

# Health and Social Care Board

Thursday 15 July 2010

6.30 pm

Room G02c - 160 Tooley Street, Ground Floor

## Supplemental Agenda

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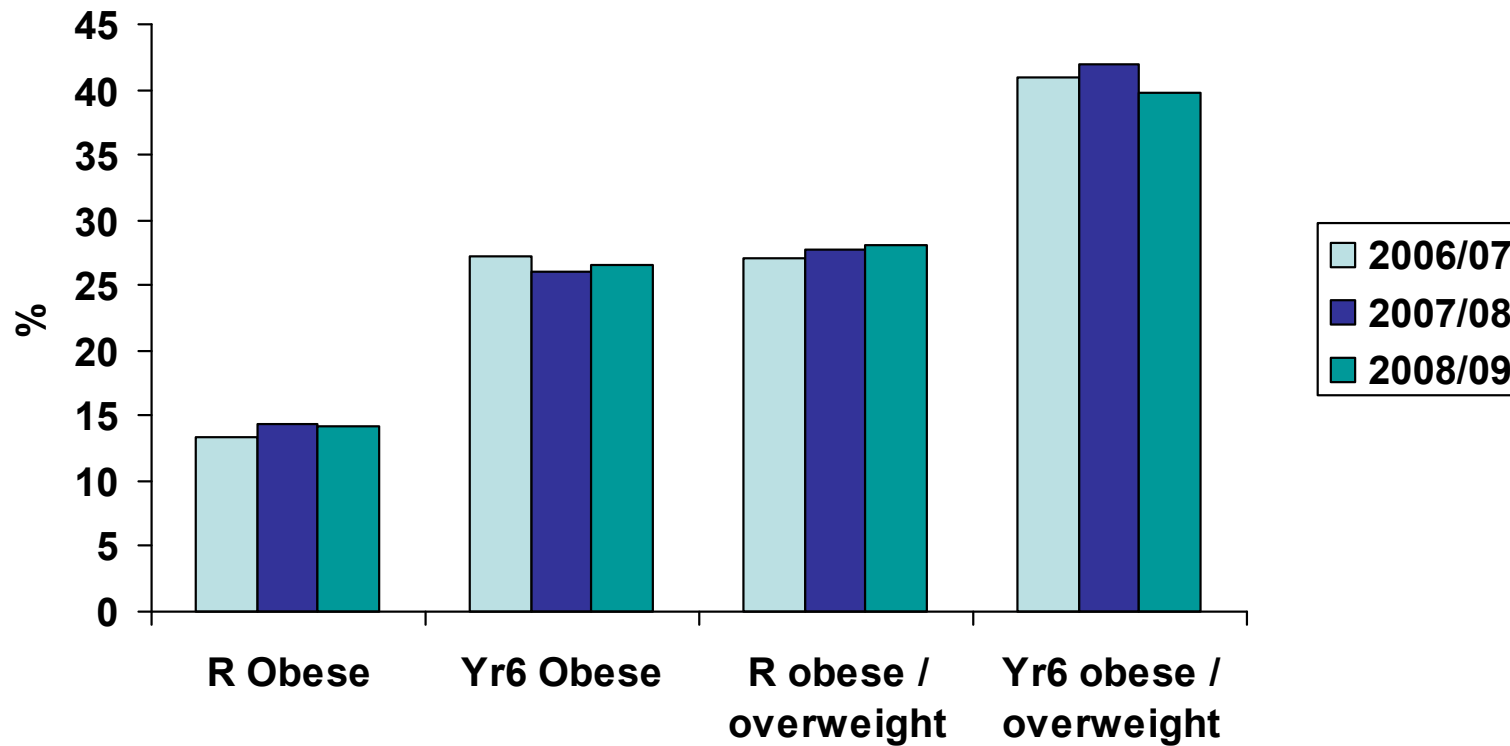
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12.	<b>PRESENTATION - CHILD OBESITY / FREE HEALTHY SCHOOL MEALS</b> Presentation Slides	1 - 16

