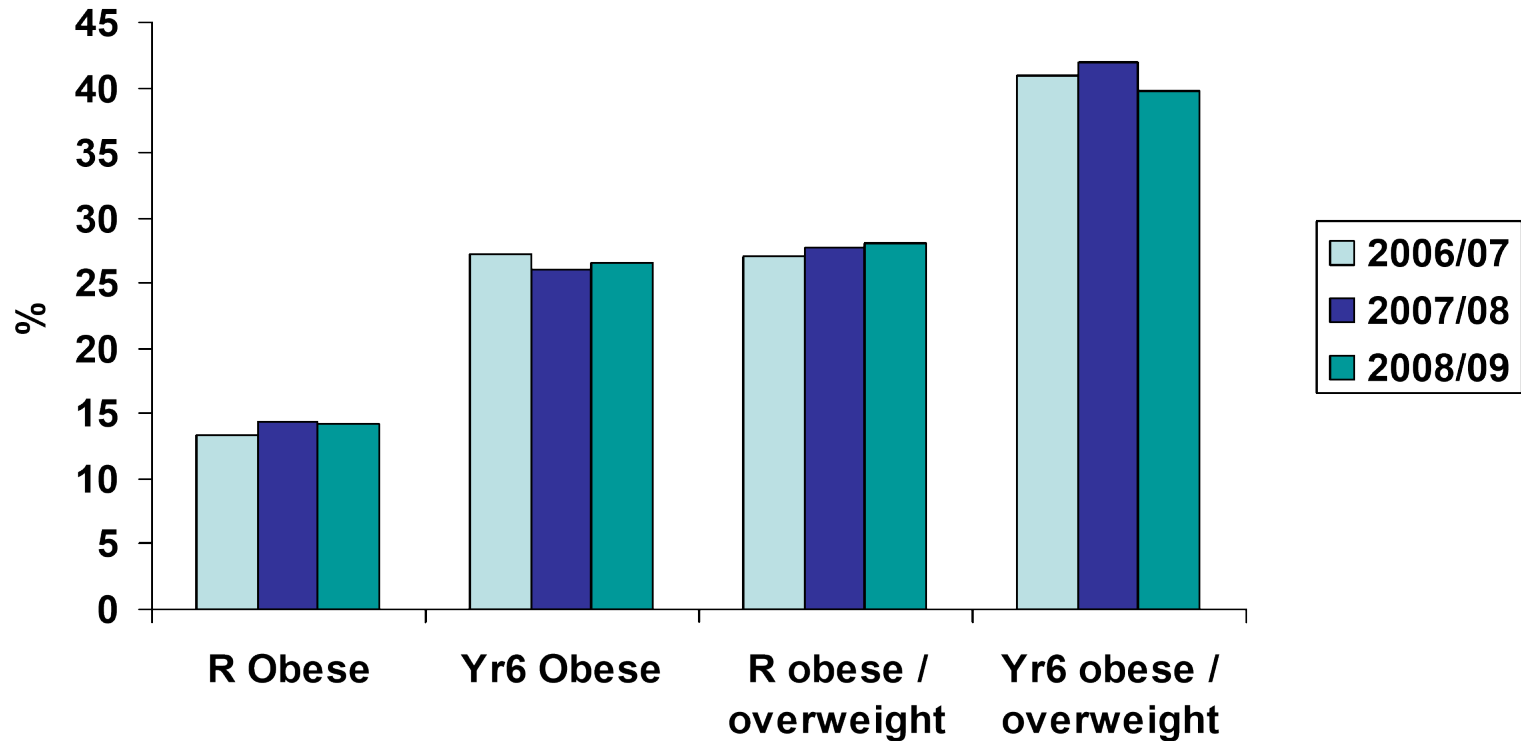


**Southwark
Healthy Weight
and
Free School Meals**

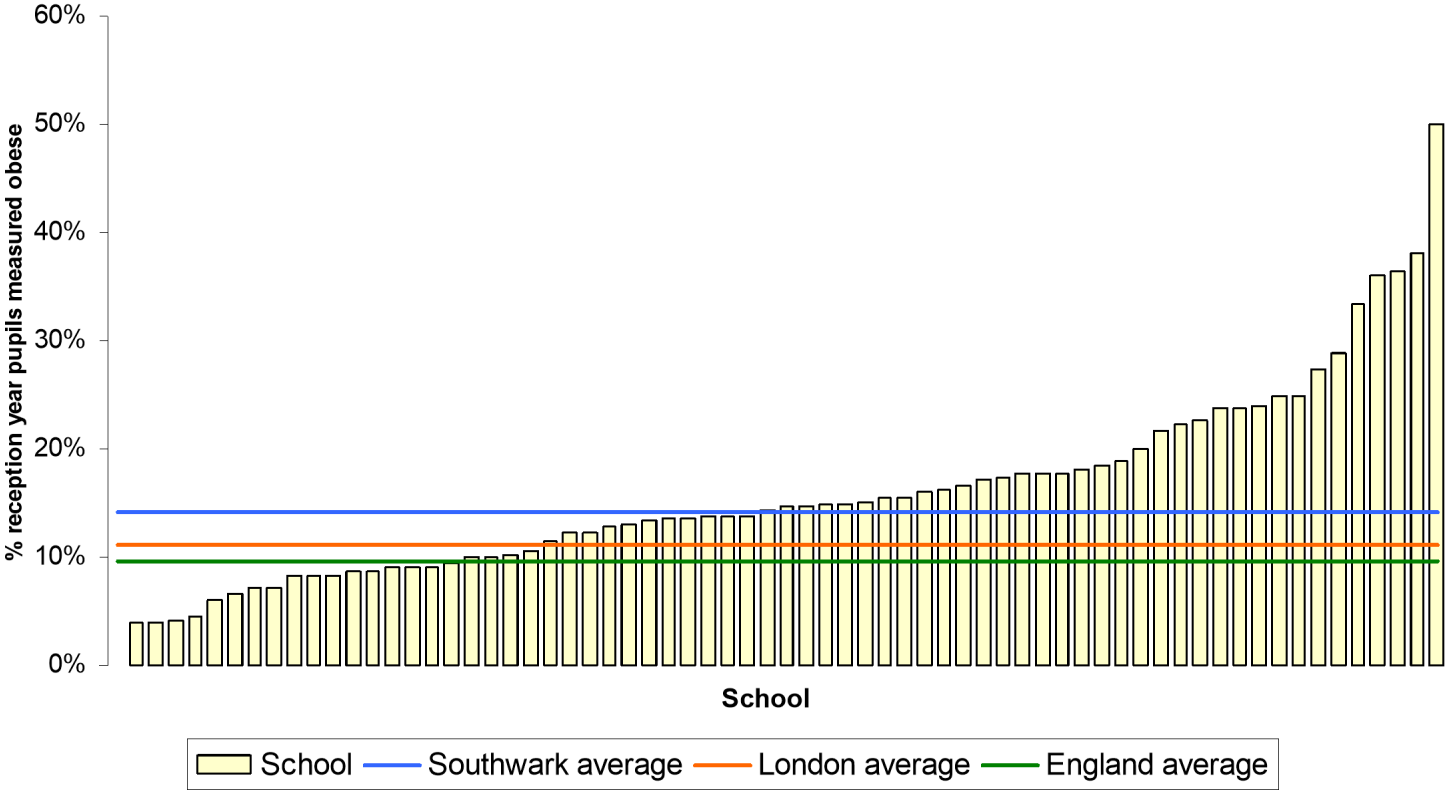
Presentation will cover

