

# Scrutiny Inquiry Panel - Tackling Childhood Obesity in Southampton

## PRESENTATIONS

Tuesday, 28th January, 2020  
at 5.30 pm

## ADDITIONAL INFORMATION RELATED TO THE LISTED REPORTS

### Contacts

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Democratic Support Officer  
Tel: 023 8083 2302  
Email: [Pat.Wood@southampton.gov.uk](mailto:Pat.Wood@southampton.gov.uk)

## **ADDITIONAL INFORMATION**

### **7 UNDERSTANDING THE RANGE OF LOCAL PROGRAMMES CURRENTLY UNDERWAY TO ADDRESS CHILDHOOD OBESITY (Pages 1 - 60)**

- **Presentation by Ravita Taheem – Introduction (1)**
- **Presentation Early Years Award (2)**
- **Presentation 0-19 Healthy Weight Presentation (3)**
- **Presentation by Sarah Doling – City Catering Southampton (4)**
- **Presentation LifeLab (5)**

Monday, 20 January 2020

SERVICE DIRECTOR, LEGAL AND GOVERNANCE

# CHILDREN AND YOUNG PEOPLE'S HEALTHY WEIGHT PLAN 2017- 2022

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Southampton City Council

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# About Childhood Obesity

## Causes

The causes of obesity are complex; social circumstances, family background, educational background, food skills and lack of opportunities to be active can all contribute.

These factors vary but at the core is energy balance, which is the balance between what we eat and how much physical activity we do.

## Tackling the issue

We know that childhood obesity is an issue both locally and nationally

We have learned that the issue cannot be addressed by a single organisation or by a single intervention. Action is needed across all sectors and organisations.

## Our vision

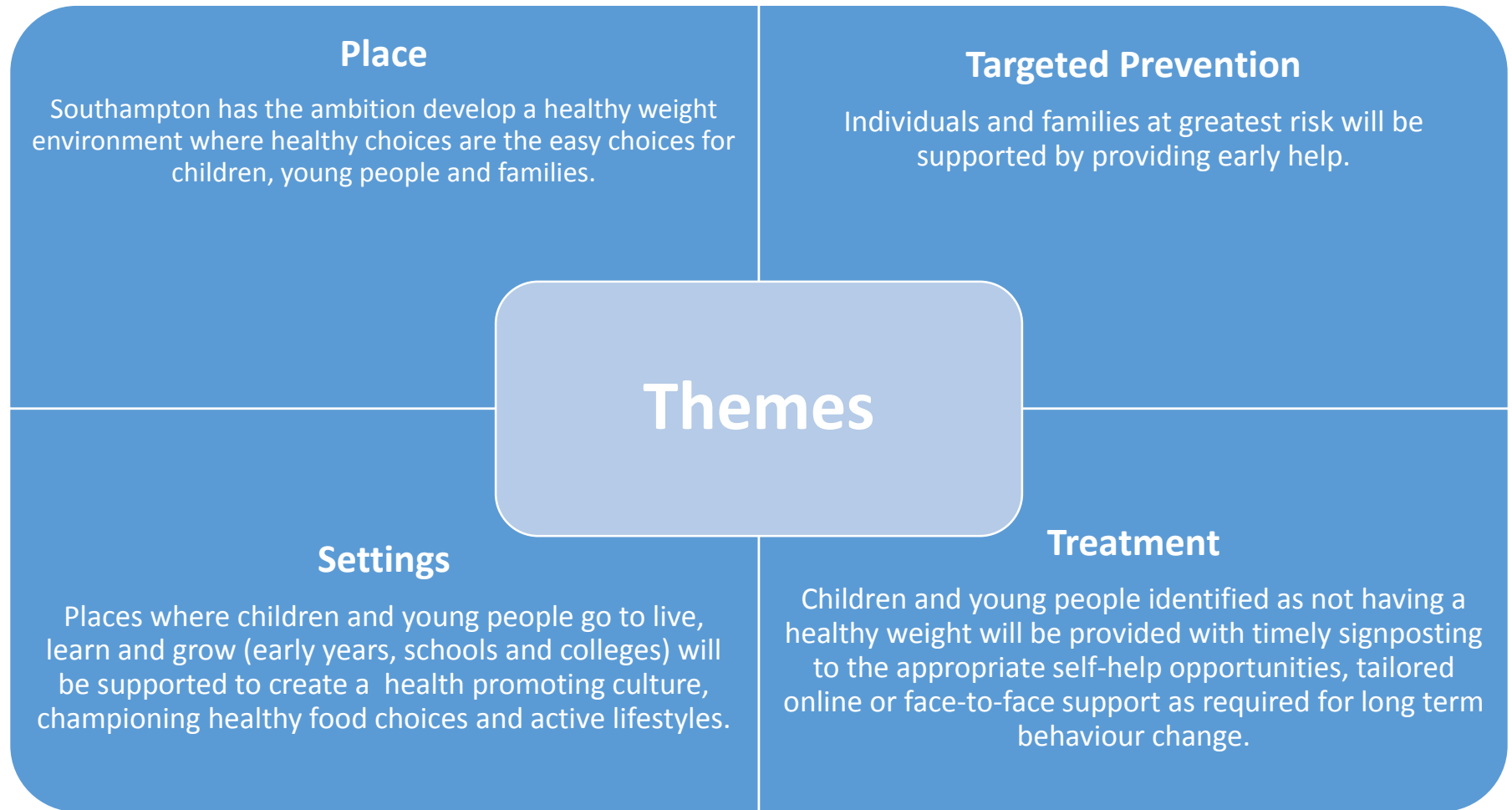
Our vision is that Southampton is a city where children and young people have happy, healthy, active lives where healthy choices are the easy choices.

The aim is to create a “healthy weight” environment where healthy choices are the easy choices for children; as well as ensuring early intervention targets those in greatest need.

This 5 year plan outlines steps towards achieving this vision.

