood obesity is widespread across Southwark with most of the wards having prevalence levels that are higher than the national average. A whole population approach is therefore required, ensuring that those at greatest risk are benefiting the most from the interventions

in place.

### **Legal implications**

11. There are no specific legal implications

### **Financial implications**

12. There will be financial implications for working towards the 5 year outcomes that are to be agreed. If there is no significant change in the local approach to tackling obesity then trends for Year 6 indicate a continued rise in obesity levels. It is important that interventions to prevent and manage childhood obesity are evidence based, co-ordinated, sustained and well resourced to achieve optimal cost benefit. This means reassessing existing programmes intended to address obesity to ensure they are cost effective and form part of a comprehensive approach to tackling obesity. This may require current resources being allocated differently and/or additional resources being sought across the Partnership to support the comprehensive approach.

## **BACKGROUND PAPERS**

<b>Background papers</b>	<b>Held at</b>	<b>Contact</b>
Rapid Assessment of the Impact after a Year of Introduction of Universal Free Healthy School Meals for Reception Year Children (2011-12) in Southwark (Oct 2013)	Public Health	Public Health 020 7525 0280
Addressing Childhood Obesity in Southwark (Dec 2013)	<a href="http://www.southwark.gov.uk">www.southwark.gov.uk</a>	Public Health 020 7525 0280

## **APPENDICES**

<b>No.</b>	<b>Title</b>
Appendix 1	Southwark Childhood Obesity Data and Options for 5 year Childhood Obesity Outcome Ambitions

## AUDIT TRAIL

<b>Lead officer</b>	Ruth Wallis, Director of Public Health for Lambeth & Southwark		
<b>Report Author</b>	Bimpe Oki, Consultant in Public Health, Lambeth & Southwark		
<b>Version</b>	Final		
<b>Dated</b>	15 January 2016		
<b>Key decision?</b>	Yes		
<b>CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER</b>			
<b>Officer Title</b>	<b>Comments Sought</b>	<b>Comments Included</b>	
Director of Law and Democracy	No	No	
Strategic Director of Finance and Governance	No	No	
Date final report sent to Constitutional Team		15 January 2016	