

9 November 2014

Agenda Item: 3

Children's Trust Board Sponsor: Dr Kate Allen

RESULTS OF THE NATIONAL CHILD MEASUREMENT PROGRAMME (NCMP) 2012/13 AND ANNUAL PROGRESS REPORT ON THE NOTTINGHAMSHIRE FRAMEWORK FOR ACTION ON TACKLING EXCESS WEIGHT

Purpose of the Report

1. To provide information on the results of the National Child Measurement Programme (NCMP) 2012/13 and provide a progress report on the actions specifically related to children and young people within the Nottinghamshire Framework for Action on Tackling Excess Weight

Information and Advice

National Child Measurement Programme (NCMP)

2. The NCMP is a mandated function of Nottinghamshire County Council. It was established in 2005, and involves the annual weighing and measuring of all eligible children in reception (aged 4-5 years) and Year 6 (aged 10-11 years). It has two key purposes:
 - To provide surveillance data on the weight status of children
 - To provide parents/carers with feedback on their child's weight status and information to where they can access support and advice
3. Health Partnerships co-ordinate and manage the delivery of the NCMP across Nottinghamshire. The primary objective is to deliver the programme in line with best practice and national guidance.
4. The key findings from the NCMP 2012/13 school year, which were published on the 11th December 2013, can be found at: <http://www.hscic.gov.uk/catalogue/PUB13115/nati-chil-meas-prog-eng-2012-2013-rep.pdf>. This provides information on the 2012/13 results and makes comparisons with results from previous years. There are now seven years of reliable NCMP data from 2006/07 to 2012/13

NCMP 2011/12 – Participation rates

5. The NCMP across Nottinghamshire ran successfully in 2012/13. Two schools did not participate in the programme (one in Ashfield and the other in

Gedling). A total of 15,131 children were measured in Reception and Year 6 in 2012/13 programme – approximately 90% of those eligible. A total of 1,594 children were eligible but not measured. This is equivalent to 8.7% of eligible Reception age children and 12.4% of Year 6 eligible children not measured.

6. Table 1 shows the participation rates by district, county, region and England for the programme 2011/12 and 2012/13. Nottinghamshire has lower participation rates for the NCMP than East Midlands and England. The district with the highest non-participation rate in Reception was Ashfield and in Year 6 was Gedling.

Area Type	Area Name	Period 201213		201112		Percentage change from 201112 to 201213	
		Reception	Year 6	Reception	Year 6	Reception	Year 6
National	England	94.0%	92.7%	94.2%	92.4%	-0.2%	0.4%
Regional	EAST MIDLANDS	93.4%	91.9%	93.1%	93.1%	0.3%	-1.3%
County	Nottinghamshire	91.3%	87.6%	90.5%	89.5%	0.8%	-2.1%
District	Ashfield	88.1%	85.4%	88.3%	89.3%	-0.2%	-4.5%
	Bassetlaw	91.1%	88.5%	91.0%	89.3%	0.1%	-0.8%
	Broxtowe	94.9%	87.8%	92.5%	91.9%	2.6%	-4.4%
	Gedling	88.6%	83.8%	87.3%	84.2%	1.5%	-0.4%
	Mansfield	90.6%	88.0%	90.1%	91.3%	0.5%	-3.7%
	Newark and Sherwood	92.4%	89.7%	90.9%	89.8%	1.7%	-0.1%
	Rushcliffe	93.7%	90.3%	93.8%	91.5%	-0.1%	-1.2%

Source: Health and Social Care Information Centre NCMP annual reports

Childhood Excess Weight (overweight and obesity combined)