# Our Priorities

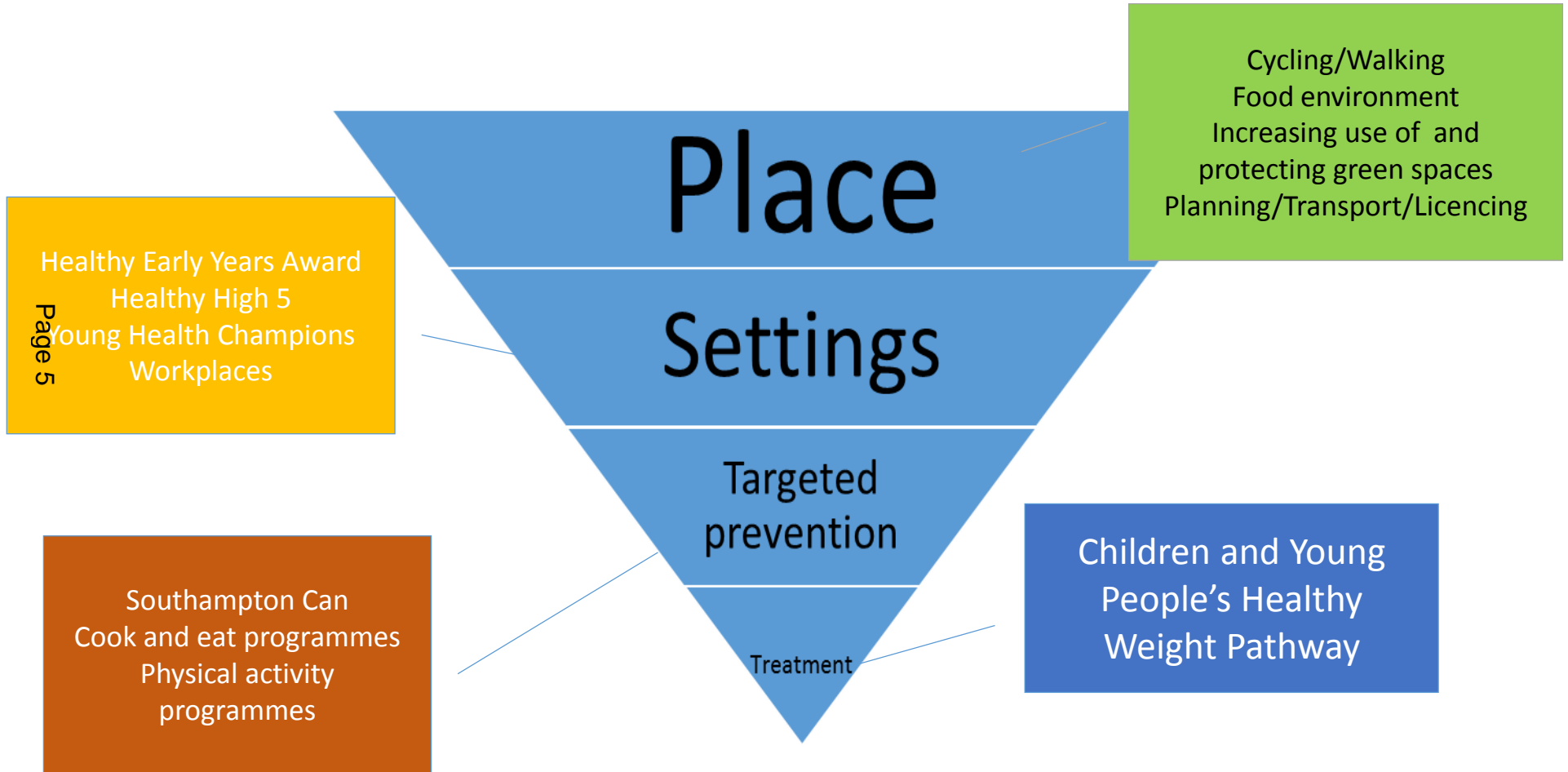
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# Action Plan Measures

Measures	Baseline (Southampton) 2015/16	England 2015/16	Target	2017-2019	2020-2021	2022
5% more new mums breast feeding	73.2%	74.3%	78.2%	74.3% 37 more*	76.2% 97 more*	78.2% 167 more*
5% more pupils with healthy weight at year R	77.0%	76.9%	82.0%	79% 63 more*	81% 126 more*	82% 158 more*
5% more pupils with a healthy weight at year 6	61.8%	64.5%	66.8%	63.8% 45 more*	65.8% 90 more*	66.8% 112 more*
4% increase in 15 year olds achieving 5-a-day	47.8%	52.4%	57.8%	52.8%	55.0%	57.8%
60 more settings (early years, school, colleges and workplaces) engaged in work to create a healthy setting	10	-	70	20	50	70
100 new businesses pledging an action to enable healthier choices	0	-	100	30	70	100

# Programmes



# Focus on settings and treatment

- How are we supporting settings to provide healthy food and opportunities to be physically active?
  - Healthy Early Years Award (preschools, nurseries and childminders)
  - Healthy High-Five (schools)
  - Young Health Champions and LifeLab
  - City Catering
- How are we supporting children who already have excess weight?
  - Children and Young People's Weight management pathway



# Southampton Healthy Early Years Award

- Funded by public health and delivered FREE of charge to settings
- HEYA was originally developed in 2009
- Revamp in spring 2017
- Well received by pilot settings
- Finalised and rolled out from Summer 2018

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**Healthy Early Years Award (HEYA)** [VIEW ALL SERVICES IN HEALTHY EARLY YEARS AWARD \(HEYA\)](#)

[HEYA - Healthy Eating](#) [HEYA - Healthy Mouth](#) [HEYA - Physical Activity](#)

[Print](#)

**Featured Images**  
 HEALTHY EARLY YEARS AWARD Southampton

**Downloads**

Thank you for your interest in the Southampton Healthy Early Years Award (HEYA). Undertaking the award offers a unique opportunity for settings to work towards a quality assured programme, helping to improve the health and wellbeing for under 5s'. Helping families to make healthier choices remains a national focus. In Southampton, obesity rates are similar to the England average, but these levels are still unacceptably high. Therefore, addressing obesity, through healthier nutrition and physical activity choices in addition to improving oral health is a priority for the city. Participating in the award will help you to provide a healthier environment for children in your care. It will help families to make positive choices and provides practical support (and CPD) for early year's practitioners.

You can find out more about the award and the views of some Southampton settings by watching the Southampton Healthy Early Years Award video under the 'Video' heading on the left hand side of this webpage.

 HEALTHY EARLY YEARS AWARD Southampton

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# Southampton's Healthy Early Years Award video 2019



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## HEYA aims to improve outcomes for children by:-

- Creating a healthier setting environment by meeting standards on good quality nutrition, oral health and physical activity.
- Providing a clear structure to meet best practice guidance and advice
- Supporting practitioners to increase their own knowledge and awareness to role model healthy behaviours and good practice
- Provide clear, consistent messages to parents /carers and children
- Build on a whole healthy setting approach.

