

### **SOUTHWARK CHILDHOOD OBESITY DATA AND OPTIONS FOR 5 YEAR OBESITY AND EXCESS WEIGHT OUTCOME AMBITIONS**

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#### **INTRODUCTION**

1. 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
2. The National Child Measurement Programme (NCMP) is an annual measure of height and weight of children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) in state maintained primary schools across England. The data gathered as part of the programme enables local planning and delivery of services for children, population-level surveillance data to allow analysis of trends in growth patterns and obesity and an opportunity to increase public and professional understanding of weight issues in children. The NCMP provides robust data for the child excess weight indicators in the Public Health Outcomes Framework. 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.
3. 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 Southwark 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

4. The Health and Wellbeing Board has requested potential outcome ambitions for childhood obesity reduction in Southwark. The Health and Wellbeing Board will need to decide on the 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 additional resources required. 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.
5. This paper provides a brief explanation of how Public Health has come up with the 5 year ambition options for childhood obesity outcomes and what these are. It also highlights the importance of securing the associated resources and the commitment of the organisations across the Partnership in delivering on their potential roles and responsibilities towards tackling obesity. The intention is that the ambitions and commitments agreed by the Health and Wellbeing Board are taken forward through the obesity strategy development senior leaders group to work up the detail and for these to be reflected in the Southwark Obesity Strategy that is being developed.

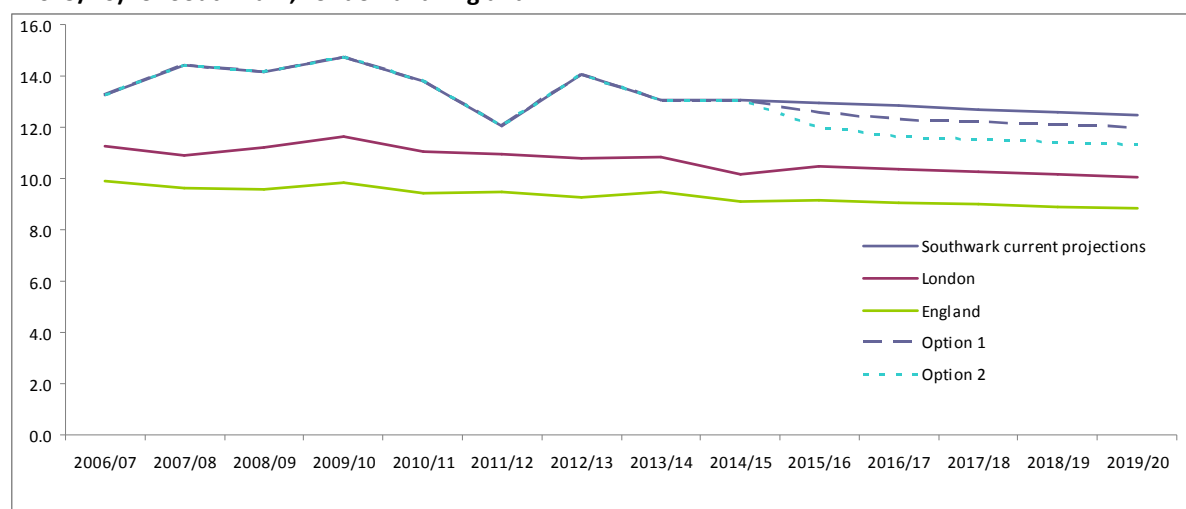
## **MODELLING APPROACH**

6. The National Child measurement Programme (NCMP) was first conducted in 2006/07 academic year and has since been implemented on an annual basis. The NCMP therefore to date provides a rich source of 9 years worth of data. Public Health looked at historical patterns of the NCMP from the first results (2006/7) to the most recent (2014/5). Using the actual trends, projections were made for different scenarios; looking first at what the continued current trend would look like in 5 years time and then identified options to demonstrate how more positive achievements could be made over the same period of time. Five year outcomes were chosen as this would be the minimum amount of time that we would expect to see any significant impact of the interventions. Assumptions for the modelling have been made on the basis that the current regional and national interventions and trends continue.

