

Report to Hackney Health and Wellbeing Board

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| Item No: | NA | Date: | 08 March 2017 |
| Subject: | Report update on 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 | | |
| Report From: | Nadia Sica and Kate Heneghan Public Health, London Borough of Hackney | | |
| Summary: | <ul style="list-style-type: none"> • This progress report provides an update and action plan for Strategic priority 1 in Hackney's Joint Health and Wellbeing (HWB) Strategy: Improving the health of children and young people, in particular tackling childhood obesity and working with pregnant mothers and children under five years old • Hackney and the City have the 4th highest obesity rate in reception children and the 5th highest obesity rate in year 6 children in London. Based on NCMP 2015/16 data alone, this is an improvement from the highest rate in 2013/14 • A new Obesity Strategic Partnership (OSP) was formed 2016. The OSP sets the strategic direction for tackling obesity in Hackney. It supports a whole system approach to address the complex and wide-ranging drivers of obesity, promoting a shared understanding of the 'problem' and how to address it • Public Health are currently reviewing local childhood obesity and physical activity services and pathways. The review will inform the development of future services and commissioning intentions, with new services due to go live in April 2018 • The new 0-5 Health Visiting Service has been designed, re-commissioned and awarded to Homerton University Hospital Foundation Trust (HUFT). The new service went live on 01 July 2016 • Following on from the Welcome Hackney Babies pilot in summer 2015, the Hackney Baby Box initiative will be implemented in summer/autumn 2017 in partnership with the Baby Box Co. | | |
| Recommendations | Members of the Board are requested to: | | |

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| | <ul style="list-style-type: none"> • note the content of the attached briefing and agree or amend the future priorities in this paper regarding the focus on 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 • consider and discuss how their representative organisations can continue to support local action on improving the health of children and young people (e.g. through healthy eating provision) |
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1. Background and Context: Childhood obesity rates in Hackney (and the City of London)

1.1 The National Child Measurement Programme (NCMP) is one of the council's statutory Public Health deliverables, and measures children's height and weight in all maintained schools at reception year (age 4-5) and year 6 (age 10-11). It has been running since 2007/08, and is delivered by local authority commissioned school nurses (Homerton University Hospital Foundation Trust). Data for City and Hackney is combined.

1.2 In the 2015/16 National Child Measurement Programme (NCMP), 12.1% of reception year children were recorded as overweight and 12.5% of reception children were recorded as obese in City and Hackney. This places City and Hackney as the fourth highest area in London for obesity in reception year, and fifth highest for overweight and obese combined. The overall rates of overweight and obese reception age children in 2015/16 are not significantly different to previous years and remain stable.

1.3 In the same year, 15.5% of year 6 children were recorded as overweight, and 27% were recorded as obese. This places City and Hackney as the 5th highest area in London for obesity in year 6, and 5th highest for overweight and obesity combined. The distribution across weight categories in year 6 has remained largely stable since 2007/08, with some year-on-year variation (see Table 1 below).