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

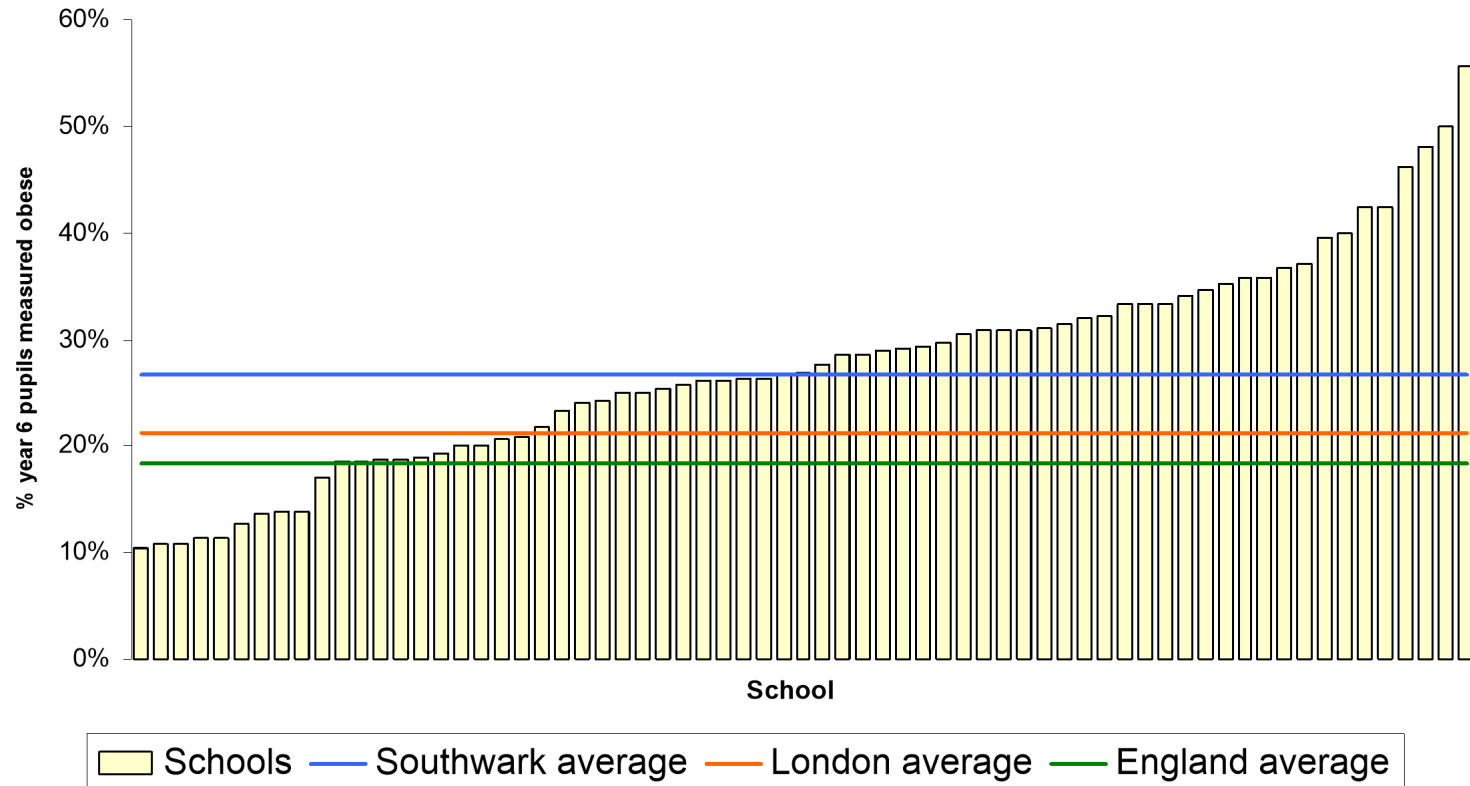
Child Measurement Programme Trends in Southwark



