

Appendix 1: Hackney Joint Health and Wellbeing Strategy 2015-2018 action plan update

Priority 1: Improving the health of children and young people, in particular tackling childhood obesity and working with pregnant mothers and children aged under five years old

March 2017

| Priority Action | Owner | Progress | Next steps |
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| <p>1.1 Develop a borough wide framework for reducing obesity and promoting healthy weight and healthy lifestyles including:</p> | | | |
| <p>Enhancing practitioner effectiveness:</p> <ul style="list-style-type: none"> i) to recognise children at risk of obesity early ii) providing training on how to help parents make lifestyle changes iii) encouraging practitioners to model healthy lifestyles | <p>Amy Wilkinson (Head of Service Public Health (CYP), LBH)</p> <p>Angela Scattergood (Head of Early Years, HLT, LBH)</p> | <p>Two healthy weight guidance documents have been produced and distributed widely to professionals who work with children, young people, and families. The ‘Healthy Weight, Healthy Lives for Children and Young People: Hackney Child Obesity Framework 0-5years’ (appendix 6) and the ‘Early Years Setting and Children’s Centre Healthy Weight Guidance 2016’ (appendix 7).</p> <p>A rolling training programme is delivered to Early Years professionals on healthy lifestyle topics (e.g. 20 childminders and 55 early year’s staff attended a training workshop on Healthy Eating in September 2016).</p> <p>HLT continue to work with Early Years settings to implement Eat Better Start Better guidelines. To date 97 EY settings have signed up and accessed training from a dietician and early years consultant to implement the guidelines</p> | <p>Healthy weight behaviour change training for professionals is being considered as part of the current review of Public Health child obesity commissioned services. The final service specification is scheduled for June 2017.</p> |

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| | | <p>(amounting to 84% of the total EYFS settings).</p> <p>Taking into account current involvement, this programme has the potential to affect the diets of approximately 4809 children (0-5 year olds) in Hackney.</p> <p>A local Eat Better Start Better website with useful templates and other resources has been developed.</p> | |
| <p>1.2 Incorporating and strengthening healthy lifestyles within existing services:</p> | | | |
| i) Implementation of a local education and health check at 27 months | Angela Scattergood | Integrated 27 month reviews between health and education have been implemented in the borough, and are embedded within the service specification of the 0-5s Early Years Health Visiting service. | Healthy weight is one of the high impact areas in the new 0-5s Early Years Health Visiting service, and there is a specific Health Visitor Lead for Healthy Weight. |
| ii) Implementation of a school-based nursing model | Amy Wilkinson | The new school-based health model is well established. A survey of schools views on the model and service delivery was conducted in December 2016, results are yet to be analysed. An updated 'Get Healthy Stay Healthy' leaflet (appendix 8) was produced in October 2016, this is sent with the NCMP feedback letter to parents of participating year 6 pupils. The leaflet lists healthy activities available to children, young people and families (e.g. One You community projects), and information on weight management and dietetic services for children who are overweight or obese. | |

1.3 Develop a comprehensive health improvement communications campaign

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| <p>Raise awareness of how to improve the health of children and young people across the borough.</p> | <p>Public Health, LBH Communications team, LBH Family Information Service, HLT, LBH</p> | <p>Hackney residents took part in the regional 'Great Weight Debate' which was promoted locally through various media channels, and supported by Cllr McShane.</p> <p>Public Health continue to attend estate fun days promoting Change4Life national family campaigns based on eating well and moving more. Public Health managed the delivery of the 'sugar swap' healthy lifestyle session to approximately 2000 year 6 children in partnership with TfL's Junior Citizenship programme at Hackney Museum.</p> <p>A number of primary schools resources have been produced to support schools in delivering healthy lifestyle lessons. These were adapted for local use from the national Change4Life materials.</p> <p>The Hackney Active Kids Guide was distributed to every primary school age child in the borough, and to community settings (GPs, children's centres etc.).</p> | <p>A more concerted campaign on walking located in Dalston around the A10 is planned through Hackney's Obesity Strategic Partnership (OSP). The campaign will encourage families to walk for ten minutes a day, alongside changes to the physical environment to improve the walkability around the A10 corridor. The campaign will start in March 2017.</p> |
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1.4 Assessment and subsequent roll out where successful of current pilot interventions, including:

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| <p>The Randal Cremer whole school intervention pilot, 'Health</p> | <p>David Toombs (Children's Health</p> | <p>13 schools have participated in Health Heroes projects since September 2012. A number of</p> | <p>An expansion of Health Heroes to develop the</p> |
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| <p>Heroes'</p> | <p>and Wellbeing Leader, LBH)</p> | <p>interventions have been piloted to see what works to increase physical activity levels, and improve access to and knowledge of healthy food in schools.</p> <p>In July 2016, the Health Heroes funding grant was launched and match funds projects up to the value of £10,000 (£5,000 from LBH, £5,000 from the school).</p> <p>The grant application has a menu of options for interventions that have been piloted and successful in previous years. School food catering and physical activity reviews are mandatory as these have proven to have the biggest impact and most sustainable outcomes once the projects have finished.</p> <p>Five schools were successful in their grant applications for the 2016/17 academic year, and are currently being project managed by the Public Health team.</p> | <p>support provided to schools to create healthy weight environments (especially around school food catering), is currently being considered as part of the child obesity services review being conducted by Public Health. The final service specification is scheduled for June 2017.</p> |
| <p>Play Streets</p> | <p>Nick Jackson (Play Development Manager, LBH)</p> | <p>There have been 50 Play Streets since the start of the project four years ago; 38 are currently active.</p> <p>A new 'How To' leaflet is being developed to support residents to setup Play Streets.</p> <p>The Hackney Play Street model was presented at the 'Child in the City' annual conference in Belgium in November 2016.</p> | <p>Options are being considered on how to support establishing Play Streets in housing estates, where it may be most needed, but where there may not be the required volunteer infrastructure.</p> |

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| <p>HENRY (Health, Exercise, Nutrition for the Really Young)</p> | <p>Susie Longford (Clinical Service Manager, LEAP, Homerton University Hospital NHS Foundation Trust)</p> | <p>HENRY groups continue to run at various children's centres across the borough (12 per year).</p> <p>A training programme of HENRY facilitators continues (11 new facilitators were trained in the most recent quarter).</p> <p>A HENRY group took place at Lubavitch Centre for the <i>Charedi</i> Orthodox Jewish communities. This was a specific tailored session led by a trained HENRY facilitator from the community. The first HENRY group session in a school took place at Randal Cremer Primary School.</p> | <p>A HENRY group session with Speech and Language Therapists is planned, alongside the regular HENRY programme and additional community specific sessions (e.g. to the Orthodox Jewish and Turkish/Kurdish communities).</p> |
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