
CHILDHOOD OBESITY

SUMMARY REPORT

Purpose of the Report

1. To provide members with an update on what has been done and what needs to be done to tackle childhood obesity in Darlington.
2. Share with members the **draft strategy: Preventing Obesity, Promoting Physical Activity in Children and Young people in Darlington (2009-2012)** as work in progress.

Summary

3. In September 2007 a new Government target was set “Our ambition is to be the first major nation to reverse the rising tide of obesity and overweight in the population by ensuring everyone is able to achieve and maintain a healthy weight. Our initial focus will be on children. By 2020, we aim to reduce the proportion of overweight and obese children to levels in 2000.” Since 2005 /06 children in both reception and in year 6 in Darlington are weighed and measured as part of the National Child Measurement Programme (NCMP). The enclosed draft strategy details the outcomes of this work.
4. This draft strategy has used the learning from an initial stakeholder event held in November 2008 to identify priority areas significant to Darlington. The draft strategy highlights the problem of obesity in children and young people and what needs to be done locally in Darlington to prevent obesity and to develop services to treat obesity. It is anticipated that the local action plan will provide the opportunity to deliver and monitor services to address childhood obesity in Darlington.

Recommendations

5. It is recommended that Members :-
 - (a) Note the content of this report and acknowledge the report as work in progress.

Murray Rose,
Director of Children’s Services

Background Papers:

Tackling Obesity in Children and Young people in County Durham and Darlington: A Strategy for Prevention and Treatment (2004)

National Child Measurement Programme Data 2005/06, 2006/07, 2007 /08

Healthier Lives for Children and Young People in County Durham and Darlington, Annual Report of Director of Public Health. (to be published late June2009).

Darlington Children & Young Peoples plan 2008-2011

Sue Hoare-Leather: Health Improvement Strategy Lead – Obesity (NHS Darlington and NHS County Durham)

Ruth Bennett Health Improvement lead for Obesity and Physical Activity (Darlington and Dales)

S17 Crime and Disorder	This report has no implications for crime and disorder
Health and Well Being	The implementation of the obesity strategy and action plan should directly improve the health and well being of children and young people in Darlington
Sustainability	Consumption of less food is likely to have a positive impact on sustainability
Diversity	Obesity is an issue for all groups
Wards Affected	All Wards are affected
Groups Affected	All groups are Affected
Budget and Policy Framework	The content of this report does not change Budget or Policy Framework.
Key Decision	This is not a key decision
Urgent Decision	This is not an urgent decision
One Darlington: Perfectly Placed	The obesity strategy contributes to a number of themes within the Sustainability Community Strategy, but primarily Healthy Darlington

MAIN REPORT

Information and Analysis

6. The Problem

Obesity is known to have substantial human cost in terms of low self esteem and bullying whilst physically there are associated mobility problems, abnormal glucose and metabolism leading to Type 2 diabetes. Levels of childhood obesity in Darlington are amongst the worst in England and require joint efforts to address the issue.

7. The National Picture

In September 2007 a new government target was set “Our ambition is to be the first major nation to reverse the rising tide of obesity and overweight in the population by ensuring everyone is able to achieve and maintain a healthy weight.” Our initial focus will be on

children: by 2020 we aim to reduce the proportion of overweight and obese children to levels in 2000.

8. For adults obesity is defined in terms of Body Mass Index (BMI); however this classification is not applicable to children as the ratio of weight gain to height changes during normal growth. The recommended method is to plot the child's BMI on agreed age and sex reference charts. Those currently in use are the UK 1990 reference charts for BMI centiles for children,
9. Established in 2005, the National Child Measurement Programme (NCMP) weighs and measures children in Reception (Typically aged 4-5years) and Year 6 (aged 10-11 years). The findings are used to inform local planning and delivery of services for children and gather population – level surveillance data to allow analysis of trends of excess weight. The data is supplied by Primary Care Trusts with the support and cooperation of schools and is analysed by the information Centre for Health and Social Care.
10. Research has revealed that parents often do not see obesity as their or their family's problem, nor are they aware of the importance of healthy weight to their child's health. Change 4life, a national social marketing campaign that is designed to help us all eat better, move more and live longer by highlighting clearly to parents the links between poor diet and sedentary lifestyles and preventable diseases
11. **The picture in Darlington**

In 2005/06 for the first time children in reception and year 6 were measured. The following table (Table 1) shows comparative figures regionally and nationally for reception and year 6 children. In Darlington by year 6, 20.1% of children were obese and a further 14.8% overweight.

