

Item No. 10.	Classification: Open	Date: 29 January 2018	Meeting Name: Health and Wellbeing Board
Report title:		Tackling unhealthy weight in Southwark- update	
Wards or groups affected:		All	
From:		Director of Health and Wellbeing	

RECOMMENDATIONS

1. The board is requested:
 - a) To receive an update and progress report on the delivery of the Southwark Healthy Weight Strategy – Everybody’s Business.
 - b) To note and agree the actions including the enhanced offer for schools and for geographical parts of the borough with higher obesity rates (para 20 – 28)
 - c) To note the offer of healthy weight training as part of a Making Every Contact Count approach that will be introduced in April and to commit to ensuring that the relevant front line staff will undergo the training.
 - d) To note that an Expert Challenge Panel will be held in Autumn and that a report of the findings will be made back to the health and wellbeing board.

EXECUTIVE SUMMARY

2. The Health and Wellbeing Board agreed the Southwark Healthy Weight Strategy – Everybody’s Business sets a comprehensive approach to reducing unhealthy weight, including elements of both prevention and treatment of overweight and obesity with actions across the whole life course including maternity and early years, children and adults, and targeting the obesogenic environment (Appendix 1: Framework summary).

Recent NCMP results show since 2007/8 there has been a steady decline in obesity for Reception and Year 6, and in excess weight in Year 6, whilst Reception year excess weight has remained unchanged.

Over the past 12 months, the Healthy Weight Strategy has established the strong foundation in Southwark for tackling obesity. Two implementation groups were set up for ‘people’ and ‘place’, supported by wider local stakeholders, to develop and implement the essential components of a whole systems approach to healthy weight. Activities included: seeking accreditation of the UNICEF Baby Friendly Initiative, commissioning weight management programmes for Tier 2 children and Tier 2 and 3 adults, and developing a school nurse offer to ensure better referrals as part of the NCMP to family based healthy weight interventions. Alongside, we also wanted to take action to address the obesogenic environment including adopting hot food takeaway exclusion zones around schools, carrying out a Joint Strategic Needs Assessment on active travel with making specific recommendations, promoting the Healthier Catering Commitment to existing food businesses and the development of strategic

policies that create healthier urban environments in the New Southwark Plan and through regeneration.

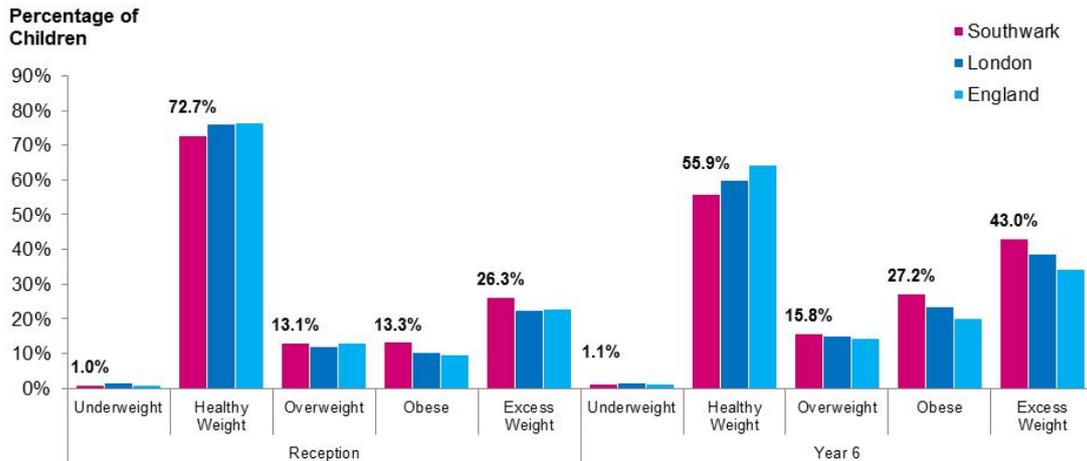
BACKGROUND INFORMATION

3. Southwark has high levels of overweight and obesity, particularly among children and those from the most deprived parts of the borough.
4. The Health and Wellbeing Board convened a senior leadership group for obesity to oversee the development of a new healthy weight strategy for the borough. The strategy, Everybody's Business, was informed by national and local learning and subject to external scrutiny and assurance.
5. The strategy is comprehensive, including elements of both prevention and treatment of overweight and obesity with actions across the whole life course including maternity and early years, children and adults. The strategy also aims to influence the environment in which people live in order to make the healthy choices the easiest choices to make. Although the strategy takes a life course approach it prioritises children and the early years.
6. Over the last 12 months, we have taken a whole systems approach, and through partnership working across all Council departments, the NHS, the VCS and local businesses, we are working to make tackling obesity 'everybody's business'. Over the next 12 months, we want to build upon what we have achieved, as well as strengthen the targeted approach in geographical areas where we are faced with higher levels of deprivation and to better support population groups that are of higher risk or face more challenges to healthy weight.

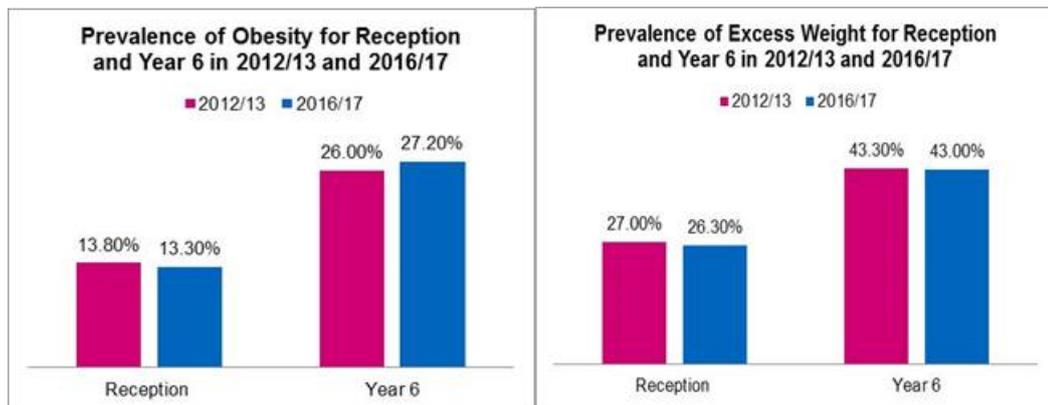
KEY ISSUES FOR CONSIDERATION

The Picture in Southwark

7. The latest National Child Measurement Programme (NCMP) data were published in November 2017. In 2016/17, 94.3% of eligible children in Southwark were weighed and measured, which is higher than the national target of 85%.
8. Findings from the 2016/17 NCMP show fewer than 3 in 10 children in Reception are overweight or obese (excess weight), yet by Year 6 this increases to more than 4 in 10 children. The increase in obesity between Reception and Year 6 is statistically significant, while there is only a marginal increase in the prevalence of children who are overweight.



