



Report sponsor: Robyn Dewis, Director of Public Health

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## **ITEM 06**

### **Derby/Derbyshire Childhood Obesity Plan – Update**

#### **Purpose**

- 1.1 To update the Health and Wellbeing Board with the progress of the Derby/Derbyshire Childhood Obesity Plan -Time for Action, with particular focus on the two overarching objectives:
  - 1) Develop preventative approaches for current and future generations and, in particular, a whole systems approach to obesity which coordinates existing efforts, reveals gaps in provision and supports the efficient use of limited resources.
  - 2) Develop clearer pathways and signposting to enable children who are already overweight or obese to access joined-up and long-term support.
- 1.2 To provide an update on the implementation of our whole system approach to tackling childhood obesity following the steps outlined in the Public Health England (PHE) publication called 'Whole systems approach to obesity' and how this works contributing to existing activity which is being delivered through the strategic Multi-agency Children's Healthy Weight steering group.
- 1.3 To raise awareness to the Health and Wellbeing Board around the importance of adopting the local authority Healthy Weight Declaration to help support our whole systems approach.

#### **Recommendations**

- 2.1 That the Health and Wellbeing Board support and commit to tackling the wider determinants of childhood obesity.
- 2.2 That Health and Wellbeing Board members champion our whole systems approach to wider stakeholders and offer support to the local authority Healthy Weight Declaration.

#### **Reasons**

- 3.1 Nationally, more than 1 in 5 children are overweight or obese when they start primary school and 1 in 3 children are overweight or obese by Year 6 (Public Health Outcomes Framework, 2023). In Derby, we are similar to the national average of overweight/obese at the start of primary school in 2022/2023 with 20% of reception aged children overweight or obese. Derby is, however, above the national average for

the proportion of children overweight or obese in Year 6 (40.4% compared to 36.6% [national figure]).

- 3.2 In December 2018, Derby and Derbyshire Safeguarding Children Partnership (DDSCP) conducted a serious incident learning review of a child death attributed to obesity. Following the learning review, they identified two key actions:
1. To develop clear pathways of care for overweight and obese children
  2. To develop a whole system approach to the prevention and early intervention of childhood obesity.

The above actions have also been adopted as key objectives within the Derby/Derbyshire Childhood Obesity Plan – Time for Action.

- 3.3 Significant progress has been made towards the two objectives including:

**Objective 1:**

- Access to weight management services for children has been expanded
- We have improved pathways between school nursing, weight management, primary care and secondary care
- The safeguarding policy to support practitioners to identify and respond to situations where a child or young person's obesity may be related to neglect is now live.

**Objective 2:**

- We have put in place a children's healthy weight steering group (Derby City)
- We are developing the role of schools (Derby City)
- We are developing the role and capacity of community assets e.g. Family Hubs (Derby City)
- We have developed an Infant feeding Strategy. (Derby & Derbyshire)
- We have Increased uptake of the Healthy Start scheme in Derby City.

- 3.4 The Whole Systems approach to tackling childhood obesity is a new way of working for some local areas that requires commitment, energy, drive and importantly local political and senior level buy-in. Complex issues, like obesity, require sustained and systemic action and buy-in from system leaders. This is essential to support implementation and enable local authorities to work differently and test new approaches. It also aligns with the recommendations in the framework developed to tackle public health issues: Quality in Public Health: A Shared Responsibility.
- 3.5 The local authority [Healthy Weight Declaration](#), developed by Food Active, "...is a strategic, system-wide commitment made across all council departments to reduce unhealthy weight in local communities, protect the health and wellbeing of staff and citizens and to make an economic impact on health and social care and the local economy". It requires strong system leadership and partnership working to ensure the council is in a position to commit to a system-wide approach, and to make sure momentum is maintained and progress is made. This in turn will help to improve the health and wellbeing of our residents.

