



Healthy weight and nutrition in children

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Reminder of what we agreed about the strategy!

Tower Hamlets Health and Wellbeing Strategy will be 'a strategy with a small number of core, widely owned, accountable objectives, but that is adaptive and responds to feedback'

Transformational areas (working titles – feel free to reword your area!):

- **Addressing health impacts of deprivation**
- **Helping communities lead change around health**
- **Embedding health into planning – healthy place**
- **Tackling childhood obesity**
- **Developing a truly integrated system to support health**

What does the Board need to focus on?

Board members assigned to each of these areas :

- Understand what is currently going on in the area
- Identify 1 or 2 high level metrics linked to the area that would be important for the Board to track
- Identify 1 or 2 areas of system transformation that are already happening or need to happen where the oversight of the Board could add value

Your group task:

In relation to the transformational area you are looking at, seven questions follow. We would like you to set out some high level bullets responding to these questions and feed these back at the HWBB on the 21st of June (each area will have 10 mins for presentation and discussion)

Why is this an important issue for health and wellbeing in Tower Hamlets?

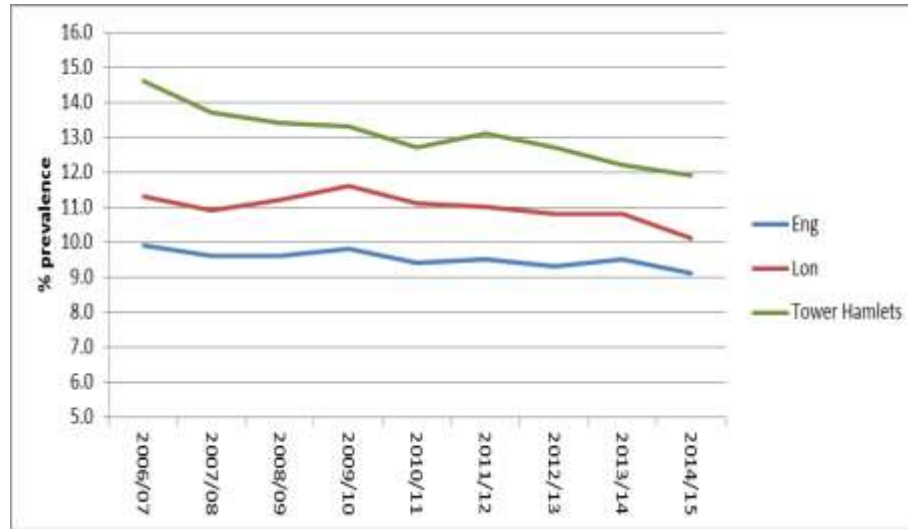
- Healthy physical development (ie nutrition and physical activity) makes a significant contribution to school readiness
- Healthy weight / good nutritional status in childhood will 'set you up for life' - key determinant of lifelong physical and mental health and wellbeing generally and in particular of key LTC – diabetes, CVD and cancers

What is currently being done to improve outcomes?

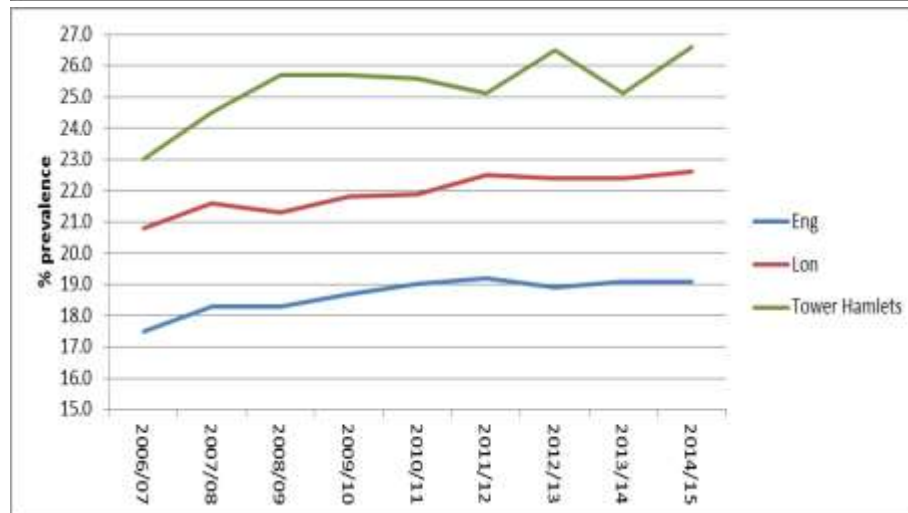
- Action on wider environment: – including food4health awards, ‘stealthy food’, green grid, pocket parks and play spaces
- MEND – child and family weight management (0–19 years, inc. post natal)
- Breastfeeding – support workers and Baby Friendly Initiative (maternity and community)
- Health Visiting service and Children’s Centres
- Healthy Early Years accreditation scheme
- Active Play (0-4 years and 5-11 years)
- Cook4life
- Healthy Families and Parent Ambassadors (Parent & Family support team)
- Healthy Schools (Healthy Lives Team)
- Active Travel (School Travel Adviser) and Bike It!
- School Health Service (including National Child Measurement Programme)
- Primary School Neighbourhood Pathfinders
- ‘Daily Mile’ – just being introduced

Trends in child obesity

Reception (4-5 years)
2006/7 – 2014/15



Year 6 (10-11 years)
2006/7 – 2014/15



Where would we like to be in 3 years (vision statement)?

- Sustained increase in proportion of 10-11 year olds with a healthy weight
- Long term aspiration to reduce levels of obesity to below national average

Within this area, what does the Health and Wellbeing Board need to focus on?

- How best to engage schools and early years providers in promoting child health and wellbeing generally with focus on healthy weight / good nutrition
- How best to engage with parents and communities

What are the top areas of action that the Board needs to focus on over the next 12 months to drive transformational change (max 2) and why?

- Review and strengthen school based programmes
- Strengthen role and partnership between Maternity, Healthy Visiting and Children's Centres / Early Year providers (link to 'Tower Hamlets Together')
- Community engagement, including faith communities

What is required to make this happen?

- Invite a Head Teacher or other representative from new Tower Hamlets Education Partnership onto the H&WB Board
- Get a 'Health Rep' on the governing body of every school
- Strengthen joint working between Schools, School Health (named nurses) and Healthy Lives team
- Work with schools to agree how best to monitor and achieve progress on health outcomes (e.g. a 'health dashboard') – so parents can see what school is doing for their child's health and wellbeing
- Learn from Stirling (Healthy Mile)
- Engage with Cross-Faith forum and other community organisations to develop a community engagement and communications strategy

What are the top indicators that the Board needs to track (max 3)?

- Proportion of 4-5 year olds and 10-11 year olds who are a healthy weight (using NCMP data)
- Suit of supporting indicators tracking progress on obesity, overweight and underweight by age, ethnicity, gender and school
- Develop indicators on physical activity and healthy eating

Any other thoughts?