When compared to other London boroughs, Southwark currently has the second and fifth highest levels of obesity and third highest prevalence of excess weight for Reception and Year 6. Levels of excess weight among children in Southwark have been significantly above the London and national averages.



9. Although these changes are not statistically significant, over the last 5 years:

- Obesity has decreased for Reception and increased for Year 6
- Excess weight has decreased for Reception and decreased for Year 6.

10. There is variation between wards at local level:

- Excess weight in Reception is significantly higher than the Southwark average in Faraday, East Walworth, Livesey and Camberwell Green wards.
- At Year 6, schools in the Faraday, Camberwell Green, Peckham and Livesey wards tend to have a higher three-year aggregate prevalence of excess weight for both Reception and Year 6 compared to the national average.

11. National results from the 2016/17 programme show that excess weight and obesity is highest among children from Black or Black British ethnic groups and lowest among children from Chinese ethnic background for both Reception and Year 6 cohorts. These results held true even when BMI adjustments were made for English South Asian and Black children. By Year 6 all ethnic groups, except Chinese, have a significantly higher level of excess weight or obesity than children of a White ethnic background.

Appendix 2 provides further details on the NCMP data. Further analysis will be conducted using anonymised, individual level historical NCMP data from previous years to better understand trends, prevalence and risk factors associated with obesity in Southwark.

Last 12 months

12. Following approval of the strategy by the HWBB, a delivery structure was established. There is oversight of the implementation through the two delivery groups that meet on a quarterly basis. One of these groups covers the 'people' elements of the strategy (e.g. weight management services for people that are overweight) and the other covers the 'place' elements (e.g. creating a less obesogenic environment). These groups bring together key partners to ensure progress of the identified actions. A whole systems life course approach is taken.
13. *Promoting breastfeeding and a good start.* The UNICEF Baby Friendly Initiative (BFI) is an important programme of the Healthy Weight Strategy in promoting healthy weight in infants. By supporting breastfeeding and parent infant relationships, the initiative enables babies to have the best possible physical and emotional health from the start. Guys and St Thomas' NHS Trust (GSTT) is commissioned to deliver all three stages of accreditation in the Health Visiting Service, working in partnership with the 18 children's centres in the borough.

Since the healthy weight strategy was agreed by the Health and Wellbeing Board, a BFI Coordinator for Southwark has been recruited, a steering group established and an action plan covering all Baby Friendly standards developed. This action plan, in combination with the revised Infant Feeding/Breastfeeding Policy, satisfied requirements for the first phase of the BFI resulting in the receipt of a Certificate of Commitment in October 2016. Additionally, the GSTT Declaration on advertising of breast milk substitutes and the GSTT Declaration committing to the International Code of Marketing of Breastmilk substitutes were both signed.

In addition to the written policies and guidelines to support the baby friendly standards, an Infant Feeding/Breastfeeding policy orientation and training plans are being developed for both incoming and existing staff, with supplementary role-specific targeted training sessions. Through spot checks of children's centres and using the updated UNICEF audit tool, standards have the capacity to be assessed and audited, with 34 staff and 20 mother audits already completed. Furthermore, the ongoing evaluation of written information, teaching materials and publications will ensure there is no promotion of breast milk substitutes, bottles, teats or dummies in any part of the facility or by any of the staff. Stage 1 of the BFI was achieved July 2017. Work is now progressing towards Stage 2 when all staff involved in providing care to mothers and infants will have achieved the required levels of training.

14. *Making Early Years settings healthier.* The Council and the CCG jointly fund a Nutrition and Dietetics Early Years Service which delivers the Eat Better, Start Better framework (Children's Food Trust) in Southwark's children's centres to help promote healthy infant weight. A key focus of the service is capacity building among children's centre staff to deliver healthy eating advice and practical workshops for families including Cook and Eat, Introducing Solid Foods and Nutrition Advice sessions. In addition to providing practical support and

experience, the aim of the sessions is to increase knowledge and understanding of food labeling, food groups and the importance of five fruits and vegetables each day. For the 2017/18 fiscal year, in the first quarter from April to June 2017 there were over 580 attendees, and 740 families attended sessions between July and September 2017, of which 454 (61%) were new families.

15. *Improving the healthy weight pathway.* A specialist healthy weight school nurse post was created to support the school nursing service to better integrate healthy weight advice and referral into the healthy child pathway. The nurse supports implementation of the NCMP programme in Southwark schools and through follow up letters, invites all families with unhealthy weight children to attend a group or individual healthy weight clinics. Healthy weight clinics are one-off 45 minute sessions where the school nurse gives information about healthy eating and physical activity and signposts to local weight management services.
16. Schools are also encouraged to promote healthy weight by adopting a 'whole school approach' through the London Healthy Schools programme. In Southwark there has been an increase in all levels of accreditation since the 2015/16 school year, and as of January 2018 there are 93 registered schools, 55 bronze, 28 silver and 9 gold awards.
17. *Weight management services:* The children's tier 2 weight management service, Alive 'n' Kicking (ANK), was commissioned in April 2017. ANK provides multi-component, 12 week, NICE-compliant lifestyle weight management intervention programmes held in the community for 4-17 year olds (grouped by age) and their families who have been identified as overweight or obese. As of September 2017, a total of 126 families were referred to and started the programme. Up to September, 80% of children completing had reduced or maintained their BMI.

To complement the service, each term ANK facilitates School Time Obesity Prevention (STOP), a 12 week school-based weight management programme in one school. STOP delivers similar messages surrounding healthy food and active living for children aged nine-12 (Years 5 and 6) and serves as a supportive introduction and prevention programme for all pupils, regardless of weight status. By targeting this age group the goal is to see healthier weights reflected in the Year 6 NCMP results. The aim of this supplementary work in school settings is to increase the uptake of referrals into the ANK service for eligible pupils. The first STOP programme was conducted at Charlotte Sharman Primary School during the 2017/18 autumn term.

