

Accompanying Information for NHS City and Hackney's Child Obesity Care Pathways

March 2010

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1 Introduction

Childhood obesity is a key local priority, as well as an issue of national and international concern. At the time of writing this document, levels of childhood obesity, as measured in the 2008/09 National Child Measurement Programme (NCMP), showed City and Hackney to have an obesity prevalence of 13.3% in reception year children, and 24.0% in year 6 children. These figures are higher than both the London and national averages.

The determinants of childhood obesity are complex, including genetic, environmental and social factors, and the problem cannot be tackled in isolation - interventions must be targeted at both families and wider society. Our local strategy - 'Achieving a healthy weight for all in Hackney and the City, 2010-2018' – seeks to do this, by improving local understanding of the problem, reducing the impact of the 'obesogenic' environment, and by helping people to be more active, eat better, and overcome barriers to achieving a healthy weight.

It is essential that frontline staff working with children and their families, are supported, both in identifying and in raising the issue of overweight and obesity. Furthermore, it is important that there is clear guidance about what services are available locally, and when and how to refer into them. The three age-specific obesity care pathways for children have been developed using the NICE guidelines on management of obesity in children, in extensive consultation with local healthcare and other frontline staff. They are designed to provide 'guidance' however it is recognised that there is no 'one-size fits all' solution, and that in using the pathways a degree of professional judgement will be needed.

This document has been produced to provide additional information to that provided on the pathways themselves. It includes information on age-specific healthy weight definitions, examples of first-line healthy weight advice, and gives a brief summary of each of the services currently available locally. Section 5 provides information on healthy weight prevention and promotion activities that can be shared with children and their families, and sections 6 and 7 provide lists of additional information for practitioners and parents respectively, including links to the Department of Health guidelines on how to raise the issue of healthy weight with children and adults.

2 Measuring Healthy Weight in Children and Young People

This section is designed to remind clinicians about the measurement and classification of weight status in children. We recognise however that many frontline staff who come into contact with children (in schools, early years setting, libraries, leisure centres etc) will not necessarily have access to the facilities to weigh and measure children, or to calculate BMI centile.

It is very important that non-clinical staff realise that they can still raise the issue of weight and refer into first-line services, without having to know a child's height, weight or BMI centile.

2.1 Body Mass Index (BMI)

This is an index of weight-for-height that is used to classify weight status. It is defined as the weight in kilograms divided by the square of the height in metres (kg/m²). BMI values are age-independent and the same for both sexes. It is the most common way of classifying weight-status in adults.

Example of How to Calculate BMI:

- A 12 year old boy weighs 40kg and has a height of 1.4 meters
- BMI = weight (kg) / (height (m) x height (m))
- BMI = 40 / (1.4 x 1.4)
- BMI = 40 / 1.96
- BMI = 20.4

2.2 Body Mass Index Centiles (BMI Centiles)

In children, mean BMI varies greatly with age and sex, so in children BMI centiles are used to define weight status rather than the actual BMI. Like growth centiles, BMI centiles must be worked out based on the age and sex of the child. To find out a child's BMI centile you have three options:

1. Calculate the child's BMI using the method above and then use a BMI centile chart to read off the BMI centile. Using a Boys BMI centile chart a 12 year old boy with a BMI of 20.4 gives a BMI centile of between 75th centile and 91st centile – so within the 'healthy weight' range. BMI centile charts can be ordered from www.healthforallchildren.co.uk.
2. Obtain the child's height and weight centiles by plotting height and weight onto normal UK growth charts and then use the BMI conversion chart on page 7 of this booklet to convert height and weight centiles to BMI centile. The BMI conversion chart is also available on the reverse side of all new UK - WHO growth charts for children aged 0-4 years and the BMI conversion is valid for use in all children aged two and over.

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3. Use the 'Health for all Children' website - www.healthforallchildren.co.uk - which calculates BMI and BMI centile using the actual height and weight and date of birth, and therefore requires no charts or calculations. To access the BMI calculator go to the website listed above, click on 'child obesity' then select 'calculate a child's BMI'.

