

Outcomes for services/programmes for obesity

Service/programme	Evidence base: Cochrane recommended effective interventions ^{1, 23}	Reach	Impact	Costings (£)
<p>Food for Health award scheme: aims to improve the provision of healthy food options across the borough, through supporting food businesses to make changes to the food they cook and/or sell to make them eligible for a Food for Health Award.</p>	<ul style="list-style-type: none"> Controlling the availability of / exposure to 'obesogenic' food and drinks 	<ul style="list-style-type: none"> In 18/19, 25 new businesses signed up to the Food For Health scheme, with a further 17 renewing or upgrading their award. Breakdown of total Food Health Awards at 18/19; 5 Bronze, 26 Silver & 55 Gold. 	<ul style="list-style-type: none"> The Food for health awards ensures that TH is in line with the London Plan's commitment to access healthy food. It increases customer awareness regarding healthier choices using posters and media and conversations with the newly trained business - explaining the rationale for the healthier choice changes to their menu and point of sale food items. The awards help to tackle the high levels of obesity within the borough by navigating food businesses towards food with less calorific value, lower sugar and salt and increased fruit and vegetables. Free healthy catering workshops continue to improve knowledge and sustain improvements for all award holders. 	<p>£172k per annum (contract value of the whole SLA between Environmental health and Public health, which is wider than Food for Health).</p>

<p>Infant feeding and wellbeing service: advice, expertise and support on infant feeding, including advice on healthy weaning, good nutrition and oral health, as well as providing support for babies with complex feeding problems</p>	<ul style="list-style-type: none"> • Early life interventions at birth or in infancy 	<ul style="list-style-type: none"> • 47 antenatal infant feeding support groups delivered (over 48 weeks) . • 630 attendees at antenatal infant feeding support groups. • 1,458 hours of post-natal infant feeding support provided in hospital per quarter (above target) • 1,127 (100%) resident mothers received a response to provider helpline within 48 hours. • 3,905 resident mothers received telephone contact within 72 hours of transfer home (94%). • 312 weekly infant feeding support groups delivered (over 48 weeks). • 1,532 mothers attended an infant feeding support group 	<ul style="list-style-type: none"> • Breastfeeding initiation: 95% (better than England). • Breastfeeding at 6-8 weeks: 81% (better than England). • Admissions for gastroenteritis in infants under 1 year: 37.5/10,000 (better than England). • Admissions for respiratory tract infections in infants under 1 year: 380/10,000 (better than England). <p>(Nb. London data not available).</p>	<p>£380,000 per annum</p>
<p>Healthy Early Years Accreditation Scheme (HEYAs): practitioners work on a self-assessment tool to reflect on their own practice and how they work with parents in supporting children’s health and wellbeing to improve the promotion of healthy food choices and active play.</p>	<ul style="list-style-type: none"> • Early life interventions at birth or in infancy 	<ul style="list-style-type: none"> • 85 settings, schools and childminders have achieved the Healthy Early Years local scheme accreditation. • 53 settings have registered an interest in the new pan London scheme. Out of these, 2 settings have a bronze award (12 working towards this) and 1 setting is working towards a silver award. The remaining settings are working towards gathering the documentation needed for the next stage 	<p>Although impact on obesity is not directly measured, providing advice on healthy eating and physical activity is expected to reduce the risk of children becoming obese</p>	<p>£50,000 per annum</p>
<p>Healthy start vouchers are part of a means-tested scheme which provides pregnant women and families with children under four years old with vouchers to spend with local retailers on basic goods such as milk and vegetables.</p>	<ul style="list-style-type: none"> • Early life interventions at birth or in infancy 	<ul style="list-style-type: none"> • 58% (1792 applied/3088 eligible) have applied successfully for healthy start vouchers (NHSBA, June 2019). 	<p>Providing free healthy food to families is expected to increase healthy eating and reduce the risk of children becoming obese.</p>	<p>£41,000 per annum</p>