Data for the 2006/07 school year was returned in September 2007 to the Information Centre for Health and Social Care: results were published late February 2008. The table highlights the 2006/07 results, the results also highlighted the excellent uptake rates (Darlington was the best in England)

Data for 2007/08 highlights the slight decrease in rates of overweight and obese in Years reception and year 6 in Darlington as a whole. There was a high level of participation in the NCMP from both Reception and Year 6 pupils in Darlington.

Table 1: Overweight and obesity, reception and year 6, 2005/06, 2006/07 and 2007/08

Academic year	Reception			Year 6		
	% measured	% overweight	% obese	% measured	% overweight	% obese
Darlington						
2005/06	97.2	18.1	10.1	99.2	14.8	20.1
2006/07	96.9	16.5	10.7	96.7	14.3	21.0
2007/08	99.0	13.5	10.0	98.0	13.9	20.4
England						
2005/06	No data					
2006/07	83.2	13.0		80.5	14.2	17.5

200/08	89.0	13.0		87.0	14.3	18.3
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In Darlington for the first year it has been possible to produce the NCMP data at a locality level indicating areas of greatest need for planning of prevention and interventions, In Localities B, C, and D there are high percentages of children in Reception and Year 6 who are overweight (tables 2, 3 and 4) which increases their risk of becoming obese in the future. Currently promoting a healthy lifestyle and increasing participation in positive activities among children and young people have been identified as priorities for Localities D, C and A. Work also continues with the School Years partnership Team to identify activities and programmes which will contribute to reducing overweight and obesity across those areas identified as risk areas.

Table 1: Locality A

Branksome, Alderman Leach, Cockerton, Reid Street, Holy Family and Mount Pleasant Primary Schools

	Total measured	% underweight	% normal weight	% overweight	% obese
Reception	190	1%	81%	9%	9%
Year 6	203	1%	69%	10%	20%

Table 2: Locality B

Longfield Secondary, The Phoenix Centre (Pupil Referral Unit), Corporation Road, North Road and Harrowgate Hill Primary

	Total measured	% underweight	% normal weight	% overweight	% obese
Reception	168	1%	70%	18%	11%
Year 6	170	1%	61%	19%	20%

Table 3: Locality C

Haughton School, Beaumont Hill School, Springfield Primary [Education Village] Gurney Pease, Red Hall, St Bede's and Whinfield Primary Schools

	Total measured	% underweight	% normal weight	% overweight	% obese
Reception	189	2%	72%	15%	11%
Year 6	202	0%	64%	13%	23%

Table 4: Locality D

Borough Road Nursery, Bishopton/Redmarshall, Dodmire Infant, Dodmire Junior, Eastbourne, Firthmoor, Heathfield, Hurworth Primary, Hurworth Secondary, St George's, St John's and St Teresa's Schools

	Total measured	% underweight	% normal weight	% overweight	% obese
Reception	313	0%	78%	12%	11%
Year 6	284	0%	62%	13%	24%

Table 5: Locality E

Abbey Infants, Abbey Juniors, Carmel RC Technology College, George Dent Nursery, Heighington CE Primary, High Conniscliffe CE Primary, Hummersknott School and Language College, Mowden Infants and Mowden Junior, Skerne Park Primary, St Augustine's RC VA Primary

	Total measured	% underweight	% normal weight	% overweight	% obese
Reception	251	1%	76%	14%	9%
Year 6	281	0%	69%	15%	16%

Conclusion

12. Preventing Obesity, promoting Physical Activity in Children and Young People in Darlington 2009-2012, highlights the problem of obesity in children and young people and what needs to be done locally to prevent obesity and to develop services to treat obesity.
13. The draft strategy highlights the current state for childhood obesity services, the progress made and what still needs to be done to tackle child hood obesity in Darlington in terms of prevention and intervention.
14. The Draft strategy addresses the priorities for action identified at the local stake holder event :
 - (a) Map current provision for maternal obesity interventions (and to raise the awareness of the risks associated with raised BMI for both mother and baby)
 - (b) Develop further work to tackle smoking in pregnancy.
 - (c) Further promotion of breastfeeding.
 - (d) Further action to support schools to meet healthy schools targets and also to support a Healthy Schools Programme approach to nurseries and children centres.
 - (e) Action to exceed the physical activity targets for schools.
 - (f) Wider participation to increase opportunities for outdoor play linked to physical activity strategies together with action to promote the uptake of sport and leisure opportunities linked to regional planning for the 2012 Olympics.
15. It is anticipated the local action plan will provide the opportunity to deliver and monitor services to address childhood obesity in Darlington.