## AMBITION OUTCOMES FOR RECEPTION YEAR (OBESITY AND EXCESS WEIGHT)

### 7. Ambition Outcomes For Reception Year - Obesity

Chart 1: Reception Year actual Obesity Trajectories (2006/07 – 2014/15) and Projected Trajectories (2015/6 – 2019/20) for Southwark, London and England



8. Currently there appears to be a slight downward trend for obesity in Reception Year for Southwark, London and England. Modelling on the historical Reception obesity trends show that:
- If trends continue the Southwark Reception obesity levels will be an estimated 12.5% by 2019/20
  - Option 1 provides a Southwark ambition to reduce the level to 12% by 2019/20, equivalent to approximately 15% reduction over five years**
  - Option 2 provides a Southwark ambition to reduce the level to 11.3% by 2019/20, equivalent to approximately 25% reduction over five years**
9. Assuming the current Reception obesity trends for London and England continue, this would mean that for options 1 and 2 the reduction in Southwark would be greater and there would be a closing of the gap between the Southwark average and the regional and national averages.

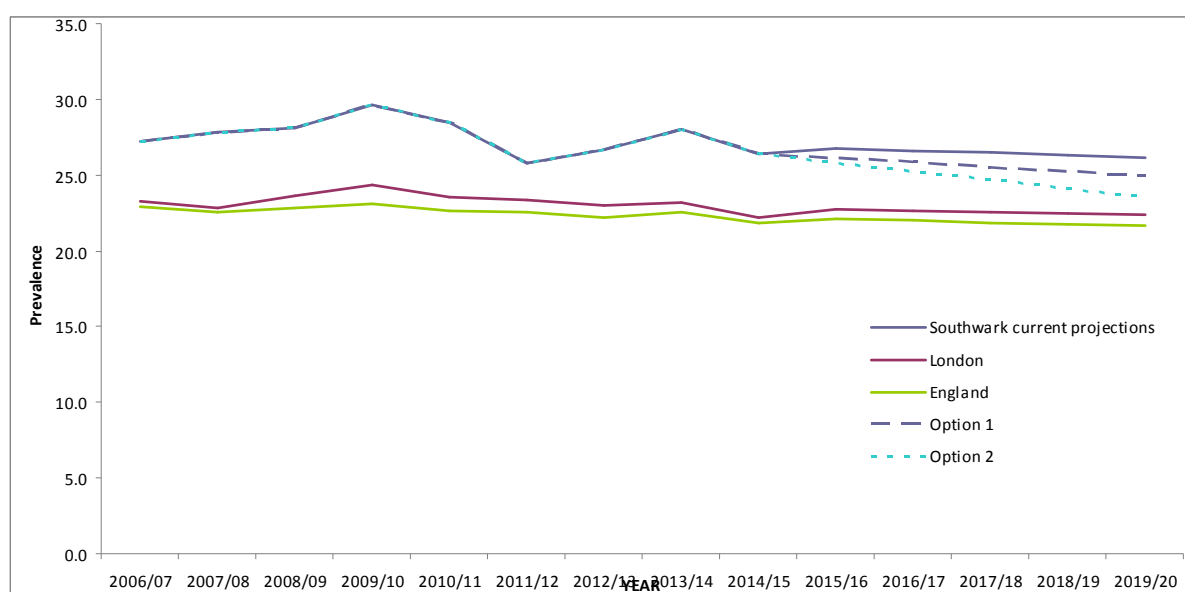
**Table 1: Reception Year actual Obesity Prevalence figures (2012/13 – 2014/15) and Projected Figures (2015/16 – 2019/20) for Southwark, London and England**

	2012/13*	2013/14*	2014/15*	2015/16	2016/17	2017/18	2018/19	2019/20
<b>Southwark (%)</b>	14.0	13.1	13.0	<b>12.9</b>	<b>12.8</b>	<b>12.7</b>	<b>12.6</b>	<b>12.5</b>
London (%)	10.8	10.8	10.1	<b>10.5</b>	<b>10.4</b>	<b>10.3</b>	<b>10.2</b>	<b>10.1</b>
England (%)	9.3	9.5	9.1	<b>9.1</b>	<b>9.1</b>	<b>9.0</b>	<b>8.9</b>	<b>7.3</b>
<b>Southwark Option 1 (%)</b>	<b>14.0</b>	<b>13.1</b>	<b>13.0</b>	<b>12.6</b>	<b>12.3</b>	<b>12.2</b>	<b>12.1</b>	<b>12.0</b>
<b>Southwark Option 2 (%)</b>	<b>14.0</b>	<b>13.1</b>	<b>13.0</b>	<b>12.0</b>	<b>11.6</b>	<b>11.5</b>	<b>11.4</b>	<b>11.3</b>

