

North Lincolnshire Get Going Programme -

Using an innovative approach to tackle childhood obesity

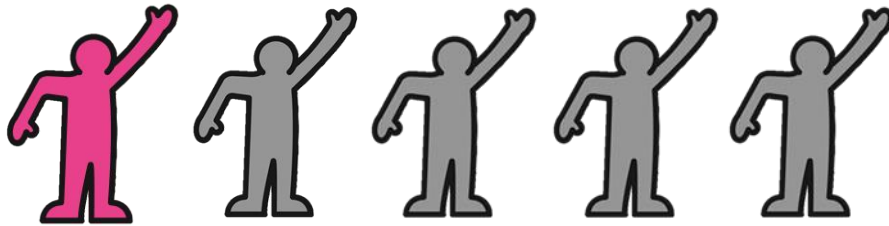
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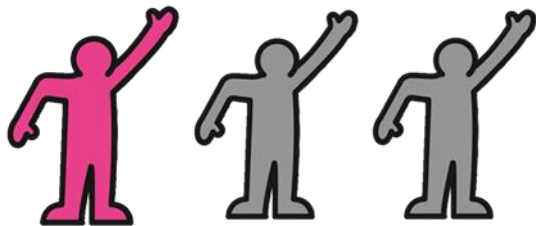


National NCMP figures - 2015/16

- ▶ In England, 1,169,941 children were measured through the NCMP Programme (625,326 in Reception and 544,615 in Year 6)
- ▶ In Reception, 22.1% of children were measured as being overweight or obese
- ▶ 1 in 5 children



- ▶ In Year 6, 34.2% of children were measured as being overweight or obese
- ▶ 1 in 3 children



2015/16 North Lincolnshire NCMP

- ▶ In 2015/2016, as part of the NCMP, **3,707** children were measured
- ▶ **1,090** were measured as being either overweight or obese (**22.1%** of Reception children and **37.2%** of Year 6 children)
- ▶ Excess weight in children above the Yorkshire & Humber and National averages



Get Going - Background

- ▶ The North Lincolnshire School Sport Network - Child Weight Management Proposal submitted
- ▶ Started in March 2013 and was originally commissioned for a one year pilot
- ▶ One of the aims of the programme was to remove the common barriers to participation and success
- ▶ Past experiences of working with young people and families had highlighted the need for personalised programmes



How the programme works

- ▶ YP above a healthy weight (>91st centile) aged between 4-16 years old
- ▶ Personalised to each young person and family
- ▶ Family centric
- ▶ Social elements
- ▶ Integrated and joined up
- ▶ Post programme support



Impact - Key Highlights

- ▶ Over 450 YP have accessed the 1 to 1 programme
- ▶ 97% of YP reduced or stayed at the same percentile
- ▶ Almost 3 in 4 YP reduced child body mass index centile (73%)
- ▶ 93% Retention
- ▶ YP have increased physical activity on average by 4 hours per week
- ▶ 100% of parents would recommend the programme to other family members and friends



Programme Strengths

- ▶ Flexible, tailored and personalised
- ▶ Recruitment, selection and training of the team
- ▶ Multi-agency work
- ▶ Robust evaluation
- ▶ Relationships with schools
- ▶ Persistence!



Challenges

- ▶ Capacity - 4 PAHC's
- ▶ Complex cases - CIN, CP, wider determinants
- ▶ Disguised compliance - Reliance on families to be honest
- ▶ Data collection (Parents) - Initial measurements misreported
- ▶ Inappropriate referrals - Emotional well-being
- ▶ Partner confidence in discussing a Child's weight

Obesity Chat Training

- ▶ 3 hour training course to support discussions around excess weight
- ▶ Delivered to 108 delegates since March 2015
- ▶ School Nurses, Health Visitors, Head Teachers, Pastoral Teams, Sexual Health Nurses, School Staff

Additional Programmes

► Dads and Lads



Families Get Going



Additional Programmes

► Girls Running Club & 12-16 Girls Club



Get Going Awards Evening



Universal programmes

- ▶ Skip4Life
- ▶ It's Catching
- ▶ A Healthy ME



- ▶ Sportsforce
- ▶ Get Going to School
- ▶ Phizzy Fun Clubs

The table is titled 'A HEALTHY ME' and is part of a poster from North Lincolnshire Council. It provides nutritional information for a portion of a meal. The table is divided into two columns: 'Per 100g' and 'Per portion'. The 'Per portion' column is further divided into 'Per 100g' and 'Per portion' sub-columns. The table includes data for Energy, Fat, of which Saturates, Carbohydrate, of which Sugars, Protein, and Salt.