2.3 Weight definitions in Children over 2 years old

In children over 2 years old, the following definitions of weight status are used (using UK 1990 BMI Charts):

Underweight: BMI <2nd centile

Healthy Weight: BMI >2nd centile, <91st centile

Overweight: BMI >91st centile, <98th centile

Obese: BMI >98th centile

2.4 Weight definitions in Children under 2 years old

While BMI centile is the most practical clinical measure of obesity in older children, it may not be the best indicator in those under two years old. Rapid weight gain during infancy drives growth, so taking length into account by calculating BMI will underestimate the degree of obesity.

Children under 2 years old should be referred into the pathway if records show their weight is more than 2 centiles from where it started, if their weight is greater the 99.6th centile, or if they appear clinically obese.

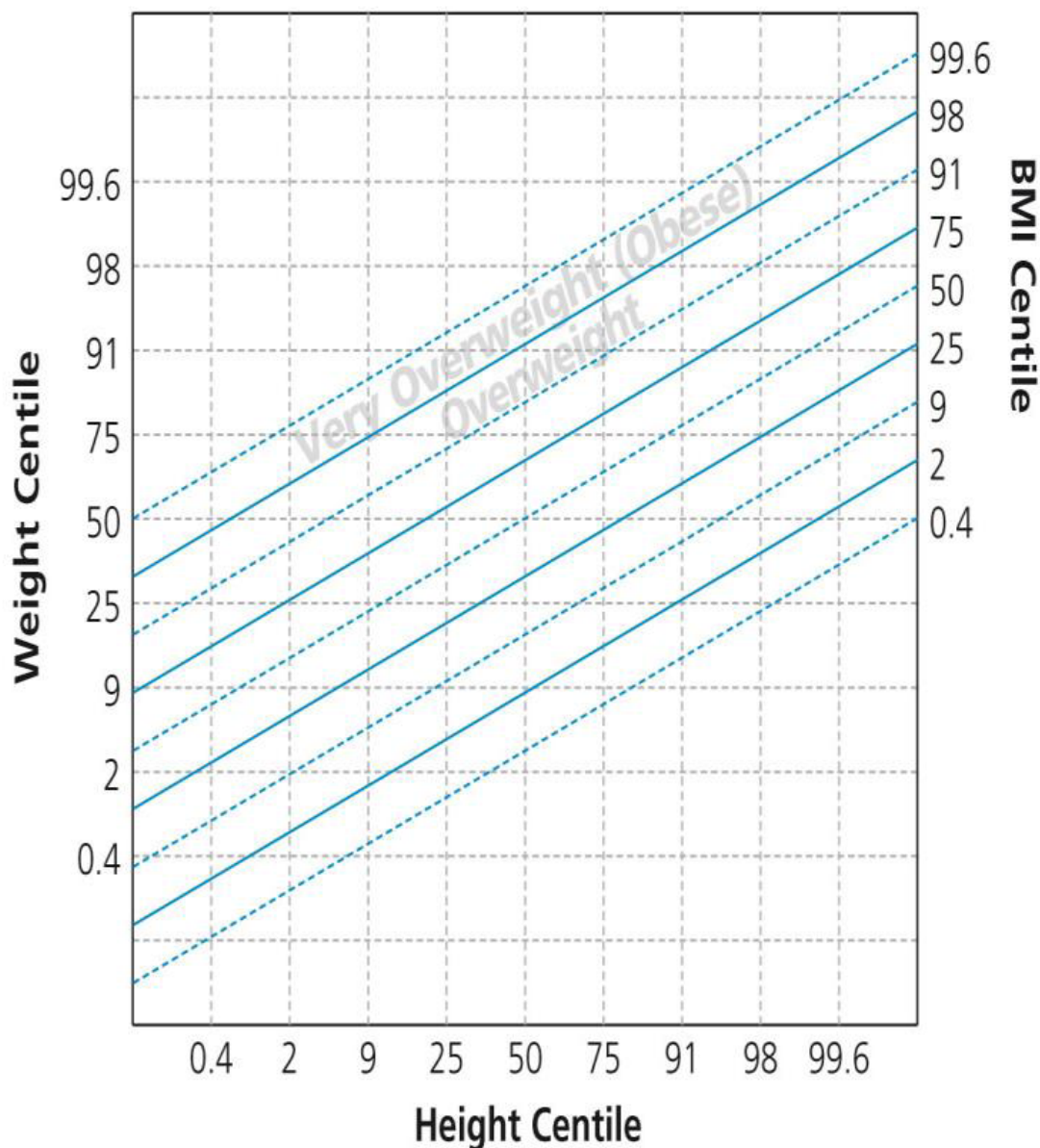
2.5 Referring to Services without BMI centile information