## Supporting information

- 4.1 The National Child Measurement Programme (NCMP) is an annual surveillance programme which collates the height and weight of children in their first and final year of primary school. This data, in anonymised form, allows mapping, and observation of trends, of obesity prevalence at both a local and national level (NHS Digital, 2018). Local authorities make appropriate arrangements for NCMP to take place in all state-maintained schools. In Derby this programme is undertaken by the school nursing service delivered by Derbyshire Healthcare NHS Foundation Trust. Although factors such as fitness, ethnicity and puberty can alter the relation between BMI and body weight, NICE guidance recommends the use of UK90 to provide a practical estimate of excess weight in children and young people.
- 4.2 Derby/Derbyshire Childhood Obesity Plan: Time for Action is a strategy for Derby City and Derbyshire County. It provides an overarching vision for a reduction in prevalence of childhood overweight and obesity over a ten-year period. The strategy is evidence based and driven by local need. It applies a whole systems approach to outline preventative and treatment interventions which are recommended across the region and applicable throughout childhood. The purpose of this strategy is to:
- Provide a strategic framework for the development of a system level action plan; providing clear direction and a means to monitor progress towards reducing prevalence of childhood overweight and obesity
  - Take forward key recommendations of Derby and Derbyshire Safeguarding Children Partnership
  - Provide the background and rationale for the vision to share with and engage partners.
- 4.3 The causes of childhood obesity are complex and multifaceted. Poor diet and low levels of physical activity are further influenced by poverty, self-esteem, body image, poor sleep and mental wellbeing. The burden of obesity is not experienced equally across society: obesity rates for children are highest in the most deprived 10% of the population, approximately twice that of the least deprived 10%. Childhood Obesity is an issue of social justice and a significant risk to our children's future health and wellbeing. Children live within families and a wider environment that can either encourage or be a barrier to achieving a healthy weight. Evidence has demonstrated that any individual intervention alone is unlikely to succeed and tackling such an ingrained problem requires a long-term, system-wide approach that makes childhood obesity everybody's business.

The strategy provides an overarching vision for a reduction in prevalence of childhood overweight and obesity over a ten-year period. The strategic vision is:

**'To support and enable children living in Derby and Derbyshire to achieve and maintain a healthy weight, by supporting children and families to live a healthy life and make healthy choices through a whole systems approach.'**

- 4.4 The whole systems work builds on the last four years of activity that has been largely delivered through the Strategic Multi-agency Children's Healthy Weight Steering Group, which is co-ordinated by Derby City and Derbyshire County Council's Public Health team under the governance and direction of Joined Up Care Derbyshire Children and Young People's Delivery Board. This new revised approach follows the steps suggested by Public Health England (PHE) in their 2019 publication 'Whole systems approach to obesity'. This guide and set of resources support local

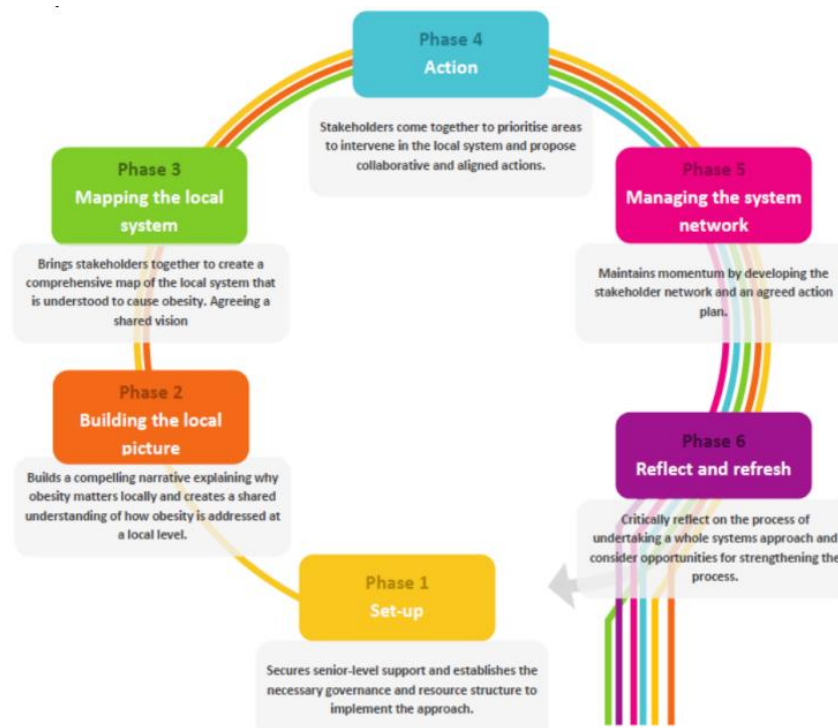
authorities and its partners with implementing a whole systems approach to address childhood obesity and promote a healthy weight.

The upward trajectory in childhood obesity prevalence over recent years require all partners to refocus their attention on the wicked system problem that is childhood obesity. The aim is to sustain a downward trend in prevalence. A whole system approach is necessary if we are to meet the government and childhood obesity plans ambition of halving childhood obesity by 2030.