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People in Southampton  
live safe, healthy,  
independent lives



Children and young  
people get a good start  
in life

# Building awareness and raising HEYA profile

- Webpage <http://www.southampton.gov.uk/heya>
- Facebook page <https://www.facebook.com/southamptonHEYA/>
- Video
- Monthly bulletins
- Termly Briefings
- Celebration events
- Press media publicity



## Awards to date

- 16 **Bronze Physical Activity**
- 26 **Bronze Healthy Eating**
- 5 Silver Physical Activity
- 4 Silver Healthy Eating
- 8 Silver Healthy Mouth
- 1 **Gold Award**
- *Total of 60 awards which have impacted on approximately **1430** children and their families*

- Citywide:-
- 24 groups have achieved 47 awards
- 6 childminders have achieved 13 awards
- 3 further pending awards
- 62 settings are engaged

# Moving forward ....

- Challenges include:-
  - Keeping settings engaged / motivated
  - Recruiting further settings
  - Linking with other health initiatives and activities – joined up approach

# Healthy Weight Pre Birth > 19yrs

**Vicki Pennal**

Project Lead - Healthy Settings &  
Clinical Team Coordinator Health  
Visiting & Public Health Nursing

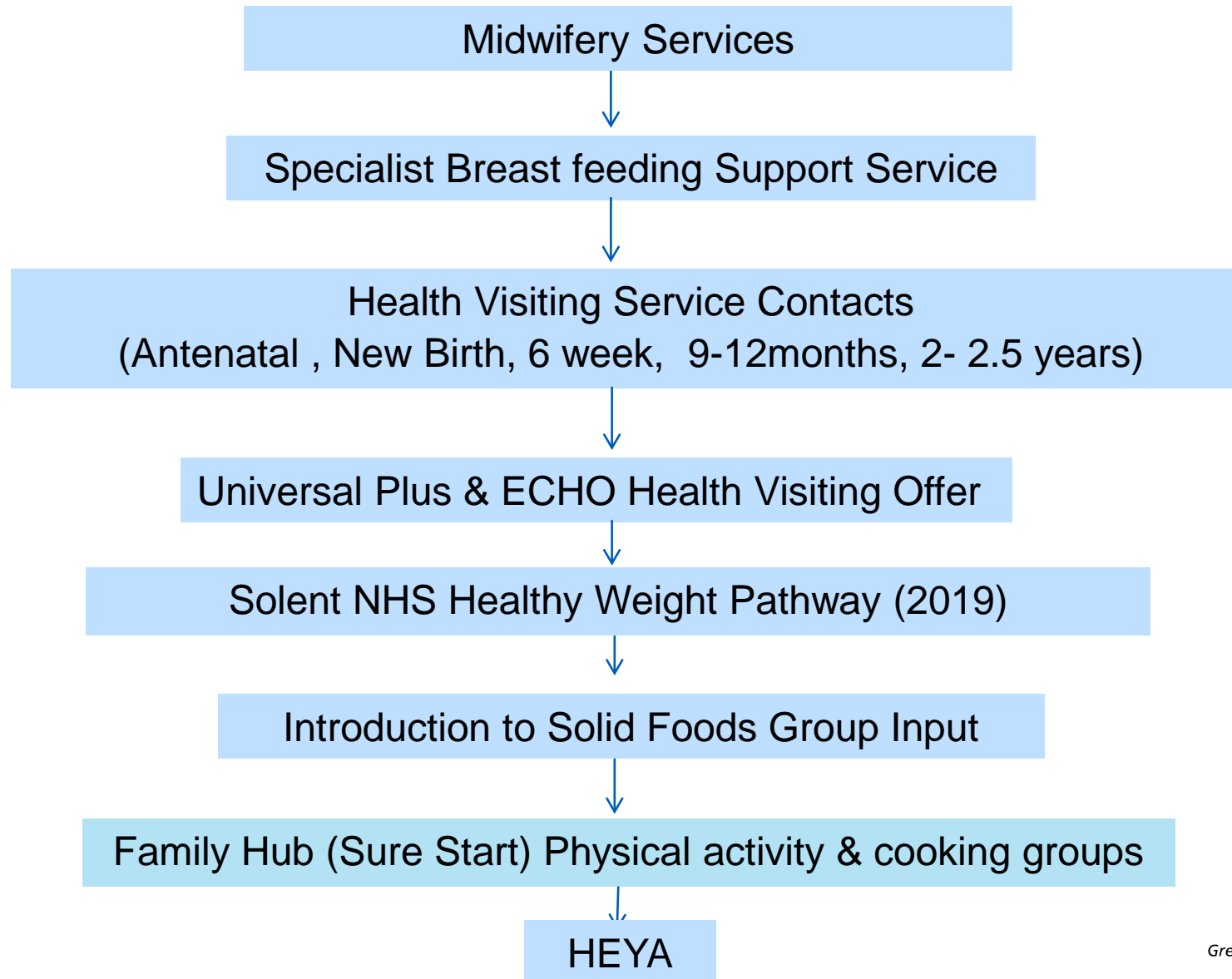
28<sup>th</sup> January 2020

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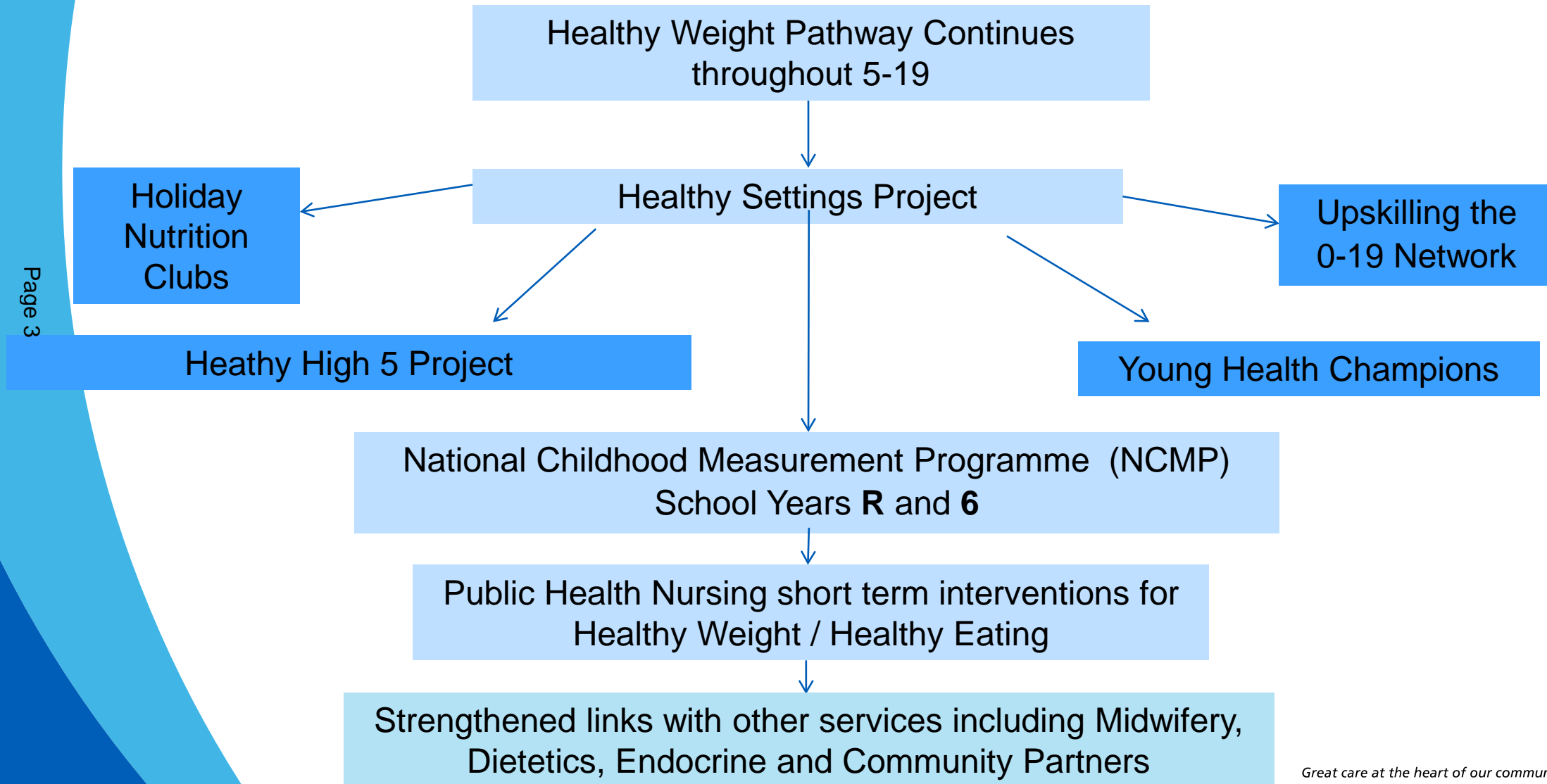


# Pre Birth – 19 Healthy Weight Interventions & Opportunities





# Pre Birth – 19 Healthy Weight Interventions & Opportunities Continued



# Key Professionals within the Service

- **Annie Jenkins** (Professional Lead for 5-19 Healthy Child Programme / Clinical Lead for Targeted & Complex Pathways)
- **Carole Bralee** (Specialist Public Health Nurse)
- **Nick Higgins** (Clinical Team Co-ordinator Public Health Nursing)
- **Sophie Ruffles** (Health Visitor, Project Lead Healthy Weight 0-5 years)
- **Vicki Pennal** (Project Lead Healthy Settings & Clinical Team Coordinator 0-19)



# Breastfeeding

- **Full Baby Friendly Breastfeeding Accreditation**
- **Breastfeeding support and education given by midwife and at Health Visiting antenatal contact**
- **Support with feeding & effective signposting at HV New Birth Contact (10-14 days)**
- **Breastfeeding support team available via simple referral process & offer home contacts**
- **NCT commissioned by SCC to provide 2 breastfeeding cafes, 8 hours home visiting alongside Breastfeeding support team**



# Breastfeeding Continued

- **Peer support service at groups & in maternity unit PAH**