The CCG have commissioned a new adult tier 2 and 3 weight management service from GSTT with the new service beginning in January 2017.

18. *Adult physical activity.* There is good take up of the Council's free swim and gym programme: as of December 2017, 32,877 people have registered with approximately half using the facilities regularly. 55% of people registered are female and 52% are from BME groups.

There is good evidence that people with poorer health or who are overweight are less likely to use leisure facilities. The health referral element of the Free Swim and Gym Programme aims to address this. The exercise on referral scheme supports previously inactive residents over 16 years old with specific health conditions including those who are obese. The emerging results are encouraging: 55% of programme completers reduce their waist

circumference and 87% of programme completers increase their physical activity levels.

19. *Healthy weight environment:* The Healthy Weight strategy highlights the importance of tackling the obesogenic environment and includes actions to promote healthy places through the Healthier Catering Commitment, the Healthy Workplace Charter and through planning policy to create healthier and less obesogenic environments.

Requirements have now been included in contracts for all leisure centres and park cafes in the borough to work towards achievement of the standards required for the London Healthier Catering Commitment and currently 16 businesses have been accredited. As of October 2017, 44 Southwark Businesses have signed up to the London Workplace Health Charter including some of the biggest employers in the borough, and 15 have been accredited.

The New Southwark Plan (NSP - Proposed Submission version) is the spatial strategy for the borough. Major strategic policies cover active travel, promoting active design, protecting and investing in green spaces and encouraging food growing. There are also specific policies that will contribute towards making our street less unhealthy including a proposal for implementing hot food takeaway exclusion zones within 400m of secondary schools. The close working relationship between planning policy, public health and the rest of the council has meant that no application for new A5 hot food takeaways within 400m of secondary schools has been approved since the start Healthy Weight Strategy in July 2016.

To understand the picture of active travel in Southwark, a Joint Strategic Needs Assessment was conducted in August 2017, and the report identified key policy recommendations to encourage more residents to walk or cycle as part or the main mode of transport. The key recommendations emerging from the report include developing active travel campaigns to specifically target older residents and persons with disabilities, continued cross-sector working across council departments, and improving data collection and sharing opportunities.

To support children's engagement with active travel, schools are encouraged to become accredited with Transport for London's scheme to inspire young Londoners to travel to school sustainably, actively, responsibly and safely by championing walking, scooting and cycling. The STARS (Sustainable Travel: Active, Responsible, Safe) programme supports schools develop school travel plans and establish active travel targets. To date 59 schools are accredited.

20. *Free School Meals:* In Southwark all primary school children receive a free, healthy school meal. Work is currently taking place with Kings College Nutrition and Dietetics Department to identify opportunities to improve the meals, and eating and whole school environment.

Next 12 months

21. Over the next 12 months, we will continue to strengthen the whole systems approach while at the same time, guided by the NCMP data, enhance our targeted approach for populations at a higher risk of developing obesity.

22. *Supporting breastfeeding in community and high street settings:* To further support the current action promoting breastfeeding through the UNICEF Baby Friendly Initiative (mother and infant care focus), there are plans to implement the Breastfeeding Welcome Scheme (BWS) for local businesses. The BWS is an accreditation programme supporting businesses with the tools and resources to facilitate a breastfeeding-friendly environment for mothers in the community. Supporting local businesses and venues to become accredited will help foster an environment across the borough where mothers feel comfortable breastfeeding outside of the clinical setting and ultimately promote breastfeeding for the first six months of life. The scheme is planned to begin February 2018 with council buildings, Southwark libraries, leisure centres, park cafes and museums to be prioritised as the first locally accredited venues in the borough by summer 2018. Other local high street businesses will also be targeted such as cafes.
23. *Making every contact count:* A key area identified during the development of the Healthy Weight Strategy was a lack of systematic training to help health and non-health professionals do brief advice and brief interventions on weight. Online training modules are being commissioned with evidence-based information on BMI assessment, the local healthy weight care and referral pathways, and brief intervention techniques. The contract will start on 15 January 2018 with the first modules expected April 2018. To accelerate the whole systems change, the relevant front line staff in all partner organisations are encouraged to complete the online healthy weight training.
24. *Working through faith groups:* This is an area of work we will be developing with Community Southwark and the faith forums in Southwark to help us reach different communities. Different approaches to promoting health through faith groups will be tested, building on lessons from South London and Maudsley's Spiritual and Mental Health and Pastoral Care Programme.
25. *A stronger offer to schools:* A partnership group was set up in early 2017 to discuss opportunities to collaboratively support schools to develop and evaluate physical activity and sport programmes. The group included Leisure, Public Health, Travel and Highways, and Education, as well as London Sport, London PE and School Sport Network (LPSSN), and Everyone Active. Following the Government's commitment for additional funding provided through the PE and School Sport Premium, the partnership group decided to prioritise schools with the highest prevalence of excess weight through an enhanced offer.

The aim of the Top Ten Schools Programme is to support the ten schools with the highest three-year aggregate prevalence of excess weight in Reception by offering additional support, guidance, education and resources. The programme will take a whole systems approach integrating elements of physical activity, active travel, training and nutritional support beyond the school's current offer. The project is ready to begin in February 2018.

26. *Creating a healthier weight environment:* To continue tackling the obesogenic environment through the Council's spatial planning and regeneration so that we continue to create places where the healthier choice is the easier choice. We will continue to tackle the food environment as well as to continue to make the borough a place where it is easier to be physically active as part of day to day living and travelling. For regeneration areas, we will want to ensure that the potential for creating healthier places is realized and will seek to do this through

for example, the emerging social regeneration framework, specific health plans and agreed outcome indicators.

We are working closely with Guys and St Thomas Charity (GSTC) to use the borough as a test bed for innovative approaches to tackling obesity. We fully endorse the GSTC place based 10 year approach and support the value of investigating and developing new initiatives targeting the home, school and street. As part of this approach, a geographical area of the borough will be defined for enhanced action. This work is being informed by NCMP data as well as qualitative data commissioned by GSTC.