**Southwark  
Healthy Weight  
and  
Free School Meals**

## Presentation will cover

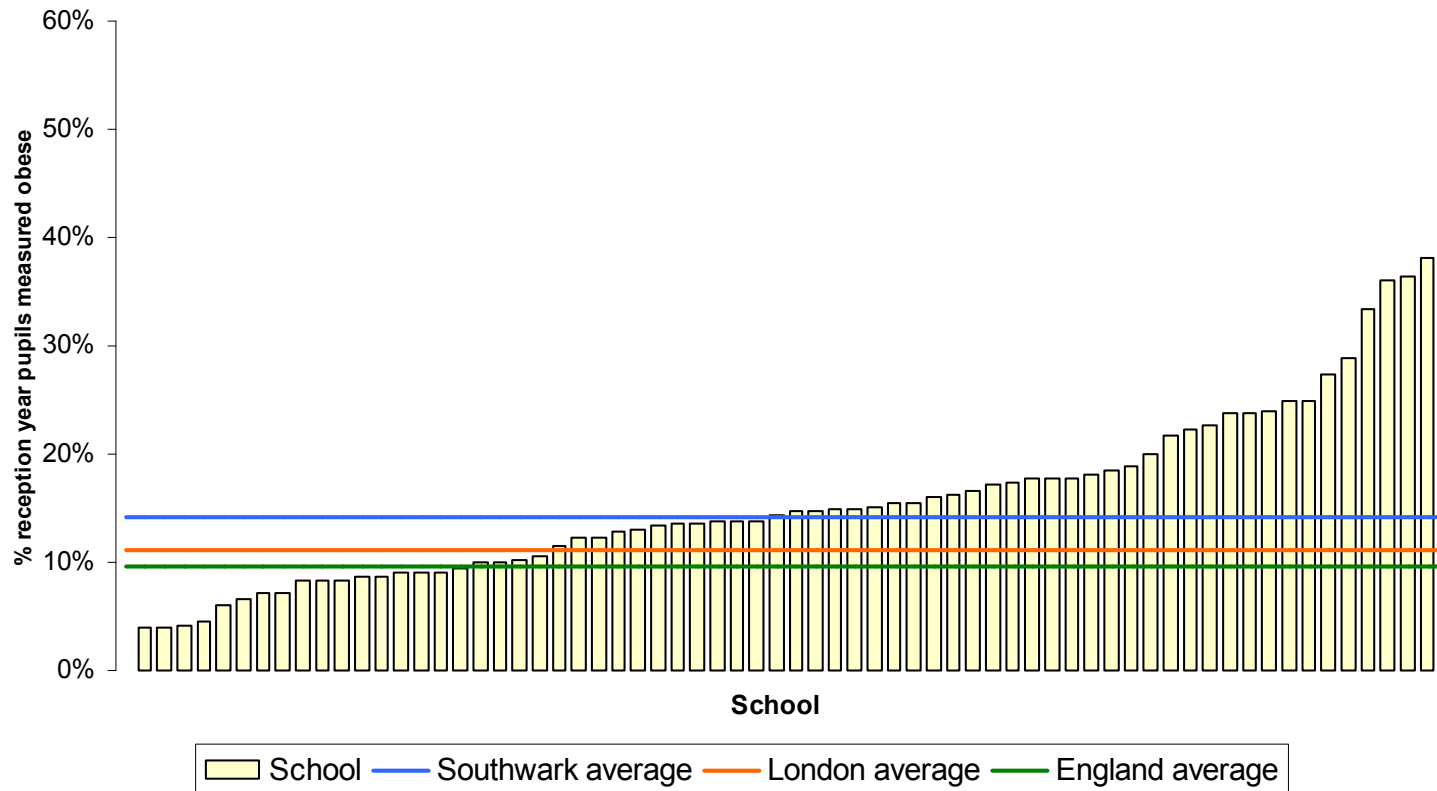
- Some information about Childhood Obesity and evidence for what works
- Healthy weight strategy and achievements to date
- Childhood Obesity and Healthy Free School Meals