- **NCT commissioned to manage 'Breastfeeding Welcome' scheme in Southampton**
- **Breastfeeding Babes open daily for babies 14 / 28 days (PAH)**
- **Breastfeeding champion in each HV team and each Sure Start cluster.**
- **Steady gradual increase in breastfeeding rates**

# Healthy Weight Discussion Key Contacts & Targeted Intervention Health Visiting

- Antenatal Contact
  - New birth Visit (10-14 days after babies birth)
  - 6-8 week Health Visitor Review
  - Introduction to solid foods sessions
  - Health Review 1 (HR1) 9-12 months
  - Health Review 2 (HR2) 2years-2.5 years
- 
- Invited to clinic to attend once a month for first 6 months
  - 6-12 Months Weigh Every 2 Months
  - 1yr on wards Weigh Every 3 months



# Useful Resources & Trusted Websites

- First Steps Nutrition <https://www.firststepsnutrition.org/>
- Infant & Toddler Forum <https://infantandtoddlerforum.org/>
- Baby Buddy <https://www.bestbeginnings.org.uk/baby-buddy>
- Institute of Health Visiting <https://ihv.org.uk/>
- HENRY <https://www.henry.org.uk/>
- Change for Life <https://www.nhs.uk/change4life>
- Wessex Healthier Together <https://what0-18.nhs.uk/>
- HEYA [www.sid.southampton.gov.uk](http://www.sid.southampton.gov.uk)
- HH5 [www.southampton.gov.uk/healthyhigh5](http://www.southampton.gov.uk/healthyhigh5)



# Healthy Weight Pathway



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## Southampton Healthy Weight Pathway 0-19 Integrated Service

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*Solent NHS Trust policies can only be considered to be valid and up-to-date if viewed on the intranet. Please visit the intranet for the latest version.*



Purpose of Agreement	Identify clear parameters where intervention and referral should be offered for children within and outside of the healthy weight range.
Document Type	Standard operating procedure (SOP)
Reference Number	-
Version	1
Name of Approving Committees/Groups	0-19 Integrated Services Manager / Clinical Voice and Locality Governance
Operational Date	December 2018
Document Review Date	January 2020
Document Sponsor (Name & Job Title)	Mia Wren Head of Service Southampton 0-19 Integrated Early Help and Prevention, Solent NHS Trust
Document Manager (Name & Job Title)	Vicki Pennal Project Lead 0-19, Solent NHS Trust
Document developed in consultation with	Health Visiting (Solent), Public Health Nursing (Solent), Dieticians (University Hospital Southampton), Consultant Paediatrician (UHS) Special Care Dentist Service (Solent), Midwifery (UHS) Jigsaw Services.