#### 4.5 **National Whole System Obesity Guidance**

PHE's (now OHID) guidance on whole system approach includes six key phases (Figure 4):

- 1) Set-up: Securing senior-level support and establishing the necessary governance and resource structure to implement the approach.
- 2) Building the local picture: Building a compelling narrative explaining why obesity matters locally and creating a shared understanding of how obesity is addressed at a local level.
- 3) Mapping the local system: Bring stakeholders together to create a comprehensive map of the local system that causes obesity.
- 4) Action: Stakeholders come together to prioritise areas to intervene in the local system and propose collaborative and aligned actions.
- 5) Managing the system network: Maintain momentum by developing the stakeholder network and an agreed action plan.
- 6) Reflect and refresh: Critically reflect on the process of undertaking a whole systems approach and consider opportunities for strengthening the process.



**Figure 4:** Six phases to develop a whole systems approach

#### 4.6 **Local Authority declaration on Healthy Weight**

The Healthy Weight Declaration (HWD) was developed and launched in 2015 in consultation with local authorities in the North-West of the UK, public health specialists and academics. The HWD is a council-wide commitment to promote healthy weight and improve the health and well-being of the local population. The original HWD comprised 14 core commitments and has since been updated (June 2020) to include 16 commitments, the update was carried out in full consultation with a range of local authorities. Further to the core commitments, local authorities can add their own local commitments to support local priorities, action and partnerships.

The declaration requires strong system leadership and partnership working to ensure the council is in a position to commit to a system-wide approach, and to make sure momentum is maintained and progress is made. Health and Wellbeing Boards are vital in engaging officers, departments and the public and can play a key role in 'championing' and promoting the importance of healthy weight at a local level – in effect, giving high level visibility and leadership to this issue.

The HWD will form a key element of our childhood obesity plan and will support a whole systems approach to promoting healthy weight. We want to work with Health and Wellbeing Board members to ensure the HWD has impact and helps to improve the health and wellbeing of our residents.

#### **Public/stakeholder engagement**

- 5.1 In 2019, the Strategic Multiagency Childhood Obesity Group was formed to develop a strategic approach to reduce childhood obesity, and its consequences, across Derby and Derbyshire. Its objectives included the development of a strategy, monitoring of progress against an agreed action plan, and ensuring progress is reported to appropriate stakeholders.
- 5.2 In 2022 the Children's healthy weight steering group was formed for interested stakeholders across Derby City to meet with peers, share best practice, challenges and increase joint working in relation to supporting children & families to lead healthier and happier lives. It is through this network that we now have direct access to families to ensure their voice is heard in the development of our action plan.

#### **Other options**

- 6.1 Do nothing. This is not considered a viable option due to the longer-term adverse impact of childhood obesity on health and wellbeing for both children and adults and the inequity in outcomes associated with childhood obesity.

#### **Financial and value for money issues**

- 7.1 Financial resources, but also social, physical, cognitive, and other resources are less likely to be accessed by those families living in less affluent circumstances and therefore these individuals are therefore more likely to experience overweight and obesity.

- 7.2 The prevalence of overweight and obesity in both adults and children has increased over time and has been exacerbated by the COVID-19 pandemic. CYP who are obese who do not have access to weight management support are very likely to become adults who are obese. Failure to address the needs of those CYP who are most severely obese will also lead to pressure on health and care systems, in terms of demand for adult weight management support, treatment for diet related comorbidities and care needs later in life.

### Legal implications

- 8.1 In isolation, obesity, or failure to lose weight, is not necessarily a child protection concern. However, consistent failure to change lifestyle and engage with outside support can indicate neglect, especially in younger children, and obesity may be part of wider concerns about neglect or emotional abuse.

### Socio-Economic implications

- 9.1 The burden of obesity is not experienced equally across society. Childhood obesity rates are almost twice as high in the most deprived 10% of the population, compared to the least deprived 10%. Therefore, it is an issue of social justice and a significant risk to the future health and wellbeing of children.

### Climate implications

10. No notable climate implications identified.

### Other significant implications

- 11.1 No further implications identified.

This report has been approved by the following people:

Role	Name	Date of sign-off
Legal		
Finance		
Service Director(s)		
Report sponsor	Robyn Dewis, Director of Public Health	06/03/2024
Other(s)	Lisa Burn, Consultant in Public Health	01/03/2024

Background papers:

List of appendices:

- [Derby/Derbyshire Childhood obesity plan: Time for Action 2020-2030](#)
- [Food Active Local Authority declaration on Healthy weight](#)
- [Government whole-systems-approach-to-obesity](#)
- <https://www.healthystart.nhs.uk/>