

Children's Healthy Weight

Children's Overview & Scrutiny Committee
10th October

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North West

National Child Measurement Programme: Provisional data published 19 July 2022

Figure 1: **Reception** - Trend in prevalence of obesity, severe obesity, overweight (including obesity), and underweight NCMP 2006/07 to 2021/22

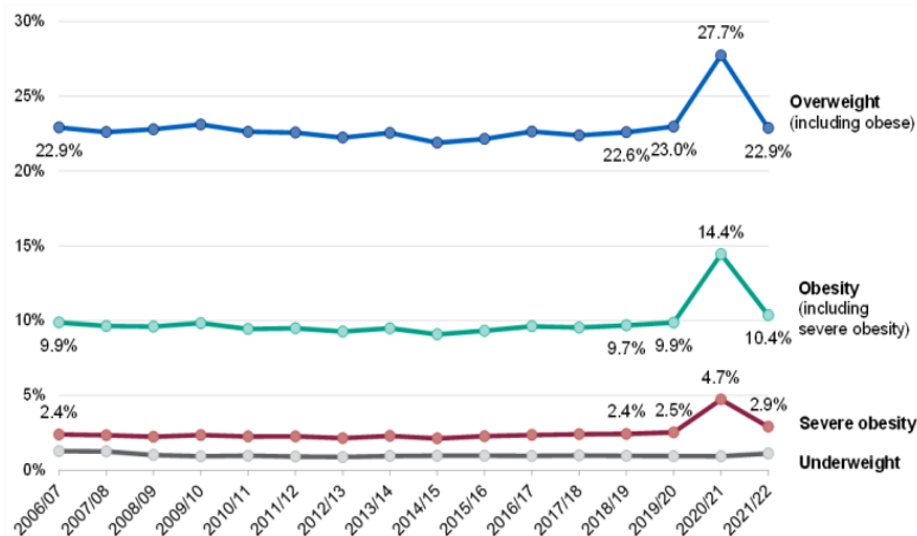


Table 1 **Reception (age 4-5)** – Prevalence by body mass index (BMI) category, 2021/22 versus 2020/21, 2019/20 and 2018/19 school years

BMI category	2021/22	2020/21*	2019/20*	2018/19
Prevalence of underweight	1.1%	0.9%	0.9%	1.0%
Prevalence of healthy weight	76.0%	71.3%	76.1%	76.5%
Prevalence of overweight (including obesity)	22.9%	27.7%	23.0%	22.6%
Prevalence of obesity	10.4%	14.4%	9.9%	9.7%
Prevalence of severe obesity	2.9%	4.7%	2.5%	2.4%

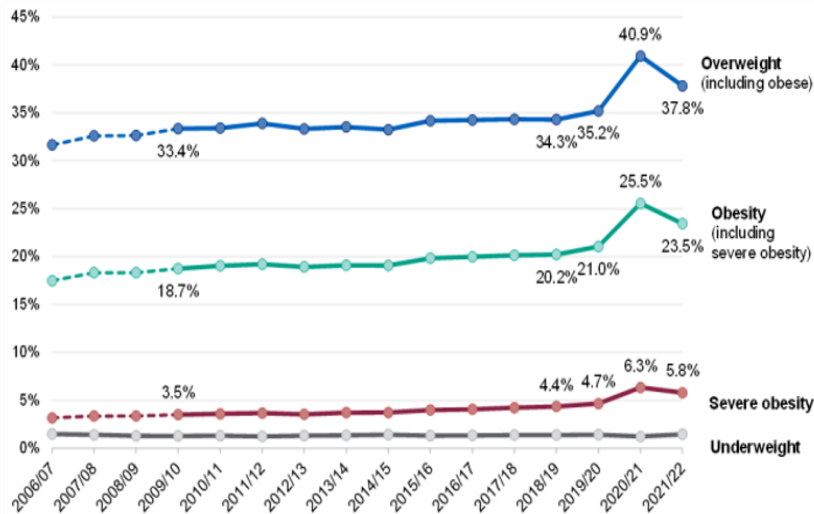
*2020/21 and 2019/20 data collection years were not full collection years because of school closures due to the coronavirus COVID-19 pandemic response but are considered comparable to other years.

