

SLOUGH BOROUGH COUNCIL

REPORT TO: Overview and Scrutiny Committee

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WARD(S): All

PART I **FOR COMMENT & CONSIDERATION**

CHILDHOOD OBESITY UPDATE

1. **Purpose of Report**

To provide the Committee with an update on work being undertaken by Slough Borough Council (SBC) to reduce levels of childhood obesity.

2. **Recommendation**

The Committee is recommended to support the expansion of the holistic 'Active Movement' programme to all early years settings and across all Secondary Schools to ensure that Slough children are provided with the best start in life to be active and look after their weight. This will also ensure a continuous pathway of behaviour change to reduce sedentary behaviour and inactivity from early years through to primary and secondary schools and on into adulthood.

3. **The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan**

3a. **Slough Joint Wellbeing Strategy Priorities**

Work to address obesity in children supports the following priorities of the strategy:

1. Protecting vulnerable children
2. Increasing life expectancy by focusing on inequalities

3b. **Five Year Plan Outcomes**

The reduction of childhood obesity also supports the following Five Year Plan outcomes:

- Slough children will grow up to be happy, healthy and successful
- Our people will be healthier and manage their own care needs

4. **Other Implications**

(a) **Financial**

There are no financial implications of this report.

(b) **Risk Management**

There are no risk management implications arising from this report.

(c) **Human Rights Act and Other Legal Implications**

There are no Human Rights Act implications. Tackling obesity in children and adults is an important function of public health, especially for Slough Borough Council.

(d) **Equalities Impact Assessment**

The production of this report has not required the completion of an Equalities Impact Assessment.

5. **Supporting Information**

Corporate Performance Regarding Childhood Obesity

- 5.1 Childhood obesity is tracked by SBC and has been part of corporate reporting to Cabinet and Overview and Scrutiny Committee. At the last reporting for this indicator, the prevalence of children starting reception classes with 'excess weight' had fallen below both national and regional averages. This had led to the indicator, which had been an area of concern to SBC, reporting as 'green' for Quarter 4 of 2017 – 18. However, the proportion of children at the end of primary school who had 'excess weight' was still above both national and regional averages, and was rated 'red' as a result.
- 5.2 Childhood obesity has remained a local priority for a number of years and is an integral part of the 5 year Forward Plan. Children who are overweight or obese are at greater risk of developing health problems in childhood, including type 2 diabetes, problems with breathing such as Obstructive Sleep Apnoea (OSA) and problems with joints and bones including joint pain and Slipped Upper Femoral Epiphysis (SUFE). Due to this greater risk of illness, children who are obese are also more likely to be absent from school due to illness.¹
- 5.3 In Slough in reception year 21.1% of children are overweight or obese compared to 22.6% in England and 21.4% South East. However the picture worsens dramatically when we reach year 6, where in Slough 41.6% are overweight or obese compared to 34.2% in England and 30.6% in the South East.

¹ NK Gungor et al, Overweight and Obesity in Children and Adolescents, 2014, Lancet [Internet], available on www.ncbi.nlm.nih.gov/pmc/articles/PMC4293641

Progress Made

- 5.4 The underlying causes of obesity, especially in childhood are complex. They as much reflect wider social factors, such as household income, local deprivation levels, community traditions and perception of access to safe and attractive outdoor space as individual factors such as knowledge of healthy lifestyles and individual personal choices. This highlights the key role the wider council plays in addressing obesity. While the results may take longer, the council's work to tackle family poverty, educate children, boost employment prospects and improve and regenerate the built and green environment all help tackle obesity in adults and children alike.
- 5.5 While many of the more visible interventions that Public Health lead are targeted at the individual, Early Years and Schools provide 'settings' which allow us to influence a healthier background environment and support a 'community' eg a school's students, staff *and* parents, to manage more sustainable change as 'normal every-day life'. With that in mind, Public Health are leading a number of initiatives as detailed below:

Active Movement

- 5.6 'Active Movement' is Public Health's holistic behaviour change programme to reduce levels of sedentary behaviour and help tackle our inactivity crisis, a key contributor to childhood obesity. We commissioned 'Active Movement' in late 2017 as a pilot with two children centres, five primary schools and two secondary schools to explore how we could holistically engage with all pupils, teachers and their families to encourage life long learning of the importance of being physically activity and the negative health consequences of extended periods of sitting.
- 5.7 Following successful integration in the pilot schools and overwhelmingly positive feedback from students, teachers and parents, in June 2018 Public Health re-commissioned 'Active Movement' to deliver this intervention across the majority of Slough primary schools. This service now being rolled out to sixteen primary schools which will mean twenty one (of the thirty) Slough primary schools will have this behaviour change programme.
- 5.8 The end of year report from the pilot settings is being compiled as they have now reached the end of the first 12months. (It is anticipated that this first 12month report will be available by the end of the financial year 2018/2019, followed by a full independent service review at the end of the financial year 2019/2020. This will include a control school and review of both qualitative and quantitative data.) Early indications suggest that the service has been overwhelmingly successful at reducing sedentary behaviour and increasing low level physical activity.
- 5.9 Reporting from the Children Centre pilot sites has also been positive. Data collected for the first year shows that Active Movement contributed towards an 8% increase in children showing an expected level of progress in physical development compared with previous years, when the data was fairly static. This has not only had an impact on their physical development but also on children's behaviour. The number of children showing expected levels of development in managing their feelings and behaviour also rose by 5.2%.
- 5.10 Feedback from a mother of a two year old: "Active Movement has helped me and my children think about how important it is to be keeping active. This has benefitted all of us as we are now walking and exercising more. Instead of my

children going to school in the car they now ride their bikes to school. I have also realised by doing this it has helped me with my weight, as I now have gone down a size in my trousers. I am very happy with the progress me and my family have made and Active Movement really helped me with realising the importance."

