

Day 3: Obesity Prevention and Treatment Have we got it right?

Kath Sharman

Director SHINE Health Academy

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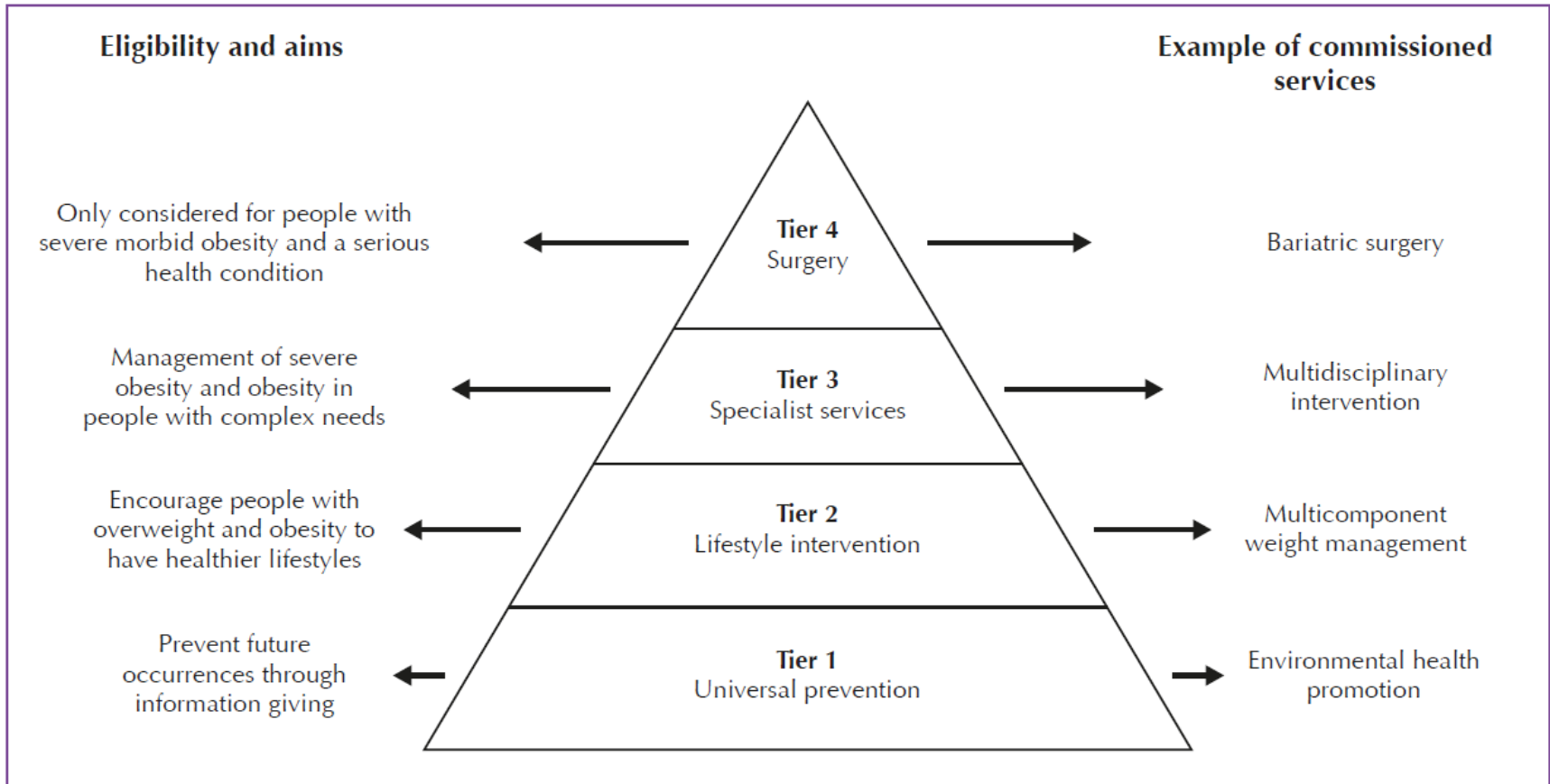
Obesity Care Week



The aim of the presentation is to:

- Outline a tiered approach to weight management
- Review the impact of obesity plans and NICE guidelines
- Demonstrate complexity of need
- Present the SHINE model as way forward

The Obesity Care Pathway



Department of Health (2013)

- CG43 Obesity prevention (2015)
- PH47 Weight management: lifestyle services for overweight or obese children and young people (2013)
- PH46 BMI: preventing ill health and premature death in black, Asian and other minority ethnic groups (2013)
- CG189 Obesity: identification, assessment and management (2014)
- NG7 Preventing excess weight gain (2015)
- PH27 Weight Management before, during and after pregnancy (2010)
- PH42 Obesity: working with local communities (2017)
- PH53 Weight management: lifestyle services for overweight or obese adults (2014)

Many other documents

- Fitter Future for All – 2012
- Outcomes Framework 2019 - 2022
- Fitter Future for All – 2019

For children and young people

- Childhood Obesity: A plan for action Chapter 1 (2016)
- Childhood Obesity: A plan for action Chapter 2 (2018)
- The Prevention Green Paper (Chapter 3 of the Obesity Plan hidden on page 28)! Many missed it. (2019)

Key Points

- Clear labelling – calorie labelling mandatory
- End sale of energy drinks to under 16s
- 9pm ban on high sugar, fat, salt adverts
- Reformulation of products – recommendation
- Sugary drinks levy extended to milky drinks and products
- Reduction in salt by 2023
- No BOGOF sales for high calorie foods
- Calories displayed in restaurants / menus
- Banning sweets from counters

Are these plans working?

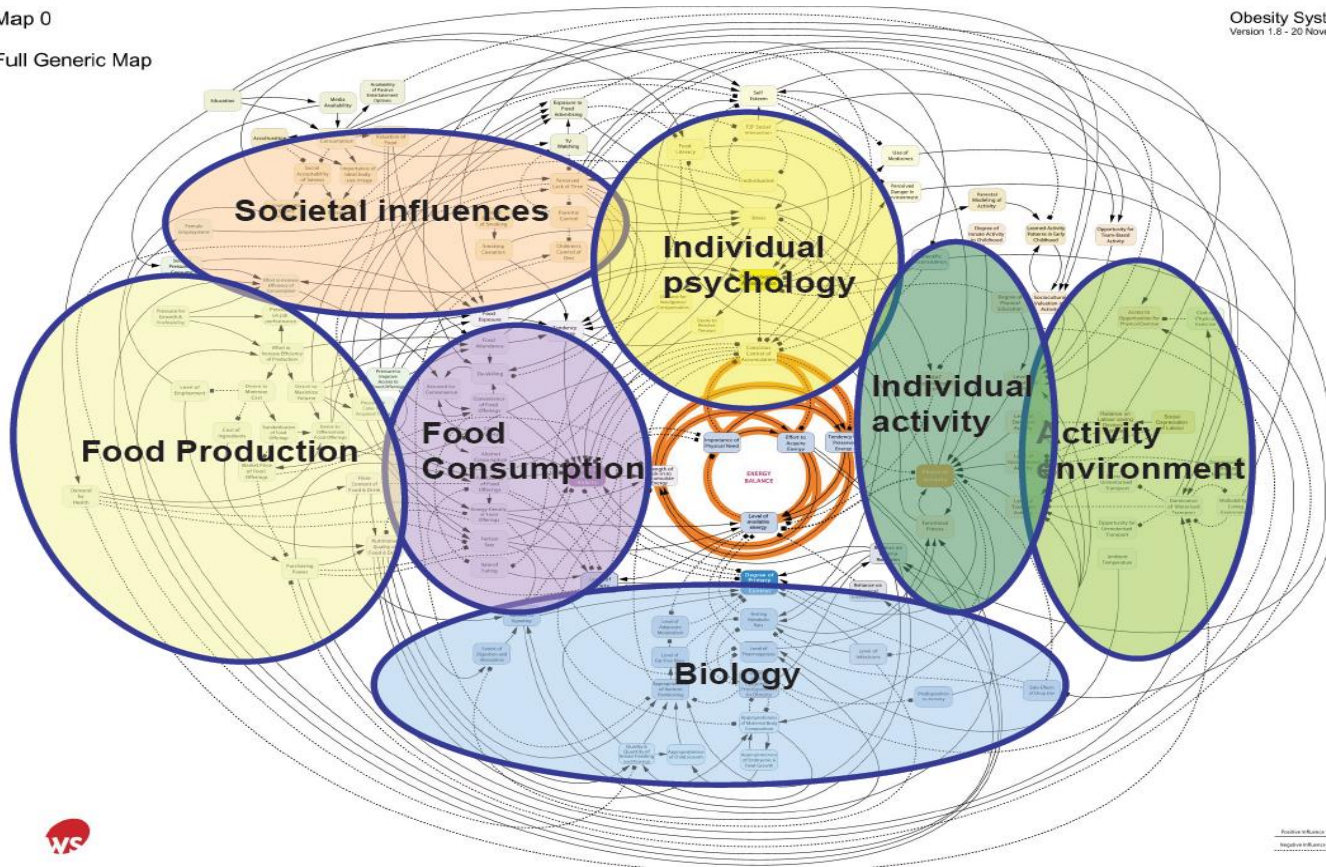
- **NO** there is little evidence of any significant changes – obesity levels in children increasing (more to follow on Friday)
- All plans presently focus on individual action
- No recognition of psychosocial links
- Very little on care and treatment (preventative)
- No guidelines for interventions
- Lack of appropriate funding
- Little understanding of complexities and impact on 'systems' and lifestyle environments that surround us