[National Child Measurement Programme, England, Provisional 2021/22 School Year Outputs - NHS Digital](#)

North West

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Figure 2: **Year 6** - Trend in prevalence of obesity, severe obesity, overweight (including obesity), and underweight NCMP 2006/07 to 2021/22



Note: For Year 6 comparisons are not possible with the first years of NCMP (2006/07 to 2008/09) because obesity prevalence was underestimated due to low participation. This, and the impact of other improvements in data quality, should be considered when making comparisons over time.

Table 2: **Year 6 (age 10-11)** – Prevalence by BMI category, 2021/22 versus 2020/21, 2019/20 and 2018/19 school years

BMI category	2021/22*	2020/21*	2019/20*	2018/19
Prevalence of underweight	1.5%	1.2%	1.4%	1.4%
Prevalence of healthy weight	60.7%	57.8%	63.4%	64.3%
Prevalence of overweight (including obesity)	37.8%	40.9%	35.2%	34.3%
Prevalence of obesity	23.5%	25.5%	21.0%	20.2%
Prevalence of severe obesity	5.8%	6.3%	4.7%	4.4%

*2020/21 and 2019/20 data collection years were not full collection years because of school closures due to the coronavirus COVID-19 pandemic response but are considered comparable to other years.



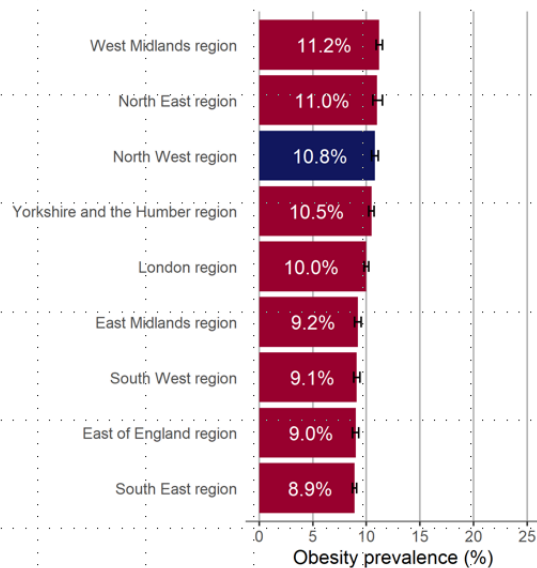
Regional comparison

Child obesity in the North West

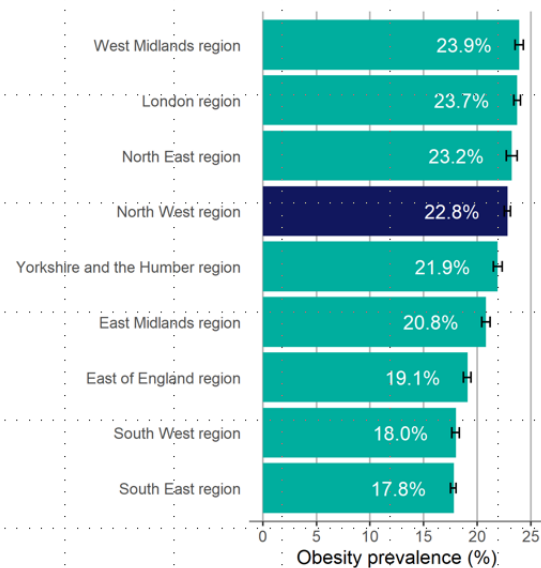
Prevalence of obesity by region and age

2019/20

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



95% confidence intervals are shown



Local data

Indicator	Period	St. Helens			Region England		England			
		Recent Trend	Count	Value	Value	Value	Worst	Range	Best	
Reception: Prevalence of overweight (including obesity)	2019/20	➔	-	28.3%*	25.2%	23.0%	31.8%		14.9%	
Year 6: Prevalence of overweight (including obesity)	2019/20	➔	-	41.0%	37.4%	35.2%	44.7%		22.0%	
Reception: Prevalence of obesity (including severe obesity)	2019/20	➔	-	12.1%*	10.8%	9.9%	14.6%		4.7%	
Year 6: Prevalence of obesity (including severe obesity)	2021/22	-	-	-	-	-	-	-	-	
Reception: Prevalence of obesity (including severe obesity), 3-years data combined	2017/18 - 19/20	-	665	12.4%	10.5%	9.7%	14.3%		5.2%	
Reception: Prevalence of overweight (including obesity), 3-years data combined	2017/18 - 19/20	-	1,520	28.3%	24.4%	22.6%	30.0%		15.3%	
Year 6: Prevalence of obesity (including severe obesity), 3-years data combined	2017/18 - 19/20	-	1,300	23.7%	21.7%	20.4%	29.4%		11.0%	
Year 6: Prevalence of overweight (including obesity), 3-years data combined	2017/18 - 19/20	-	2,115	38.5%	36.2%	34.6%	44.7%		22.1%	

