

Day 6: Childhood Obesity

Have we got it right?

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Director SHINE Health Academy

5th March 2021

Obesity Care Week



Acknowledgements

Consent has been given to include the photos and DVD used within this presentation.

We remain indebted to the young people we serve, who tackle their weight loss journey with such bravery and courage....

And a **BIG** thank you to our team who give endlessly of their time



The aim of the presentation is to:

- Summarise findings from recent National Child Measuring Programme (NCMP)
- Identify limitations
- Explore reasons why present obesity strategy is not working
- Outline a PSI Approach
- Listen to the voice of young people



National Child Measurement
Programme

Data sources – 75% COVID



- **Health Survey for England (HSE)**
- <https://digital.nhs.uk/data-and-information/areas-of-interest/public-health/health-survey-for-england-health-social-care-and-lifestyles>
- The HSE is a random cross-sectional survey which samples a representative proportion of the population to monitor trends in the nation's health and care. It provides information about adults aged 16 and over, and children aged 0 to 15, living in private households in England. The survey consists of an interview, followed by a visit from a nurse.
- **National Child Measurement Programme (NCMP)**
- <https://digital.nhs.uk/services/national-child-measurement-programme/>
- The NCMP is an annual programme that measures the height and weight of children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) in England. Although the NCMP only covers certain age groups, in a typical measurement year it includes the majority of children in those year groups.

Limitations NCMP

- Based on BMI measures, indicative not diagnostic
- Affects of weighing children
- Information reported to families by letter
- Post code lottery in relation to service provision – signposting
- Schools are not given feedback – lost opportunity
- Measures stop at Y6 – no further measures until adulthood
- Commend now reporting identification of ‘severe obesity’ but limited services nationally for Tier 3 referrals (9%)

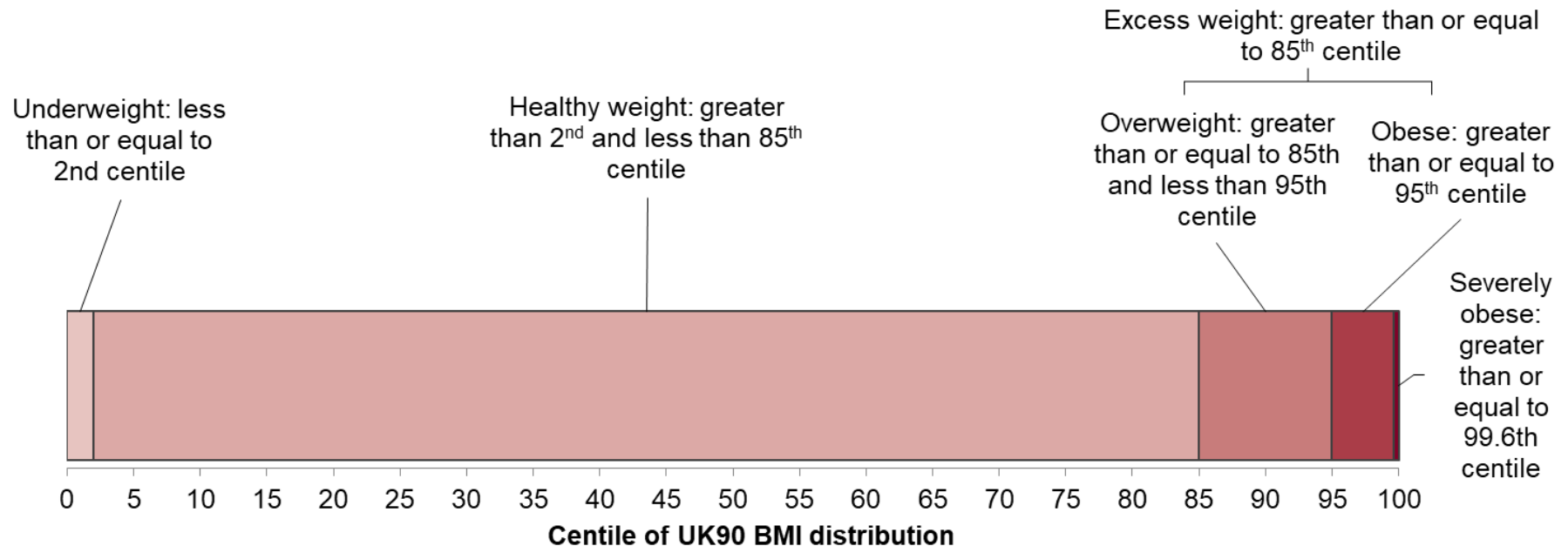




Child body mass index classification

Definitions for population monitoring

For population monitoring purposes body mass index (BMI) is classified according to the following image using the British 1990 growth reference (UK90¹). This helps examine patterns in children's weight status across the country and over time.



