



Health Scrutiny Committee
3 July 2014

Childhood obesity

Purpose of the report: Policy Development and Review

There is a growing national problem of obesity in children and young people. The JSNA identifies that Surrey does not have an agreed child healthy weight / weight management care pathway and services vary across the county, not meeting the needs of all children at high risk.

Introduction

1. The national obesity strategy *Healthy Lives, Healthy People: a call to action on obesity*¹ states that tackling obesity should be seen as 'everybody's business' and a wide range of partners from public, private and voluntary and community sectors have a role to play in preventing obesity and reinforcing healthy eating and physical activity messages.
2. On transfer of Public Health to local authorities in 2013, tier 1 and tier 2 obesity services became the responsibility of Surrey County Council². Tier 1 encompasses universal and targeted behavioural interventions and services for obesity prevention and reinforcement of healthy eating and physical activity messages. Tier 2 covers community lifestyle and weight management services.
3. The National Child Measurement Programme (NCMP), which involves the weighing and measuring of Reception Year (age 4 – 5 years) and Year 6 (age 10 – 11 years) children, is a mandatory public health responsibility for Surrey County Council. NCMP data is published at county, borough/ district, ward and Mid Super Output Area level which, as well as providing a county wide picture enables targeting of initiatives at children and families at higher risk of obesity.
4. Public Health England (PHE) and NHS England have acknowledged there has been uncertainty regarding responsibility for commissioning tier 3 obesity services, clinician-led multi-disciplinary team services, and convened a joint working group which reported in March 2014³. The report includes an options appraisal for commissioning with the recommended option being that Clinical Commissioning Groups (CCGs) commission tier 3 services. Consultation ended on 6th May 2014 with no date as yet for

publication of the resulting guidance. In Surrey, CCGs have provisionally taken on the responsibility for commissioning of tier 3 services.

5. This paper summaries the current position with regards to childhood obesity in Surrey, which interventions and services are currently available, and provides recommendations for future provision and the completion of the child healthy weight/weight management care pathway.

6

Current services/interventions provided at each Tier

6. NCMP data for 2012/13 highlights that in Surrey 17.6% of children aged 4 - 5 years are overweight or obese and 26.4% of children aged 10 – 11 years are overweight or obese. Health Survey for England (HSE) data (2011) can be used to provide an estimate of the total number of children in Surrey who are overweight or obese. This approximates to over 57,000 children, of which 31,000 are estimated to be obese. Key messages from NCMP and HSE are that Surrey follows the national trends with those areas identified as being more deprived having a higher incidence of obesity and prevalence increases from Year R to Year 6 showing that interventions to prevent and treat obesity need to be targeted at the under 5s and primary school-aged children.
7. The public health responsibility of the Council to address childhood obesity is increasingly tackled across all directorates by: front line staff and services 'making every contact count' by providing evidence based behaviour change advice and support; using the planning system to create a healthier built environment; promoting active travel; ensuring the widest possible access to opportunities to be physically active including parks and other outdoor spaces; and working with local businesses and partners to increase access to healthier food options.
8. The Public Health service has a key role in supporting all partners by: undertaking needs assessment; evidence review; providing expert advice; and commissioning tier 1 and tier 2 interventions and services. *Appendix 1* provides detail of the range of interventions/services Public Health is actively involved in supporting and commissioning.
9. Public Health as part of the 'core offer' works closely with the CCGs building relationships with the clinical leads with responsibility for children. The initial phase of developing a joint pathway for Surrey has commenced; the pathway will include all three tiers of services/ interventions for obesity prevention and management. Public Health will present a paper on the pathway at the CCG clinical leads meeting on Tuesday 1st July 2014.

Risks and challenges

10. The National Institute for Health and Care Excellence (NICE) recommends that tier 2 lifestyle weight management services should be available for children and their families⁴. Currently there are no tier 2 lifestyle weight management services for children aged 5 – 19 years and their families.

- 11. The NHS England/PHE report providing the outcome of the consultation and guidelines on which organisation has responsibility for commissioning each tier in the child healthy weight / weight management care pathway is due to be published in 2014. This will clarify the position regarding the commissioning responsibility for tier 3 services.
- 12. The child healthy weight / weight management pathway has not been completed.