Even if you are unable to calculate a child's BMI you can still refer on weight criteria alone to all targeted services. Where BMI centile measurements are not available, children should be referred into the pathway if their weight is greater than 99.6th centile, or if a professional is concerned that they appear clinically obese.

Where BMI Measurements are not available, children should be referred into the pathway if their weight is greater than 99.6th centile, or if a professional is concerned that they appear clinically obese.

2.6 Body Mass Index (BMI) conversion chart

The BMI conversion chart provides an approximate BMI centile accurate to a quarter of a centile space, and can be used to work out the BMI of children over two, without the need for the calculation outlined above.



How to plot and BMI using the conversion chart:

- Read off the weight and height centiles from the UK-WHO growth chart.
- Plot the weight centile (left axis) against the height centile (bottom axis) on the BMI conversion chart.
- Read off the corresponding BMI centile from the slanting lines.

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3 First-line Healthy Weight Messages for Children, Young People and Their Families

3.1 Healthy Eating

Healthy eating messages are different for different age groups, however the following general principles apply to all ages:

- Eat as a family and set a healthy example (children tend to copy)
- Praise children / young people when they make healthy choices
- When choosing rewards for children, choose things other than food

0-4 Year Olds

- Breastfeed or give formula milk exclusively until 6 months
- 'Follow-on' formula milk and 'good night milks' should not be offered as they have higher calorie content
- Wean at 6 months – encourage child to explore food and use own spoon
- Once weaned offer 3 meals and 3 healthy snacks a day (by 12 months)
- Give 5 child-sized (their hand sized) portions of fruit and vegetables a day
- Give water or full-fat milk to drink.
- You can change to semi-skimmed milk at 2 years old.
- Don't use a bottle after 1 year old
- Fresh fruit juice should be diluted 1 part fruit juice, 10 parts water
- Only offer sweets things occasionally, and do so at the end of a meal

5-19 Year Olds

- Eat breakfast every day – have wholemeal toast or wholegrain cereal
- 5-10 year olds should drink 4-5 glasses of water a day (200mls per glass)
- 11-19 year olds should drink 6-7 glasses of water a day (200mls per glass)
- Eat fruit and vegetables with every meal or snack
- Eat low fat dairy products, semi-skimmed or skimmed milk
- Eat more beans and pulses instead of processed meat
- Limit take-away foods to once a week
- Only eat sugary foods occasionally – limit them to deserts after a main meal
- Fizzy drinks should be limited to once a week
- Eat together as a family – ideally sitting down at a table, with no distractions
- Turn the TV off for 1 hour before and after meals

3.2 Physical Activity and Active Play

The Department of Health recommends that children and young people should achieve a total of at least **60 minutes** of at least **moderate intensity physical activity each day**. 'Moderate intensity' physical activity gets you breathing harder, while still being able to talk. At least twice a week this should include activities to improve bone health (activities that produce high physical stresses on the bones), muscle strength and flexibility.

Physical activity can be achieved through traditional sports or exercises, but also through running, walking, cycling and active play. Play naturally involves physical activity, for example jumping and running develop bone density, climbing develops strength and co-ordination, and chasing games develop fitness, stamina and agility. Active play is recognised as a vital ingredient of a happy and healthy childhood, supporting children's physical, emotional, social and educational development.