<p>Healthy Schools Programme is an awards programme that aims to support all aspects of physical and mental health in children and young people in Tower Hamlets. There are three levels of award; Bronze, Silver and Gold.</p> <p>Daily Mile - developed to get all pupils to participate in physical activity on a daily basis. Pupils do a minimum of 5-10 laps around the playground in a 15 minute turnaround from desk to desk.</p>	<ul style="list-style-type: none"> • School curriculum that includes healthy eating, physical activity and body image • Increased physical activity sessions and the development of fundamental movement skills throughout the school week • Support for teachers and other staff to implement health promotion strategies and activities (e.g. professional development, capacity building activities) • Increasing the responsibility of organisations (schools) for the health of their pupils (or users) 	<ul style="list-style-type: none"> •34 out of 86 Silver Awards were healthy eating projects. •15 out of 49 Gold Awards were healthy eating projects. •47 out of 86 Silver Awards were physical activity related projects. •29 out of 49 Gold Awards were physical activity related projects. •43 schools are registered for The Daily Mile. 	<p>The Healthy Schools Programme has been found to:</p> <ul style="list-style-type: none"> •There has been a 100% increase in water availability as a result of the Healthy Lunchtime Gold Award projects. •There has been a 100% increase in salad availability as a result of the Healthy Lunchtime Gold Award projects. •There are currently 60% of Tower Hamlets schools engaging in The Daily Mile initiative, which is the highest across all London boroughs. <p>Schools use different outcomes to measure success – these include:</p> <ul style="list-style-type: none"> • Increased water consumption • Reduced sugar consumption throughout the school day • Increased uptake of reduced sugar lunch menu • Increased school staff knowledge around the importance of healthy eating for pupils and young people • Increased pupil knowledge and awareness of the importance of healthy eating • Increased fitness levels • Increased cardiovascular fitness • Improved behaviour • Increased concentration • Increased general physical activity • Improved sleep • Improved academic attainment • Improved social inclusion 	<p>£217,000 per annum</p>
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<p>Healthy Families Programme: A holistic programme which supports parents to make changes to whole family health. This is done by promoting key health messages and activities to promote how eating well supports whole family physical and emotional wellbeing. Parents also have the opportunity to train as Healthy Family Parent Ambassadors to support other parents in their child's school.</p> <p>Jamie Oliver Group: 8 week cooking courses in both primary and a secondary school setting.</p>	<ul style="list-style-type: none"> • Parent support and home activities that encourage children to be more active, eat more nutritious foods and spend less time in screen based activities. 	<ul style="list-style-type: none"> • In 2018/19: • 227 parents completed 10 courses. • 67% of parents attending were from BAME groups. • 78% of parents attending stated they had concerns about family health and levels of activity. 	<ul style="list-style-type: none"> • 100% of parents stated they had made significant changes since completing the course. • 91% of parents stated an increased positive family attitudes to healthy eating and physical activity since completing the course. • 100% of parents stated that their knowledge , skills and confidence to make healthier choices had increased since completing the course . 	<p>£45,000 per annum</p>
<p>Sugar Smart Campaign aims to raise awareness of excessive sugar consumption, including hidden sugars within the public and improve the food environment in order to enable local communities to reduce their sugar intake.</p>	<ul style="list-style-type: none"> • Improvements in nutritional quality of the food supply in schools • Environments and cultural practices that support children eating healthier foods and being active throughout each day • Support for teachers and other staff to implement 	<p>In 2018/2019:</p> <ul style="list-style-type: none"> • 12 schools have made a Sugar Smart pledge overall, with a further 4 additional schools expressing an interest in making a pledge. • 6 school primary assemblies were delivered by Healthy Lives Team and one Year 8 assemblies within a secondary school- all based on being Sugar Smart. 	<p>By delivering Sugar Smart pledges, sugar availability is reduced in settings, contributing towards healthy eating and reducing children's risk of becoming obese.</p>	<p>£0</p>

	health promotion strategies and activities (e.g. professional development, capacity building activities)			
<p>Healthy Pupils Capital Fund enabled eligible schools to boost their pupils' health and wellbeing through enhanced access to healthy eating programmes, after-school clubs, and additional activities that improve physical and mental wellbeing (such as kitchens, dining facilities, changing rooms, playgrounds and sports facilities). A total of £258,782 was awarded to Tower Hamlets.</p>	<ul style="list-style-type: none"> •Environments and cultural practices that support children eating healthier foods and being active throughout each day •Improvements in nutritional quality of the food supply in schools 	<ul style="list-style-type: none"> •Improving physical activity was the most popular project in most of schools. •31 schools have used the funding towards purchasing schools playgrounds and active play spaces (e.g. resurfacing, playground markings/Daily Mile, climbing walls or multi-use sports panels, Sports equipment including bike stands, outdoor activities table tennis). •9 schools had a gardening project; to grow plants, flowers and vegetables that are healthy and edible. This is to encourage children to take an interest in the natural environment, where they grow organic fruit and vegetables to both consume at school and take home. Projects have also improved access for pupils with disabilities, including wheelchair accessible paths in garden spaces. 		£258,782 one-off payment
<p>Barts obesity service: Tier 3 level services provides minimal intervention for patients with co-morbidities. Children and young people within this tier are reviewed in 3-10 different outpatient appointments/year.</p>	<ul style="list-style-type: none"> •Targeting interventions for those at increased risk (dependent on the ability to identify these groups and only if reinforced by interventions at the population 	<ul style="list-style-type: none"> • 2-3 referrals per week to the obesity within respiratory clinic. • 120 patients being initially screened for other causes, then monitored. • Approx. 30 patients require Continuous Positive Airway Pressure/Non Invasive Ventilation. • Approx. 20 patients are followed up at the endocrinology clinic. • 20-30 CYP have liver scans and biopsies at 	Awaiting data from Barts Health.	Awaiting information from Barts Health