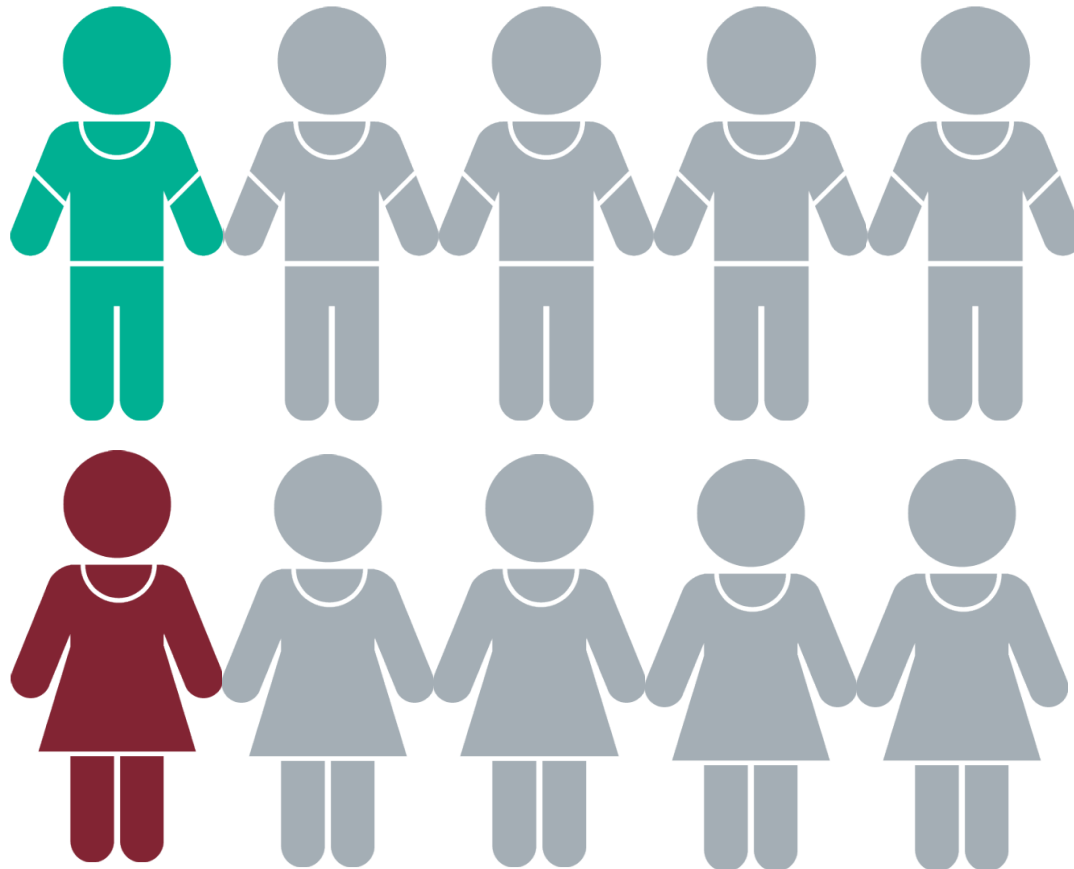
1 Cole TJ, Freeman JV, Preece MA. Body mass index reference curves for the UK, 1990. Archives of Disease in Childhood 1995 73:25-29.



Prevalence of excess weight among children

National Child Measurement Programme 2019/20

More than 1 in 5 children in Reception (aged 4-5 years) is overweight or obese
(boys 23.3%, girls 22.7%, all children 23.0%)

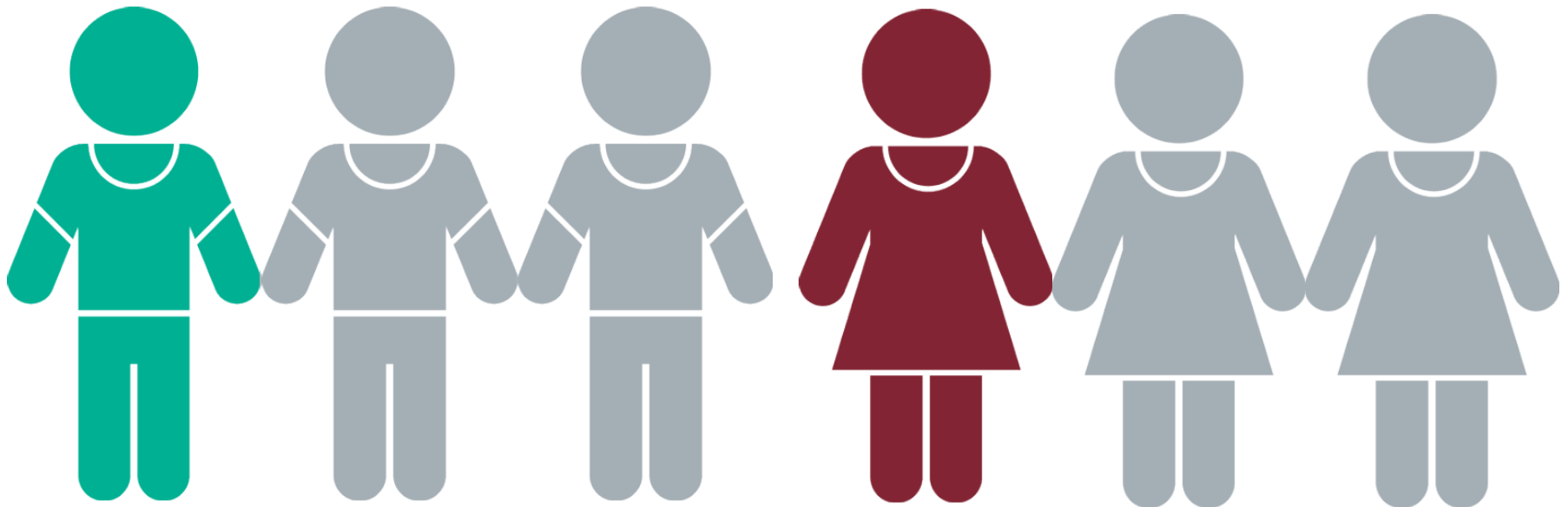




Prevalence of excess weight among children

National Child Measurement Programme 2019/20

More than 1 in 3 children in Year 6 (aged 10-11 years) is overweight or obese
(boys 37.7%, girls 32.5%, all children 35.2%)