- Allow babies time to crawl and move – don't restrict movement for long periods.
- Children should spend no more than an hour a day watching TV
- Reduce the amount of time spent on other sedentary activities
- Make physical activity part of the family's daily routine - designate time for family walks or playing active games together
- Aim for bite-sized bits of activity throughout the day - at least five times a day
- At least one session per day should be built up to 45 minutes
- Do more at weekends
- Twice a week do 'strength work' and stretching to protect bones
- Go up stairs 10 times a day
- Provide opportunities for 'active play' – active toys and equipment and access to parks, adventure playgrounds and open spaces
- Keep activity fun – it shouldn't seem like a chore or punishment
- Encourage children to try new activities and offer positive reinforcement
- Encourage children to develop new skills - ball games to develop hand/eye co-ordination and running, balancing and jumping to develop motor skills
- Ensure activities are age appropriate and the equipment is suitable e.g. if a child has difficulty catching, use a scarf or a large slower moving ball
- Remember - some exercise is better than none, each activity you and your children participate in regularly will help you become more fit and healthy

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4 Healthy Weight Intervention Services for Children and Young People in Hackney and the City

This section gives a brief summary of each the services that are mentioned in the child obesity care pathways, including referral criteria and contact details.

4.1 Health Visiting Service

The health visiting service works to promote the health and well being of families who have children under the aged 0-5 years.

Healthy weight services provided by the health visiting team:

- Health review visits at 6, 8 and 27 months
- Health promotion (e.g. weaning, breastfeeding, healthy eating, physical activity)
- Referral to early years prevention programmes such as 'Let's Get Healthy with HENRY' and 'HAPPY@Home'
- Referral to other professionals where appropriate

Referrals:

Referrals may be made through self-referral, from a hospital, through children's centres, or by GPs and other health care professionals. There are no specific referral criteria.

Contact details for referrals and further information:

Phone: 0207 683 4284 / 4437, Fax: 020 7683 4270

Address: Children & Families Services, St Leonard's, Nuttall Street, N1 5LZ

For a full list of services offered by the health visiting team, visit the following website: www.cityandhackney.nhs.uk/local-services/community-services/health-visiting.aspx

4.2 School Nursing Service

The School Nursing Service provides a core and enhanced nursing service to school-aged children across City and Hackney's schools.

Healthy Weight Services provided by school nurses:

- Health surveillance and screening of children at school entry
- Routine height and weight measurement of children in reception year and year 6 as part of the National Child Measurement Programme (NCMP)
- Advice and education, including staff training
- Advice to children, parents and carers about healthy eating and physical activity, including locally available interventions.
- Active role in PSHEC (Personal Social Health Education and Citizenship) in class and drop in clinics
- Referral to other professionals where appropriate

Referrals to school nurses:

Referrals may be made by self-referral, by families, by schools, or by voluntary and statutory organisations. There are no specific referral criteria.

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Contact details for referrals and further information:

Phone: 0207 683 4284 / 4437, Fax: 020 7683 4270

Address: Children & Families Services St Leonard's, Nuttall Street, N1 5LZ

For a full list of services offered by school nurses, visit the following website:

www.cityandhackney.nhs.uk/local-services/community-services/school-nursing.aspx

4.3 General Practitioners

Healthy Weight Services Provided by General Practitioners:

General practitioners can measure the height, weight and BMI of children and young people, and assess them for causes and complications of overweight or obesity. They can provide information and advice on healthy eating, physical activity and can advice on where to go for additional information and help. They can also refer patients into the most appropriate healthy weight service, and offer to follow up patients who do not feel they are ready to be referred.

If a child or young person is not registered with a GP in Hackney or the City they or their parent / carer can use the following contact details to find their nearest GP.

Contact details to find a local GP:

Telephone: 0207 683 4645/4610, Email: find-a-doc@chpct.nhs.uk

For further information about general practitioners in Hackney and the City, visit the following website: www.cityandhackney.nhs.uk/local-services/gp-surgeries.aspx

4.4 CHYPS Plus - Adolescent Health Service

The CHYPS Plus service provides holistic services for 11 to 19 year olds, through direct work, group work, consultation and training from a multi-disciplinary skill-mixed team. The team works alongside the core school health service to deliver services in schools, as well in the service hub 'The House' in Lower Clapton.