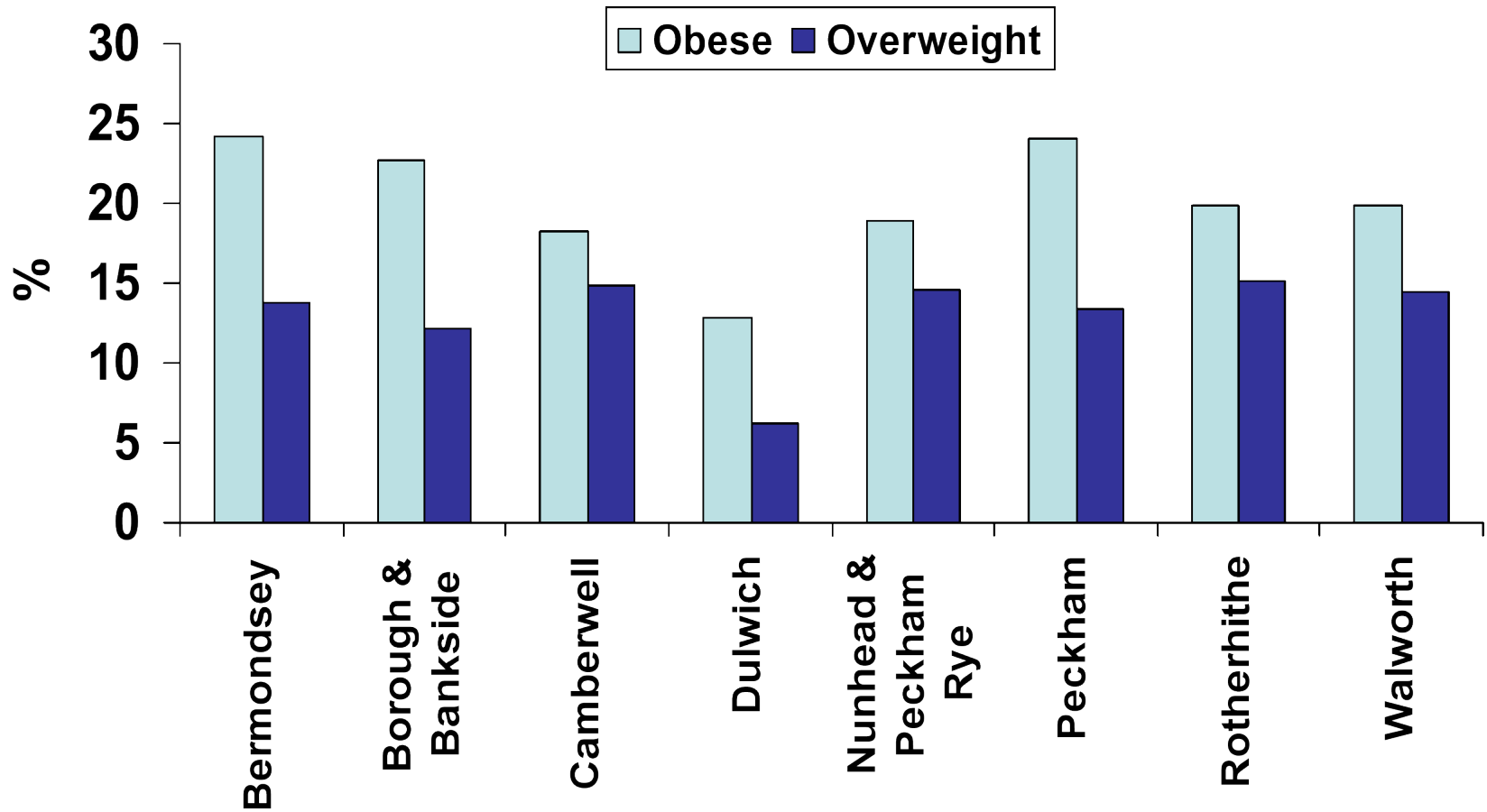
Schools: Percentage of Reception Year Obese 2008/09