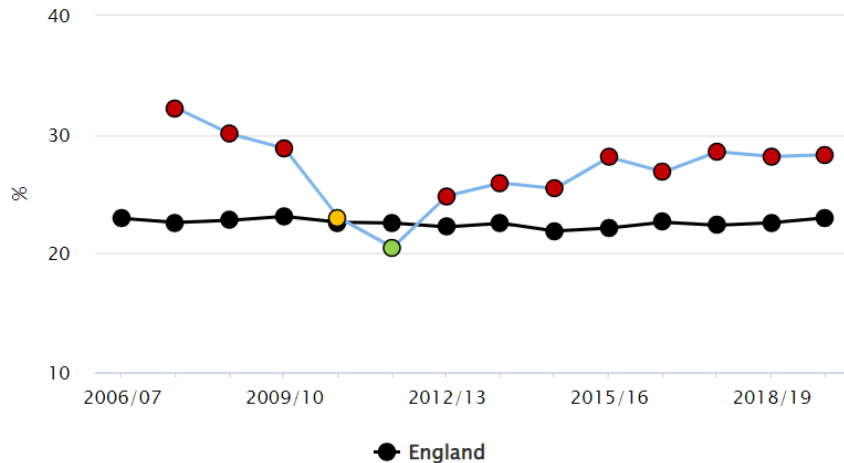
- 28.3% Reception Children recorded as overweight, which is higher than NW (25.2%) and England (23%) averages (2019/20).
- 41% Year 6 children were recorded as overweight, again higher than NW (37.4%) and England (35.2%).



St. Helen's trends

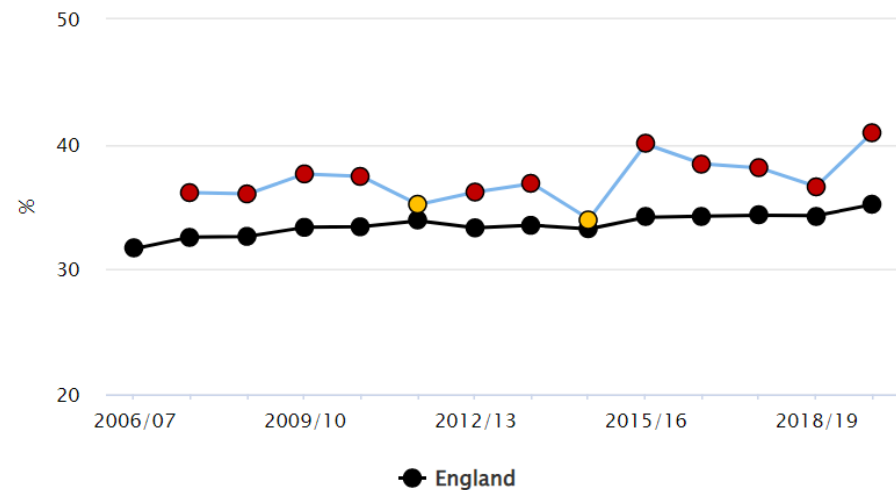
Reception: Prevalence of overweight (including obesity)

[Show confidence intervals](#) [Show 99.8% CI values](#)



Year 6: Prevalence of overweight (including obesity)

[Show confidence intervals](#) [Show 99.8% CI values](#)



The latest published data for 2019/20 should be treated with caution due to data collection and quality issues during the pandemic. Not a representative sample.



Evidence of what works

Obesity in children and young people: prevention and lifestyle weight management programmes

Quality standard [QS94] Published: 23 July 2015

List of quality statements

[Statement 1](#) Children and young people, and their parents or carers, using vending machines in local authority and NHS venues can buy healthy food and drink options.

[Statement 2](#) Children and young people, and their parents or carers, see details of nutritional information on menus at local authority and NHS venues.

[Statement 3](#) Children and young people, and their parents or carers, see healthy food and drink choices displayed prominently in local authority and NHS venues.

[Statement 4](#) Children and young people, and their parents or carers, have access to a publicly available up-to-date list of local lifestyle weight management programmes.