Complex Systems require variations in treatment interventions

Map 0

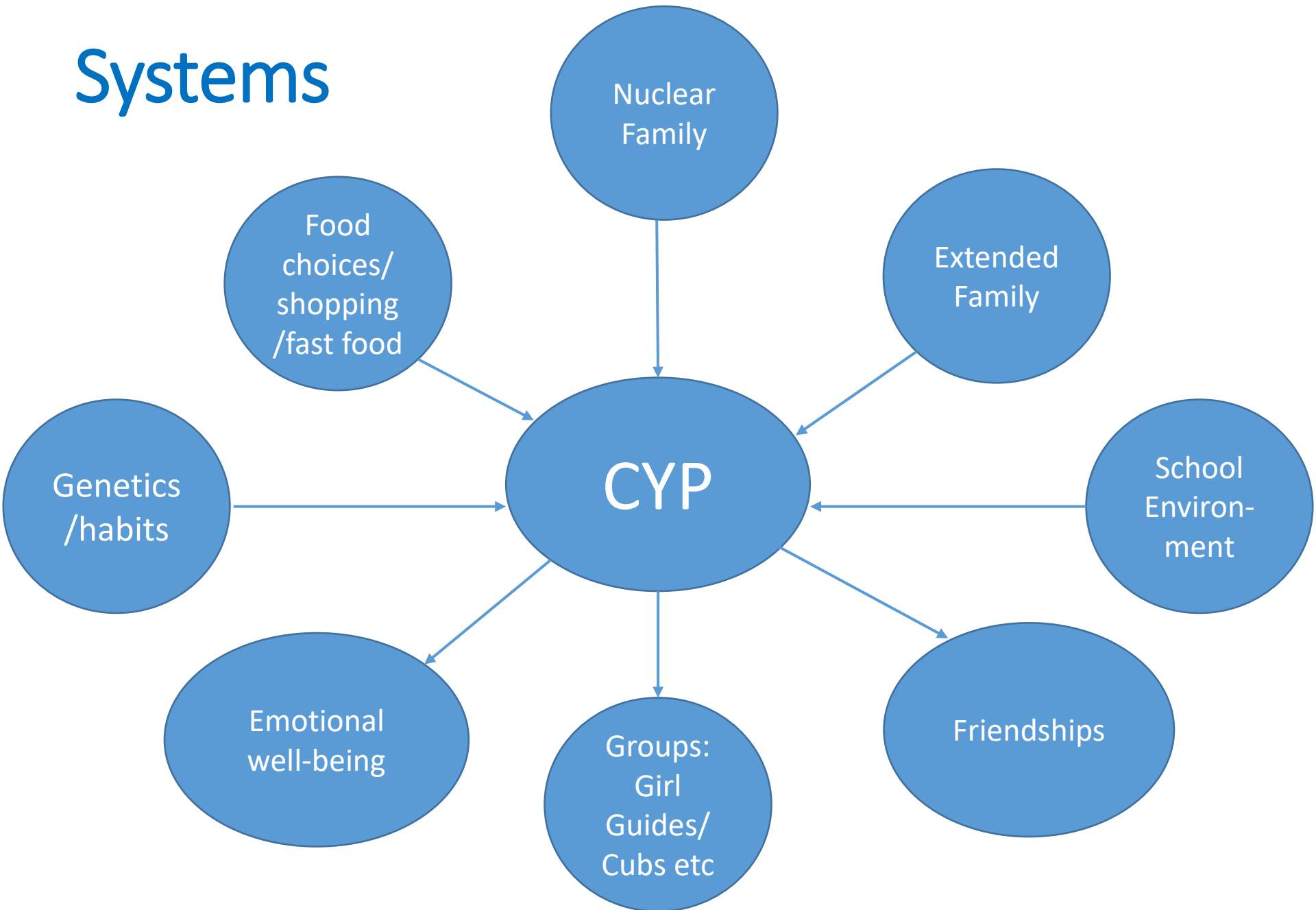
Full Generic Map

Obesity System Map
Version 1.6 - 20 November 2006



Butland *et al.* (2007)

Systems



Care and treatment for those living with obesity needs to be multi-dimensional and based on individual needs

Psychosocial Interventions (PSI) for Treatment of Severe Obesity

**SHINE (Self Help, Independence,
Nutrition and Exercise)**

