

London Borough of Bromley

PART 1 - PUBLIC

Briefing for Health and Wellbeing Board 8th February 2018

HEALTHY WEIGHT FOR BROMLEY: CHILDREN AND YOUNG PEOPLE UPDATE - DECEMBER 2017

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1. Summary

- 1.1 This paper provides an update on the current position on childhood obesity in Bromley and describes different programmes and initiatives addressing the problem.

2. THE BRIEFING

2.1 The National Childhood Measurement Programme

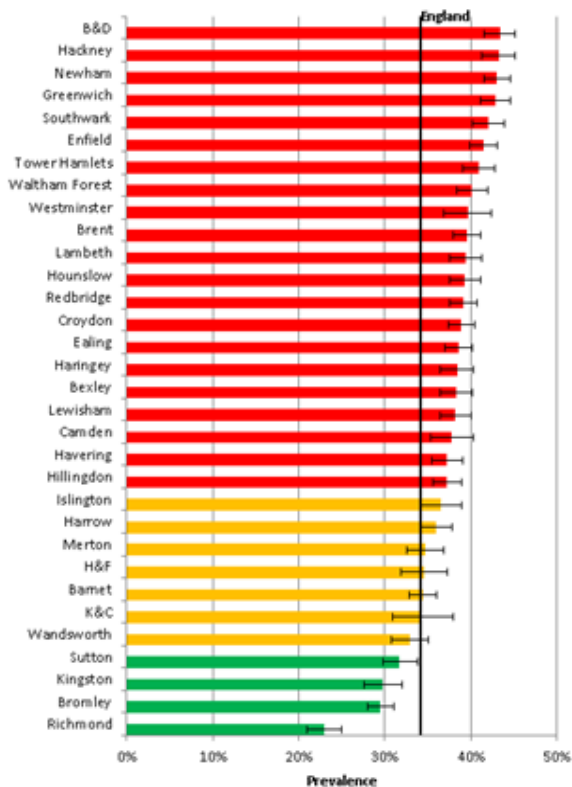
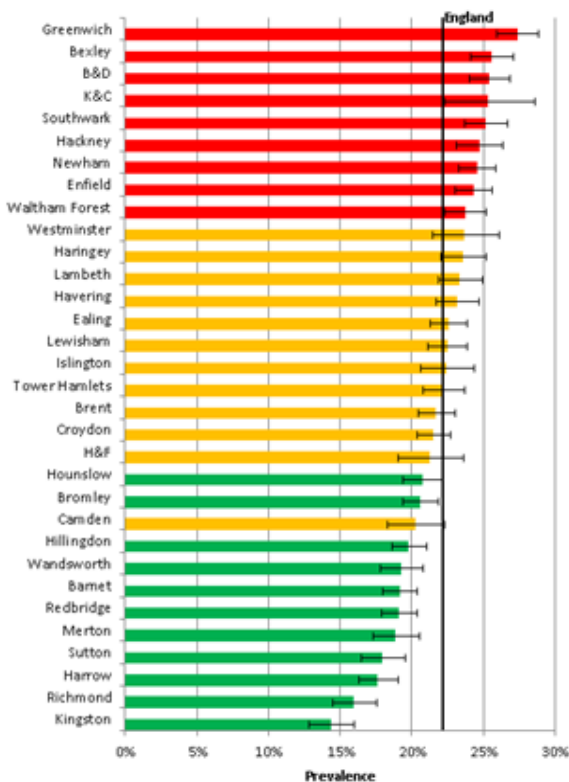
- 2.2 This is a national programme and it is mandated for Public Health. The programme has two key purposes: to understand obesity prevalence and trends at local and national levels and to provide parents with feedback on their child's weight status: to help them understand their child's health status, support and encourage behaviour change. The programme entails measuring the weight and height of children in Reception class (aged 4 to 5 years) and Year 6 (aged 10 to 11 years).

- 2.3 The rate of childhood obesity in Bromley is one of lowest rates in London however the percentage of children in Bromley schools who are obese doubles from their first year in primary to their final year in primary school. The data from the very latest survey shows that obesity has more than doubled for the cohort. When they were measured in Reception, 7.8% were obese, by the time they were re-measured in Year 6 17.4% of the cohort were obese. In 2016/17 over 20% of children in Reception and almost 31% in Year 6 were either overweight or obese. The prevalence of obesity is far more apparent in deprived wards in the borough. Household income data illustrates child obesity prevalence rises as household income falls, and is significantly higher in the lowest income group than in the highest. Vulnerable children in Bromley experience childhood obesity significantly more than the general population.