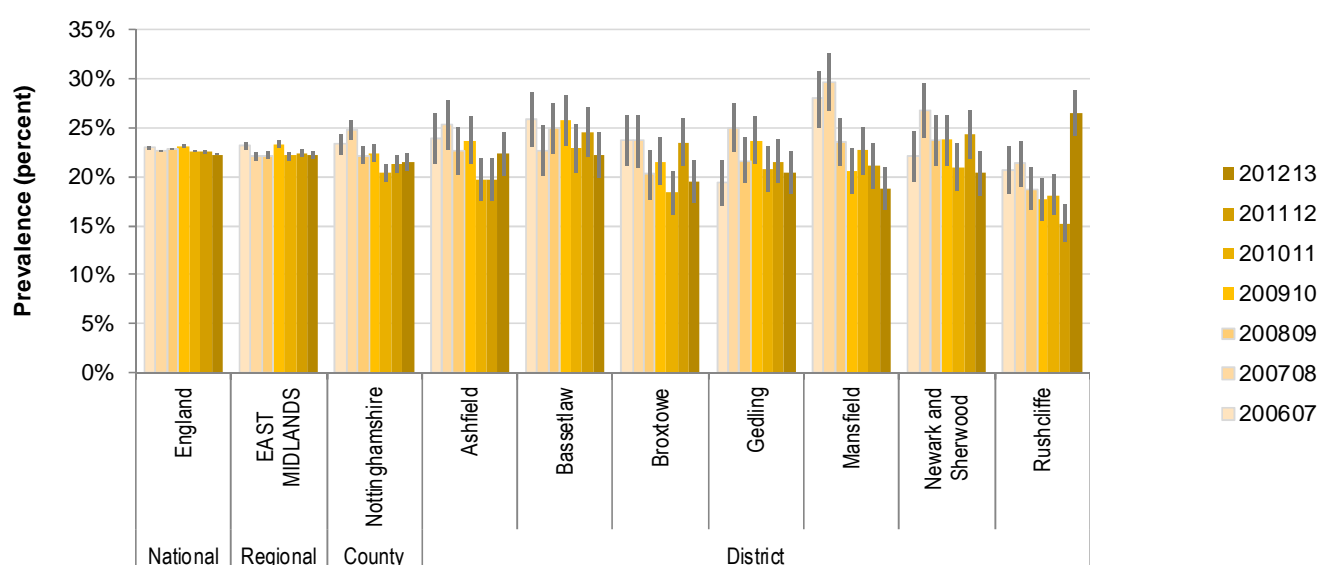
7. For children in reception, Figure 1 shows:

- Over a fifth (21.4%) of the children measured in Nottinghamshire were either overweight or obese. The variation of excess weight (overweight or obesity combined) prevalence for Reception across Nottinghamshire districts is between 19.5% for Broxtowe to 26.5% for Rushcliffe.
- For Nottinghamshire the excess weight (overweight and obesity combined) prevalence rate is **statistically lower** than the England and East Midlands rates.
- There has been a **significant decrease** in excess weight (overweight and obesity combined) prevalence rate in reception for England and East Midlands between 2006/07 and 2012/13. For Nottinghamshire, there has been **no significant change** in excess weight (overweight and obesity combined) prevalence rate for Reception between 2006/07 and 2012/13.
- For Mansfield the excess weight (overweight and obesity combined) prevalence rate is **statistically lower** than the England and East Midlands rates and there has been a **statistically significant decrease** in excess

weight (overweight and obesity combined) prevalence rate between 2006/07 and 2012/13.

- For Rushcliffe the excess weight (overweight and obesity combined) prevalence rate is **statistically higher** than the England and East Midlands rates and there has been a **statistically significant increase** in excess weight (overweight and obesity combined) prevalence rate between 2006/07 and 2012/13. This result is currently being investigated and will be compared to the figures obtained during the 2013/14 programme.