PSIs: what are they and why use them?

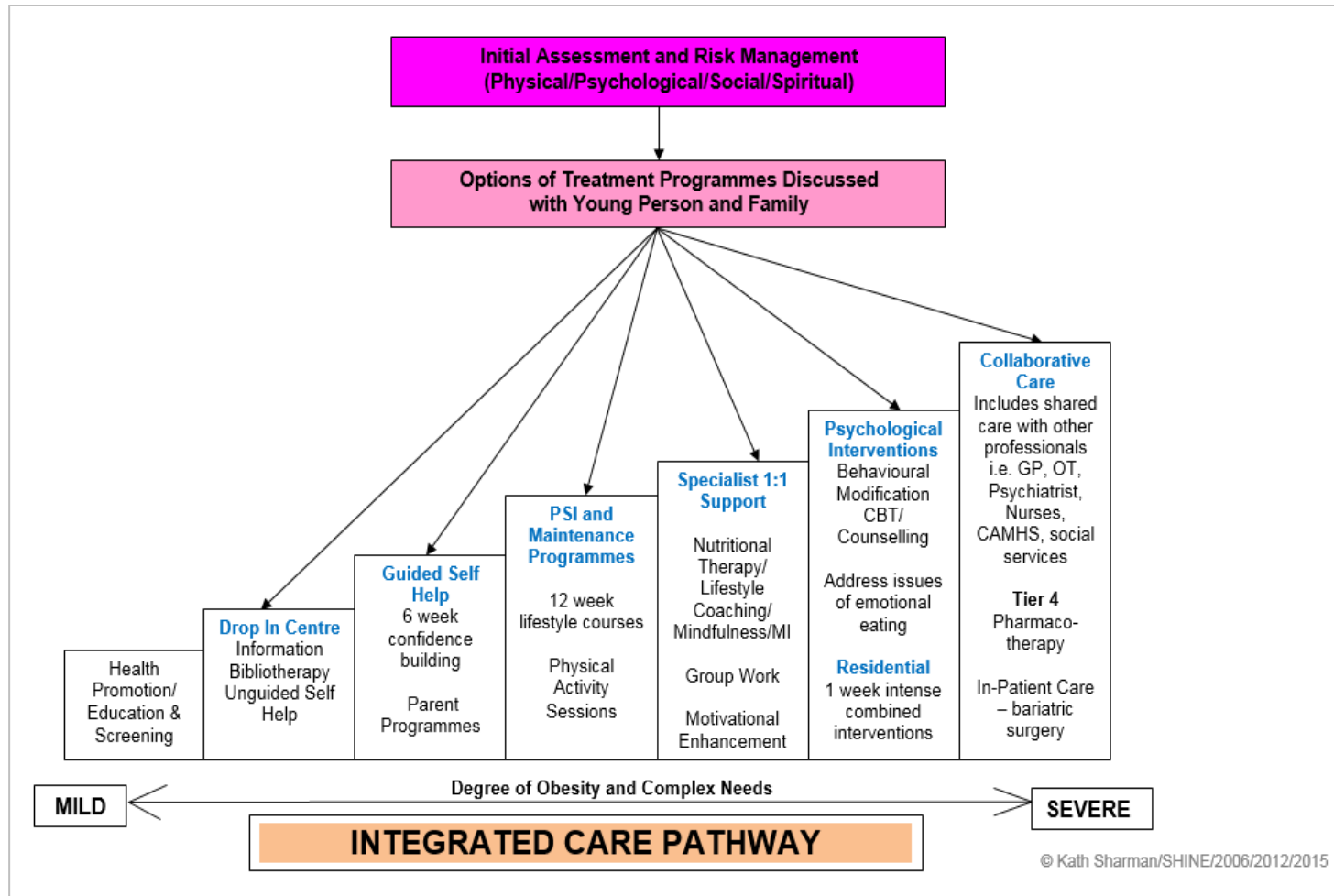
- PSIs involve a set of **non-pharmacological** treatments which intend to address the **physical, psychological, social and sometimes spiritual needs** of the person, which provides a **holistic care pathway** - Ryan (1999)
- Often used for treatment of long term conditions:
 - MS
 - Dementia
 - Cancer
 - Mental health
 - AIDS
- Not previously used in obesity management – 3 phases