Healthy Weight Services Provided by CHYPS Plus:

CHYPS Plus currently offers healthy weight advice to young people in a one-to-one clinic. It is hoped that group sessions will also be available soon. In addition there is the Growing Club, which teaches young people how to grow their own food. 'Cook and Eat' sessions, where young people are taught how to prepare healthy, affordable meals, will also be run as part of CHYPS Plus in the near future.

Referrals:

Referrals can be made by parents or guardians or by any professional working with young people. Young people can also self refer to this service. There are no specific referral criteria.

Contact details for referrals and further information:

Phone: 0208 919 5040, Fax: 020 8919 5039

Address: City & Hackney Young People Services Plus, The House, 36 Lower Clapton Road, Lower Clapton Health Centre, E5 0PD

All referrals made to the service will receive a response within 24 hours.

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For a full list of services offered by CHYPS Plus, visit the following website:
www.cityandhackney.nhs.uk/local-services/community-services/-chyps-plus.aspx

4.5 Hackney Ark - Young People's Centre for Child Development and Disability

The Hackney Ark Young People's Centre for Child Development and Disability is an integrated service for children with disabilities and their families. Staff from health, education and children's social care, all work under one roof. Management of overweight and obesity for children with physical, sensory and learning disabilities takes place at Hackney Ark. There is a joint assessment service for children who need to be seen by more than one professional. Sessions are run for individuals, groups and families. Some services are also delivered in other outreach and community settings, in schools and at home.

Referrals:

Children and young people with physical, sensory or learning disabilities can be referred to the service by a parent or guardian, GP, health visitor, paediatrician, occupational therapist, educational psychologist, or other healthcare professional.

Contact Details for referrals and further information:

Phone: 0207 014 7000

Address: Hackney Ark, Downs Park Road, London, E8 2HY

For a full list of services offered by Hackney Ark, visit the following website:

www.cityandhackney.nhs.uk/local-services/community-services/young-peoples-centre.aspx

4.6 Community Dietetics Service

The dietetics team works to promote nutritional health and wellbeing, translating scientific knowledge into practical advice and information, to support the diverse population of City and Hackney. The aim of the service is to promote good nutrition to help prevent disease, improve quality of life and aid recovery.

Healthy weight services provided by community dieticians:

The dietetics team works with all age groups, including children and their families, both on a public health community level as well as on a one-to-one individual basis. The service also offers group and family sessions. Outpatient clinics for children offer individual nutritional assessment, development of nutrition care plans and dietary counselling. Dieticians can also recommend additional sources of help to children, young people and their families, and can refer patients on to additional services where appropriate.

In addition to dietetic clinics, the dietetics department also provides input to a number of other healthy weight services, including:

- LEAP Service
- Healthy Lifestyles Projects
- HAPPY at Home Projects

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Referrals:

Referrals may be made by a GP or other healthcare professional. In children's centres and schools, parents can ask to speak to a dietician and an appointment can be made directly. There are no specific referral criteria.

Contact Details for referrals and further information:

Phone: 0207 683 4267, Fax: 0207 683 4677

Address: Dietetic Department, St Leonard's Hospital, Nuttall Street, N1 5LZ

For a full list of services offered by the community dietetics team, visit the following website: www.cityandhackney.nhs.uk/local-services/community-services/dietetics-service.aspx

4.7 Community Paediatrics

Community paediatricians provide a specialist service, working with multi-disciplinary and multi-agency teams across a range of universal, targeted and specialist services based in community health centres, schools, the Hackney Ark and other settings.