# Case Study

## Sophie Ruffles Health Visitor

- Anna
- Health Review 1 completed July 2018
- September 2018 – November 2018 (Homeless Healthcare Health Visiting)
- Health Review 2 completed April 2019 as part of transfer-in visit
- Visit to family December 2019
- Session 1 January 2020
- Case study highlights





# National Childhood Measurement Programme (NCMP)

- **Height & Weight** measured in the term of their birthday in Reception & Year 6.
- Opt out available
- Children go home with a letter that day with information about their measurements
- If children are measured outside the healthy weight range parents are given information of digital support, invited to contact the PHN service for further support & some parents are contacted directly.
- Results form part of national data.
- Percentage of Yr R & Yr 6 children measured last year 96.8%
- NCMP Results 2018/19 YrR 22.3% (↓ 0.9) and Yr6 36.1% (↓ 1.7%)



# Healthy Settings Project

- Healthy High 5 Award
- Upskilling the Childrens Workforce
- Holiday Nutrition
- Young Health Champions

# Healthy High 5 Award



Southampton  
Healthy  
High 5

- Health & Wellbeing Award for Southampton <https://drive.google.com/file/d/1Vrm-IKascVIYB51bkSuU0UBkpYpWd5CO/view>
- Increased engagement from previous Healthy Schools Award
- Secondary schools x 3
- Primary (Inclusive Infant & Junior) x 26
- Special Schools x 2



## Healthy High 5 Continued

- Spring Day – Mount Pleasant School (March 2019)
- Chelsea Flower Show (CHECK THIS)
- Free entry to the Southampton Marathon Family Fun Run (April 2019)
- Half Marathon Challenge (May 2019)
- National Fitness Day - Mini Total Warrior (Oct2019)
- Saints Mascot & Under 23 Team Members - Hollybrook Junior School (Oct 2019)
- National Mental Health Day – Cantell School (Oct 2019)
- Marathon Medal design competition (Jan 2020)
- Marathon Distance (January 2020)
- Schools placed bids for ‘sugar tax’ money to spend on Health & Wellbeing
- Celebration Events each spring in the Mayors Parlour

**Peter Howard**  
**Head Teacher – Fairisle Junior School**

“We have been involved in the Healthy High 5 Award since early 2019. It has enabled us to increase our awareness of our children’s health and well being, through a number of strategies we have put in place.....”

# Upskilling the Childrens Workforce

- Providing health education across the 0-19 network
- Mental Health Awareness
- Mindfulness
- Smoking Cessation
- Sleep
- The Daily / Golden Mile
- Healthy Eating Work Shops (with Dietician) UHS
- Sexual Health
- Self Harm
- Healthy Weight Pathway & Obesity as Child Protection Issue (with Consultant Paediatric Endocrinologist)
- Making Every Contact Count (MECC)

# Holiday Nutrition

- Nutrition & quantity of foods can be reduced in school holidays for children who receive free school meals
- Higher levels of obesity associated with deprivation
- Physical activity is reduced for many children during school holidays
- The Good Grub Club (West Southampton in association with Radian Housing)
- Valentines School ( East Southampton in association with Make Lunch)
- Member of the 'Holiday Provision Steering Group'

# Young Health Champions

- Written into Healthy High 5 Senior Award Documentation
- Support with some of the teaching sessions at LifeLab with regards to emotional health & smoking cessation
- Encourage schools to sign up to the LifeLab when visiting as part of the HH5 recruitment



# Community Partners

- Childrens Services / MASH
- University Hospitals Southampton
- Sure Start
- General Practitioners
- Pre Schools
- Schools
- Radian Housing
- Make Lunch Project
- Wicketz Programme
- Rees Leisure / ABP Southampton Marathon
- Active Nation
- Saints Foundation



# Next Steps

- Regular liaison with Health Visitor Healthy Weight Project Lead & Midwifery
- Continue joint working with relevant partners
- Build on workforce expertise & prioritise support



# Opportunities for Intervention

- Year 3 Height & Weight
- Group Contacts / Presentations to Parents in Schools
- Designated Healthy Weight Team



# Questions Welcomed

## PANEL

- **Anne-Marie Paulin** (Specialist Community Public Health Nurse)
- **Annie Jenkins** (Professional Lead for 5-19 Healthy Child Programme / Clinical Lead for Targeted & Complex Pathways)
- **Carole Bralee** (Specialist Public Health Nurse)
- **Nick Higgins** (Clinical Team Co-ordinator Public Health Nursing)
- **Sophie Ruffles** (Health Visitor, Project Lead Healthy Weight 0-5 years)
- **Vicki Pennal** (Project Lead Healthy Settings & Clinical Team Coordinator 0-19)

## About City Catering Southampton

- Sarah Doling – Food Development Manager
- Rebecca Weekes – Paediatric Dietitian
- 1 x development chef, 1 x part time admin assistant (shared role)
- CCS cover 46 out of 75 schools across the city (61%)
- Last year CCS produced approx. 1.7 million school lunches
- 3 meals per day = 1095 meals a year, we serve approx. 190 days in a year (17%)



## Our Menu

- School food standards – set guidelines – approx. 530 calories per lunch over a 3 week cycle
- Food For Life – Bronze award
- HACSG - HyperActive Children Support Group – Highest award for excellence in school meals provision



## Challenges

- Head teachers – changing menu
- Free school meals/UIFSM – up take
- Pester power from children
- Picky children
- Packed lunches – what some schools are allow children to bring in
- Increasing food costs



## Challenges

- Parental understanding about what schools lunches are now
- Getting children to eat foods they are not familiar with due to what they eat at home
- Portion sizes – year r have the same size portion as year 6
- Cultural differences





## What are we doing ?

- Schools standards, FFL, Hyperactive awards
- Reformulation of recipes – reduce added sugar, increased hidden fruit and vegetables
- Encouraging child to take the healthier option – water always available during lunch time
- Portion control
- Holiday Hunger
- Engaging national campaigns to encourage children to eat more vegetables – Vegpower (24<sup>th</sup> Feb until 3<sup>rd</sup> April)



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L I F E L A B



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**Change the beginning and you  
change the whole story**