Typical Values	Per 100g	Per portion
Energy	697kJ/165kcal	877kJ/208kcal
Fat	3.5g	3.5g
of which Saturates	0.5g	0.5g
Carbohydrate	30.7g	38.4g
of which Sugars	0.2g	0.2g
Protein	1.7g	4.4g
Salt	0.20g	0.20g

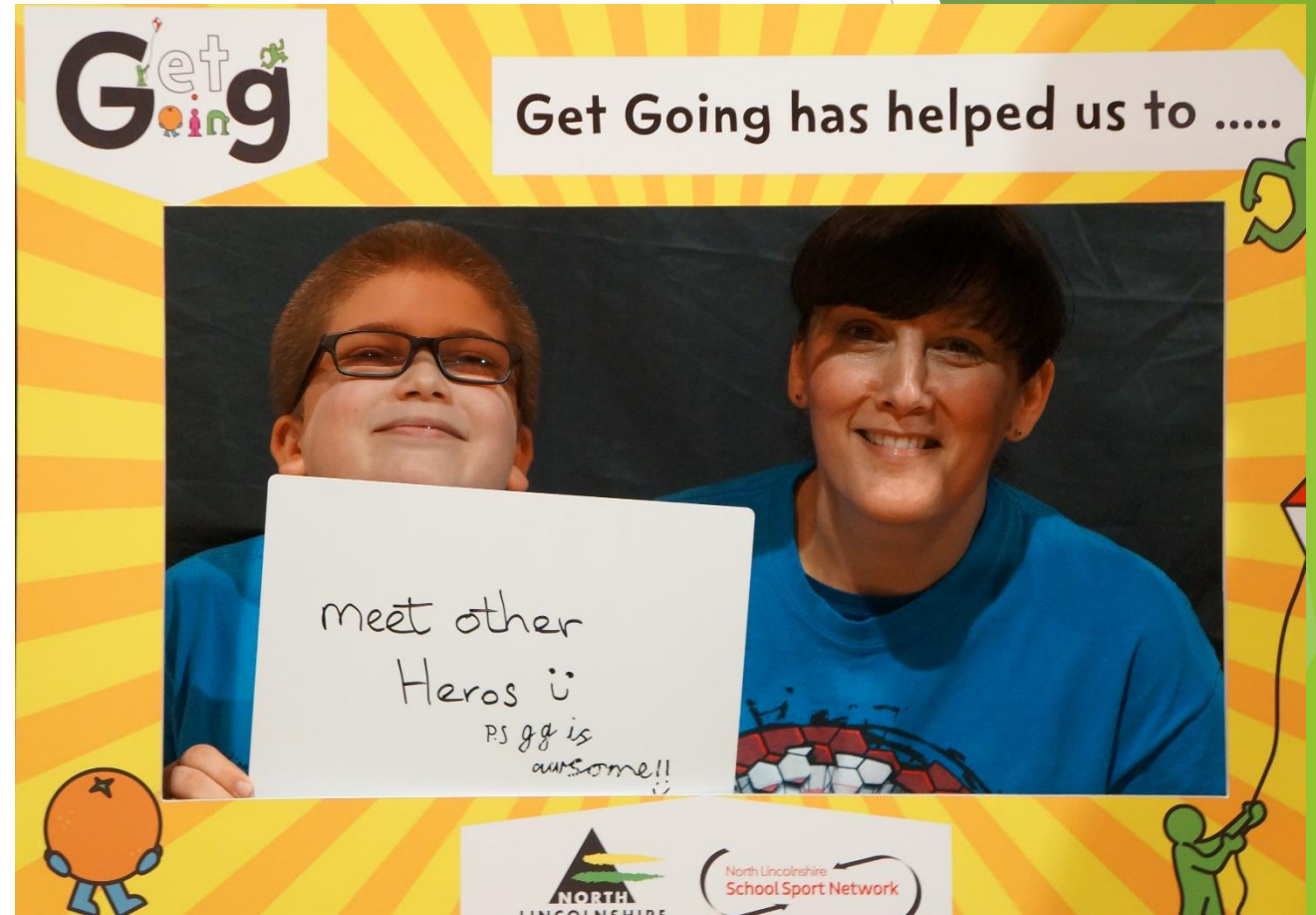


Rosie - 12-16 programme



What's next?

- ▶ Re-commissioned for 3 years (until 2020)
- ▶ Continue to strengthen relationships
- ▶ Healthy School Programme
- ▶ Emotional Well-being
- ▶ CPD opportunities - wider workforce





Thank you
Any questions?