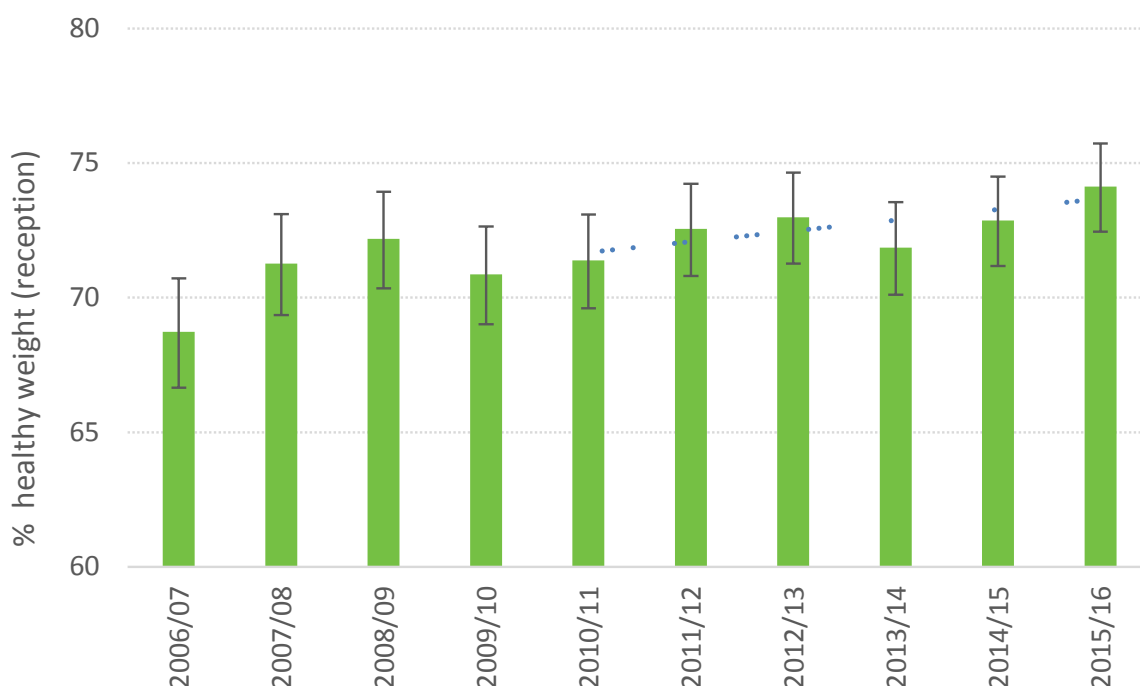
1.4 Table 1: Distribution of children's weight (Year R and Year 6), Hackney and the City 2007/08 to 2015/16

| | Year R | | | | Year 6 | | | |
|----------------|-------------|----------------|-------------|-------|-------------|----------------|-------------|-------|
| | Underweight | Healthy weight | Over-weight | Obese | Underweight | Healthy weight | Over-weight | Obese |
| 2007/08 | 1.2% | 70.3% | 14.4% | 14.0% | 1.7% | 59.6% | 15.1% | 23.6% |
| 2008/09 | 1.3% | 71.8% | 13.6% | 13.3% | 1.4% | 59.0% | 15.6% | 24.0% |
| 2009/10 | 1.7% | 71.2% | 12.7% | 14.4% | 1.3% | 58.3% | 14.9% | 25.5% |
| 2010/11 | 0.9% | 71.1% | 13.5% | 14.6% | 1.7% | 57.3% | 15.9% | 25.0% |
| 2011/12 | 1.1% | 71.6% | 13.9% | 13.4% | 1.6% | 55.6% | 15.6% | 27.1% |
| 2012/13 | 0.9% | 72.8% | 13.1% | 13.2% | 1.4% | 57.4% | 16.0% | 25.2% |
| 2013/14 | 1.3% | 71.5% | 12.8% | 14.4% | 1.5% | 58.2% | 14.3% | 26.1% |
| 2014/15 | 1.5% | 72.6% | 14.0% | 12.0% | 1.4% | 57.5% | 15.5% | 25.6% |
| 2015/16 | 1.3% | 74.1% | 12.1% | 12.5% | 1.0% | 56.5% | 15.5% | 27.0% |

Source: NCMP 2007/08 – 2015/16

1.5 The 2015/16 NCMP data show the highest percentage of reception year children in Hackney and the City recorded as having a healthy weight since the inception of the programme (see Figure 1 below). This is statistically significant when compared with 2006/7 (but similar to subsequent years), and in line both with national trends and when compared to Hackney's 'statistical neighbours' (i.e. areas with similar population demographics).