	level)	the gastroenterology clinic.		
Outdoor gyms provide free equipment that can be used to do various exercises, including step-ups, sit-ups, lunges and press-ups, to develop balance, strength and co-ordination.	<ul style="list-style-type: none"> •Environments and cultural practices that support children eating healthier foods and being active throughout each day 	<ul style="list-style-type: none"> • There are 7 outdoor gyms built in Tower Hamlets parks. 	Evaluation currently underway.	Awaiting data
Liveable Streets Public Realm improvements to make the borough a better place to walk and cycle	<ul style="list-style-type: none"> •Increasing the walkability / cycle ability of the built environment •Environments and cultural practices that support children eating healthier foods and being active throughout each day 	<ul style="list-style-type: none"> •127 areas across half the borough in next 4 years. Relevant to all residents 	Evaluation to follow once changes to public realm are implemented.	£18m approx. budget initially
School Streets Traffic management improvements outside 50 primary schools in the borough to be delivered in the next 3 years to improve air quality at the school gate and therefore contribute to improved	<ul style="list-style-type: none"> •Increasing the walkability / cycle ability of the built environment •Environments and cultural practices that support children eating healthier 	<ul style="list-style-type: none"> •There is an aim to deliver 50 'School Streets' outside primary schools in the borough by 2022. 	<p>Expected impacts:</p> <p>Improved road safety and air quality.</p> <p>Enhanced School Travel Plans supporting more walking and cycling to school.</p> <p>More active children</p>	£1.5m p.a. initially

health outcomes for pupils and encourage more to walk to school.	foods and being active throughout each day			
School Travel Planning supports schools in achieving STARS (Sustainable Travel: Active, Responsible, Safe) accreditation from TfL. STARS inspires young Londoners to travel to school sustainably, actively, responsibly and safely by championing walking, scooting and cycling. This is achieved by working with schools to develop, implement and maintain their School Travel Plans.	<ul style="list-style-type: none"> Increasing the walkability / cycle ability of the built environment 	c2400 children trained and 6000 sessions delivered (18/19).	Greater awareness of road safety. Higher level of cycling ability.	£140k p.a.
Schools Cycle Training offers free cycle training to all schools in the borough. Training is delivered to the requirements of the national Bikeability programme.	<ul style="list-style-type: none"> Environments and cultural practices that support children eating healthier foods and being active throughout each day 	70 schools, with 50 schools with STARS accreditation	Increased walking and cycling to school. Reduction in car trips to school.	£50k p.a.
School Nursing service includes the measurement of the height and weight of all children in state funded schools in Reception and Year 6 as part of NCMP	<ul style="list-style-type: none"> Increasing the responsibility of organisations (schools) for the health of their pupils (or users) Targeting 	<ul style="list-style-type: none"> For reception year, the participation rate is 94% (3,159) and for year 6 it is 93.6% (3,144 children) 	<ul style="list-style-type: none"> In 2017/18, 20.8% of reception children were recorded as overweight/obese. This improved from 2016/17 (23.2%) and is and similar to London (21.8%) 	£1,580,919 per annum

<p>which provides data on the levels of child obesity locally and nationally. School nurses and nursery nurses provide information and advice on healthy eating and physical activity to children and parents.</p>	<p>interventions for those at increased risk (dependent on the ability to identify these groups and only if reinforced by interventions at the population level)</p>		<ul style="list-style-type: none"> In 2017/18, 42.1% of year 6 children were recorded as overweight/obese. This is similar to 2016/17 (42.5%). This is higher than London (37.7%) 	
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¹ Waters et al. (2011) Interventions for preventing obesity in children. Cochrane Database of Systematic Reviews.

² Tackling obesities: future choices - Foresight Report (2007)