The Council is investing in a new “Kitchen and Bathroom” programme for Council homes. As part of this, a pilot healthy and social cook and eat programme will be offered to residents who recently had a new kitchen installed. The goal of this programme is to equip local residents with the skills and resources for healthy eating using affordable, local produce and supplies. There is also potential through this piece of work to engage with local TRAs and explore connected opportunities such as those tested out through the Waste Less Save More Sainsbury’s project, namely the Community fridge and the library of kitchen equipment. The first sessions are planned to be delivered by the end of March 2018.

Food poverty is recognized as a factor in poor eating habits and work has already started to bring together a Food Poverty Alliance which we will continue to build on in 2018.

27. *The Local Government Declaration on Sugar Reduction and Healthier Food:* Following the introduction of the soft drinks levy set to come into effect April 2018, a local government sugar declaration was established by Sustain. The aim of the declaration is to encourage local authorities to make a public commitment to reduce the availability and promotion of sugary products and improve healthier eating and drinking options. The initiative takes a whole-systems approach whereby elements of advertising, availability of unhealthy food and awareness of sugar are addressed across six key areas. By committing to specific actions in each of the areas, Southwark would be able to make a public commitment to a healthier eating environment and continue tackling obesity. Actions will be identified and proposed to the Health and Wellbeing Board in April 2018.
28. *Improving NCMP feedback to schools and parents:* NCMP results are now being provided to schools so that each school better understands the extent of excess weight in Reception and Year 6. In addition to the enhanced school nursing response, we are working with GSTC, schools and school nurses to identify and test more innovative ways of communicating with families with children of unhealthy weight. The aim is for the project to commence in early 2018.

Risks and challenges

29. The ongoing work and sharing of best practice through expert forums such as the London Obesity Leads Network provides a level of assurance that our approach in Southwark will deliver the outcomes we are aiming for. We intend to also hold an Expert Panel Challenge Event in Autumn to do a deep dive into the Southwark Healthy Weight Strategy and actions so we know that what we do is informed by evidence and that we continue to challenge ourselves.

30. We recognise that there is an important place for weight management and will seek to increase the uptake of the service. Although the Tier 2 weight management for children and families is producing good outcomes, the numbers going through the service are still relatively small. Very real challenges exist in scaling up weight management as many families prefer less structured interventions. There will also be significant cost implications.
31. There is a very clear association between unhealthy weight and deprivation and a strong case for a targeted approach. Such an approach must also address the wider social determinants of health. The principles of social regeneration that are being developed are an essential part of our approach to reducing the risks for unhealthy weight and other conditions. This is a long term approach and will require ongoing commitment across the system and with partners.
32. While the NCMP data is invaluable in helping us to track our progress and also to better understand how unhealthy weight is affecting our population, it is important to recognise that the data needs to be looked at over time and that year-on-year non-statistically significant variation should be expected. This must not distract from the evidenced based approach that we have implemented in Southwark.

Policy implications

33. Southwark Council and the Southwark CCG have a statutory duty under the 2012 Health and Social Care Act to produce a health and well being strategy for Southwark. The Health and Wellbeing Strategy is underpinned by more detailed thematic strategies and action plans – of which the Healthy Weight Strategy is one.
34. The Healthy Weight Strategy sits alongside other Southwark strategies that will themselves impact on levels of overweight and obesity. These include the Physical Activity and Sport Strategy, Transport Strategy and the Children and Young People's Wellbeing Strategy.

Community impact statement

35. The Healthy Weight Strategy acknowledges that some communities and individuals are both more likely to become overweight or obese and less likely to access services to prevent or treat it. The interventions commissioned to deliver the strategy will be appropriately targeted in the expectation that they will address this issue.

Financial implications

36. There are no financial implications contained within this report. However, the priorities identified in the Healthy Weight Strategy will have implications for other key local strategies and action plans and the development of commissioning intentions to improve the health and wellbeing of Southwark's population.

BACKGROUND PAPERS

Background papers	Held at	Contact
Southwark Joint Strategic Needs Assessment		jsna@southwark.gov.uk
Link: www.southwark.gov.uk/jsna		
Southwark Health & Wellbeing Strategy 2015/20		Public Health 020 7525 0280
Link: http://www.southwark.gov.uk/downloads/download/3570/southwark_health_and_wellbeing_strategy_2015-2020		
Everybody's Business: Southwark's Healthy Weight Strategy		Public Health 020 7525 0280
Link (Copy and paste link into browser) http://moderngov.southwark.gov.uk/documents/s63091/Appendix%201%20Healthy%20Weight%20Strategy%202016%20-%202021.pdf		

