

Title of paper:	Healthy Weight Strategy for Nottingham City 2011-2020	
Report to:	Children's Partnership Board	
Date:	4 th October 2011	
Relevant Director:	Ian Curryer	Wards affected:
Contact Officer(s) and contact details:	Dr. Peter Cansfield, Deputy Director of Public Health, NHS Nottingham City	
Other officers who have provided input:	Sharan Jones, Health and Wellbeing Manager	
Relevant Children and Young People's Plan (CYPP) objectives(s):		
Stronger safeguarding – With a key focus on ensuring that there are high standards of safeguarding across all agencies and that the Partnership takes a pro-active approach to the elimination of domestic violence.		Yes
Healthy living – With a key focus on increasing the proportion of children and young people who have a healthy weight.		Yes
Reducing substance misuse – Partnership work to lessen the impact on children of parental drug and alcohol misuse and to reduce drug and alcohol misuse amongst children and young people.		
Raising attainment – Raising the attainment levels and increasing engagement in employment, education and training.		Yes
Improving attendance – Improving rates of attendance at both Primary and Secondary as a key foundation of improving outcomes.		
Summary of issues (including benefits to customers/service users):		
<p>Achieving a healthy weight is a key health issue for us all. Nationally, obesity rates have climbed in all age groups, in adults doubling in the last 25 years. The trend is continuing upwards (with only recently some indications of the rate of rise in children slowing). Locally, rates in 10 year olds are 1.17 times (17%) higher than the England average – and whilst we have also seen some flattening of the upward trend in children there is a need to make more progress if we are to avoid long term adverse health outcomes and significant increases in health and social care costs.</p> <p>The healthy weight strategy sets out a path for reducing these adverse health and social care outcomes. Achieving our targets to 2020 will mean:</p> <ul style="list-style-type: none"> • 43,000 more adults with a healthy weight • 280 less deaths from all causes, reductions in cardiovascular disease, cancer and diabetes • Reduction in maternal and infant mortality • Improved health and development of children, contributing to better academic achievement • Improved mental wellbeing • Reduction in health inequalities 		
Recommendations:		
1	That the Children's Partnership Board receives and comments on the final Healthy Weight Strategy	

2	That the Children's Partnership Board approves the strategy and supports further implementation through the development of the action plan
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1. BACKGROUND AND PROPOSALS

(Explanatory detail and background to the recommendations)

Nottingham City has been working in partnership to address the issue of achieving a healthy weight and has embraced continuing action by highlighting the priority within the Nottingham Plan. The cross-partnership strategic group has now developed existing partnership plans to provide a strategy to meet the Nottingham Plan targets. Responding to local democratic concerns, the approach has been extended to cover both adults and children, and is in line with early intervention, family and life-course (Marmot) approaches. It incorporates the work of recent task and finish groups around food policy and planning.

The Healthy Weight Strategy has 5 *strategic objectives*:

1. Tackle the "obesity promoting" environment in which our citizens live, play, learn and work
2. Give all children the best start and tackled the inter-generational issue of healthy weight in families
3. Address causes that put particular groups at greater risk of obesity
4. Offer effective support for children and adults who want to lose weight
5. Develop a workforce that is competent, confident and effective in promoting healthy weight.

These five objectives are set within a *framework* of intervention across three levels (universal, targeted and specialist) and life stages (children, families and adults):

- At the universal (whole population prevention) level we will create positive environments that actively promote and encourage healthy weight in the city. This involves transport, the built environment, parks and open spaces and promoting access to affordable healthy food; as well as interventions such as The Healthy Child Programme, Healthy Schools and workplace health programmes.
- For those at risk targeted community-based lifestyle interventions will support individuals and communities so that we intervene earlier and reduce inequalities in obesity. This will include interventions to support individuals in becoming more active and eating more healthily.
- At the specialist level we will continue to develop the adult and child obesity pathways to ensure adequate and accessible support for those citizens who need support to achieve a healthy weight.

The strategy has been supported and adopted (from an adult perspective) by the Health and Wellbeing Partnership. This paper sets out the final draft strategy for comment and approval by the Children's Partnership Board.

2. RISKS

(Risk to the CYPP, risk involved in undertaking the activity and risk involved in not undertaking the activity)

Achieving a healthy weight has been identified as a key priority within the Children and Young People's Plan. Lack of a coherent strategy risks non-alignment of activity and a return to previous adverse trends with significant detriment to health outcomes and increasing inequalities. The Local Authority may well be held to account for performance against indicators as this is also a national priority.

3. FINANCIAL IMPLICATIONS

There are significant financial implications in not implementing a strategy. Adverse trends have an increasingly significant impact on cost of adaptations, social care and management of health related morbidity. The strategy provides a framework for aligning current activities that are likely to have an impact on healthy weight and as such costs of implementation reflect only cost of existing services.

4. LEGAL IMPLICATIONS

None.

5. CLIENT GROUP

(Groups of children, young people or carers who are being discussed in the report)

The strategy is comprehensive providing a framework for universal, targeted and specialist intervention. Targeted and specialist interventions are directed to those most at risk as set out in the report.

6. IMPACT ON EQUALITIES ISSUES

(A brief description on how many minority groups are being engaged in the proposal and how their needs are being met: This section includes traveller and refugee families. The themes of the Shadow Boards – children and young people; parents and carers; equalities issues and the voluntary and community sector should be considered here.

The strategy is comprehensive providing a framework for universal, targeted and specialist intervention. Targeted and specialist interventions are directed to those most at risk as set out in the strategy. Individual interventions outlined in the strategy will where appropriate ensure equity of uptake, seeking views of users and monitoring uptake. Development of the strategy has been informed by: voluntary and community input to the strategic group and Health and Wellbeing and Children's Senior Officers Group; the democratic process; views of young people.

7. OUTCOMES AND PRIORITIES AFFECTED

(Briefly state which of the CYPP objectives and priorities will be affected)

Objective 3 Healthy Living – with a key focus on increasing the proportion of children and young people who have a healthy weight (Operational Objective 7).

8. CONTACT DETAILS

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