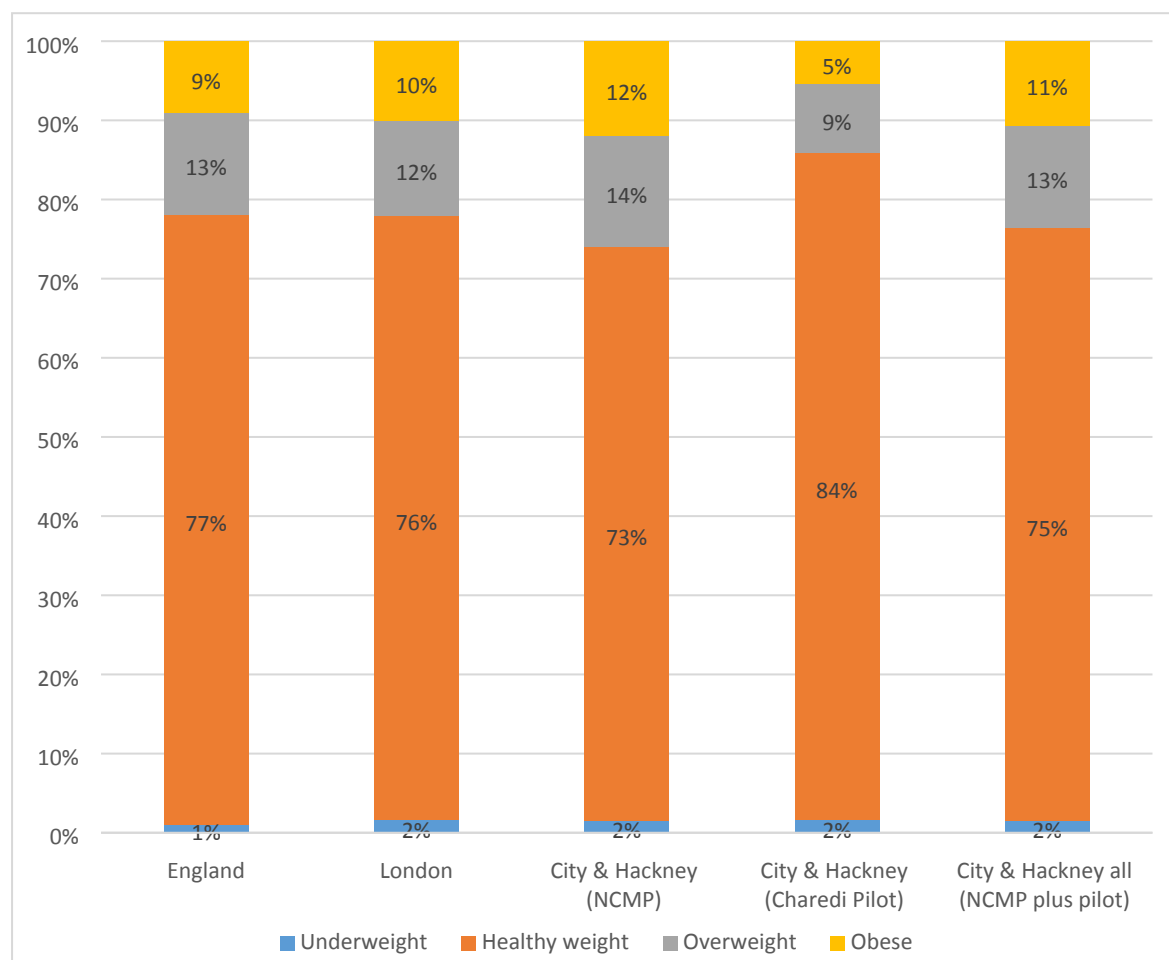
1.6 Figure 1: percentage of reception age children recorded as having a healthy weight in Hackney and the City over time



Source: NCMP 2007/08 – 2015/16

1.7 The NCMP only covers children attending state maintained schools and, therefore, misses a significant proportion of our child population (22% of children attend non-state maintained schools in Hackney, with a high concentration in the Orthodox Jewish community). Therefore, in 2014/15 we measured Hackney children in the Orthodox Jewish population through a new integrated health check at reception (also incorporating/ hearing and vision screening), in order to better ascertain actual local levels of/ childhood obesity. Including this group for 2014/15 reduces obesity prevalence in reception year to 13%. This would have ranked as the 27th highest nationally in 2014/15, but still statistically significantly higher than the national average (see 1.8). In 2016/17 the measurement programme of children in the Orthodox Jewish population has been extended to include year 6 children, who are also offered a dental health education session.