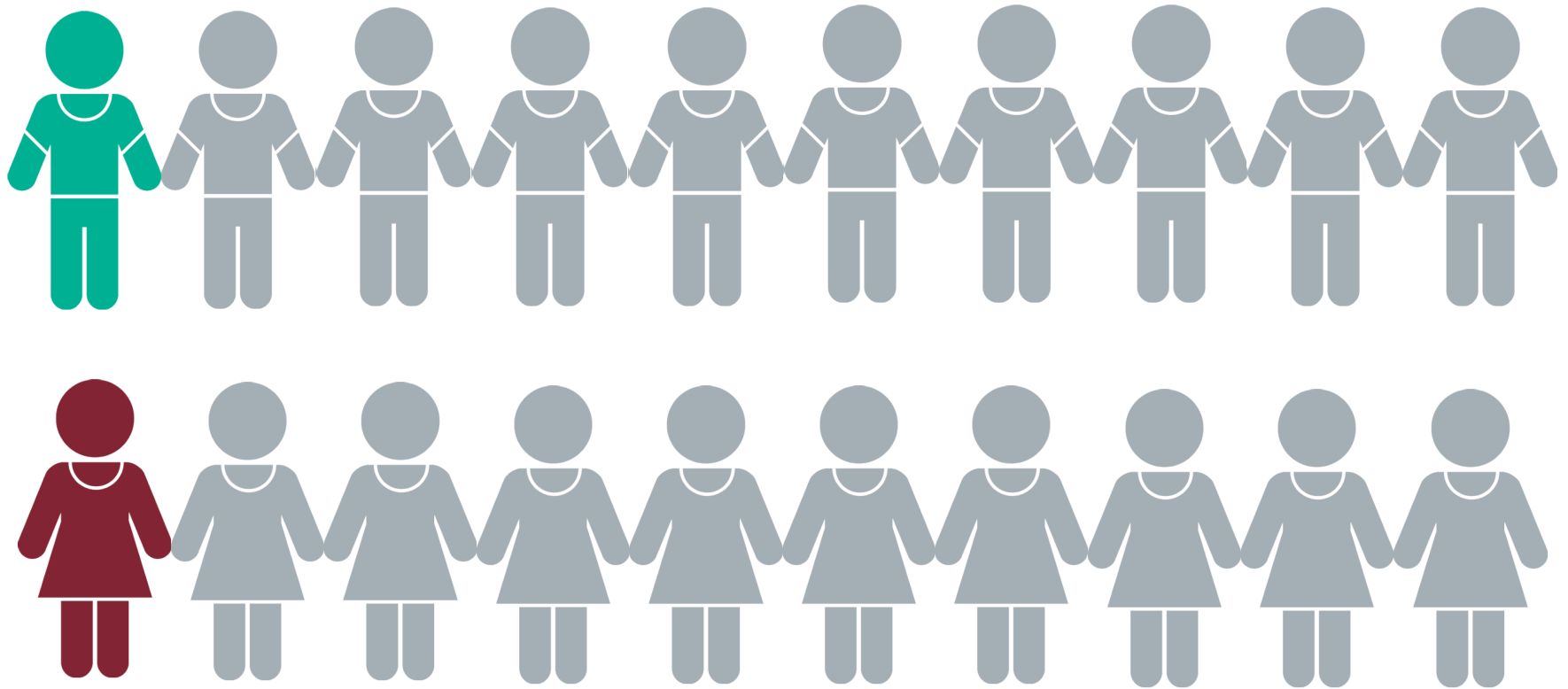


Prevalence of obesity among children

National Child Measurement Programme 2019/20

Around 1 in 10 children in Reception (aged 4-5 years) is obese

(boys 10.1%, girls 9.7%, all children 9.9%)