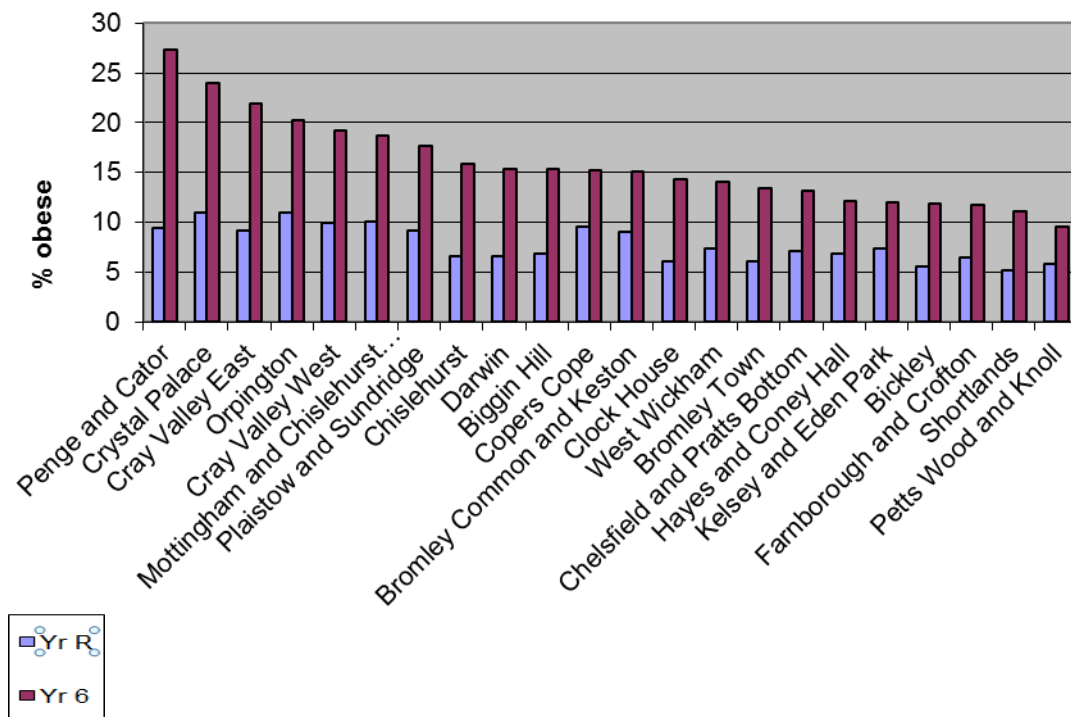
2.4 London NCMP data 2015/16

Excess weight in 4-5 year olds, 2015/16

Excess weight in 10-11 year olds, 2015/16



% Obese Children 2013/14-2015/16 by Ward



2.5 Currently, there are no commissioning intentions to fund specific weight management programmes for children and young people in Bromley. Families of children who have been identified as overweight or obese through NCMP, are signposting to on-line national weight

management resources <https://www.nhs.uk/change4life-beta/your-childs-weight> The Community Dietetic Service for Children, commissioned by Bromley CCG, does offer some limited support to families of children who are overweight and obese.

2.6 In Bromley we do not have an obesity strategy but there are several ways in which we promote a supportive environment to promote healthy living behaviours that prevent obesity. Below is a summary of some of the key initiatives that support healthy weight for Bromley children.

2.7 Breastfeeding

2.8 The benefits of breastfeeding are well documented. One important health benefit of breastfeeding is prevention of obesity. Approximately 74% of Bromley women initiate breastfeeding but prevalence at 6-8 weeks drops significantly to around 52% of infants being partially or fully breastfed. Further work could be done in Bromley to improve sustained breastfeeding. A recent report, 'Improving Infant Feeding In London' (2017), recommends that both professional-led and lay/ peer-led support are both effective at improving infant feeding practice.

2.9 Healthy Schools London

2.10 In Bromley 61 schools have achieved a Bronze award through Healthy Schools London (HSL). HSL is an awards programme that all London schools can choose to participate in to improve children and young people's health and well-being. Bromley has one of the highest participation rates in the programme of all London boroughs. The programme aims to improve children and young people's well-being by encouraging health promoting improvements at school level. Bromley school projects include, improved dining hall experiences, physical activity sessions that successfully engaged previously inactive children and healthier food options on breakfast club menus. Please follow the following link to see Bromley's engagement with the HSL programme in comparison to other London boroughs <http://www.healthyschools.london.gov.uk/> (click on 'map of healthy schools London')

2.11 Bromley School Games

2.12 Since 2012, the aim of Bromley's School Games Organisers is to harness the legacy of the Olympic and Paralympic Games and use the Bromley's School Games as a vehicle to inspire more young people to participate in competitive school sport across the borough. Participation of Bromley schools in the School Games is above average.

2.13 Bromley's Road Safety Unit

2.14 Active travel supports a whole system approach, recognising that opportunities for everyday physical activity for young people and families are key to tackling obesity. Adult and family cycle training ('Bikeability') is facilitated by Bromley's Road Safety Team. Support is offered to absolute beginners who have never ridden a bike before to people that need to build bike-handling skills appropriate to their level of experience. Cycle training is offered through the schools too, various modules are available based on children's skill level and their age.

2.15 Obesity prevention/treatment

2.16 There is no single or simple solution to the obesity epidemic. It's a complex problem and there has to be a multifaceted approach. It is undoubtedly a case of 'prevention is better than cure' as the evidence base for treating obesity is quite limited.

2.17 In 2016 Bromley participated in a London wide Childhood Obesity Thematic Review. This was co-ordinated by the Association of Directors of Public Health and London Councils. There were a number of recommendations made as a result of this work. A whole system approach was identified as being the best way forward for managing healthy weight in London with childhood obesity prevention at the centre of this approach.

2.18 Managing children’s healthy weight in Bromley – summary

Specific programmes	Healthy Schools School Games Active Travel
Steering Groups/networks/meetings	<p>Bromley Pro-Active Children and Young Peoples’ sub-group of Pro-Active Bromley School Games Organisers Steering Group Breastfeeding Strategy Group</p> <p>Regional Healthy Schools Network Obesity Leads Network</p>
Gaps	Breastfeeding peer support Weight management support programmes for families