1.8 Figure 2: NCMP 2014/15 comparison - national, regional, Hackney and the City, plus Charedi pilot



1.9 Public Health have undertaken two health needs assessments for children and young people living in Hackney and the City of London in 2015-16, the first for 0-5 year olds, and the second for 5-19 year olds. The key findings from both needs assessments have been highlighted in the children and young people's chapter of the JSNA in 2016.

2. Integrated Local Obesity Delivery 2.1 Tackling childhood obesity remains one of the key priorities in the Board's Joint Health and Wellbeing strategy. Get Hackney Healthy is the local programme that coordinates the work, and aims to improve child and family health outcome, specifically aimed at reducing obesity in under 5's and their families. An update on the Get Hackney Healthy programme can be found in Appendix 1 of this report.

2.2 A new Obesity Strategic Partnership (OSP) was formed in February 2016, chaired by the Chief Executive of the London Borough of Hackney. The OSP sets the strategic

direction for tackling obesity in Hackney. It supports a whole system approach to address the complex and wide-ranging drivers of obesity, promoting a shared understanding of the 'problem' and how to address it. It is cross cutting partnership with representatives from transport, planning, communications, housing, public realm, parks and leisure, children and adult social care, public health, schools, and the CCG. The Terms of Reference for the OSP can be found in Appendix 2 of this report.

2.3 The Partnership agreed on the following five key deliverables for 2016/17:

- a borough-wide campaign to increase walking
- implementation of the Daily Mile in Hackney primary schools
- piloting of a community-designed affordable recipe pack in Haggerston
- roll-out of the Healthier Catering Commitment scheme across the borough (to improve the food offer in hot food takeaways) and piloting of a 'healthy retail' model to encourage healthier purchases in local convenience stores
- improve the identification of overweight/obese social care clients and access to appropriate weight management advice and support.

Appendix 3 provides more detail on progress and next steps for each of these priority actions.

This work is new, but complements and dovetails with the actions outlined in priority one of Hackney's Joint Health and Wellbeing strategy, and the recommendations from the 2012/13 scrutiny review of child obesity.

2.4 London Councils, in partnership with Sustain, have launched the Local Government Declaration on Sugar Reduction and Healthier Food. The Declaration supports councils to publicly commit to reduce sugar and promote healthier food. The OSP will discuss whether Hackney Council will commit to signing the declaration in April 2017.

3. Children and Young People's Healthy Weight and Physical Activity Services

3.1 In December 2015 Hackney Council's Public Health team coordinated a cross council Child Obesity Self-Assessment review as part of the Association of Directors of Public Health (ADPH) London Sector Led Improvement work programme. The review fed into a series of peer-review workshops with neighbouring local authorities, to share best practice and highlight areas for improvement in tackling childhood obesity (appendix 4).

3.2 Following on from a review in 2014, Public Health are currently reviewing local childhood obesity and physical activity pathways. The review is evaluating services against national and international guidance, identifying best practice and evidence for targeted programmes, engaging local residents and stakeholders, and utilising the findings and recommendations from the 2015 review and ADPH self-assessment. Discussions have started to take place with the CCG about the potential to jointly commission some services in future, in line with the integrated commissioning/devolution plans.

3.3 The Great Weight Debate (GWD), which is overseen by the London Prevention Board, is a conversation aiming to fully engage and involve Londoners in the future

health of their children. The GWD aims to galvanise wider social action and steer the strategic direction to tackle childhood obesity. An online GWD survey was published and promoted in autumn 2016 and data from Hackney resident responses will be included in the review of local childhood obesity services.

4. 0-5 Health Visiting Service

4.1 The new 0-5 Health Visiting Service has been designed, re-commissioned and awarded to Homerton University Hospital Foundation Trust (HUHFT) following transfer of responsibility to Public Health from NHS England in October 2015. The service went live on 01 July 2016 and has been bedding in well, with key milestones around service transformation and implementation of additional health checks in place. The new service is being overseen by a newly formed 0-5's Health Oversight Group.

