

15 January 2013

Agenda Item: 7

REPORT OF THE CHAIRMAN OF JOINT CITY AND COUNTY HEALTH SCRUTINY COMMITTEE

EATING DISORDERS RESPONSE

Purpose of the Report

1. To allow Members the opportunity to consider the response to the Health Messages and Eating Disorders review.

Information and Advice

2. The Joint City and County Health Scrutiny Committee undertook a review of issues associated with health messages and eating disorders.
3. The recommendations produced by this review were passed to the Department of Health and the Department of Education for comment. The responses provided these departments are attached as Appendices 1 & 2.
4. An update in relation to the current position locally regarding the recommendations has been provided by Dr Kate Allen and is set out below. Dr Allen is a Consultant in Public Health at NHS Nottinghamshire County and provided information to the original study group which examined these issues.

Recommendations and Current Position

- Schools should seek early professional advice whenever they suspect that a child may be suffering from an eating disorder.

There is a Child and Adolescent Mental Health services (CAMHS) Training programme in Nottinghamshire County that provides training to multi agency universal staff (school nurses, teachers, etc) on a range of current mental health issues including Eating Disorders, OCD and anxiety. Thus staff understand how eating disorders can present and are trained to consider the possibility of eating disorders in children.

Staff in schools are able to seek early professional advice by accessing the consultation and advice service available through each District Emotional Health and Wellbeing Team. It would be helpful to develop a clear approach to eating disorders key messages and work within Academies and schools. There are early proposals to include this in the No Health Without Mental Health life course strategy when this is written. In addition, through new

commissioning arrangements for school nursing, we can ensure the issue of identification and appropriate support/referral for children with eating disorders is included

- Academies should seek proper advice on their food and healthy eating policy from a suitably qualified source

The Healthy Schools Team works with all schools including academies, to develop healthy eating policies amongst other areas of health promotion and policy development All schools that have achieved Healthy Schools Status have a quality assured policy.

The Community Nutrition Team also offer support to schools, including direct educational activities with pupils, school events, advice and training to staff.

Both teams have advertised their role and offers of support in the forthcoming services for schools brochure (to be published soon).

- Healthy eating should be promoted via the Health and Wellbeing Board

A report on obesity was presented to the Nottinghamshire Health and Wellbeing Board in July 2012. The focus was on tackling obesity and promotion of healthy eating is a key element of the local approach.

- The focus of all healthy eating messages, especially those aimed at schools, should be on eating a balanced diet rather than on banning particular foods.

The Community Nutrition Team offers educational support packages focusing on the 'eat well plate'. They do not focus on banning food but on ensuring that children and young people understand the need for a balanced diet.

- An educational package for use by schools and academies should be developed to enable special sessions on body image to take place which could serve to counteract the unrealistic body image portrayals that are prevalent in the media.

There are a number of packages available and we have found a 1 hr lesson plan for use with CYP aged 11-12 available at

http://www.mediasmart.org.uk/resources/bodyimage?file=%2Fdocs%2Fbodyimage%2FBody_Image_Powerpoint.ppt. It is produced by reputable professionals, but we will need to assess quality before promoting it to schools.

5. Dr Kate Allen has been invited to attend the meeting (with appropriate colleagues) and answer questions, as necessary.

RECOMMENDATION

- 1) That the Joint City and County Health Scrutiny Committee consider and comment on the response.

Councillor Mel Shepherd
Chairman of Joint City and County Health Scrutiny Committee

For any enquiries about this report please contact: Martin Gately – 0115 9772826

Background Papers

Nil

Electoral Division(s) and Member(s) Affected

All