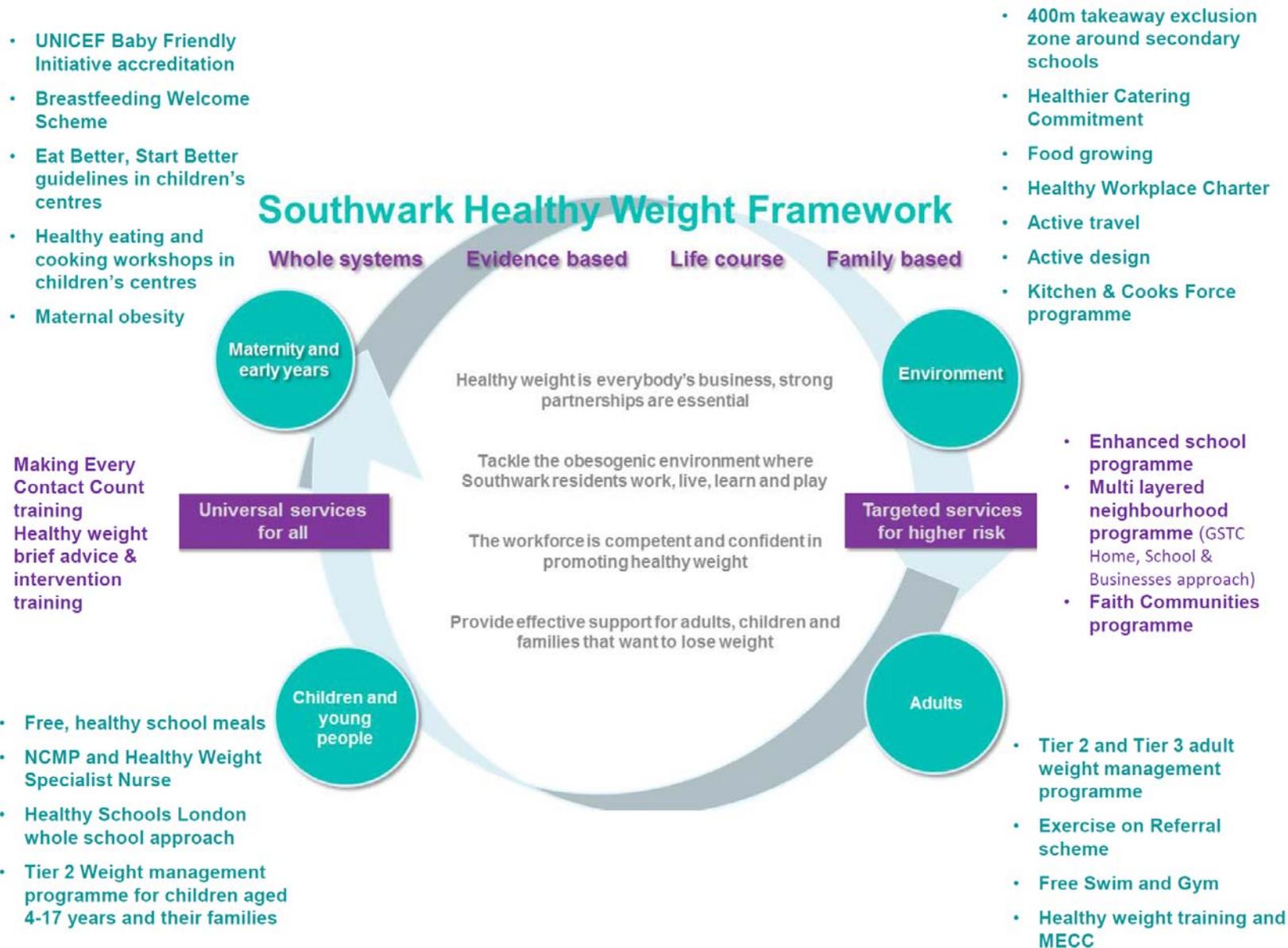
APPENDICES

No.	Title
Appendix 1	Healthy weight strategy framework
Appendix 2	NCMP data summary
Appendix 3	Healthy weight action plan update

AUDIT TRAIL

Lead officer	Kevin Fenton, Director of Public Health	
Report Authors	Melinda Chau, Policy Officer Jin Lim, Consultant in Public Health	
Version	Final	
Dated	17 th January 2017	
Key decision?	No	
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER		
Officer Title	Comments Sought	Comments Included
Director of Law and Democracy	No	No
Strategic Director of Finance and Governance	No	No
Cabinet Member	No	No
Date final report sent to Constitutional Team	19 January 2018	

Appendix 1: Healthy Weight Strategy Framework



Childhood obesity in Southwark

Key findings from the National Child Measurement Programme

People & Health Intelligence Section

Public Health

November 2017

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Approximately 6,000 children in Southwark are weighed and measured each year as part of the NCMP

INTRODUCTION

The National Child Measurement Programme (NCMP) measures the 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.

- Following the transfer of Public Health from the NHS to local government, Local Authorities have a statutory responsibility to deliver the NCMP.
- The NCMP has been running since 2005-06 and is designed to support population surveillance, local planning and the delivery of services.
- The participation rate in Southwark in 2016-17 was 94.3% compared to the England rate of 95%
- Southwark parents and carers receive a letter to inform them of the weight status of their child and are signposted to relevant services to support the achievement and maintenance of a healthy weight.

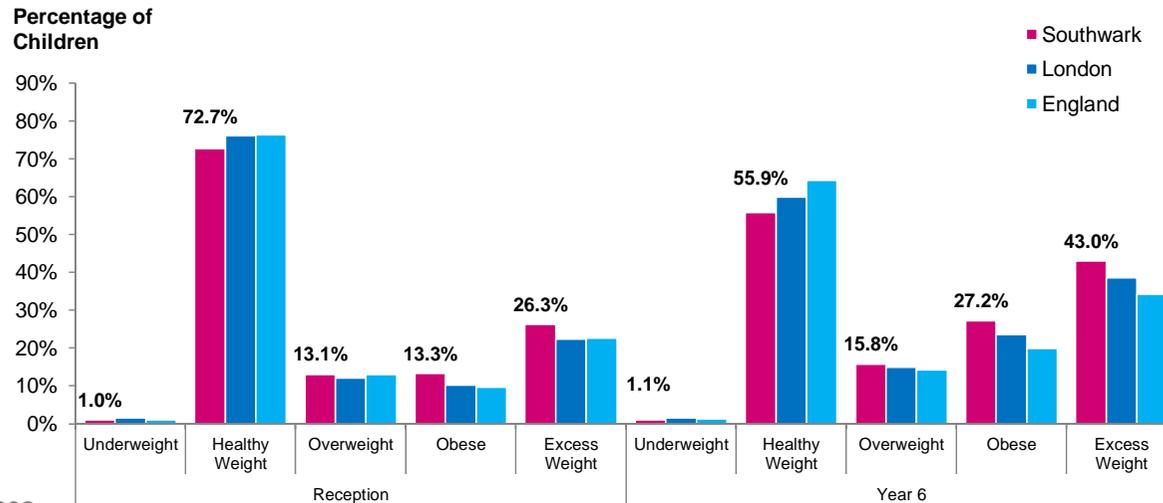
References

1. NHS Digital: <https://digital.nhs.uk/catalogue/PUB30113>

A significant number of children in Southwark are overweight or obese

FINDINGS FROM 2016-17 PROGRAMME

- Fewer than 3 in 10 children in Reception are overweight or obese (excess weight). By Year 6 this increases to more than 4 in 10 children.
- The increase in obesity between Reception and Year 6 is statistically significant, while there is only a marginal increase in the prevalence of children who are overweight.