Conclusions:

- 13. Whilst the prevalence of overweight and obesity in children is lower in Surrey than in England, an estimated 57,000 children in Surrey are either obese or overweight.
- 14. There are a wide range of interventions/services provided by partners across the public, public and community and voluntary sectors for children and families to prevent and manage obesity. However there are gaps in service provision in particular a tier 2 service for children aged 5 – 19 years and their families. In addition there is a lack of clarity of commissioning responsibility for tier 3 services.
- 15. Public Health and the CCGs are in the initial phase of developing the Surrey child healthy weight /weight management pathway.

Recommendations:

- 14. a) Public Health to explore opportunities to develop lifestyle weight management services for children aged 5 – 19 years and their families in existing commissioned services provision.
- b) Public Health to continue to build relationships with CCG clinical leads with responsibility for commissioning for children and young people.
- c) Public Health to work in partnership with CCGs to complete the development and publish the Surrey child healthy weight / weight management care pathway.

Next steps:

Further actions and meetings on child healthy weight / weight management care pathway development will be agreed at the joint meeting between CCGs clinical leads for children and Public Health on 1st July 2014

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Appendix 1

Tier	Description	Service / intervention	Role of Public Health	Referral criteria	Service user / patient journey
1	Universal behavioural interventions (prevention and reinforcement of healthy eating and physical activity messages). Includes public health and national campaigns. Brief advice.	<ul style="list-style-type: none"> • Start 4 Life • Healthy Start • Breastfeeding strategy • Surrey infant and child feeding guidelines • Healthy Schools • Change 4 Life campaign • Cookery leader training and RSPH Healthier food and special diets training (for catering staff, and staff working with children 5 – 19 and families) • Surrey Eat Out Eat Well award • Youth Sport Trust and schools • Surrey School Games • Change 4 Life sport clubs • HENRY programme* 	<ul style="list-style-type: none"> • Promotion of national campaign • Pilot of free vitamins for children from black and minority ethnic (BME) communities and deprived areas • Chair of strategy group • Coordination of updating and promotion of guidelines • Commissioner • Campaign organiser in conjunction with Communications service • Developed training programmes in conjunction with Surrey Joint Training • Member of steering group, developed training to support scheme (see RSPH training above) • Developing pilot to collect physical activity data and support schools to use pupil premium more effectively • Joint commissioner • Providing data and advice to ensure clubs are meeting needs of inactive children and those from more deprived areas • See below 		<ul style="list-style-type: none"> • Prevention • Overweight • Exit to either tier 2 or exit from pathway • Most interventions universal • Some targeted e.g. Healthy Start, cookery leader training
2	Lifestyle weight management	<ul style="list-style-type: none"> • HENRY programme for 	<ul style="list-style-type: none"> • Joint commissioner with Early Years 	Children at high risk of	<ul style="list-style-type: none"> • Targeted at

	<p>services. Normally time limited.</p>	<p>children aged 0 – 5 years and their families</p> <ul style="list-style-type: none"> • Children aged 5 – 19 years and their families 	<ul style="list-style-type: none"> • Delivered by NHS community 0 – 19 teams and children’s centres • HENRY also includes tier 1 element delivered by those above and childminders, day care and nursery staff • No service currently commissioned 	<p>obesity or overweight / obese</p>	<p>children from areas of deprivation, BME communities (both at high risk) and Family Support programme families</p> <ul style="list-style-type: none"> • Exit from programme • Continuation of tier 2 • Exit to tier 3
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**HENRY – healthy exercise and nutrition for the really young*

References

1. Department of Health. Healthy lives healthy people: a call to action on obesity. Department of Health, 2011
2. Department of Health. Public health in local government: commissioning responsibilities. Department of Health, 2011
3. NHS England/PHE. Report of the working group: Joined up clinical pathways for obesity. NHS England, 2014
4. NICE. Managing overweight and obesity among children and young people: lifestyle weight management services. NICE, 2013