Using the PSI approach

- **Phase 1 (Acute Stage)** – An **in depth, one-to-one assessment** with the CYP and family – enables signposting
- 1.5hrs family based holistic assessments
- Anthropometric assessment: height, waist, BMI, waist circumference, body fat %, blood pressure, peak flow, blood screening if appropriate (GP, SCH)
- Psychological: HAD, Emotional Eating Score, CORE
- Social: Family, school, friendships, SES, Lifestyle QR
- Defines evaluations and reviews – needs analysis and signposting

Stepped Care Approach



Sharman & Nobles (2016) SHINE: A Stepped Care Approach to the Management of Severe Obesity in Young People

Stage 2 (Stabilisation)

- Prevention of deterioration of the condition
- Self care principles based on education – obesity is a life long condition – management of relapse which will inevitably occur (mainly in crisis)
- Integrated care pathway using a stepped care approach **intensive 12 week programme** (inc. lots of PA opportunities)



Phase Two – 95% uptake

- Invest **equal** time between:
 - Traditional weight management advice
 - Dietary improvement
 - Methods of increasing PA/reducing sedentary time
 - Family behaviour change

AND

- Psychosocial factors
 - Stress management
 - Social relationships (inc. bullying)
 - Self-esteem etc...



Maintenance

- **Phase 3** – An **extensive maintenance programme** (one year of additional support)
- Maintenance – 12 week modules offered during school term time
 - ✓ Leisure and Physical Activity
 - ✓ Social relationships
 - ✓ Emotional Resilience and Mindfulness
 - ✓ Maintaining Health Lifestyles
 - ✓ Drop In Clinic
 - ✓ 6 weekly reviews

Phase Three - Maintenance

- Maintenance programmes are considered essential for long term management of severe obesity
- Variety of intervention are requires (see stepped care pathway)
- Obesity is a chronic relapsing condition

Eat Less and Exercise More



**If only it were this easy
We wouldn't be facing the epidemic we are today**

Contacts

Thank You for joining us today;

Tomorrow's session at 1pm is:

- ❖ Access to Care
- Kath Sharman Managing Director SHINE Health Academy
- Mobile: 07837858801
- Email: kath@shinehealthacademy.org.uk
- www.shinehealthacademy.org.uk
- Twitter: #shinehealthacad