Healthy weight services provided by community paediatricians:

Community paediatricians provide a paediatric assessment, treatment and management plan, provide advice about additional sources of help and can refer onto other services, including their hospital colleagues. Children with disabilities can be assessed at the Hackney Ark as part of their multi-disciplinary assessment and children in schools can be seen initially by the school nurse and referred on as appropriate. The paediatrician working with LEAP is able to assess children and young people for possible causes of and complications associated with being overweight or obese, although more complex investigations are not undertaken in the community.

Referrals:

Referrals must be discussed with the parent/young person and may be made by a GP or other professional involved with the care of the child. It is helpful if a history is provided and the GP informed. Referrals must be accompanied by supporting information but referral criteria vary according to the service.

Contact details for referrals and further information:

Contact number: 0207 683 4284/4691,

For a full list of services offered by the community paediatricians, visit the following website: www.cityandhackney.nhs.uk/local-services/community-services/community-paediatrics.aspx

4.8 Homerton Paediatrics

Healthy weight services provided by paediatricians at the Homerton:

Paediatricians at the Homerton can assess children for medical causes and complications of overweight and obesity and advise. This may include carrying out blood tests. After assessment, children may be referred on to other healthy weight services eg. Dietetics, Healthy Lifestyles or LEAP.

Referrals:

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Referrals must be discussed with the parent/young person and may be made by a GP or other professional involved with the care of the child. It is helpful if a history is provided and the GP informed. Referrals must be accompanied by supporting information.

Contacts details for referrals and further information:

Phone: 0208 510 5018, Fax: 0208 510 7537

Address: Consultant Paediatrician, Starlight Paediatric Unit, Homerton Row, E9 6SR

4.9 Child and Adolescent Mental Health Services (CAMHS)

First Steps in City and Hackney aims to help children and young people (0-18years), and their families, with emotional, behavioural and social concerns before they become major difficulties. A range of individual and family interventions, including parenting support are provided. An early intervention service is provided for children and young people with mild to moderate concerns, and there is a clear transition pathway with the Mental Health Foundation Trust to ensure children with higher level needs receive the support they require.

Healthy Weight Services Provided by CAMHS:

CAMHS provide one-to one sessions for children who are experiencing emotional difficulties relating to weight or body image, and group sessions (in conjunction with a dietician) for children who are seen to be 'fussy eaters'.

Referrals:

Children and young people can be referred to the service by a parent or guardian, GP, Health Visitor, paediatrician, occupational therapist, educational psychologist, and other health care professional. They may also self refer to this service.

Contact details for referrals and further information:

Phone: 0207 683 4611, Fax: 0207 683 2615

Address: CAMHS, 2nd Floor Tower View, 134 Kingsland Road, London, E2 8DY

Currently the response time is within 2-4 weeks.

For a full list of services offered by CAMHS, visit the website below:

www.cityandhackney.nhs.uk/local-services/community-services/-child--adolescent-mh.aspx

4.10 Healthy Lifestyles Programme (City)

The City of London Healthy Lifestyles project works with City of London school children aged 7-11 years old and their families. The programme delivers free curriculum sessions to City of London schools, and also runs after school community clubs and weekend family sessions, in a variety of locations around the City. Sessions focus on developing a healthy lifestyle, through games, physical activity, cook and eat sessions and family focused support. Curriculum and after school sessions run in term time only, however weekend sessions run all year round. Participants are encouraged to attend as many consecutive sessions as possible, and are also encouraged to take up additional physical activity sessions outside of the Healthy Lifestyles Programme.

Referrals:

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Referrals can be made by parents / carers or professionals. Young people can also self refer to this service. There are no specific referral criteria. The project runs in a variety of locations around the City.

Contact details for referrals and further information:

Contact: Carolyn Piper, Sports Development Officer on 0207 332 3392 or email: sportsdevelopment@cityoflondon.gov.uk

4.11 Healthy Lifestyles Programme (Hackney)

The Hackney Healthy Lifestyles programme works with 7-13 year olds in Hackney who are overweight. The programme offers free, group support to young people in achieving healthier lifestyles through physical activity, healthier eating and behaviour change, with an emphasis on having fun and building self-esteem. Children receive an individual assessment, before being offered a place on a structured 10-week group programme. Parents / carers and other family members are also supported and encouraged to participate. In addition to the initial 10-week course, participants are supported to find ways of sustaining their lifestyle changes after the end of the 10 weeks. They are also offered a 3-week 'refresher' course, 6-months after completing the initial 10-week programme.

