

Targeted Healthy Lifestyle Pilot – For Children under 4 years

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Introduction and Background

Obesity is one of the key public health priorities for Public Health England and in the NHS long term plan. Nottingham is ranked 11th most deprived City in the UK, and children aged under 5 from the poorest income groups are twice as likely to be obese. The National Child Measurement Programme (NCMP) results indicate this is increasing locally, with results for school year 2021/22 showing prevalence in reception class children of 25.6 %. Action is therefore required to encourage healthier lifestyles from a very early age.

SSBC programme is designed to give every child the best start in life. Funded through the National Lottery Community Fund, it originally commissioned this pilot in the 4 most deprived wards of Nottingham.

Aim

The programme works with families to set realistic health improvement targets that will benefit their child's health. This is focused on eating healthily and staying active

It looks to achieve this through a behavioural change approach either through group sessions or home visits. Up to six sessions are offered over three months, during which a tailored approach is developed setting specific, measurable goals.

The aim of this work is to support families to ensure children get the best start to life, making healthy lifestyle changes that will develop into healthy lifestyle habits. Overall this will reduce the risk of overweight and obesity, and other lifestyle related health conditions.

Findings from the pilot phase

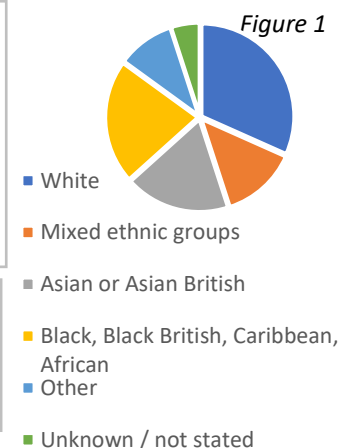
At the Initial Health Needs Assessment a multiple choice Lifestyle Questionnaire was completed with the families looking at diet, physical activity levels and screen time. This was then inputted onto SystmOne Questionnaires and a score out of 40 is calculated. On average, the Lifestyle Questionnaires improved by 64% over the 12 weeks on the pilot.

Growth measurements were taken of children where consent was gained, in which BMI and BMI z-scores were calculated. Over the 12 week programme, 83% of the children had a reduction of BMI z-score.

Findings from the new service

We are currently completing our evaluation work from the assessments first introduced in the pilot. From monitoring work, we have identified the variance in ethnic diversity of the families (fig.1), as a result we completed a cultural foods survey to better inform the team about the diversity of food offered to children; what it is, where it is bought, how it is cooked, added oils/fat and salt used in cooking. This will strengthen our practice and inform Health Visiting about the diverse diets eaten by families in the City.

Feedback: "Enjoyed all the visits. Found them all useful and learnt new things. Great information on portion control"
"Very happy with the service and the number of visits, felt supported to make changes"



We offer advice about:



	TOTALS
Eatwell Guide	39
Physical activity, sleep and screen support	7
Sugar	9
Snacks and drinks	7
Fats and fast foods	8
Food labelling	0
Cravings or hunger	11
Routines role models and rewards	14
Managing fussy eating	16
Family foods for less	1
5 a day	0

Next steps and future plans

- We received 53 referrals in the first 8 months.
- In September 2023, groups sessions will commence. A universal First Foods group is on offer for children 9-12months.
- Continued work with the Children's Public Health 0-19 Nursing Service to identify children at risk of later obesity, and intervening using the PHE 'Lets talk about weight' guidance. Training has been updated to reflect this and staff are issued a BMI calculator to ascertain the BMI of child over 2 years old.
- Adding the BMI chart to the Personal Child Health Record.
- With the SSBC programme approaching its final phase, we are working with stakeholders to secure the services future, including local authority, NHS Nottingham and Nottinghamshire ICB and system partners, and Nottingham CityCare leadership.
- Positioning the programme to support The Joint Health and Wellbeing Strategy for Nottingham City, which has Eating and Moving for Good Health as a core goal.

References

National Child Measurement Programme (NCMP) Obesity Profiles, 2022-23. Office for Health Improvement & Disparities. <https://fingertips.phe.org.uk/profile/national-child-measurement-programme/data>
Lets Talk About Weight – Public Health England (PHE). https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/737903/weight_management_toolkit_Let_s_talk_about_weight.pdf

