

LEICESTER CITY HEALTH AND WELLBEING BOARD

DATE: 20th September 2018

Subject:	Children, Young People & Families Healthy Weight Strategy
Presented to the Health and Wellbeing Board by:	Laura Carvell (Programme Officer (Children), Public Health, Leicester City Council) Clare Mills (Lead Children's Commissioner, Public Health, Leicester City Council)
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EXECUTIVE SUMMARY:

Obesity is a serious local and national concern. Obesity is the second largest preventable cause of cancers, and maternal obesity is a leading cause in infant mortality.

Childhood obesity is a topic which has received a lot of attention nationally over the past few years, with the government releasing the second chapter of their action plan on tackling childhood obesity in July 2018.

The National Childhood Measurement Programme (NCMP) has now been running since 2006; it measures the height and weight of all school aged children in Reception and Year 6. The NCMP generates national and local data on the number of underweight, healthy weight, overweight and obese children. Whilst national averages themselves for overweight and obesity are very concerning, in Leicester there are significantly higher levels of excess weight¹ amongst Year 6 children than the national average.

Leicester's NCMP results from 2015/16 show that a fifth (20%) of Reception pupils were either overweight or obese. By Year 6, this number has nearly doubled to 37%.

Leicester's has had a Healthy Weight Strategy which ran from 2009-2013. It covered both adults and children and was written before the responsibility of Public Health transferred from the NHS to Local Authorities in April 2013.

¹ Overweight or obese

The local childhood obesity figures along with national focus on childhood obesity and the new opportunities for Public Health since sitting within a Local Authority, it was decided it was the appropriate time to develop a new strategy focused on Children and Young People.

In August 2017 a Healthy Weight Steering Group (HWSG) was re-convened. The remit of the group is to:

- coordinate and develop a healthy weight strategy for children, young people and their families living in Leicester city
- steer the development of an accompanying action plan

The group's membership consists of representatives from the following organisations/divisions:

Organisation/ division:
Public Health , Leicester City Council: <ul style="list-style-type: none"> • Lead Children's Commissioner (Chair) • Programme Officer (Prevention) • Project Manager (Prevention) • Programme Manager (Healthy Places)
Service Manager (Strategy, Quality & Performance), Education & Children's Services, Leicester City Council
Public Health Dietician / Clinical Dietetic Manager - Public Health, Leicestershire Nutrition & Dietetic Service
Representative for Primary / Secondary / Post-16 Education
Representative from Leicester-shire & Rutland Sport
Sports Regeneration Manager, B-Inspired (Representative from Voluntary & Community Sector)
Representative from Clinical Commissioning Group
Representative from SSPAN (School Sport & Physical Activity Network)
Representative from Private Sector
Sports Regeneration Manager, Culture and Neighbourhood Services, Leicester City Council

The group meets bi-monthly. In July 2018, the strategy was finalised (Appendix A). HWSG is now overseeing the development of the strategy's action plan, of which a key new piece of work is the 1000 tweaks campaign is a part of (www.leicester.gov.uk/1000tweaks). It is proposed the Health and Wellbeing Board provide scrutiny and challenge for the strategy and action plan.

RECOMMENDATIONS:

The Health and Wellbeing Board is requested to:

- Provide scrutiny and challenge for the Strategy and Action Plan
- Note the Children, Young People and Families Healthy Weight Strategy in finalised
- Consider how your organisation can support the action plan
- Endorse and promote the 1000 tweaks campaign