\* Actual published figures

## 10. Ambition Outcomes For Reception Year - Excess Weight

**Chart 2: Reception Year actual Excess Weight Trajectories (2012/3 – 2014/5) and Projected Trajectories (2015/6 – 2019/20) for Southwark, London and England**



11. Current trends indicate a slight plateau for excess weight in Reception Year for Southwark, London and England. Modelling on the historical Reception excess weight trends show that:

- If trends continue the Southwark Reception excess weight level will be an estimated 26.2% by 2019/20
- Option 1 provides an ambition to reduce the level to 25.0% by 2019/20, equivalent to approximately 10% reduction over five years**
- Option 2 provides an ambition to reduce the level to 23.6% by 2019/20, equivalent to approximately 20% reduction over five years**

12. Assuming the current trends for London and England continue, this would mean that for options 1 and 2 the reduction in Southwark would be greater and there would be a closing of the gap between the Southwark average and the regional and national averages.

**Table 2: Reception Year actual Excess Weight Figures (2012/13 – 2014/15) and Projected Figures (2015/16 – 2019/20) for Southwark, London and England**

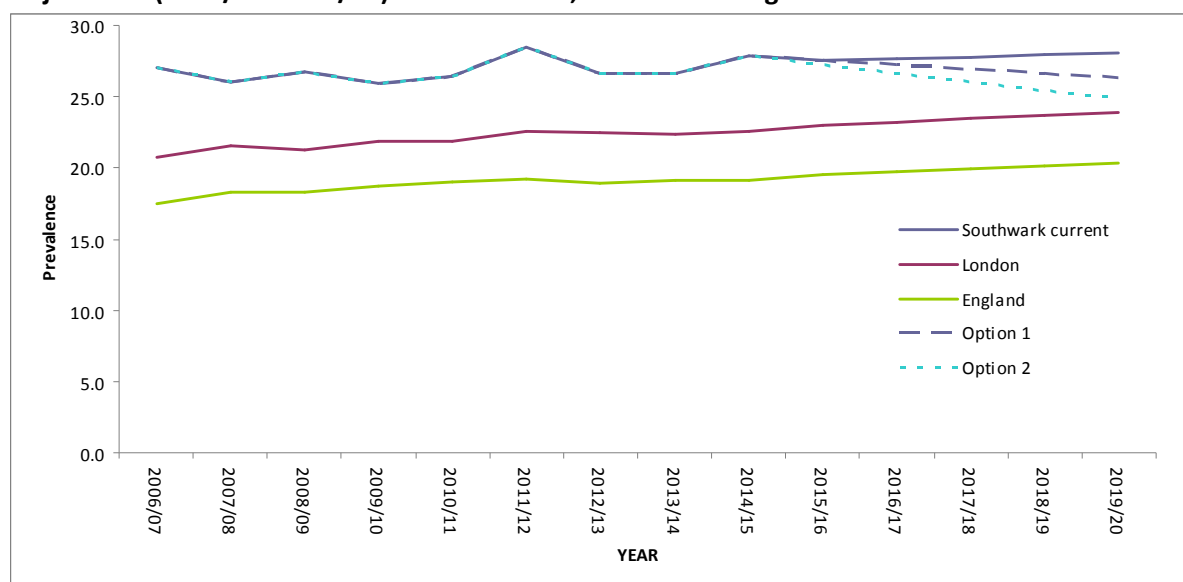
	2012/13*	2013/14*	2014/15*	2015/16	2016/17	2017/18	2018/19	2019/20
<b>Southwark (%)</b>	26.7	28.0	26.4	26.8	26.6	26.5	26.3	26.2
London (%)	23.0	23.1	22.2	22.8	22.7	22.6	22.5	22.4
England (%)	22.2	22.5	21.9	22.1	22.0	21.9	21.8	21.7
<b>Southwark Option 1 (%)</b>	26.7	28.0	26.4	26.1	25.8	25.5	25.3	25.0
<b>Southwark Option 2 (%)</b>	26.7	28.0	26.4	25.8	25.2	24.7	24.1	23.6

\* Actual published figures

## **AMBITION OUTCOMES FOR YEAR 6 (OBESITY AND EXCESS WEIGHT)**

### **13. Ambition Outcomes For Year 6 - Obesity**

**Chart 3: Year 6 actual Obesity Prevalence Trajectories (2012/13 – 2014/15) and Projected Trajectories (2015/6 – 2019/20) for Southwark, London and England**



14. Currently there appears to be a slight upward trend for obesity in Year 6 for Southwark, London and England. Modelling based on the historical Year 6 obesity levels trends show that:

- If trends continue the Southwark Reception obesity levels will increase to an estimated 28.1% by 2019/20
- **Option 1 provides a Southwark ambition to 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**
- **Option 2 provides a Southwark ambition to 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.**

15. Assuming the current Year 6 obesity trends for London and England continue with increasing obesity levels, this would mean that for options 1 and 2, Southwark would buck the regional and national trends leading to the closing of the gap between the Southwark and London as well as Southwark and England.

