

Child Healthy Weight Update



Winter 2011



Welcome to the second edition of the NHS Grampian Child Healthy Weight newsletter. This newsletter keeps you up to date with child healthy weight work. Don't forget that we would like to hear from you too so get in touch with us with your views and news.

We are continuing to deliver Eat, Play and Grow Well, our child healthy weight intervention targeted at overweight children. A parent taking part in the one to one programme in Aberdeen has told us that they have:

'learned more on what portions to give my daughter and different foods to try. Also (to be) more active, so all in all learned and understood more. Sophia really encouraged (my son) to eat healthily and try different foods. She said he was doing really well. (She) gave good advice and he enjoyed the games.'

Another parent taking part in a group in Aberdeen said they:

'particularly enjoyed the discussions and found the information on reading food labels fascinating. It has certainly made me more aware of the sugar and fat contents of food.'

'Incorporating information on healthy eating, exercise and cookery has given me the opportunity to address these issues with my daughter and encouraged the whole family to take in board a healthier lifestyle. I would have liked it longer for 4 weeks. I would certainly recommend this programme to all families.'

As well as one to one sessions we have been delivering work with schools and in Aberdeenshire we have worked closely with Scottish Rugby and Active Schools to develop a rugby coaching programme, 'Kick Off' offers schools sports coaching sessions with integrated games based activities focussing on the key health messages. A simple pocket sized tool ' Simple Steps to Being Healthy' has been developed to support families to identify and make small lifestyle changes. Kick Off supports the delivery of a number of the Curriculum for Excellence health and wellbeing learning outcomes for physical activity and health and nutrition.



Child Healthy Weight Statistics

Scottish Health Survey figures for 2009 for child healthy weight show that child overweight and obesity levels remain high, with almost one in three (28.2%) of children classed as overweight or obese ($\geq 85^{\text{th}}$ centile) and with rates increasing with age. Rates in girls and boys appear to be broadly similar (27% and 29.4% respectively) although this represents a significant fall for boys compared with previous years. Future data will confirm whether this marks a turning point for boys. Data from 2009 also show significant associations between Scottish Index of Multiple Deprivation (SIMD) deprivation quintile and obesity. You can find more information at <http://www.scotland.gov.uk/Publications/2010/09/23154223/0>.

New BMI statistics have also been issued for children in P1 and include, for the first time, figures for Grampian. These data indicate that 20.4% of Primary 1 children in Scotland were classified as overweight, including 8.2% obese and 4.1% severely obese. This is a slight increase on the levels of high BMI in 2008/09 (19.8% overweight, including 8.0% obese and 3.9% severely obese).

NHS Grampian data for the same period 2009/10 indicates that 19.1% of children were classified as overweight, which is below the national figure of 20.4%. Figures for those children classified as obese and severely obese

were the same as the national figures for this period. For more information please see <http://www.isdscotland.org/isd/3640.html>.

National policy

On 1st December 2010 a further Child Healthy Weight target for the three year period 2011-14 was announced. The new target reflects the continued importance the Scottish Government places on tackling child overweight and obesity. The age range for interventions has now been extended to include children from 2 year old. The new guidance requires that, as a minimum, 40% of child healthy weight completions should be achieved by children/families in the two most deprived SIMD quintiles, 1 and 2, by local SIMD datazone.

Child healthy weight in the news

A recent BBC article caught our attention <http://www.bbc.co.uk/news/health-12226744>. It echoes the experiences of colleagues in Grampian in their work with parents of children who are overweight which highlight that many parents are unable to tell when their own child is overweight.

Local training

In November 33 staff, including community nursing and school nurse colleagues, took part in workshops that are designed to help them raise the issue of child healthy weight with families. Staff found the health behaviour change sections of the training particularly helpful. We plan to run these sessions again in the future and will let you know when and where they are happening.

You can also find out more about this work, including who your local contact is, by calling the NHS Grampian free Healthline on 050020 20 30. This is a local service that is available 9 a.m. to 5 p.m. Monday to Friday.

Thank you