# Child Measurement Programme Trends in Southwark

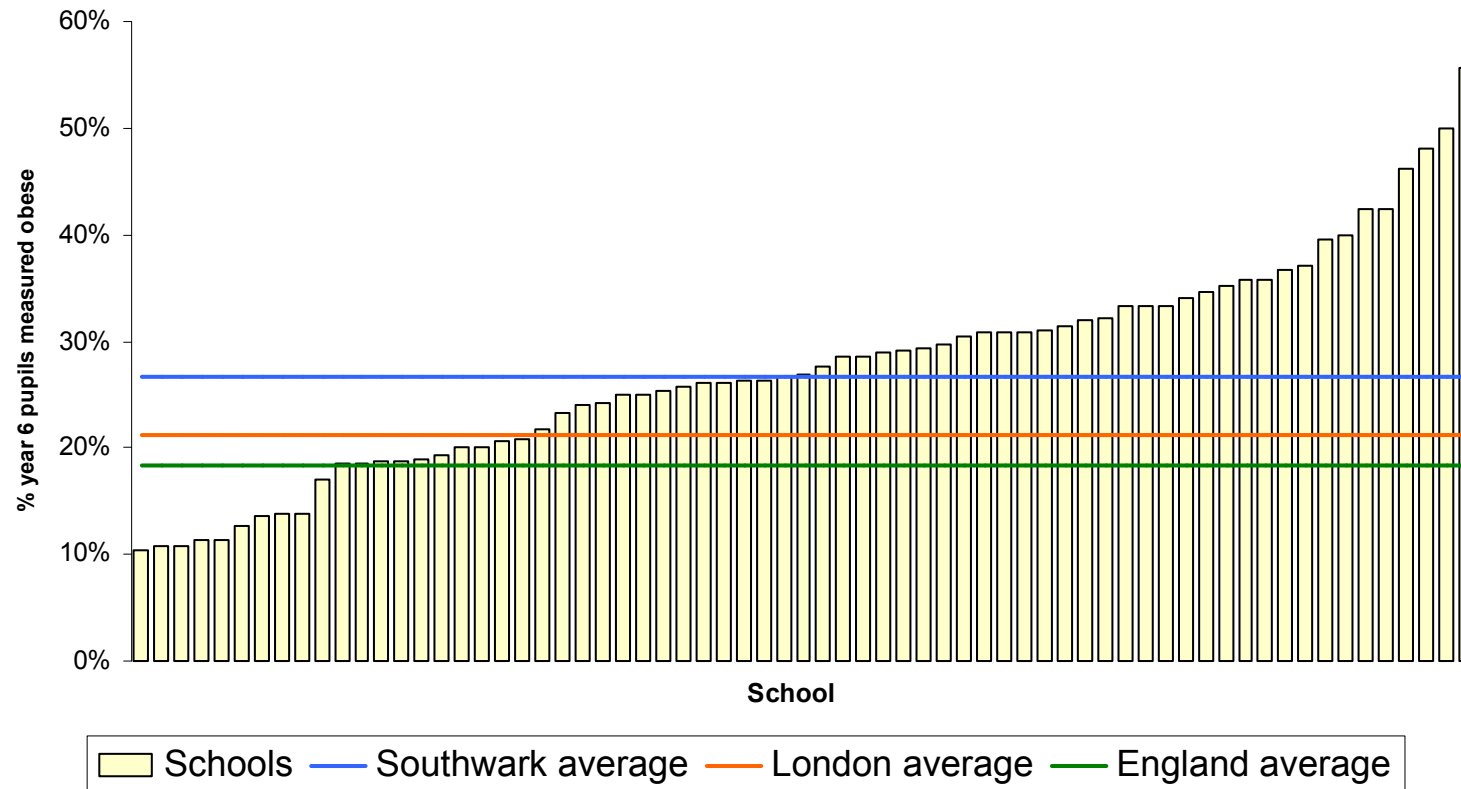


# Schools: Percentage of Reception Year

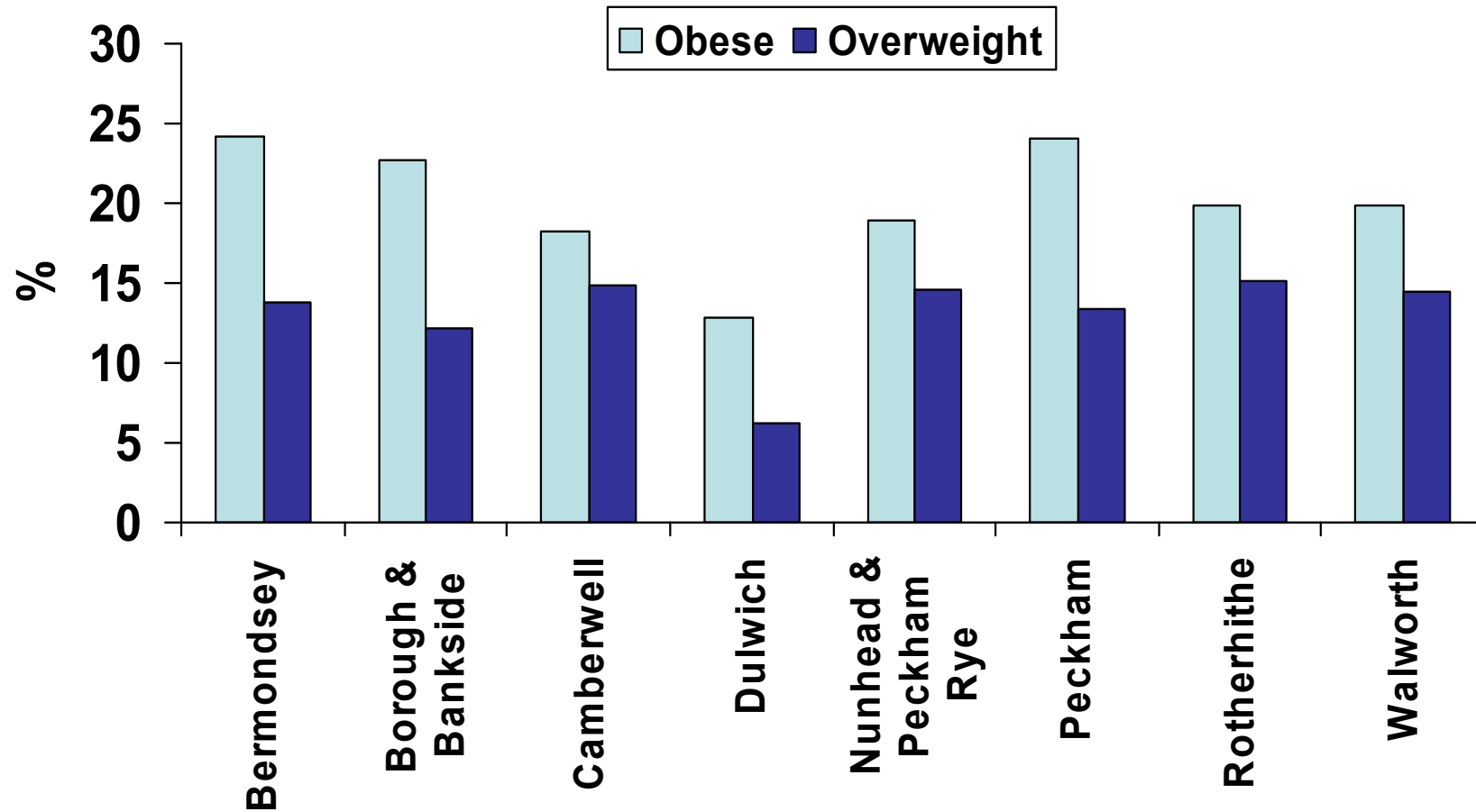
Obese 2009/10



# Schools: Percentage of Year 6 Obese, 2008/09

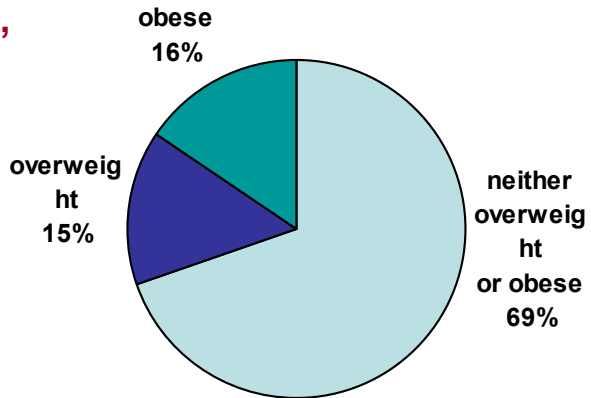


# CMP By Community Council, 2008/09

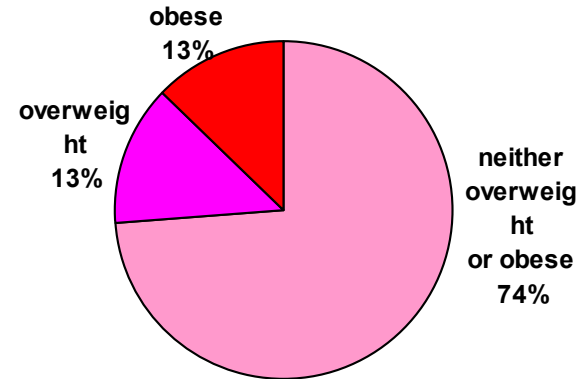


# CMP Gender, 2008/09

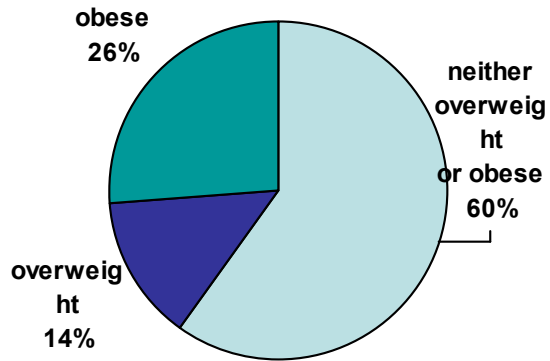
**Males,  
R**



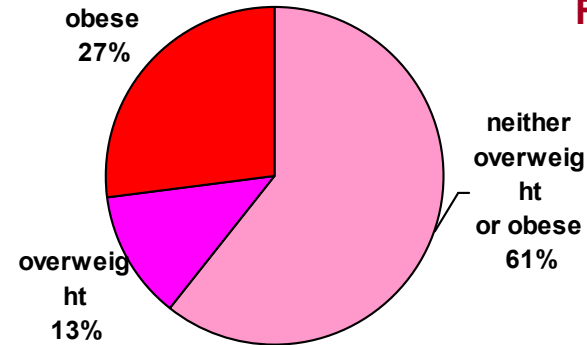
**Females,  
R**



**Males,  
Yr6**



**Females,  
Yr6**





# What works for Childhood Obesity

- NICE and the Foresight Report

Both agree that the approaches must include environment, schools, workplaces and families with emphasis on multifaceted approach

## Healthy Weight Strategy Framework

**STRAND 4 – TREATMENT**

**STRAND 3 – TARGETING THOSE AT RISK**

**STRAND 2 – SHIFTING THE CURVE**

**STRAND 1 – EARLY INTERVENTION & PREVENTION**

**DEVELOPING  
THE SKILLS &  
BUILDING  
CAPACITY**

**EFFECTIVE  
GOVERNANCE**

**EFFECTIVE  
PARTNERSHIPS**

Strategy	Aims	Interventions	Target groups	Delivery settings	Partners
<b>Effective Treatment of obesity</b>	Effective, evidence based and timely access to treatment	Surgery Drug therapy Community based treatment programmes	BMI > 35 Children 98 <sup>th</sup> centile	Secondary Care Primary Care Community	GSTT Primary Care NHS Southwark