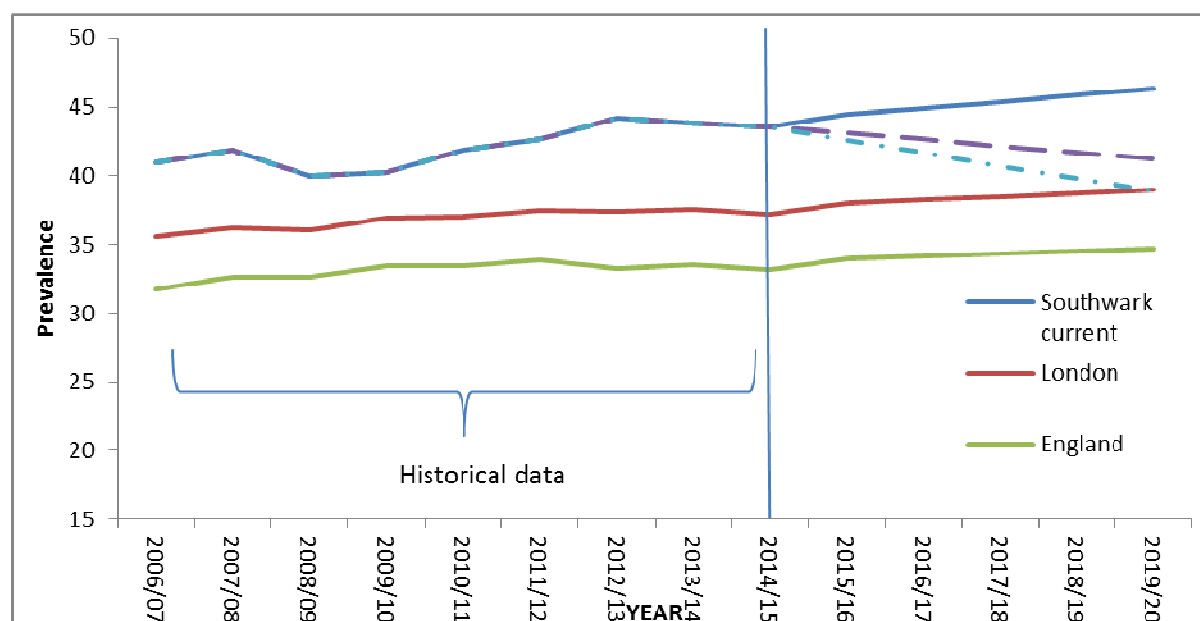
**Table 3: Year 6 actual Obesity Prevalence Figures (2012/13 – 2014/15) and Projected Figures (2015/16 – 2019/20) for Southwark, London and England**

	2012/13*	2013/14*	2014/15*	2015/16	2016/17	2017/18	2018/19	2019/20
<b>Southwark (%)</b>	26.7	26.7	27.9	<b>27.5</b>	<b>27.7</b>	<b>27.8</b>	<b>27.9</b>	<b>28.1</b>
London (%)	22.4	22.4	22.6	<b>23.0</b>	<b>23.2</b>	<b>23.6</b>	<b>23.7</b>	<b>23.9</b>
England (%)	18.9	19.1	19.1	<b>19.6</b>	<b>19.8</b>	<b>19.9</b>	<b>20.1</b>	<b>20.3</b>
<b>Southwark Option 1 (%)</b>	<b>26.7</b>	<b>26.7</b>	<b>27.9</b>	<b>27.6</b>	<b>27.3</b>	<b>27.0</b>	<b>26.7</b>	<b>26.4</b>
<b>Southwark Option 2 (%)</b>	<b>26.7</b>	<b>26.7</b>	<b>27.9</b>	<b>27.3</b>	<b>26.6</b>	<b>26.0</b>	<b>25.5</b>	<b>24.9</b>