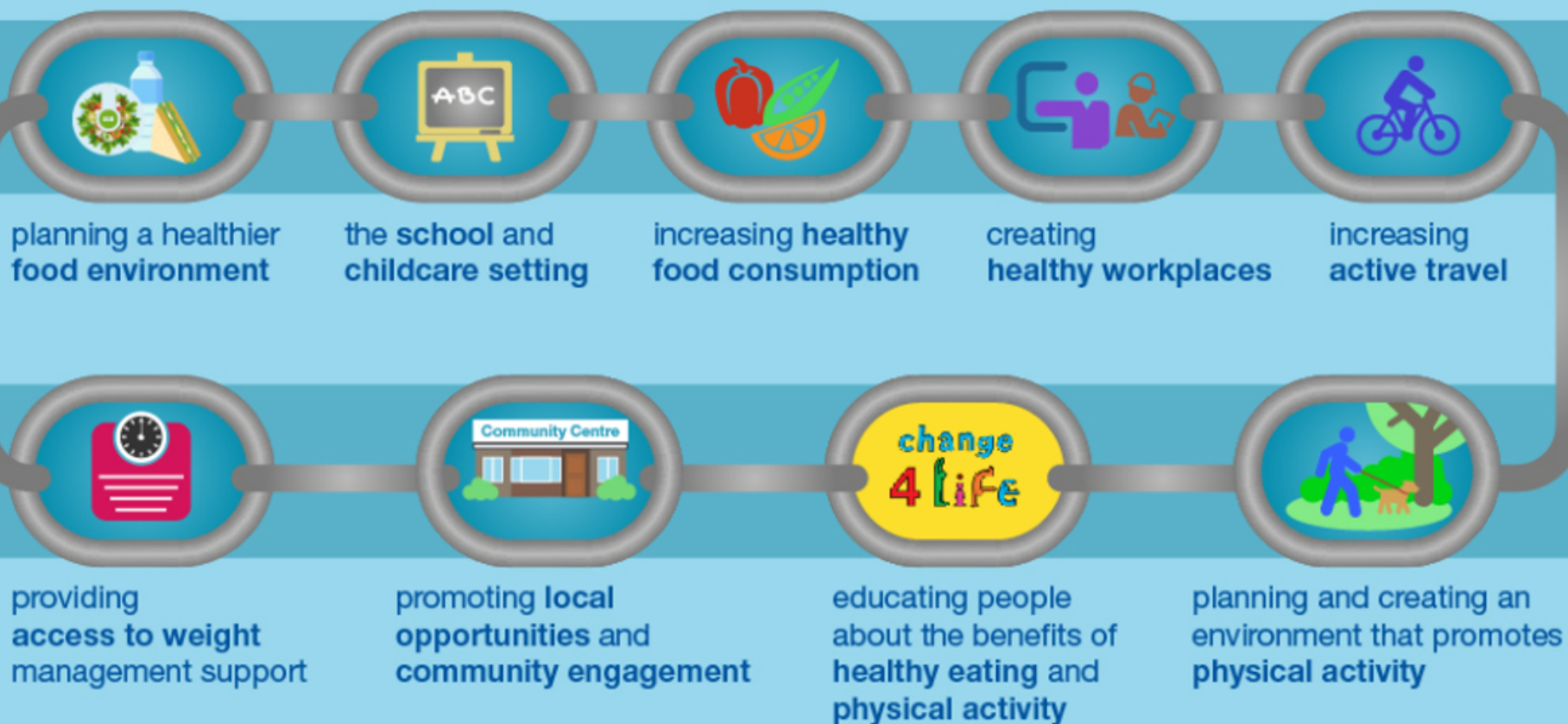
[Statement 5](#) Children and young people identified as being overweight or obese, and their parents or carers as appropriate, are given information about local lifestyle weight management programmes.

[Statement 6](#) Family members or carers of children and young people are invited to attend lifestyle weight management programmes, regardless of their weight.

[Statement 7](#) Children and young people, and their parents or carers, can access data on attendance, outcomes and the views of participants and staff from lifestyle weight management programmes.

[Statement 8](#) (placeholder) Reducing sedentary behaviour.

Common areas of obesity activity identified as part of a whole systems approach to obesity



Interventions in St. Helens

- National Child Measurement Programme (NCMP) pathways for children in the 'overweight' and 'very overweight' categories who are referred into St. Helens Wellbeing Service.
- Wellbeing Service contact parent/carer to provide brief advice intervention and offer package of weight management support
- NHSE funded co-production project with parents/carers to gather parent voices to inform changes to the NCMP process
- Holiday Activity Fund (HAF) Programme – healthy snacks and drinks for children who are free school meal eligible (fsme) outside of school term time
- Resident engagement survey



Engagement

St Helens Place Residents survey (May-June 2022)

The survey is a useful snapshot of the local population to gain insights on residents' views on their behaviours and attitudes on towards weight, food and physical activity.