<b>Targeting those at risk of obesity</b>	Personalised advice, and intervention support	Brief interventions Community based treatment programmes	BMI > 30 Children 98 <sup>th</sup> Centile	Primary Care Community settings	Primary Care Local authority Voluntary and Community
<b>Shifting the curve of overweight</b>	Reducing the overall prevalence of overweight in the general population	Healthy public policy to increase physical activity and healthy eating	BME groups Socio-economically deprived	Neighbourhoods Workplaces Public spaces Commercial sector	Southwark Council Voluntary and Community Private sector
<b>Early intervention and prevention</b>	Preventing overweight and obesity in the general population and supporting the maintenance of a healthy weight throughout the life course	Healthy Pregnancy advice Breastfeeding and weaning support  Healthy schools programme  Early years interventions	Pregnant women Children MH and LD service users BME groups Socio-economically deprived adults	Early years Schools Primary Care Community Workplaces	Early years providers NHS Southwark Voluntary and community GSTT

## Recent Achievements and Activities

### Schools and Early Years

- Healthy Eating policy for Childrens centres
- Healthy Schools programme
- Nutrient based standards
- Superstars Challenge
- Family Wellbeing childhood obesity intervention

### Outside schools

- Training of staff
- Breastfeeding
- Sports and physical activity strategy
- Community games/community sports clubs
- Walking leaders
- Mend programme
- Social Marketing – Change4 Life and BME communities

# Strategy Plan 10/11

## Strand 1

- Baby Friendly Status
- Training for early years staff
- Healthy eating policies
- Target schools incl Healthy Schools+
- Schools and Nutrient based standards

## Strand 2

- Working with parents and families
- Physical activity for the most inactive
- Led walks
- Training for community leaders
- Southwark Food Strategy

# Strategy Plan 10/11

## Strand 3

- Training for at risk BME communities
- Training for providers of LD services
- Health checks for high risk groups
- Training for Primary care on brief interventions

## Strand 4

- Intervention for families
- Weight management options for adults
- Training for frontline professionals

## Childhood Obesity & Free School Meals

- Good evidence that healthier eating amongst school children can have positive effects on behaviour and concentration in class rooms
- Limited evidence that free school meals on their own impacts on childhood obesity but as part of a whole school approach

# Healthy Free School Meals

- Part of a Whole School approach
- Targeted – possibly areas or schools with highest weight problem
- Targeted – possibly the year group
- Systems to monitor the quality and healthiness of the FSM ( 24 different providers in Southwark)
- How to engage parents/families?



Any Questions?