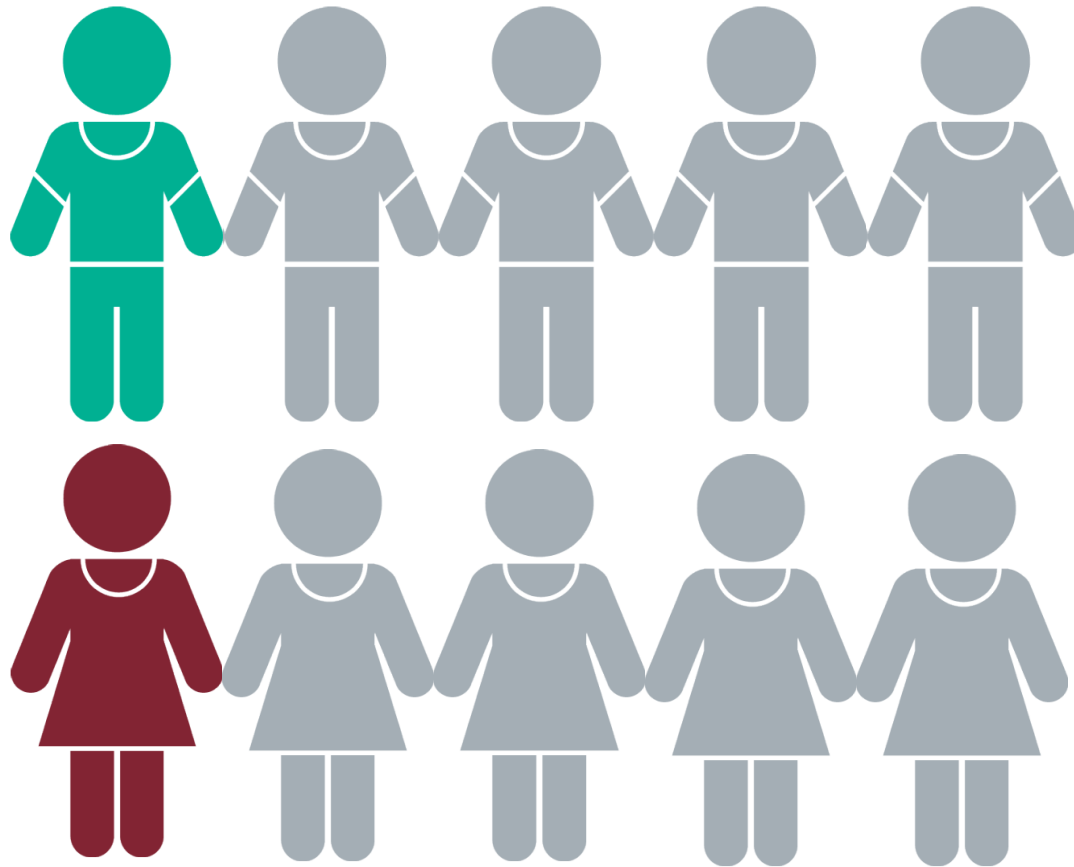


Prevalence of obesity among children

National Child Measurement Programme 2019/20

Around 1 in 5 children in Year 6 (aged 10-11 years) is obese

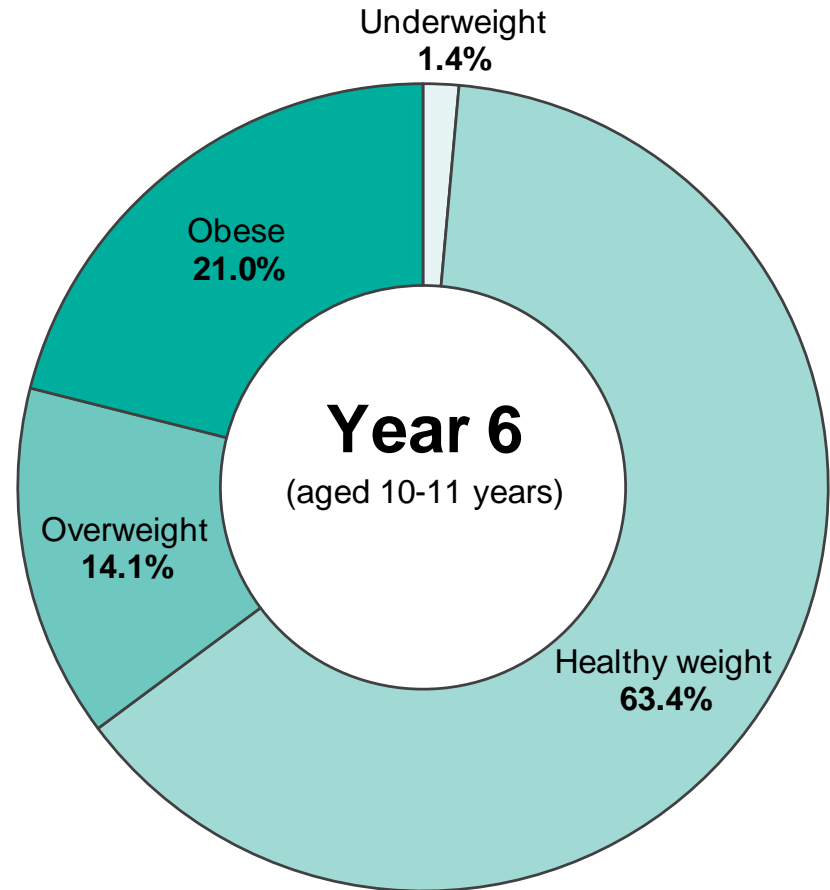
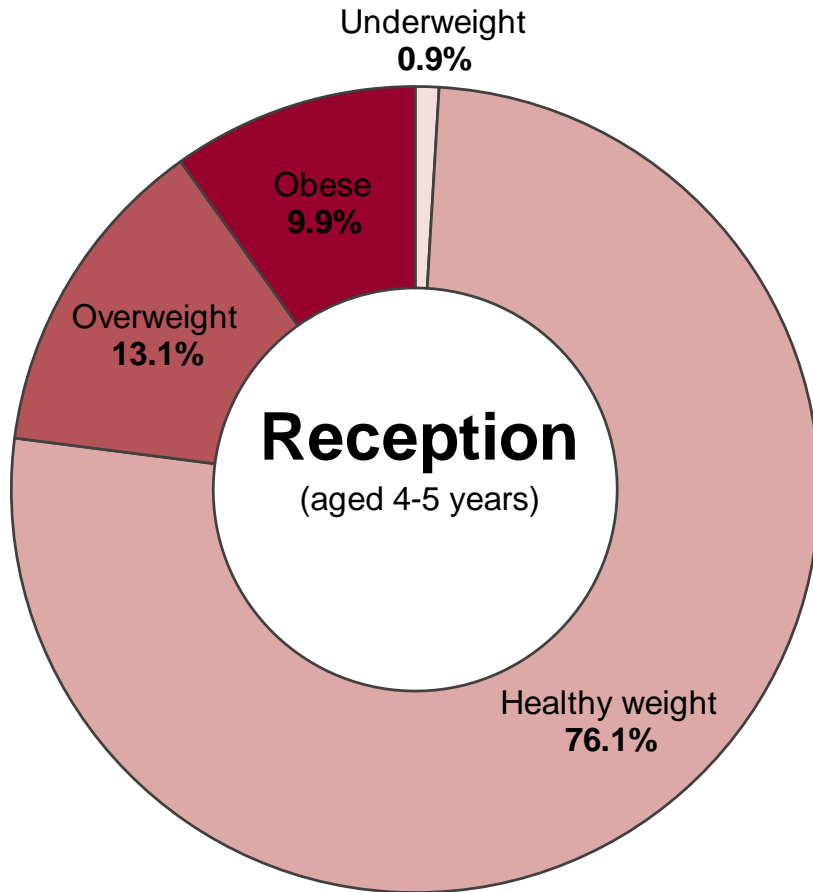
(boys 23.6%, girls 18.4%, all children 21.0%)





BMI status of children by age

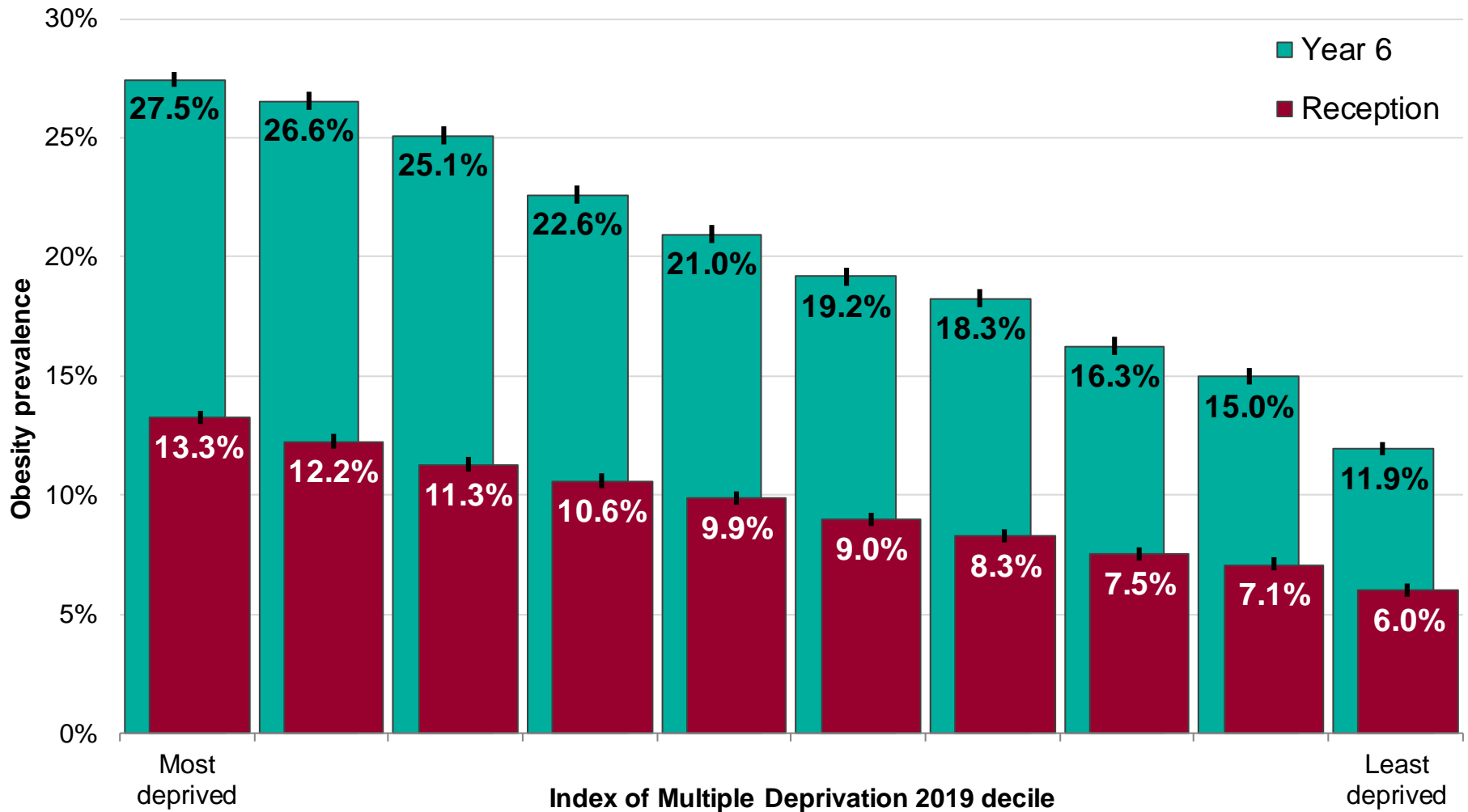
National Child Measurement Programme 2019/20