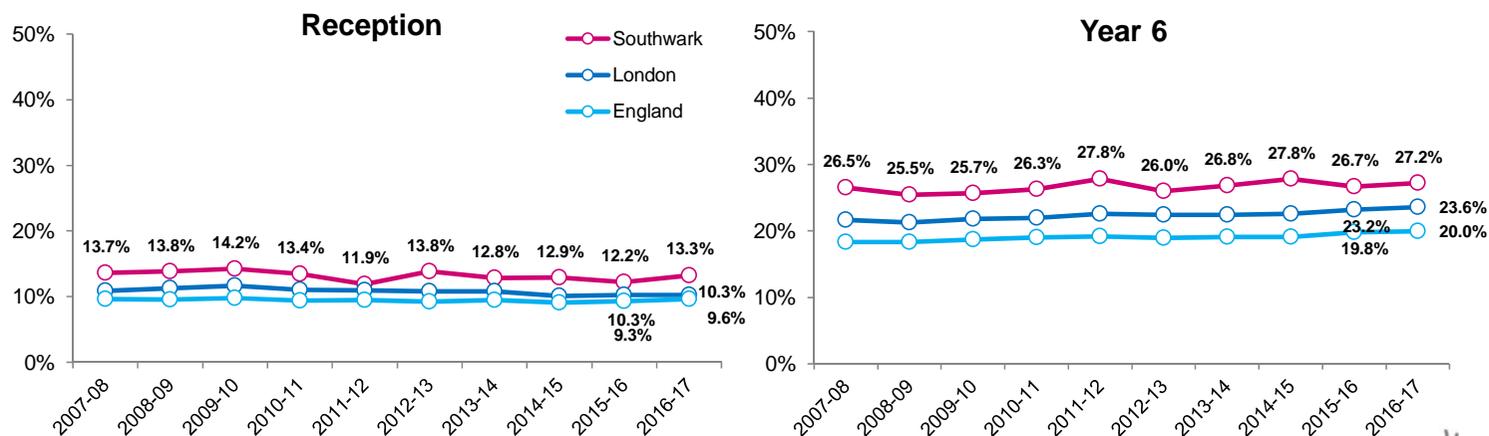
References

1. NHS Digital: <http://content.digital.nhs.uk/catalogue/PUB19109>

Levels of obesity among children in Southwark are significantly above the London and national average

TRENDS IN OBESITY

- Levels of obesity among children in Southwark have been significantly above national levels since measuring began.
- Trends indicate there has been no statistically significant change in the gap between Southwark and London since the start of the measurement programme, with the exception of children in Reception Year in 2011-12.
- The Healthy Weight Strategy aims to reduce obesity by 2020-21 to 11.3% among children in Reception and 24.9% among Year 6 children.



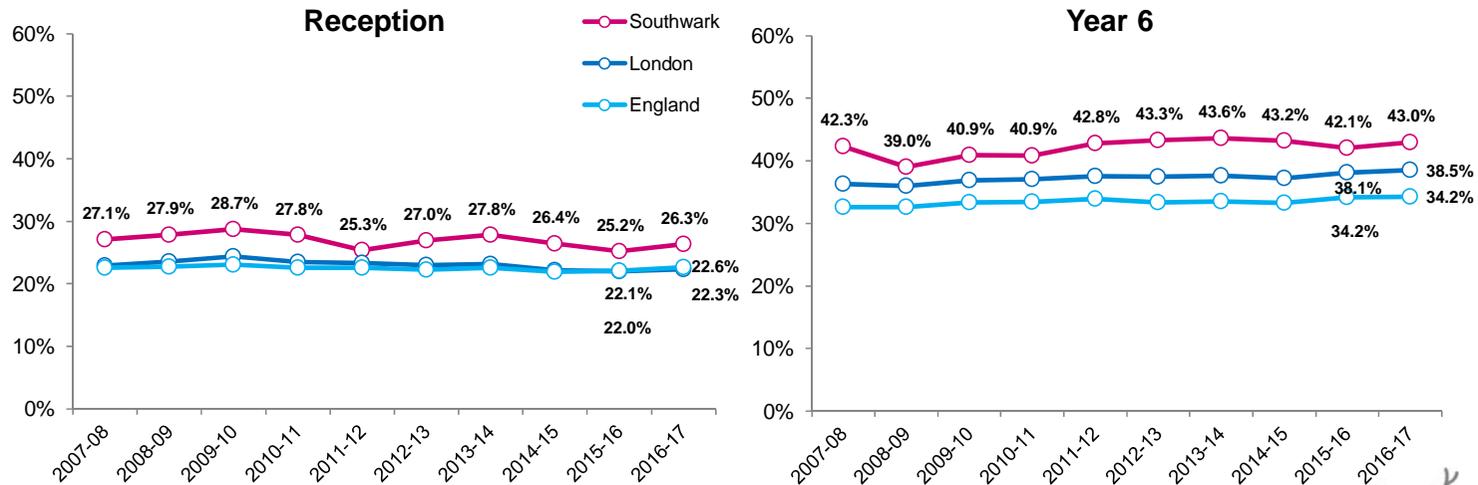
References

1. NHS Digital: <http://content.digital.nhs.uk/catalogue/PUB19109>

Excess weight among children in Southwark is significantly above London and national average

TRENDS IN EXCESS WEIGHT

- Levels of excess weight among children in Southwark have been significantly above London and national levels since measuring began.
- Trends indicate there has been little change in the gap between Southwark and London since the start of the measurement programme.
- The Health Weight Strategy aims to reduce excess weight by 2020-21 to 23.6% among children in Reception and 38.9% among Year 6 children.