Responses



32% Male

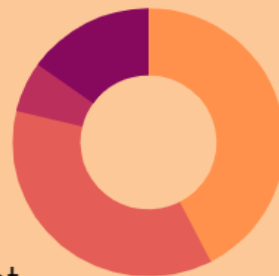


58% Female

We asked our children and young about their current weight

Unsure/dont want to say
15%

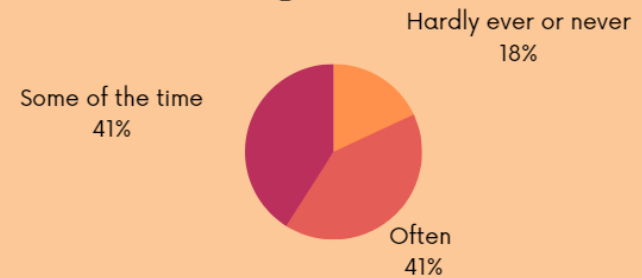
I would like to gain some weight
6%



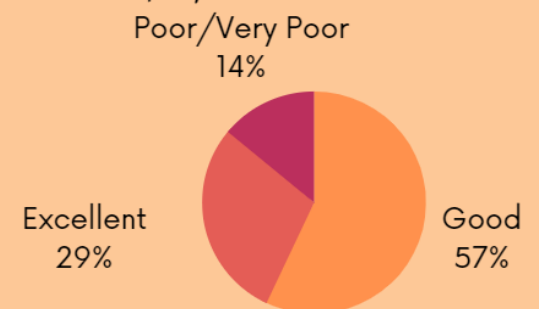
I feel just right
42%

I would like to lose some weight
36%

We asked our children and young how often they exercise in an average week



We asked our children and young people how they would rate their physical health



We asked why our Children and young people do not eat 5 portions or more of fruit and veg per day

33% said they do not like fruit and veg

15% said fruit and veg costs too much

4% said they do not need to eat 5 portions of fruit or veg

11% said they do not have the time

22% said its not easy enough to eat 5 portions a day

We asked our children and young people how easy they find it to exercise



61% of our children and young people said their diet was good

21% of our children and young people said their diet was excellent

18% of our children and young people said their diet was poor

33% of our children and Young People who answered that their diet was good or excellent said they did not eat 5 or more portions of fruit and veg per day



ST HELENS WELLBEING

The wellbeing service provides personalised packages of support for children, young people and their families to enable positive behaviour changes.

The offer includes:

- Brief intervention, motivational interviewing and behaviour change support
- Health education and promotion of evidence based healthy lifestyle messages
- Family cooking programme
- Family activity sessions
- Fit4All programme
- Weight management programme
- Holiday Activities and Food Programme
- Four week programme and follow up for family Early Help



The Wellbeing Service supported 389 children, young people and families during 2021/22.



ST HELENS WELLBEING

ST HELENS
BOROUGH COUNCIL

Thanks, I have been able to save money during Easter hols, as food is provided and it has stopped me going to Mc Donald's. Costs a fortune.

*I enjoyed making the food the most.
I didn't think I would eat the chicken, so I am happy that I challenged myself to eat it.
I enjoyed eating the food when we cooked it.*



All the young people wouldn't change a thing about the session as they all loved it.



Future plans

1. Relaunch of Food Active Healthy Weight Declaration – place based pledges for all health and wellbeing partners to sign up to and promote
2. Explore the development and delivery of evidence based interventions within current resources, e.g. HENRY parenting programme, Healthy Start scheme
3. Deliver the 'Active Children and Young People' theme within Active Lives strategy and action plan - U5s activities, daily mile, sport & leisure offer, active travel and road safety
4. Working with Food Active who address social, environmental, economic and legislative factors influencing healthy weight through campaigns, healthy weight declaration
5. Developing a Sustainable Food Strategy - expand food pantries, and focus on preventing malnutrition, targeted support for those on the lowest incomes
6. Take an 'Health In All Policies' whole systems approach
7. Current focus on work to mitigate the impacts of cost of living crisis – expanding food pantries, warm homes, winter wellness campaign, World Food Day – donations to food banks



Thank you

Any questions?