Figure 1: Excess weight (overweight and obesity combined) prevalence rates by England, Region and Districts from 2006/07 to 2012/13: Reception Year



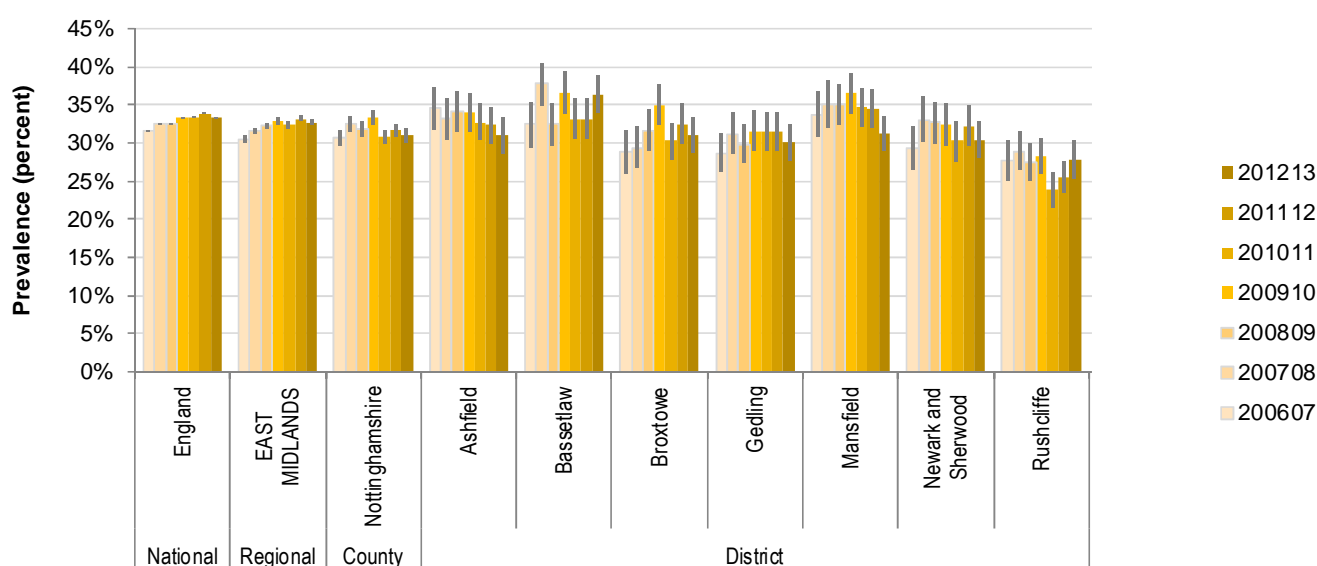
Source: Health and Social Care Information Centre NCMP annual reports

8. For children in Year 6, Figure 2 shows:

- Just under a third (31.2%) of the children measured in Nottinghamshire were either overweight or obese. The variation of excess weight (overweight or obesity combined) prevalence for Year 6 across Nottinghamshire districts is between 27.9% for Rushcliffe to 36.5% for Bassetlaw.
- For Nottinghamshire, the excess weight (overweight and obesity combined) for Year 6 is **statistically lower** than the England and East Midlands rates.
- There has been a **significant increase** in excess weight (overweight and obesity) prevalence rate in Year 6 for England and East Midlands between 2006/07 and 2012/13. For Nottinghamshire, there has been **no significant change** in excess weight (overweight and obesity combined) prevalence rate in Year 6 between 2006/07 and 2012/13.

- For Bassetlaw, the excess weight (overweight and obesity combined) for Year 6 is **statistically higher** than the England, East Midlands and Nottinghamshire rates.
- For both Gedling and Rushcliffe, the excess weight (overweight and obesity combined) for Year 6 is **statistically lower** than the England and East Midlands rates.

Figure 2: Excess weight (overweight and obesity combined) prevalence rates by England, Region and Districts from 2006/07 to 2012/13: Year 6



Source: Health and Social Care Information Centre NCMP annual reports

- In Nottinghamshire, the percentage of obese children in Year 6 (17.5%) was over double that of Reception year children (8.1%).
- Table 1 gives information about the local NCMP targets for 2012/13. The targets for Year 6 participation rates were not achieved and the percentage of Year 6 pupils who are obese is slightly higher than the target.