Kathryn Woods-Townsend

k.woods-townsend@soton.ac.uk

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# Introduction

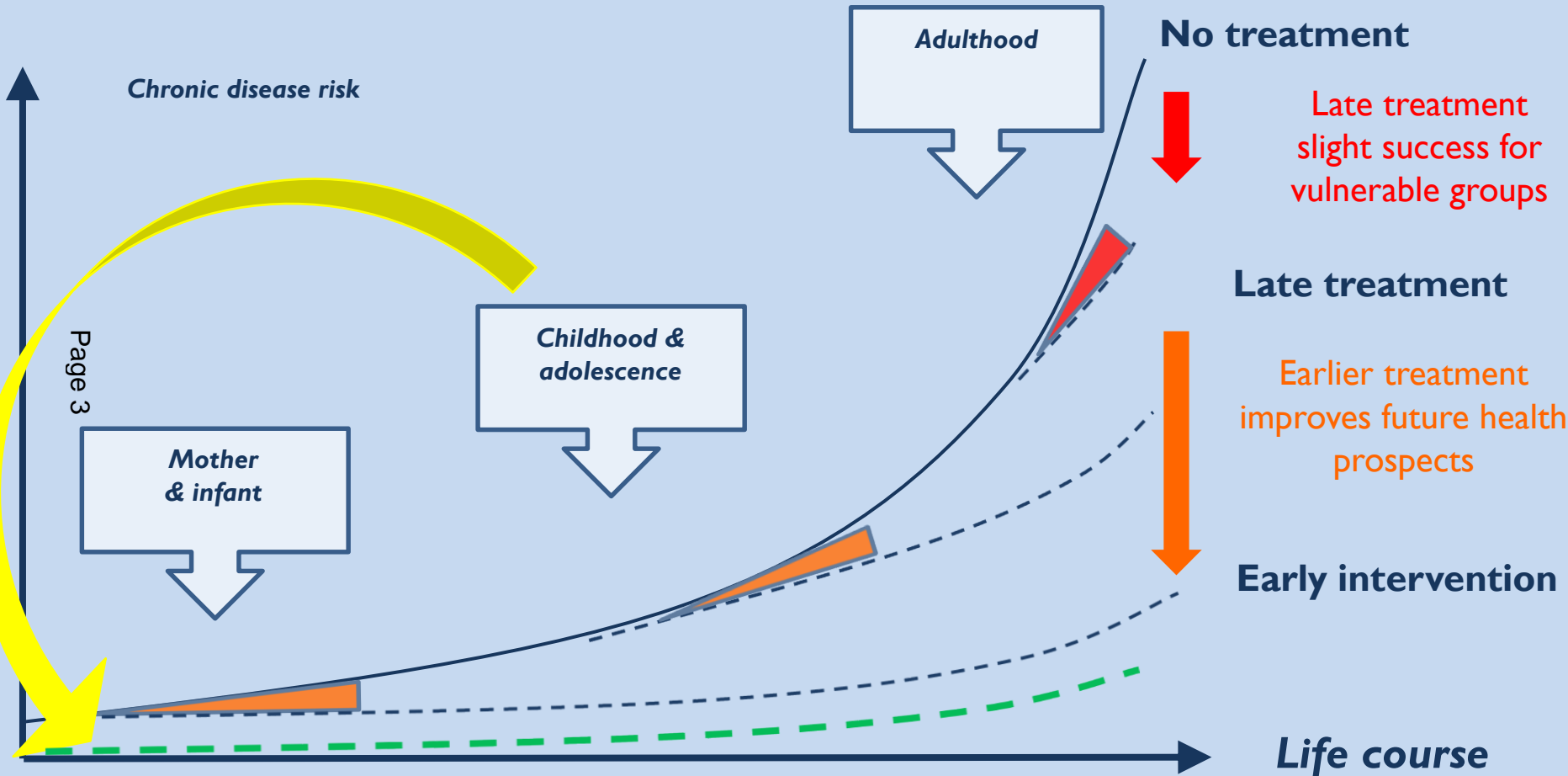


- Behavioural risk factors are the largest contributor to the non-communicable disease burden

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- Adolescence is a key timepoint to intervene\*





The body is able to respond to lifestyle changes

The body is unable to respond to lifestyle changes



# #Tripledividend

## Health now

## Health in future

## Health for future children



# Secondary school programme



**‘Me, my health and my children’s health’**

# Me, My Health & My Children's Health



LifeLab developed as a **collaboration** by

- ❖ University of Southampton (Education and Medicine)
- ❖ NIHR Nutrition Biomedical Research Centre
- ❖ University Hospital Southampton
- ❖ Maths & Science Learning Centre South East
- ❖ MRC Lifecourse Epidemiology Unit



Supported by key stakeholders, particularly local authorities and schools

Located at University Hospital Southampton, comprising of a **seminar area** and a **laboratory** for hands-on experiments.

Programmes are tailored for students of **all abilities**, initially focusing on 12-14 year olds



# Educational intervention based on research evidence:



- **Education:**

Students need to understand the science behind health issues to make informed judgements about their health



- **Medical:**

A healthy lifestyle in early life

=

Better health in later life and for future generations



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# LifeLab aims to provide school students with opportunities to:



Learn how they can improve their health and the health of their future children through increased health & science literacy



Become enthusiastic about science, and consider further study and careers in scientific disciplines

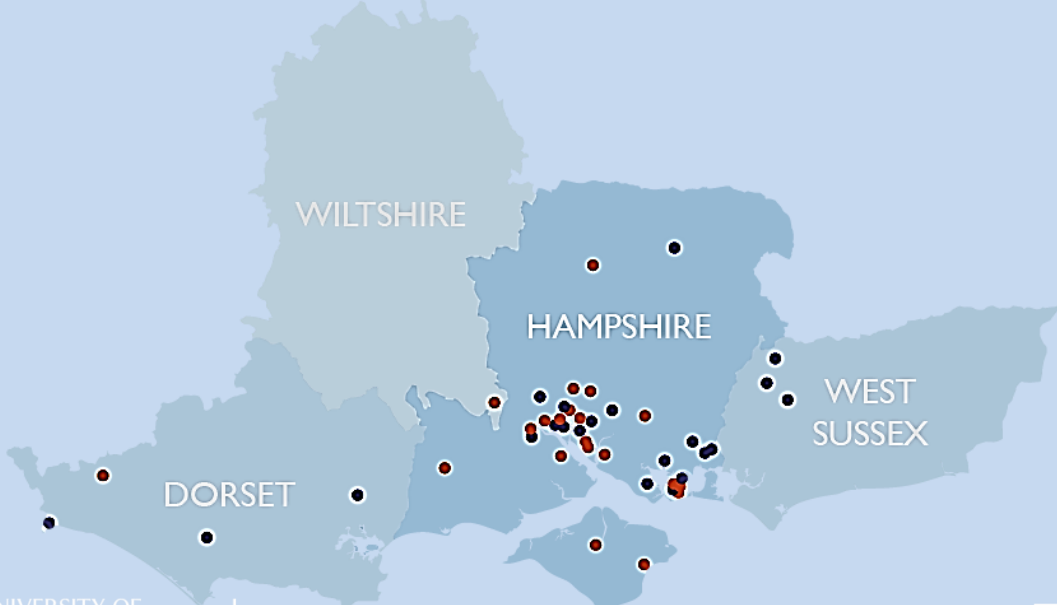


# LifeLab Research:

- 42 schools recruited and randomised to our randomised controlled trials (RCTs) (funded by the BUPA foundation and the British Heart Foundation)
- Currently recruiting for new NIHR funded RCT – ‘Engaging Adolescents with Changing Behaviour’ (EACH-B)
- To date, over 11,00 school students have attended
  - Primarily years 8/9, but also 11-18 yrs



