

## **Update for interim scrutiny report on childhood obesity and sports provision for secondary and primary children**

### **Southwark Healthy Weight Strategy**

The strategy is currently being refreshed by the public health team. It has four strands:

- Early intervention and prevention – peri-natal and early years
- Shifting the curve of overweight and obesity
- Targeting those at risk
- Effective treatment of overweight and obesity

See below an update on some of the programmes of work under each strand which may be of relevance to the scrutiny report.

#### *Early intervention and prevention*

##### **Eat Better, Start Better project**

Southwark is one of 5 pilot areas for the DfE funded project. 10 settings in Southwark including some children's centres and PVI nurseries will implement new national food and drink guidelines for early years settings. Pilot settings will receive training and support to implement the guidelines and set up practical cooking sessions with families.

Another four early years centres in Southwark are receiving the Grub4life intervention which involves nutrition training and a whole centre approach to nutrition.

#### *Shifting the curve of overweight and obesity*

##### **The Healthier Catering Commitment**

The Public health nutrition team in Southwark is working with Environmental health officers to run a healthier catering commitments/healthy takeaways project in Southwark. The project will work with 15 food businesses. The Healthier Catering Commitment was launched in April 2011 by the Mayor's office Greater London Assembly which all London Boroughs are being encouraged to roll out. In the scheme environmental health officers can prompt food businesses during a routine inspection to sign up to 8 criteria such as reducing salt content, offering smaller portions etc to make food healthier. An information letter, application form and an assessment form is given out at the time of the visit.

A nutritionist from the public health team will then follow up with food businesses and offer one to one coaching. Food business owners will be offered information on Health checks, stopping smoking, nutrition advice and information on the Change 4 Life campaign. They will also be offered Change 4 Life material and information on local activities to display in the shop

window. Work in local schools around the fast food saturation points is also taking place in the form of healthy eating workshops, fast food seminars and consultation to raise awareness of the project. So far 8 food businesses have been coached on nutrition and how to make the place healthier, 6 are eligible for healthy catering commitment awards, environmental health are now trying to set dates with the next 7 businesses to reach a target of 15 food businesses by April 2012.

A top tips for takeaways card was developed by public health team nutritionists to help promote the project the card highlights simple tips on making menus healthier in line with the Healthier Catering Commitment.

### **Public health team nutritionist runs parents healthy eating workshops**

Parent's healthy eating workshops have been run in 10 Southwark Primary Schools and 1 Community setting, so far 60+ parents have attended the workshops.

- To educate parents on the balance of good health model and key healthy eating messages
- To give parents an idea on healthier snacking, food labelling and information on portion sizes
- To look at the barriers and solutions to healthy eating
- To signpost parents to local services and further information

### **Healthy Schools**

The Healthy Schools Partnership no longer operates. The PCT employs a schools health inequalities co-ordinator to advise schools on healthy eating and physical activity.

The PCT is collaborating with the local authority to support programme delivery of the Free Healthy School Meals Programme using a whole school approach.

School children identified through the National Child Measurement Programme will receive targeted support from school nurses. Schools are encouraged to provide school based Change4Life activities and refer families to practical workshops in the community or commission appropriate agencies to deliver them.

### **The Food Strategy**

The Food Strategy is no longer being developed by council officers.

### **Southwark Superstars**

The programme had three main factors to help tackle obesity in children, increasing physical activity (and reducing inactivity); dietary education and changing the way children think about food and exercise. Different schools were targeted across the borough over the 2 years based on obesity ranking

from NCMP data. The programme was run by the Southwark Community Games team with guidance and support from Healthy Schools and PCT nutritionists. They ran the entire exercise programme as well as oversaw the healthy eating messages component with support from a nutritionist, head teachers and school nurses.

The programme showed some promise in that a small yet statistically significant reduction in waist measurement was found across the classes taking part.

From April 2011 Southwark Community Games were re-structured and there are no longer enough coaches to run the programme, so the programme is no longer being offered to schools for free. Community sports are still taking place across the borough though on a smaller scale.

### **Family Wellbeing Programme**

The programme was developed locally by Bacon's School Sports Partnership (supported by Southwark public health). Phase 1 was delivered in the Walworth Clan. Phase 1 consisted of training of school staff to deliver a curriculum based intervention. Parent healthy eating workshops were held in some of the family well-being schools to support with healthy eating messages.

Unfortunately, due to restructuring and uncertainty over the future of the sports partnership and capacity to oversee the programme and provide coaches for extra physical activity for the second phase and a wellbeing hub for the third phase of the programme, the programme has now ended for the time being.

The PCT nutritionist is following up with some of the family wellbeing schools to provide healthy eating support and signpost to local services and use of the Change 4 Life campaign.

### *Effective treatment*

### **Healthy Weight Training**

The PCT Health Improvement Team offer Healthy Weight training which is available for frontline health professionals, school staff and those working with parents and children in education settings (schools and early years centres and children centres)

Level 1 and 2 Healthy Weight Training – Children  
Healthy Eating and Physical Activity for West African communities  
Buggy Walk leader training

### **MEND programmes**

Two MEND programmes will be delivered locally in 2012.

## **The Map of Medicine online obesity care pathways for adults and children**

Unfortunately the London license for the Map of Medicine has been discontinued by NHS London which means that the obesity care pathways for Southwark are no longer available on-line. The local pathways are available as word documents but need to be revised into an alternative accessible format.