Obesity prevalence by deprivation decile

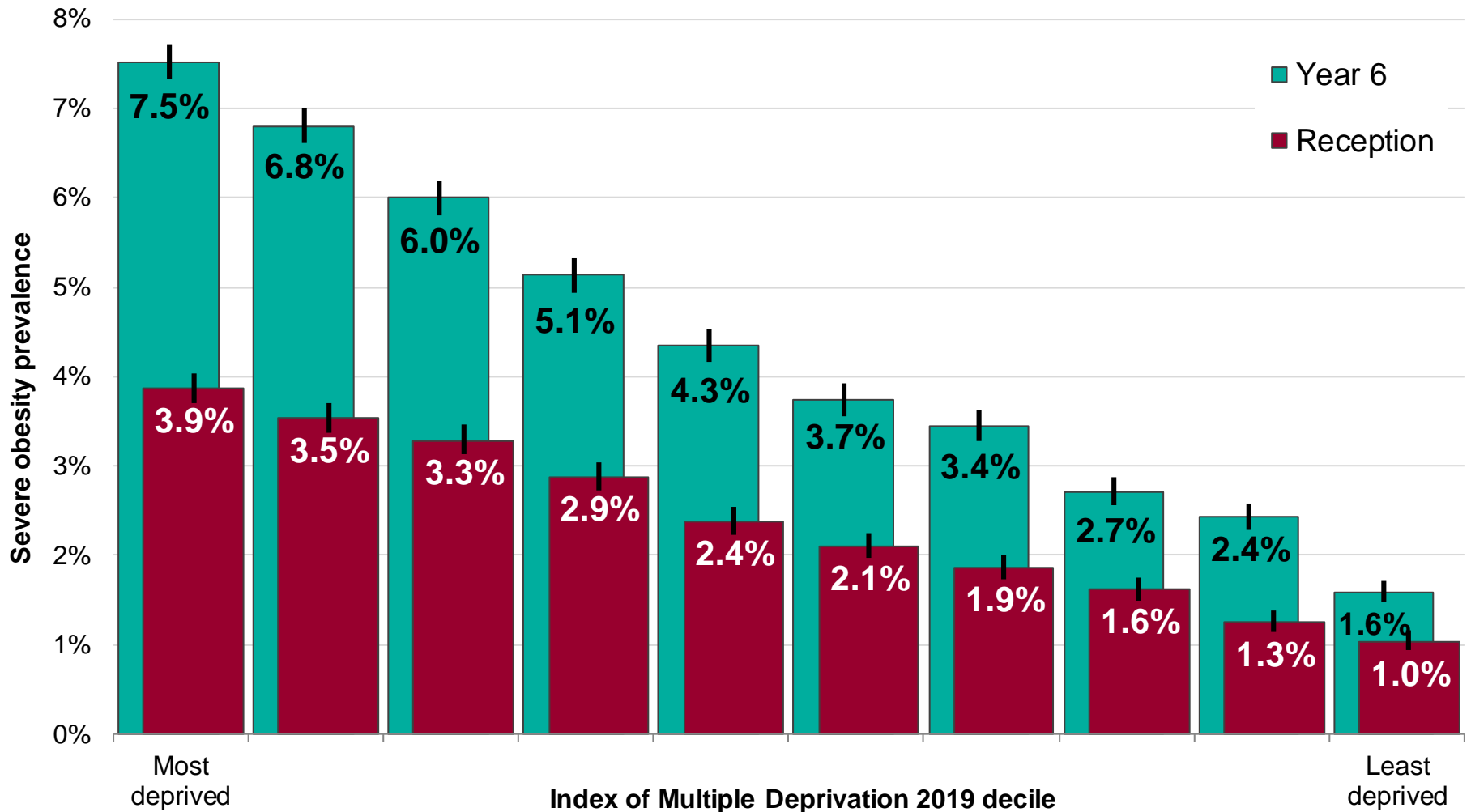
National Child Measurement Programme 2019/20