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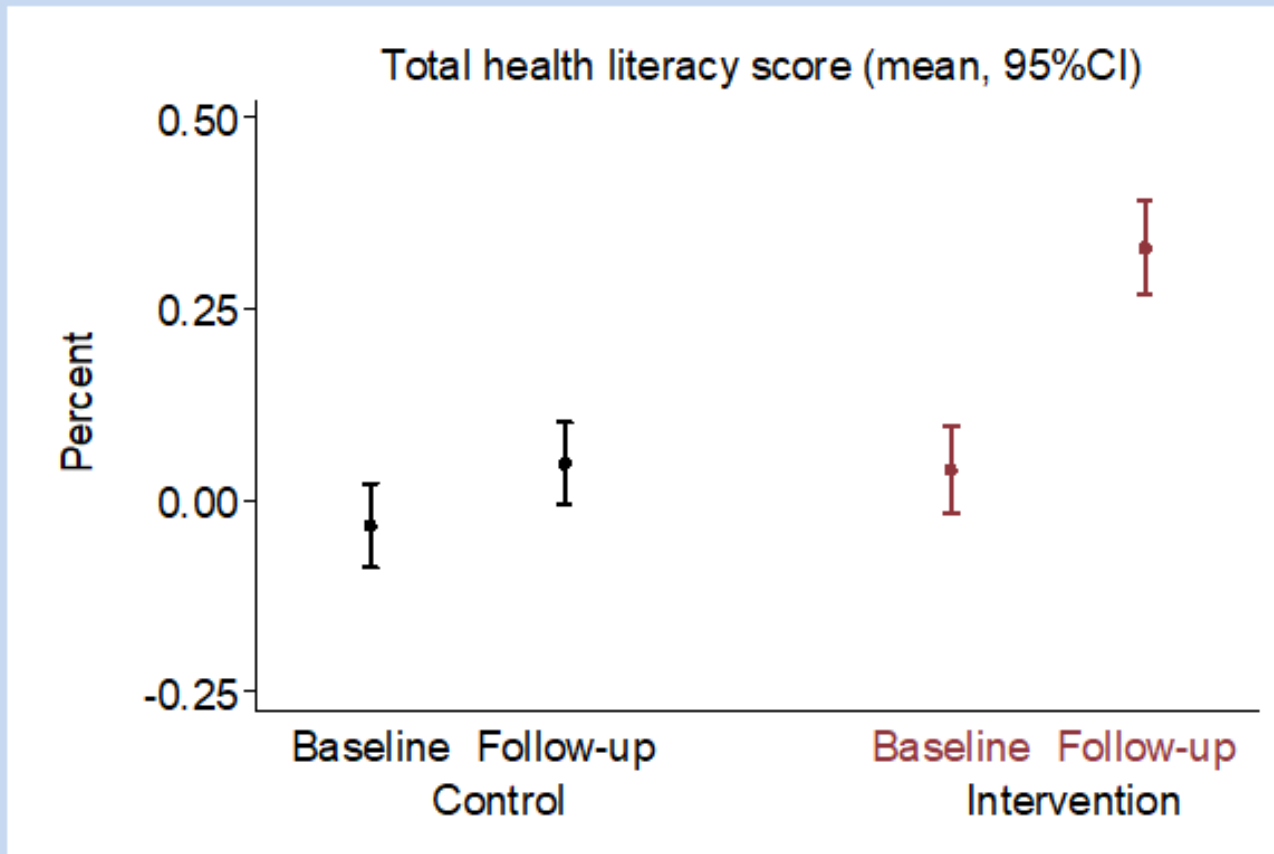


# A lasting impression



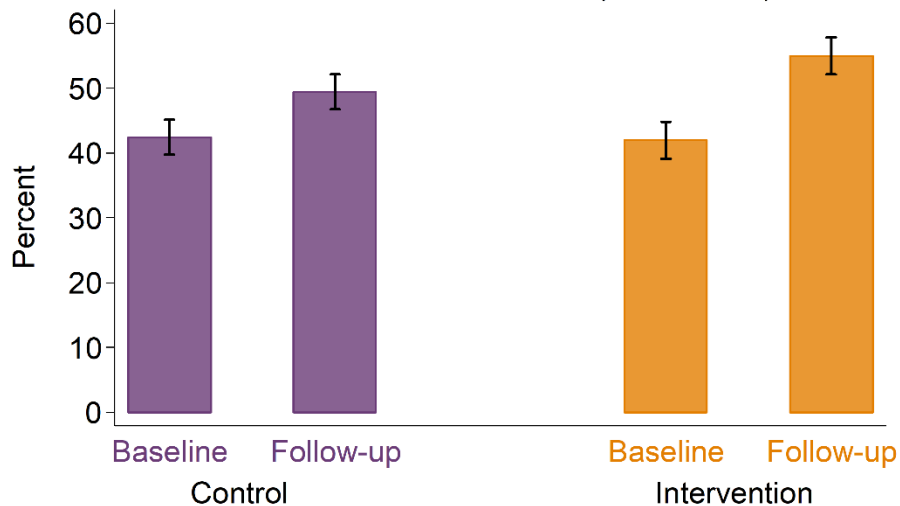
Our pilot studies have demonstrated important statistical changes in the attitudes of children 12 months after experiencing LifeLab.