Schools: Percentage of Year 6 Obese, 2008/09

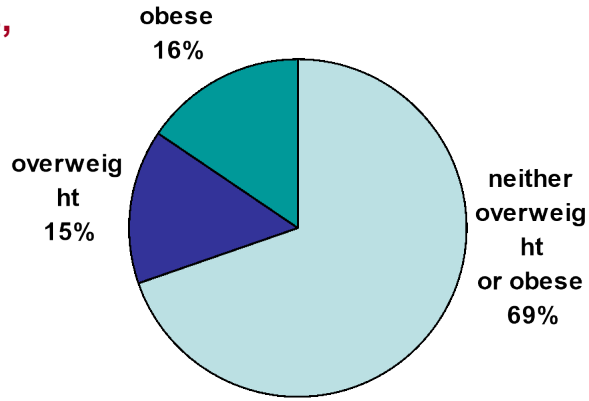


CMP By Community Council, 2008/09

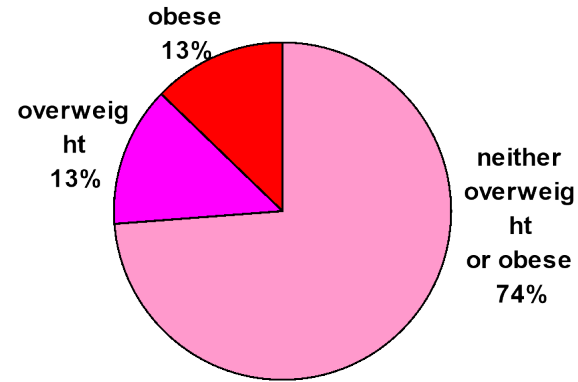


CMP Gender, 2008/09

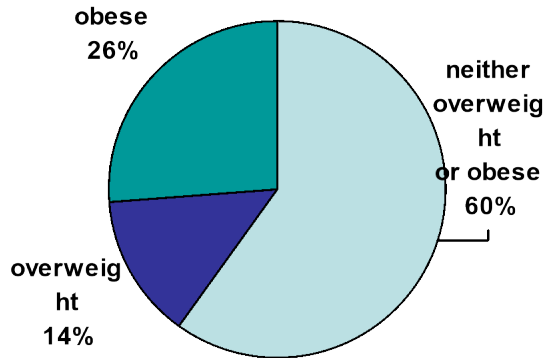
**Males,
R**



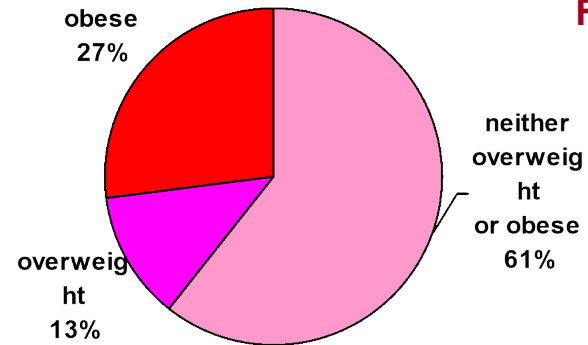
**Females,
R**



**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



Strategy	Aims	Interventions	Target groups	Delivery settings	Partners
Effective Treatment of obesity	Effective, evidence based and timely access to treatment	Surgery Drug therapy Community based treatment programmes	BMI > 35 Children 98 th centile	Secondary Care Primary Care Community	GSTT Primary Care NHS Southwark
Targeting those at risk of obesity	Personalised advice, and intervention support	Brief interventions Community based treatment programmes	BMI > 30 Children 98 th Centile	Primary Care Community settings	Primary Care Local authority Voluntary and Community
Shifting the curve of overweight	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
Early intervention and prevention	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?