

**CHILDREN AND YOUNG PEOPLE SCRUTINY COMMITTEE
23 JUNE 2008**

CHILDHOOD OBESITY UPDATE

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.

Summary

2. 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.” In 2005/06 for the first time children in year 6 in Darlington were weighed and measured. This report details the outcome of this work.

Recommendation

3. It is recommended that Members note the contents of this report.

**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

Tackling Inequalities in Health in Count Durham an Darlington: Annual Report of Director of Public Health 2006/07

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S17 Crime and Disorder	N/A
Health and Well Being	This supports the health and well being of children and young people in the Borough
Sustainability	N/A
Diversity	Data will be analysed to consider impact on any particular groups of children
Wards Affected	All
Groups Affected	All
Budget and Policy Framework	None
Key Decision	No
Urgent Decision	No
One Darlington: Perfectly Placed	This supports One Darlington in that it considers the needs of all children and young people in their targeted resources

MAIN REPORT

Information and Analysis

4. The Problem

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

5. 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.”

6. 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.

7. 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 in excess weight. The data is supplied by Primary Care trusts with the support and cooperation of schools and is analysed centrally by the Information Centre for Health and Social Care.

8. The Picture in Darlington

In 2005/06 for the first time children in year 6 were weighed and measured. The following table 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.

9. 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 following table shows the 2006 /07 results, the results also highlighted the excellent uptake rates (Darlington was the best in England).

Obesity data for the school year 2005/06 obtained from the County Durham and Tees Valley Public Health Network

Reception	Number in Year Group	Number Measured	Number Overweight	% Overweight	Number Obese	% Obese	% measured
Darlington	997	969	175	18.06	98	10.11	97%
Derwentside	915	840	124	14.76	90	10.71	92%
Durham & CLS	1345	1207	172	14.25	137	11.35	90%
Durham Dales	821	794	119	14.99	70	8.82	97%
Easington	546	524	75	14.31	70	13.36	96%
Sedgefield	960	814	109	13.39	94	11.55	85%
Hartlepool	1043	994	86	8.65	94	9.46	95%
Middlesbrough	1565	306	35	11.44	29	9.48	20%

Redcar & Cleveland	1533	476	67	14.08	49	10.29	31%
Stockton	1936	1629	259	15.90	216	13.26	84%
North East SHA				14.90		11.30	
England				12.80		10.00	
County Durham	4587	4179	599	14%	461	11%	91%

Year 6	Number in Year Group	Number Measured	Number Overweight	% Overweight	Number Obese	% Obese	%measured
Darlington	1213	1203	178	14.80	242	20.12	99%
Derwentside	953	865	140	16.18	170	19.65	91%
Durham & CLS	1579	1451	208	14.33	288	19.85	92%
Durham Dales	967	924	133	14.39	164	17.75	96%
Easington	679	600	89	14.83	125	20.83	88%
Sedgefield	1132	936	138	14.74	207	22.12	83%
Hartlepool	1283	1246	162	13.00	291	23.35	97%
Middlesbrough	1815	1429	215	15.06	238	16.67	79%
Redcar & Cleveland	1735	1408	213	15.14	265	18.83	81%
Stockton	2309	1970	277	14.06	383	19.44	85%
North East SHA				14.70		19.60	
England				13.80		17.30	
County Durham	5310	4776	708	15%	954	20%	90%

10. Unfortunately the data showed that Year 6 children are amongst the most obese, with a slight worsening in Darlington for this year's figure.

Reception 06/07	Number Measured	Participation Rates	% Overweight	Statistically significantly higher than England	% Obese	Statistically significantly higher than England
England	435,927	83%	13.0%		9.9%	
North East SHA	22863	87%	14.4%	YES	10.9%	YES
Darlington	1055	97%	16.5%	YES	10.7%	YES
County Durham	4380	93%	14.5%	YES	9.7%	NO

Year 6 06/07	Number in Year Group	Number Measured	% Overweight	Statistically significantly higher than England	% Obese	Statistically significantly higher than England
England	440,489	78%	14.2%		17.5%	
North East SHA	24401	82%	14.9%	YES	19.9%	YES
Darlington	1159	97%	14.3%	-	21.0%	YES
County Durham	4560	84%	14.3%	-	19.7%	YES

11. The Approach in Darlington

Tackling Obesity in Children and Young People in County Durham and Darlington: A Strategy for Prevention and Treatment (2004) was adopted by the five former PCTs in County Durham and by Darlington PCT. This strategy highlights the problem of obesity in children and young people. Tackling obesity requires both prevention of obesity and interventions to support children and young people who are already obese to stabilise their weight. Each local strategic partnership (LSP) developed an action plan and these have been

monitored. This has led to a variety of programmes (prevention and intervention) across County Durham and Darlington.

12. Promotion of physical activity for children is in the context of the physical activity strategies in place in County Durham and Darlington supported by national targets in relation to school sport and physical education.
13. The County Durham and Darlington PCT Local Delivery Plan 2007 /08 included an initial investment in the secondary care services for children with severe / morbid obesity. There was also additional investment in local programmes such as FISCH (family initiative supporting Children's Health) – a school and home based intervention programme with plans to expand across County Durham and Darlington in a staged approach. In Darlington the Junior One Life is an intervention programme being piloted and is aimed at 8-11 years olds. However intervention programmes remain variable for children and young people in terms of access and choice.
14. NICE Guidance for obesity included audit tools, the following mapping and audits have been conducted across both County Durham and Darlington in 2007.
 - (a) Mapping of obesity services across County Durham and Darlington included physical activity components. The conclusions from the audit have informed the development of prevention and treatment pathways for children and young people.
 - (b) Review of the delivery of food and health projects across County Durham and Darlington. This was an extensive review with a range of stakeholders concluding with realignment of services to deliver across the two organisations more equitably.
15. **Ongoing actions to tackle Childhood Obesity – Prevention**

Further work to tackle smoking in pregnancy (to prevent low birth weight babies).
Action to promote healthy eating advice for pregnancy – especially targeted for overweight parents and other vulnerable groups.
Updating the Breast Feeding Strategy, further promotion of breast feeding.
Staged roll out of Baby Friendly Standard.
Support to meet Healthy School Targets.
Updating 0-5 year's healthy eating guidelines.
Actions to promote physical activity at all ages.
Support NCMP, utilising results for local planning.
Development of local operational group / forum (multi agency) in Darlington.
16. **Ongoing Actions – intervention**

Finalising and implementing the management pathway.
Establishing the secondary care specialist treatment service for children (Summer 08).
Further developing community and school based interventions, for example FISCH, Junior Weight No More.

Impact on Looked After Children

17. The ongoing work to tackle childhood obesity will impact positively on all children in the Borough, including looked after children.