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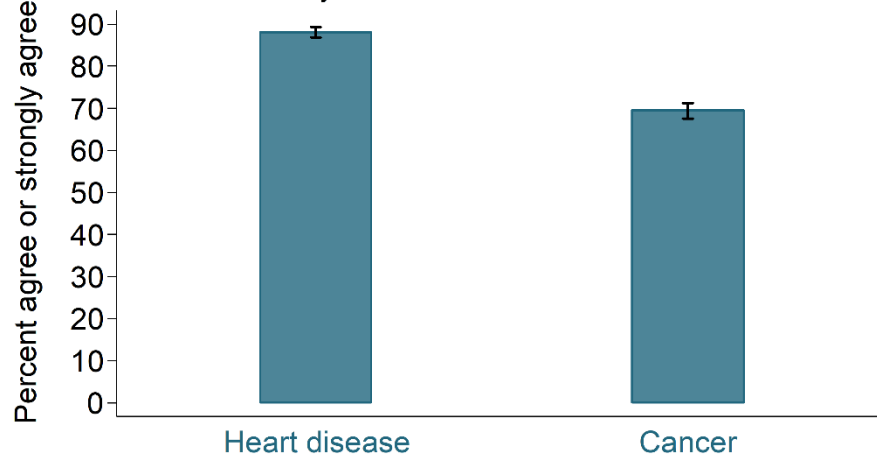




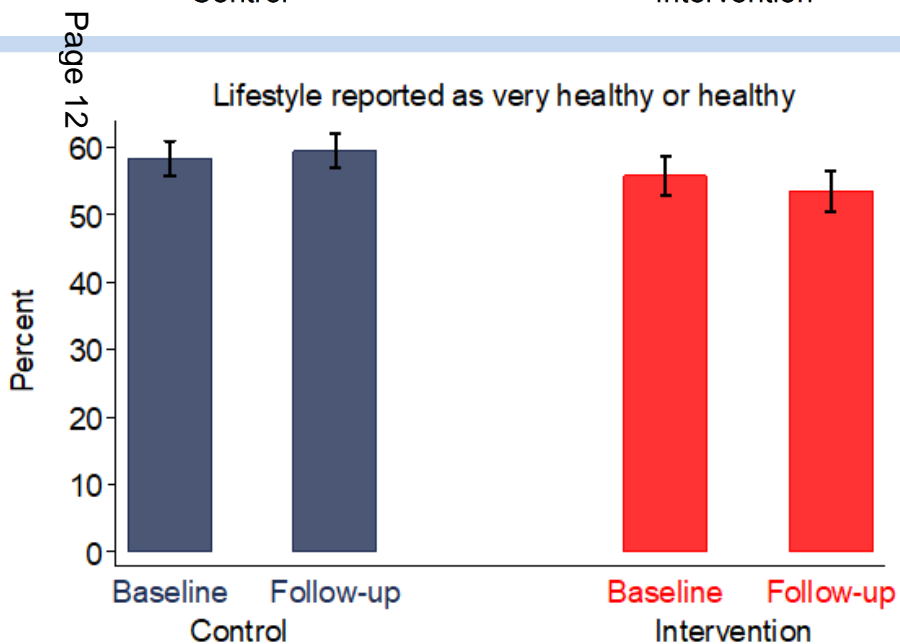
At what age do you think our nutrition starts to affect our future health? (Before birth)



There are certain things I can do to lower my risk of heart disease/cancer



Lifestyle reported as very healthy or healthy

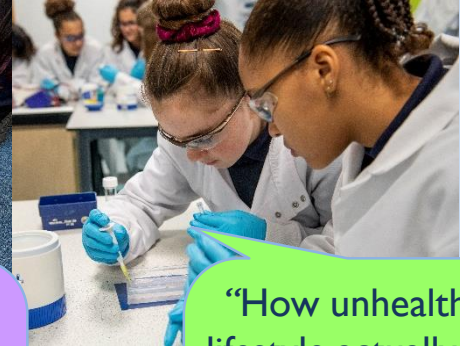


“If I want to have a long healthy life I need to be more careful with my body and need to look after it more”

I think that the most important thing I had learnt was that I need to commit to keeping healthy because otherwise when I'm older it can really effect my health



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“I won't eat as many unhealthy foods because I don't want to have heart disease.”

“When I went home and told my mum about the LifeLab programme she suggested that I start taking my German Shepherd out for a walk every day. So that's the change I've done”

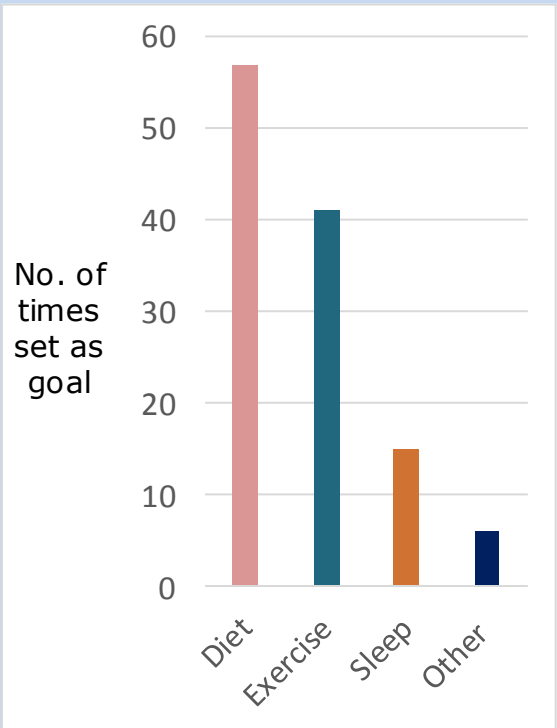
“How unhealthy my lifestyle actually is and the small changes that need to be made just to make sure I'm at less off a risk.”

# Engaging Adolescents in Changing Behaviour (EACH-B)



**LifeLab behaviour change goals**  
13-14 year olds, n = 111

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Programme Grant £2.2m

Funded by **NIHR**



# Young Health Champions

Level 2 Qualification (GCSE level)

Accredited by the Royal Society of Public Health

## 4 Modules

- Module 1 - LifeLab module
- Module 2 - Signpost to Health Improvement Resources
- Module 3 - Deliver a health improvement message to a group of peers
- Module 4 - Optional



- Health aspects of science curriculum
- Cross-curricular opportunities
- Parent engagement

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# Conclusions

LifeLab programme engages adolescents leading to:

- sustained changes in health literacy
- more critical judgement of their health behaviour

Provides a route into schools for public health interventions

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## Future priorities

- Repeated exposure (primary, secondary, tertiary)
- Additional support  
(Individual, school, family)





# More Information:

- <http://bit.ly/LifeLabSchoolsIntroduction>
- <http://bit.ly/dayatlifelab>
- <http://bit.ly/EarlyLifeLab>
- <http://bit.ly/EACH-B>
- <http://bit.ly/EACH-BGameTrailer>

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## Keep in touch...



@LifeLabSoton



@LifeLabSoton



@LifeLabSoton



[www.efolio.soton.ac.uk/blog/lifelab](http://www.efolio.soton.ac.uk/blog/lifelab)



[lifelab@soton.ac.uk](mailto:lifelab@soton.ac.uk)



023 8120 8979



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