4.2 Within the new service Health Visitors work from Children's Centres across the borough and there is a named Health Visitor for each GP practice, allowing for increased opportunities for better integrated working. Health Visitors are also utilising mobile working through the use of laptops and tablets, which is particularly beneficial in accessing the RIO database in home visits and also creates time efficiencies through writing and saving electronic notes out of the office.

4.3 There are five mandated assessments that all families receive under the universal level of service which are listed below. The assessments are designed to regularly review family health and wellbeing, identify early signs of developmental and health needs and to tailor support or intervention to meet the needs of individual families.

- Antenatal
- New baby
- 6 – 8 weeks
- 9 – 12 months
- 2 – 2 ½ years

4.4 Two additional assessments are offered in the home to vulnerable families with a focus on maternal mental health, maintaining infant health, promoting development and keeping safe. The targeted families include first time parents and families identified as having needs at the Universal Plus/ Partnership Plus levels. Assessments are offered at the following points:

- 1 month
- 3 - 4 months

4.5 There are six High Impact Health Visitors (HIHV) who lead on the local high impact areas including maternal and infant mental health, healthy weight, transition to parenthood, substance misuse, children with disabilities and breastfeeding. The HIHV have started to work to develop the pathways across the Health Visiting service in these key areas. Another new role is the lead nurse for quality and development who is focused on improving the professional development of the team and the quality of the service delivered.

5. Future work to improve the health of pregnant women and children in Hackney

5.1 Following on from the Welcome Hackney Babies pilot in summer 2015, the Hackney Baby Box initiative will be implemented in summer/autumn 2017 in partnership with the Baby Box Co. The Hackney Baby Box initiative will provide expectant and new Hackney parents with the opportunity to complete an online education course delivered by local experts on key health priorities. Families will then be offered a free Baby Box that the baby can sleep in. The Baby Box will include a firm mattress, waterproof cover, 100% cotton sheet, nappies, wipes, onesie and breast pads.

5.2 A task and finish group with key stakeholders has been established to oversee the Baby Box initiative implementation, members include public health, CCG, midwifery, health visiting and Hackney Learning Trust.

| Area of work | Future Priorities |
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| Integrated Local Obesity Delivery | <p>The next OSP meeting will take the format of an interactive workshop, which will aim to:</p> <ul style="list-style-type: none"> • review the achievements of the OSP over the first 12 months and what we have learned so far • review the membership and terms of reference of the OSP, and consider how we can involve wider stakeholders (including service providers, residents, businesses and members) to activate whole systems change • discuss the Local Government Declaration on Sugar Reduction and Healthier Food initiative and decide whether Hackney Council will commit to signing the declaration (appendix 5). • agree future priorities for the OSP, potentially: <ul style="list-style-type: none"> ○ Applying behaviour change principles to tackling obesity across Universal and targeted services ○ Enhancing green infrastructure and adopting a Healthy Streets approach to our public realm • Longer term, the OSP will coordinate the update of the current Healthy Weight Strategy, Achieving a healthy weight for all in Hackney and the City which expires in 2018 |
| Children and Young People's Healthy Weight and Physical Activity Services | <ul style="list-style-type: none"> • Complete the childhood obesity and physical activity review to inform the redesign of future services, including the Get Hackney Healthy work programme. • Commission new childhood obesity and physical activity services, to go live in April 2018 |
| 0-5 Health Visiting Service | <ul style="list-style-type: none"> • Continue to work with the Health Visiting service to develop pathways and appropriate support in the high impact areas of the service • Ensure the five mandated health assessments are offered to all families in Hackney and the City in a timely |

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| | manner |
| Future work to improve the health of pregnant women and children in Hackney | <ul style="list-style-type: none"> • Implement the Hackney Baby Box initiative with an appropriate and sustainable local pathway, developed in partnership with key stakeholders • Oversight of the Hackney Baby Box initiative will be taken on by the 0-5 Health Oversight Group, to ensure the programme is embedded and promoted by relevant local services. |

6. Priorities for 2017/18 and beyond