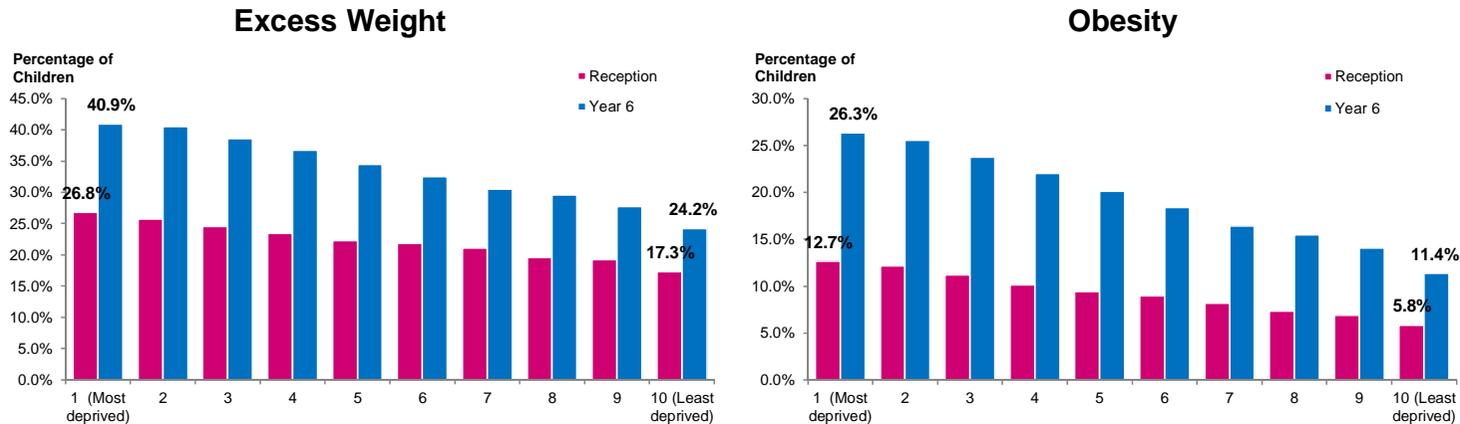
References

1. NHS Digital: <http://content.digital.nhs.uk/catalogue/PUB19109>

Children in more deprived communities are significantly more likely to be overweight or obese

WEIGHT AND DEPRIVATION

- National results from the 2016-17 measurement programme show that excess weight and obesity among children are strongly associated with socio-economic status.
- More deprived communities tend to have higher prevalence of excess weight and obesity, and the strength of association increases between Reception and Year 6.



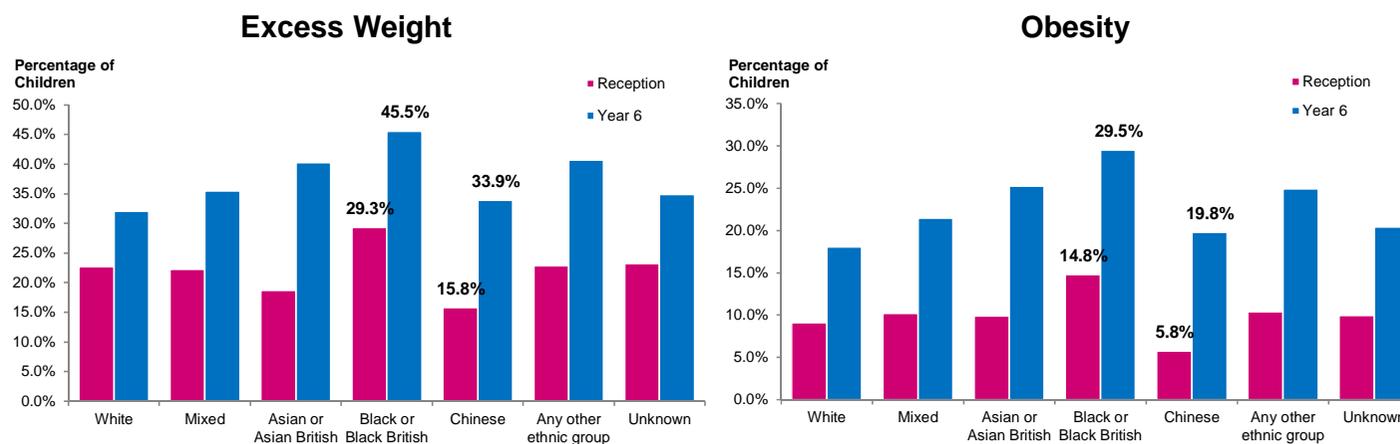
References

1. NHS Digital: <http://content.digital.nhs.uk/catalogue/PUB19109>

Children from Black or Black British ethnic groups are significantly more likely to be overweight or obese

WEIGHT AND ETHNICITY

- National results show that excess weight and obesity is highest among children from Black or Black British ethnic groups for both Reception and Year 6 cohorts.
- Excess weight and obesity is lowest among children from Chinese ethnic background among both Reception and Year 6 cohorts.
- By Year 6 all ethnic groups, except Chinese, have a significantly higher level of excess weight or obesity than children who have a White ethnic background.



References

1. NHS Digital: <http://content.digital.nhs.uk/catalogue/PUB19109>

Levels of obesity and excess weight in Southwark are significantly higher than in London and England

SUMMARY OF KEY FINDINGS

- Southwark has the third highest level of excess weight out of the 32 London Boroughs for Reception and fourth highest for Year 6 children. The borough is ranked second for obesity among Reception age children and fifth among Year 6 (fifth for Reception age and sixth for Year 6 children in 2015-2016).
- There has been no significant change in the prevalence of excess weight or obesity in Southwark since measuring began.
- Excess weight and obesity in Reception is significantly higher than the Southwark average in Faraday, East Walworth and Camberwell Green wards. By Year 6 there is little significant difference across the borough, indicating a whole population approach is required by this age.
- Excess weight and obesity is highest among children from Black/Black British ethnic backgrounds, and lowest among children from Chinese ethnic background.
- Excess weight and obesity is significantly higher among deprived communities, and the association increases with age.

References

1. NHS Digital: <http://content.digital.nhs.uk/catalogue/PUB19109>

Slide 11



Appendix 3: Healthy Weight Action Plan Update

MATERNITY AND EARLY YEARS		
Key Actions	Status	Comment
1. The UNICEF Baby Friendly Initiative is implemented		Stage 1 was achieved July 2017 and we are on track for achievement of Stage 2 by March 2019.
2. Families are supported to achieve a healthy weight through development and implementation of an early years pathway		A healthy weight care and referral pathway for maternity and early years (0-4) will be incorporated into the online healthy weight training course.
3. A healthy weight programme is commissioned for 0-4 across priority groups		Healthy weight opportunities have been incorporated into existing services including healthy eating for early years and free swim and gym sessions for maternity and early years but services have yet to be commissioned for this age group.
4. Professionals working with children and families are provided with healthy weight training		The College of Contemporary Health was commissioned January 2018 to deliver a bespoke healthy weight training programme for Southwark to support health and non-healthcare professionals with BMI assessment information, details on Southwark weight management services and referral pathways, and to offer advice around brief interventions for raising the issue of healthy weight.
5. Early years settings are supported to take a whole systems approach to develop a healthy weight environment		GSTT Nutrition and Dietetics have launched food policies in line with the Eat Better Start Better framework in children's centres to educate and support parents of early years children through practical workshops including Cook and Eat, Introducing Solid Foods and Nutrition Advice sessions. For the 2017/18 fiscal year, in the first quarter from April to June 2017 there were over 580 attendees, and in the second quarter from July to September 740 attendees, of which 454 (61%) were new families.
6. Families are supported to be physically active		Families are supported into physical activity and active travel through the Southwark Physical Activity Strategy and the Southwark Kerbside