Severe obesity prevalence by deprivation decile

National Child Measurement Programme 2019/20

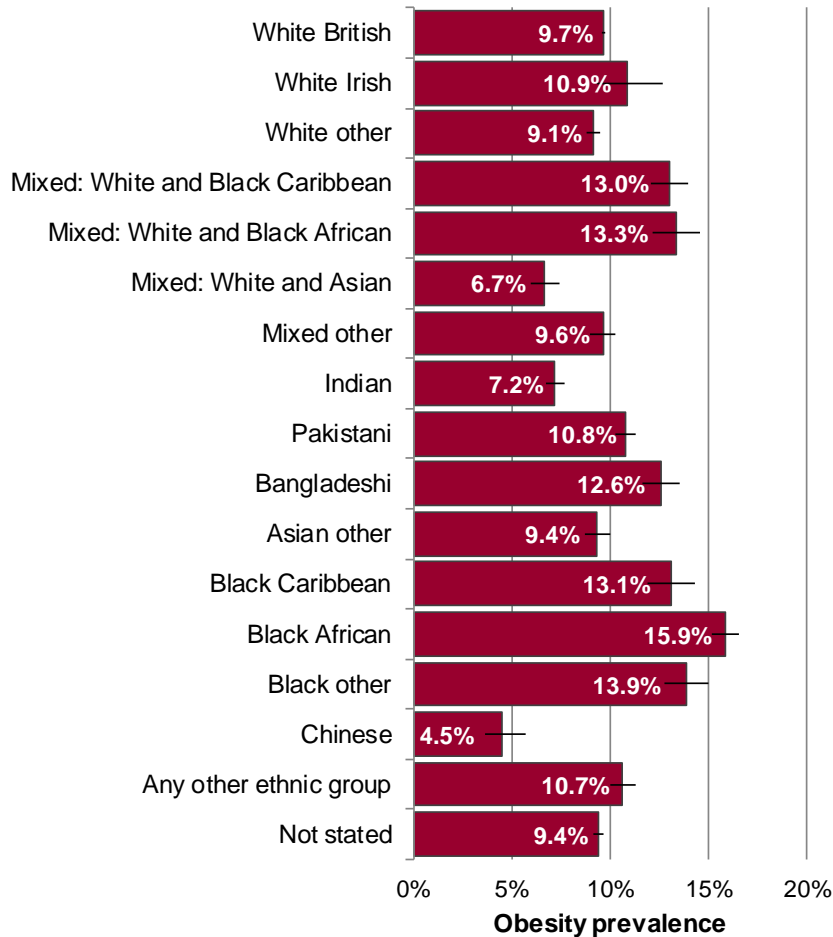




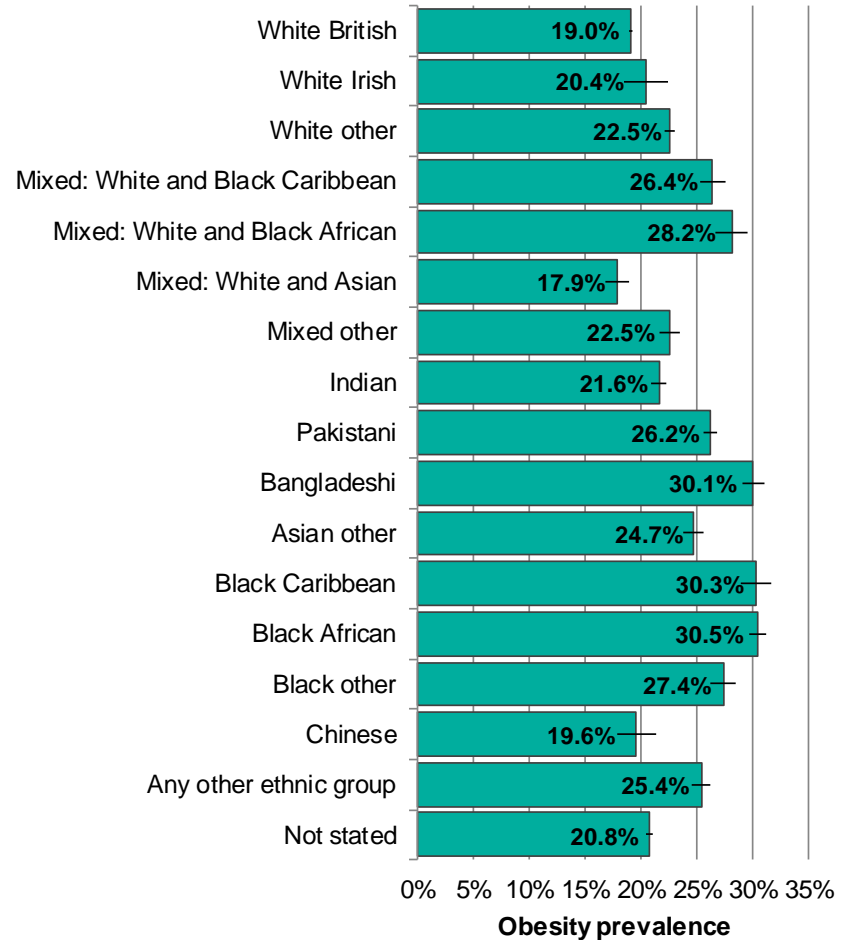
Obesity prevalence by ethnic group

National Child Measurement Programme 2019/20

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)