Table 1: Target and Results of the 2012/13 NCMP for Nottinghamshire

County Health Partnerships		
Target & Measure	Target 2012/13	Actual Achieved 2012/13
% of children in Reception with height & weight recorded	91.5%	91.7%
% of children in Reception with height & weight recorded who are obese	8.0%	8.0%
% of children in Year 6 with height & weight recorded	91.5%	87.8%
% of children in Year 6 with height & weight recorded who are obese	16.5%	16.6%
Bassetlaw Health Partnerships		
% of children in Reception with height & weight recorded	90.0%	91.1%
% of children in Reception with height & weight recorded who are obese	10.2%	8.8%
% of children in Year 6 with height & weight recorded	89.2%	88.5%
% of children in Year 6 with height & weight recorded who are obese	20.0%	23.5%

11. Table 2 provides information about the participation targets for 2013/14

Table 2: Participation rate targets for Health Partnerships in 2013/14

County Health Partnerships	2013/14
Reception (Aged 4-5)	
Percentage of children in Reception with height and weight recorded	92.0%
Year 6 (Aged 10-11)	
Percentage of children in Year 6 with height and weight recorded	92.0%
Bassetlaw Health Partnerships	2013/14
Reception (Aged 4-5)	
Percentage of children in Reception with height and weight recorded	91.1%
Year 6 (Aged 10-11)	
Percentage of children in Year 6 with height and weight recorded	90.2%

Key findings

- Nottinghamshire has lower participation rates for the NCMP than East Midlands and England.

- The percentage of obese children in Year 6 is over double that of reception year children, both locally and nationally.
- There has been **no significant change** in excess weight (overweight and obesity combined) in both Reception and Year 6 aged children in Nottinghamshire since 2006/07.

Nottinghamshire Framework for Action on Tackling Excess Weight

12. The Framework for Action on Tackling Excess Weight (2013-18) developed by the Obesity Integrated Commissioning Group provides the delivery mechanism for the Nottinghamshire Health and Wellbeing Strategy to tackle excess weight in the population of Nottinghamshire, developing a downward trend in both children and adults.
13. This framework provides a co-ordinated and comprehensive approach through the prevention, identification, treatment and management of excess weight. A plan is set out to support individuals across the life-course through working in and with communities, taking an evidence based approach, building upon existing successes and creating new opportunities to meet gaps in local need to tackle excess weight. The associated plan (reported against on a quarterly basis) includes specific actions to prevent and manage excess weight in children within each of the four strategic themes.
 - a. Strategic Theme 1: To support a healthy weight in children through healthy eating and physical activity
 - b. Strategic Theme 2: To promote healthier food choices in a range of settings
 - c. Strategic Theme 3: To ensure that physical activity is encouraged throughout life
 - d. Strategic Theme 4: To maintain and develop access to advice and support on weight, diet and physical activity for adults, children and young people.
14. The key priorities in 2014/15 for the Obesity Integrated Commissioning Group are:
 - Increase healthier food choices in out of home provision such as fast food outlets by working with Environmental Health Officers and Trading Standards
 - Establishment of weight management services for children, young people, and adults (including pregnant women) in each district across the county.
 - Increase the number of workplaces that are promoting and supporting physical activity, healthy eating initiatives and weight management support.
15. The plan includes actions that need to be delivered by a range of partners to address the issue. This includes contributions from District/Borough Councils (physical activity/green space, environmental health, planning) as well as CCG's (advice and support on weight management).