Appendix 3: Healthy Weight Action Plan Update

		Strategy.
7. Residents and key stakeholders know about Southwark healthy weight services		A Southwark Great Weight Debate engagement event was held November 2016 and will be followed up with a Southwark Healthy Weight Network event Spring/ Summer 2018. In addition a Southwark Weight Management Network for key stakeholders has been developed by The Bridge, who will also manage a web resource on the Knowledge Hub to facilitate discussion and communication regarding Southwark services and events.
CHILDREN AND YOUNG PEOPLE		
Key actions	Status	Comment
1. Southwark schools are supported to adopt a whole school approach to healthy weight		As of January 2018 92 schools have been awarded through the Healthy Schools London accreditation programme. The schools-facing website: schools.southwark.gov.uk was also created to support schools with the full scope of resources to adopt a whole-school approach to child health.
2. Free Healthy School Meals are provided to all primary school children		All primary school children receive a free, healthy school meal. Work is currently underway with Kings College Nutrition and Dietetics Department to identify further opportunities to improve the meals and encourage eating through a whole school environment.
3. A healthy weight programme for school-aged children is commissioned		A 12 week, NICE-compliant Tier 2 lifestyle weight management service was commissioned in April 2017 for children aged 4-17 and their families. As of September 2017 a total of 126 families were referred to and started the programme. Up to September 80% of children completing the programme had reduced or maintained their BMI.
4. The NCMP is effectively implemented and monitored to identify and support children of an excess weight		NCMP participation in Southwark remains high at 94%. To support the NCMP a Southwark Healthy Weight Specialist nurse was commissioned to deliver healthy weight clinics for children identified as overweight or very overweight through the NCMP. Three-year

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		aggregate NCMP results are also provided to schools.
5. Schools are supported to develop and evaluate a targeted sport and physical activity programme		Ten schools with the highest levels of excess weight will be supported with a menu of evidence-based programmes which offer guidance, education. The programme will take a whole-systems approach integrating elements of physical activity, active travel, training and nutritional support commencing in February 2018.
6. All schools are supported to promote active travel		Schools are encouraged to become accredited through the TfL STARS (Sustainable Travel: Active Responsible Safe) programme. To date 59 schools have developed school travel plans and are accredited. A range of programmes support the school travel plans including Build-A-Bike, Dr. Bike maintenance classes, and cycle confidence sessions.
ADULTS		
Key actions	Status	Comment
1. A locally agreed, evidence-based healthy weight care and referral pathway is agreed upon		A healthy weight care and referral pathway for adults will be incorporated into the online healthy weight training course.
2. All health professionals are supported to MECC and provide brief advice		Through the healthy weight training programme health professionals will learn how to communicate brief advice on raising the issue of healthy weight and how to be supported to MECC.
3. Residents identified as inactive, overweight or obese are supported into physical activity		The Southwark Physical Activity Strategy supports residents into the borough's Free Swim and Gym initiative. As of December 2017, 32,877 residents have been registered with approximately half using the facilities regularly. Through the Tier 2 and Tier 3 weight management programme adults receive healthy lifestyle advice and physical activity. The Exercise on referral scheme supports previously inactive residents over 16 years old with specific health conditions, of which 55% of programme completers reduced their waist circumference and 87% increased their physical activity levels.

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ENVIRONMENT		
Key actions	Status	Comment
1. Southwark Council led strategies and plans will consider how they impact on a healthy weight environment and take action accordingly		Council-led strategies and plans are developed with contributions across the Council and with partners. Key strategies that impact on health such as the New Southwark Plan, the Kerbside Strategy, the Physical Activity and Sport Strategy, the Culture Strategy and Transport planning – all take a positive approach to health and wellbeing with specific policies to deliver positive impacts.
2. All new Southwark planning applications are assessed to ensure they support a healthy weight environment		All new Southwark planning applications are sent to a joint inbox and reviewed by public health for opportunities to address the obesogenic environment.
3. All events and sponsorship promote and support residents to achieve a healthy weight		A healthy weight topic is included in the Events Training Course; Southwark Events guidance Community Southwark events guidance has been updated. An action plan has been developed to investigate the best ways to influence Southwark Council's sponsorship policies.
4. All Council owned buildings, park and leisure services provide and promote healthy and affordable food and beverages where available		All council owned buildings, park and leisure café contracts include a requirement to sign up to the London Healthier Catering Commitment and currently 16 other businesses are accredited.
5. Local restrictions are placed on hot food takeaway outlets on high streets and in close proximity to schools		The New Southwark Plan includes a specific policy proposal to implement a takeaway exclusion zone within 400m of secondary schools. No application for new A5 hot food takeaways within 400m of secondary schools has been approved since the start of the Healthy Weight Strategy in July 2016.
6. Active travel is supported as a major transportation opportunity		The New Southwark Plan and the Kerbside Strategy set strong ambitions for active travel. This is underpinned by major strategic policies that will guide infrastructure development and investment as

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		well as providing local support such as cycling training, cycle hire, school travel plans and walking initiatives and pedestrianisation.
7. Southwark Parks are safe and clean and provide opportunities for active leisure		A joint strategic needs assessment was conducted in August 2017. Key recommendations were identified to encourage more residents to walk or cycle including developing campaigns to target older residents and persons with disabilities, continued cross-sector working across council departments and improving data collection and sharing opportunities. There is ongoing investment in parks and green spaces with major refurbishment to sports and leisure facilities. A range of initiatives support more active leisure use including supported walking and activity programmes for mothers, people with health conditions and targeted groups.
8. All workplaces are supported to develop an environment that supports a healthy weight through the Healthy Workplace Charter		As of October 2017, 44 Southwark businesses have signed up to the London Workplace Health Charter including some of the biggest employers in the borough, and 15 have been accredited.