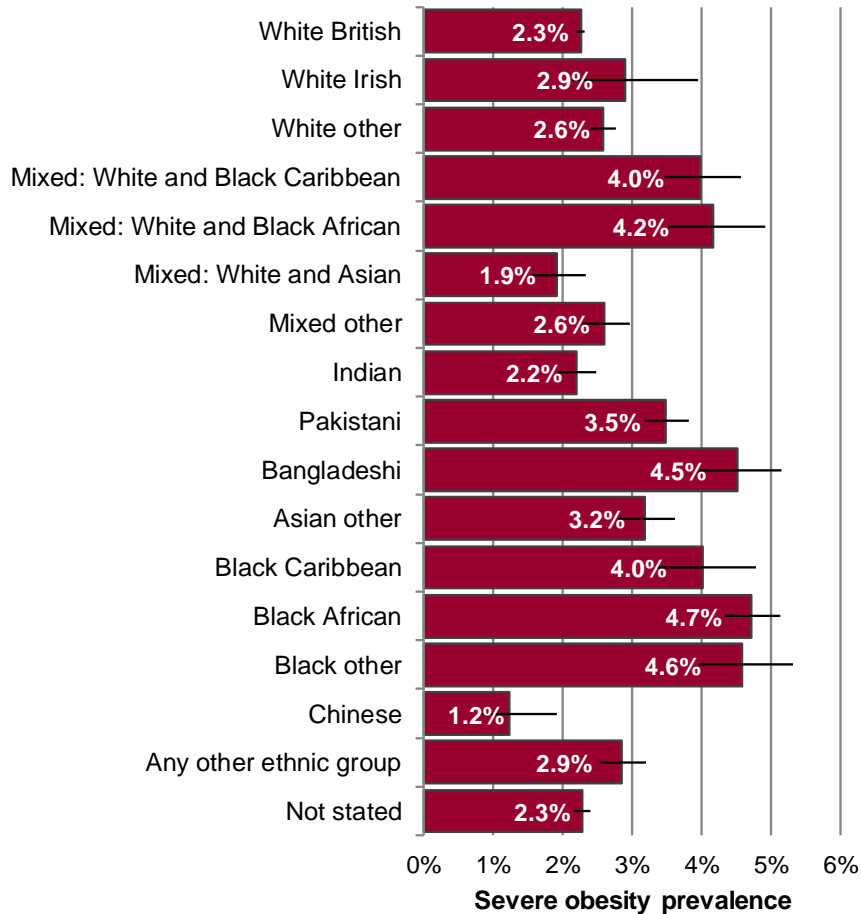




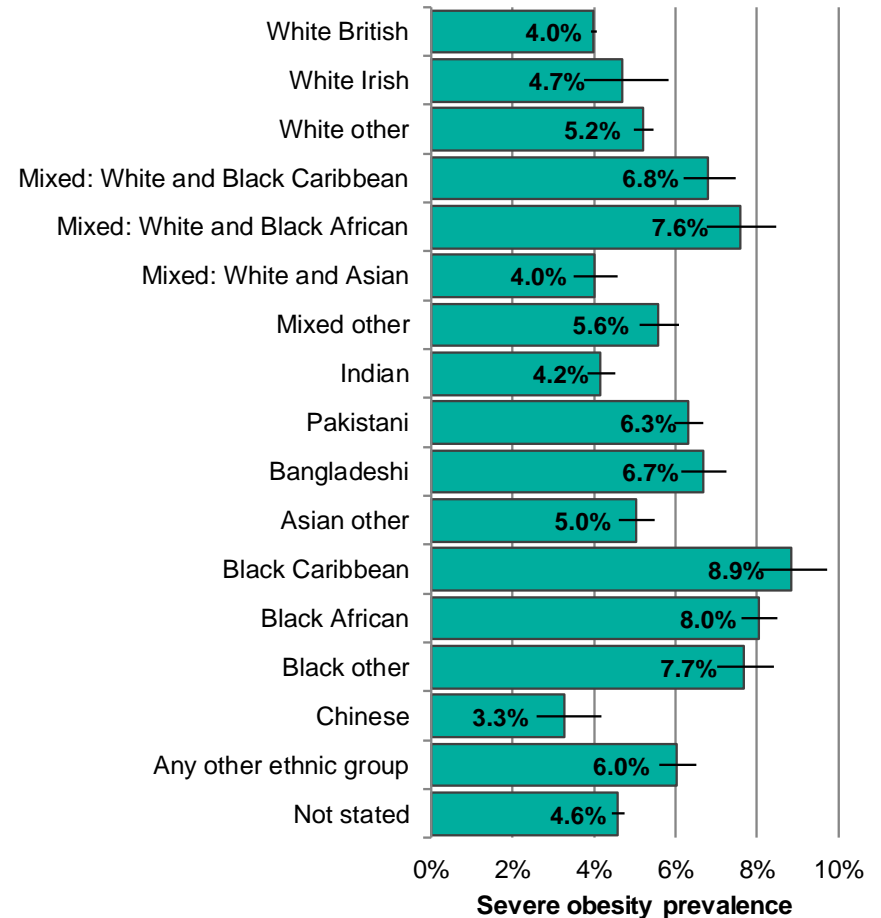
Severe obesity prevalence by ethnic group

National Child Measurement Programme 2019/20

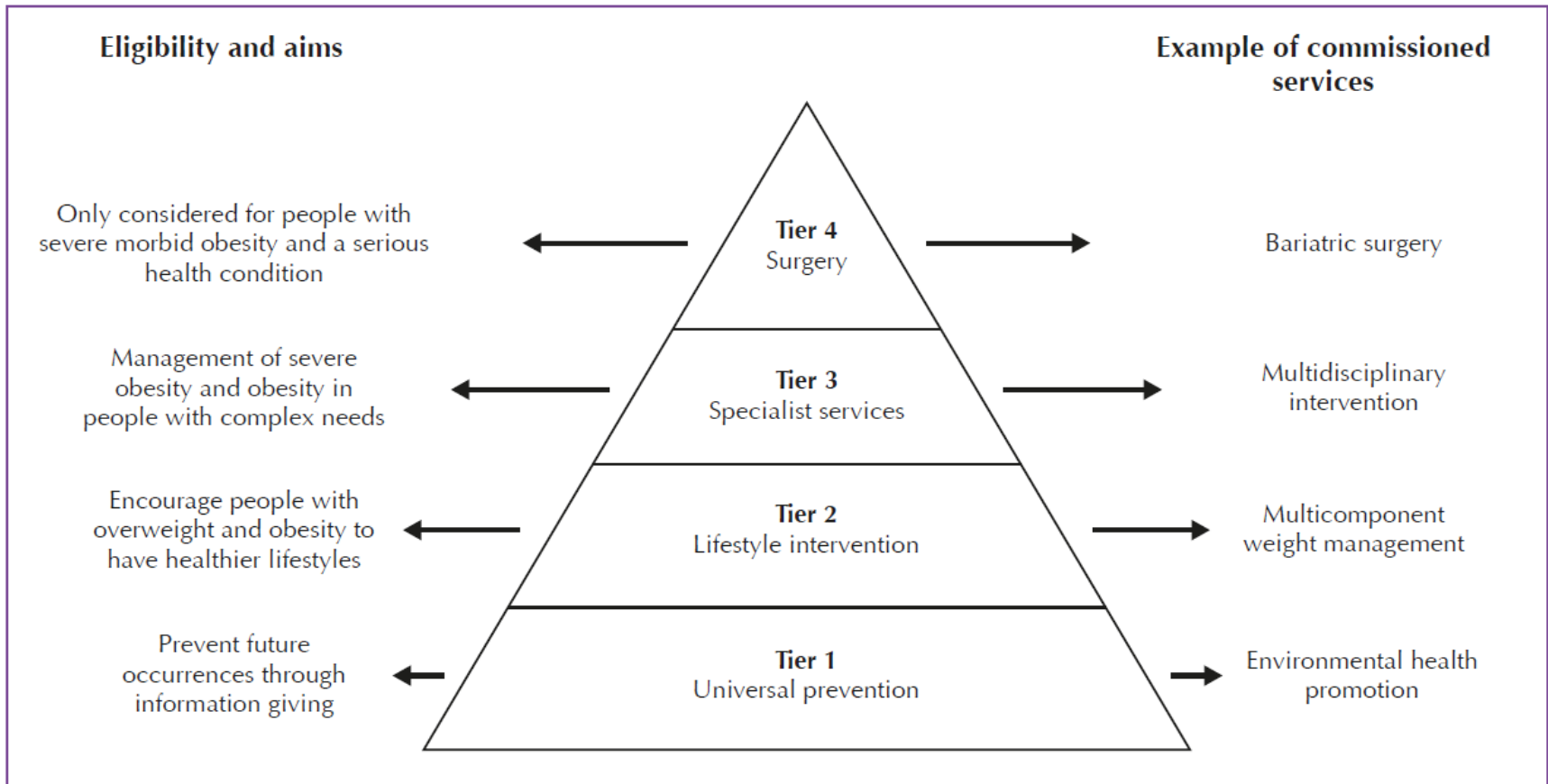
Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