\* Actual published figures

## 16. Ambition Outcomes For Year 6 – Excess Weight

Chart 4: Year 6 actual Excess Weight Trajectories (2012/13 – 2014/15) and Projected Trajectories (2015/16 – 2019/20) for Southwark, London and England



17. There currently appears to be a slight upward trend for obesity in Year 6 for Southwark, London and England. Modelling based on the historical Year 6 obesity levels trends show that:

- If trends continue the Southwark Reception obesity levels will increase to an estimated 28.1% by 2019/20
- **Option 1 provides a Southwark ambition to 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**
- **Option 2 provides a Southwark ambition to 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.**

18. Assuming the current trends for London and England continue, this would mean that for options 1 and 2 Southwark would not only halt the expected increase but there would also be a prevalence reduction and a closing of the gap between the Southwark and England. For option 2, the ambition would be to bring the Southwark Year 6 excess weight to a similar level to London by the end of the five year period.

**Table 4: Year 6 actual excess weight figures (2012/13 – 2014/15) and projected figures (2015/16 – 2019/20) for Southwark, London and England**

	2012/13*	2013/14*	2014/15*	2015/16	2016/17	2017/18	2018/19	2019/20
<b>Southwark (%)</b>	44.2	43.8	43.6	<b>44.4</b>	<b>44.9</b>	<b>45.4</b>	<b>45.9</b>	<b>46.4</b>
London (%)	37.4	37.6	37.2	<b>38.0</b>	<b>38.2</b>	<b>38.5</b>	<b>38.7</b>	<b>39.0</b>
England (%)	33.3	33.5	33.2	<b>34.0</b>	<b>34.1</b>	<b>34.3</b>	<b>34.5</b>	<b>34.7</b>
<b>Southwark Option 1 (%)</b>	<b>44.2</b>	<b>43.8</b>	<b>43.6</b>	<b>43.1</b>	<b>42.6</b>	<b>42.2</b>	<b>41.7</b>	<b>41.3</b>
<b>Southwark Option 2 (%)</b>	<b>44.2</b>	<b>43.8</b>	<b>43.6</b>	<b>42.5</b>	<b>41.7</b>	<b>40.7</b>	<b>39.8</b>	<b>38.9</b>

\* Actual published figures

## **SUMMARY OF PROPOSED AMBITIONS**

### **19. Ambition Outcomes For Reception Year - Obesity**

- a) **Option 1** provides a Southwark ambition to reduce the level to **12% by 2019/20**, equivalent to approximately 15% reduction over five years
- b) **Option 2** provides a Southwark ambition to reduce the level to **11.3% by 2019/20**, equivalent to approximately 25% reduction over five years

### **20. Ambition Outcomes For Reception Year - Excess Weight**

- a) **Option 1** provides an ambition to reduce the level to **25.0% by 2019/20**, equivalent to approximately 10% reduction over five years
- b) **Option 2** provides an ambition to reduce the level to **23.6% by 2019/20**, equivalent to approximately 20% reduction over five years

### **21. Ambition Outcomes For Year 6 - Obesity**

- a) **Option 1** provides a Southwark ambition to 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
- b) **Option 2** provides a Southwark ambition to 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.

### **22. Ambition Outcomes For Year 6 - Excess Weight**

- a) **Option 1** provides a Southwark ambition to 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

- b) **Option 2** provides a Southwark ambition to 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.

## **RECOMMENDATIONS**

The Health and Wellbeing Board is requested to:

23. Agree which outcome(s) they would want to adopt and for which Year group. From a Public Health perspective, it is important to focus on prevention and early action, thereby shifting the population distribution towards healthy weight. Public Health is therefore recommending that at least one outcome relates to reducing excess weight at Reception Year. This will provide an emphasis on prevention during early years to increase the proportion of children who maintain healthy weight. In addition, as obesity levels seem to almost double between Reception and Year 6, looking at excess weight would reduce the proportion children who may not be obese at Reception year but would be at risk of becoming obese during their time in primary school. It would also offer the opportunity for appropriate early intervention for those identified as either overweight or obese at Reception.
24. Agree in principle, the relevant resources and Partnership commitments required to deliver the agreed ambition(s). More detailed working of these will be taken forward and developed through the obesity strategy development senior leaders group with a view that there is a clear action plan to deliver the ambition(s) which will be reflected in the Southwark Obesity Strategy being developed.