Healthier food choices in out of home provision

16. Each district has either completed or is in the process of mapping fast food outlets in relation to distance from schools, identifying child poverty areas to help inform where there are specific issues within their locality.
17. Environmental Health and Trading Standards Officers have had training to provide them with updated knowledge and the confidence to discuss healthier catering /healthy eating with food businesses.
18. The Healthier Options Takeaway (HOT) merit scheme has been developed, piloted and evaluated in Rushcliffe by Rushcliffe Borough Council. This aims to increase the accessibility and awareness of healthier options in hot food takeaways and sandwich shops. Other benefits include:
 - Increasing customer choice
 - Increasing customer satisfaction and sales
 - Enhancing the reputation of the business
 - Receiving a certificate and promotional material to display in premises
19. Following the successful pilot in Rushcliffe, the merit scheme is to be rolled out to the rest of the Nottinghamshire Districts. It is proposed that each district will aim to have a minimum of 12 businesses achieve the merit in the first 12 months (84 businesses across the county) targeting those takeaways situated in areas of high deprivation within each district. A promotional campaign led by Nottinghamshire County Council Public Health directorate will be developed to support the scheme.
20. In order that there is confidence in the scheme, a quality assurance system will be put in place. It is proposed that independent visits to food businesses are made by Environmental Health Officers/Health Officers within district councils to assess the accuracy of completion of self-assessment forms. It is recommended that a minimum of 25% of businesses that achieve the merit in the first year will be independently assessed - a minimum of 21 businesses being subject to the quality assurance. A variety of different types of food business will need to be assessed to ensure that there is consistency between different types of outlets.
21. A clear monitoring and evaluation framework has been developed to assess both the effectiveness and impact of this work developing practice based evidence to inform future work. The evaluation will consider three themes outcomes, equity and process:

Obesity prevention and weight management (OPWM) services for adults (including pregnant women), children and young people in each district.

22. A consultation took place between October 2013 and December 2013. A total of 97 responses to the questionnaire were received (63 online and 34 paper copies) and three stakeholder events took place with 111 individuals attending. A total of 44 people completed the young people's questionnaire.

Eleven sessions were held across Nottinghamshire with focus groups of service users of all currently commissioned obesity prevention and weight management services including exercise referral schemes, community nutrition and weight management services. A total of 80 service users attended across all 11 focus groups. Responses have been analysed and a summary and full report with the findings can be found at:

<http://www.nottinghamshire.gov.uk/thecouncil/democracy/have-your-say/consultations/obesityconsultation/>

23. The responses from the consultation have been used to revise the model and inform the service specification along with key performance indicators. After going out to tender earlier in the year, Nottinghamshire County Council was unable to implement the decision to award the contract for obesity prevention and weight management service. The Council is currently out to tender again for an innovative integrated obesity prevention and weight management service covering Tiers 1, 2 & 3 taking a life course approach. Representation from the Children's Integrated Commissioning Hub is supporting this commissioning work. The new service will be in place by 1st April 2015.

Nottinghamshire Wellbeing at Work: Workplace Health Award Scheme

24. Physical activity, diet/nutrition and weight management actions are included within the Nottinghamshire Workplace Health and Wellbeing Award Scheme. The number of workplaces that are promoting and supporting physical activity, healthy eating initiatives and weight management support will be monitored on a regular basis

Refresh of JSNA chapter on Excess weight in Children and Young People

25. A refresh of the chapter on 'Excess weight in Children and Young People' was completed in February 2014 and is available at <http://jsna.nottinghamcity.gov.uk/insight/Strategic-Framework/Nottinghamshire-JSNA/Children-and-young-people/Excess-weight-in-children-and-young-people.aspx>

RECOMMENDATION/S

- 1) The Children's Trust note the results of the 2012/13 NCMP and continue to support and encourage schools, parents and children to participate in the programme
- 2) The Children's Trust continues to agree to receive a report on the results of the NCMP annually.
- 3) The Children's Trust continues to support the actions to prevent and manage excess weight in children within the Nottinghamshire Framework for Action on Tackling Excess Weight.
- 4) The Children's Trust agrees to receive an annual progress report on the actions specific to children within the Nottinghamshire Framework for Action on Tackling Excess Weight.

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Background Papers

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.