- 5.11 Feedback from a mother of a three year old: "This has had an impact on my son's learning, but also on his behaviour as well as he does not get frustrated all the time. I have also realised the food we ate did not help as we had takeaway on most nights, but now I cook fresh meals which has had health benefits for both me and my child as we are starting to lose weight."
- 5.12 With the support of the Early Years service we have subsequently re-commissioned 'Active Movement' to deliver this service across all 10 Children Centres to start in January 2019.
- 5.13 The wider 'Active Movement' programme has become a more holistic wellbeing service through the integration of two other elements. We have been working with Oxford Health NHS Foundation Trust and our commissioned oral health programme, to widen the offer to 'Active Movement' venues to include support around tooth brushing. This utilises the ethos of behaviour change and e.g. standing to brush your teeth, across all the settings. We have also been working with Berkshire Healthcare NHS Foundation Trust to integrate the primary school flu vaccination programme into 'Active Movement' sites, utilising the same ethos of behaviour change and e.g. standing to have the flu nasal spray etc.

Let's Get Going

- 5.14 Let's Get Going (LGG) is a twelve week Public Health lifestyle intervention provided to Slough primary schools with the highest rates of childhood obesity. Over the past twelve months we have delivered this intervention to three primary schools and one community site with fifty-seven families taking part.
- 5.15 The 2018 service led to a 55% reduction in the consumption of sugary drinks and food, 68% reduction in sedentary behaviour, 57% maintained or reduced their BMI centile and an 88% increase in physical activity.
- 5.16 We are continuing our work on the LGG programme through delivery to three additional primary schools and two community venues in 2019.

The Daily Mile

- 5.17 Twelve primary schools and six thousand pupils are now walking, jogging and running every day for 15minutes. The public health team have been supporting schools to expand on this programme and to integrate into the 'Active Movement' programme. Resources and tailored support have been provided to help shape the roll out of this national initiative.

Other activities delivered through partners

- 5.18 **Healthy Schools/Settings Framework** – Working alongside the Early Years Service and the 'Schools Effectiveness Team' Public Health has successfully funded two new posts to coordinate a Healthy Settings approach across Early Years settings and Schools in Slough. One post will work across all early years'

settings in Slough (Health Improvement Officer), and look to support them with gaps in provision of health and wellbeing. The second post (Health and Wellbeing Project Officer) will work alongside primary and secondary schools to provide them with a framework to support health and wellbeing and support schools to address their gaps in provision. This post will work closely with the 'Active Movement' programme, but will also pick up primary schools that we have yet to engage with. These two posts will be funded by the Public Health team for two years and could include in-depth work on mental health, specifically with Slough secondary schools.

- 5.19 **Real Play** – This scheme is a service provided by the Slough School Sport Network and is based on the concept of 'play'. It's delivered as an afterschool club to parents, families and children, teaching them the importance of social and physical interaction. In 2017/2018 the programme has trained 25 teachers from 13 schools.
- 5.20 **Better By** – The 'Better By' team who sit within Transport have been working on a range of interventions to support sustainable travel and modal change. The two elements of this programme which will have an impact on reducing childhood obesity are:
- 1) Bikeability – This element of the project supports schools and students with making the shift to cycling. They provide training, support and resources to encourage more children to cycle to school. So far in 2018 they have successfully provided cycling support to 242 primary school children.
 - 2) Walk Once a Week with Living Streets – This element of the project provides support and resources to primary schools to encourage their pupils to walk to school once a week. They provide incentives to pupils to make a positive change to their behaviour. In the 2018/2019 financial year they aim to work with 9 primary schools, and are currently in the recruitment phase of the project.
- 5.21 **Active Slough** – The leisure team have continued their work to drive up levels of physical activity across the borough. Their most recent "Active Slough Programme" provides seventeen different inclusive sessions for 5-11year olds across Slough to get active, to help complement the offer to primary schools. Part of the wider strategic work of the leisure team includes the £62million investment into capital builds which has expanded and diversified the leisure and activity offer for residents. This offer includes twenty-one Green Gyms and trim trails in outdoor spaces, the refurbishment of Langley Leisure Centre, Salt Hill Activity Centre and the Ice Arena, as well as the development of the brand new leisure centre "The Centre" due to open in spring 2019. Approximately 2,200 children take part in weekly swimming and ice-skating lessons across Slough.

6. **Comments of Other Committees**

This piece of work is of regular discussion at the Slough Joint Wellbeing Board and feeds into the #BeRealistic campaign.

7. **Conclusion**

- 7.1 There is an increasing trend of childhood obesity at Year Six and with that, the continuing pressures that excess weight and rising inactivity rates pose to the wider community. The Public Health team are continuing to work through expanding on current initiatives, working with key partners to encourage a 'whole systems approach' to tackling the problem and continuing to keep this issue at the forefront of what the council does.
- 7.2 In early 2019 a new 'qualitative research project' will be commissioned to explore in depth health beliefs of the local population and get a better understanding of health literacy and attitudes towards health of some of our more established communities. This project will focus on some of the key health inequalities that are faced by the borough including:
1. Immunisations
 2. NHS Health Checks
 3. Oral Health
 4. Social Isolation and Loneliness
 5. Mental Health and Wellbeing
 6. Obesity
 7. Physical Inactivity

It is expected that the results of this research project will help the public health team, and the wider council, commission more effective services and allow us to better communicate key health messages with the local community.

8. **Appendices**

None.

9. **Background Papers**

None.