The Obesity Care Pathway



Department of Health (2013)

Is obesity plan working?

- No – so need different approaches
- Person centred
- Integrated services
- Shared care with skill mix
- Family lifestyles
- Systems based
- Variety of interventions



SHINE (Self Help, Independence, Nutrition and Exercise)

Sharman, K & Nobles J (2015) Bridging the gap: SHINE a Tier 3 service for severely obese children and young people *British Journal of Obesity Vol1 no4*

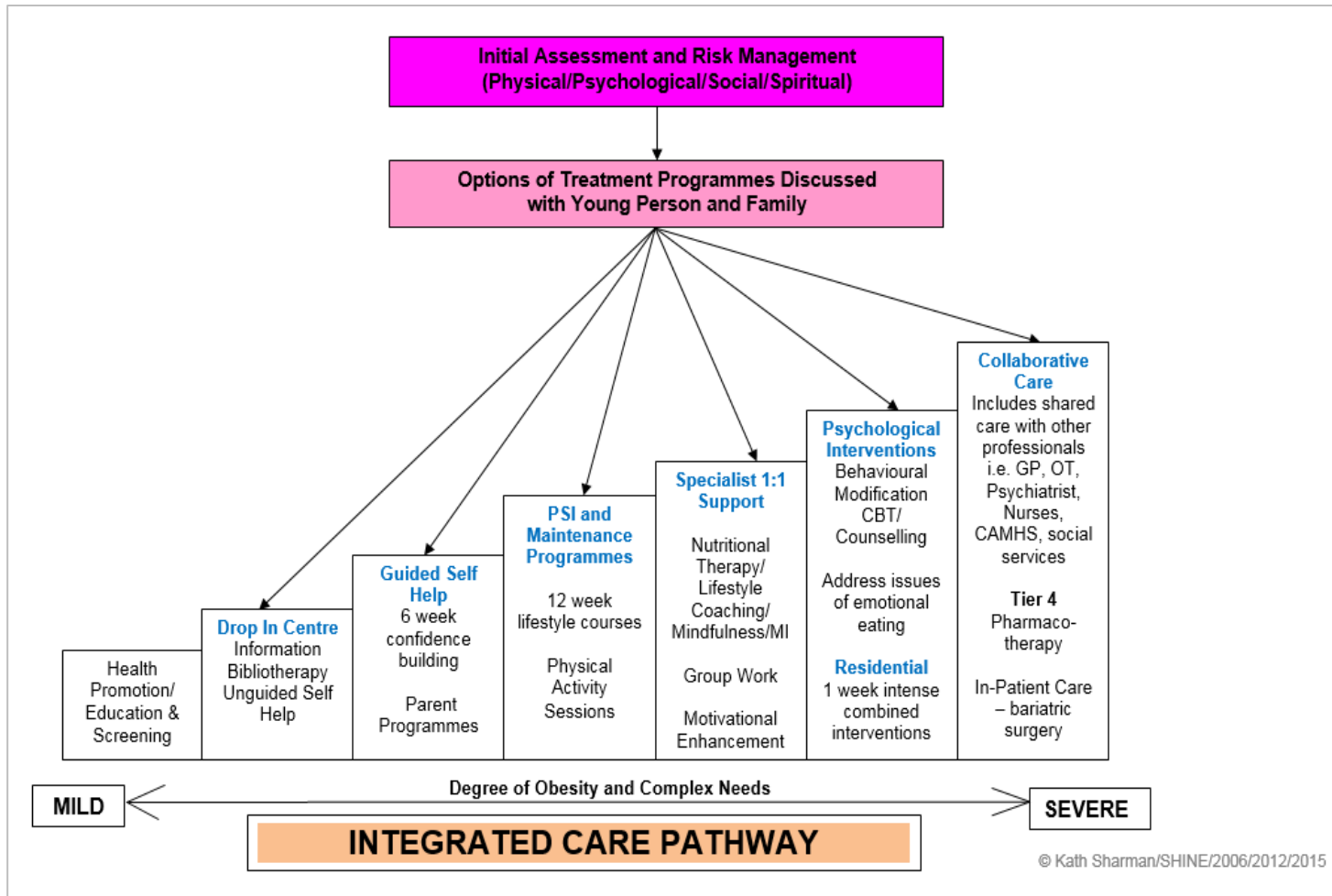


Psychosocial interventions

- 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



Stepped Care Approach



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

Maintenance

- PSI 12 weeks
- An **extensive maintenance programme** (one year of additional support) is offered
- 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
- **However, rarely commissioned**
- Variety of intervention are required (see stepped care pathway)
- Obesity is a chronic relapsing lifelong condition
- Listen to the voice of young people

Contacts

Thank You for joining us today;

Tomorrow is last session at 1pm:

❖ I CARE - Compassion Fatigue

- Zoom Meeting Saturday 6th March 1pm

<https://zoom.us/j/96459776283?pwd=L1BMbUplenFjNFd6ejZqZEt1YSszUT09>

Meeting ID: 964 5977 6283 Passcode: 177218

To conclude: A message for the professionals from the young people at SHINE

“....So don't patronise me with eat less and exercise more, walk in my shoes for a day and then tell me what you think?”

https://youtu.be/rpbF_RfFHGo

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