The project runs in a variety of locations around Hackney, and there are separate, culturally appropriate, programmes running for boys and girls in the Orthodox Jewish community.

Referrals:

GPs, school nurses, teachers and other professionals may refer participants into the scheme and potential clients or their families may also self-refer. The referral criteria for this programme are BMI centile > 91st or clinically overweight. If you are unsure whether a child meets these criteria, you can still refer them for initial assessment. They will be assessed and offered a place if they meet the referral criteria.

Contact Details for referrals and further information:

Contact: Des Ryner, Healthy Lifestyles Project Coordinator on 0207 613 9169 or email: des@corehealthandfitness.co.uk

4.12 LEAP (Lifestyle Eat-well Activity Positivity)

LEAP is a multi-disciplinary weight management service for children and young people aged 0-18 years who are overweight or obese. It offers individual and group sessions. Individual work with families usually consists of 6 sessions over a period of 3-6 months with a dietician and a psychologist. These sessions include information and advice on healthy eating and also cover motivation and barriers to change. Where appropriate, input from a paediatrician and a physiotherapist is also available. Group work group includes the above topics as well as practical physical activity sessions.

Referrals:

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Referrals can be made by GP's, paediatricians, school nurses, health visitors or any health care professional. All referrals should be posted or faxed to LEAP using the LEAP referral form.

Overweight or obese infants, children and young people, aged 0-18 years who meet one or more of the following criteria are eligible for referral:

- Concern about overweight or obesity and universal services are inappropriate or have been unsuccessful, or a multi-disciplinary approach is required;
- Weight is above the 99.6th centile;
- BMI is between the 98th centile and +3.5 SDS (Standard Deviation Score) (UK 1990 BMI charts);
- BMI is between the 91st centile and the 98th centile (UK 1990 BMI charts); and there are medical co-morbidities, psychosocial dysfunction or complex needs ;
- Behavioural concerns in relation to a child's excess weight.

Contact Details for referrals and further information:

Phone: 020 7683 4098, Fax: 020 7014 7251

Address: 2nd Floor Tower View, 134 Kingsland Road, London E2 8DY

4.13 Tertiary Paediatric Obesity Service

This obesity clinic, held at Barts and The London Children's Hospital, allows children who are already obese to be assessed for causes and complications of their obesity, such as diabetes and obstructive sleep apnoea. Children referred to this service will undergo a physical examination, blood tests and a sleep study, and may be re-called for repeat investigations on an annual basis. Older children may be prescribed weight-loss medication and / or statins. After assessment children may be referred on to other professionals (hepatologists or endocrinologists), however most will be referred back to the community dietetic and / or community paediatric teams for ongoing support.

Referrals:

Children with BMI > 3.5 SD are eligible for referral to this service, or if there are concerns that there are symptoms of obstructive sleep apnoea already present at a lower BMI. Referrals must be made by a GP. Children who are known to the dietetic or paediatric team and are eligible for referral will be referred through their GP. The clinic is held on 1st and 3rd Monday morning of the month in 1st Floor Paediatric Out-patients Department, Fielden House, Stepney Way, Royal London Hospital Site, Whitechapel, London E1 1BB. Please ensure children are fasted on the morning of the clinic – no food or drink so that blood tests can be done.

Contact details for referrals and additional information:

Referrals can be made via Choose and Book or central appointments: Dr C Pao or Dr S Carr, Paediatric Metabolic Obesity, or sent directly to Drs Pao and Carr.

Address: 2nd Floor Fielden House, Royal London Hospital, Whitechapel, E1 1BB.

Fax: 020 7377 7462

5 Healthy Weight Prevention and Promotion

Activities in City and Hackney

This section outlines some of the many free or subsidised preventative activities and programmes that are available for children, young people and their families in Hackney and the City. None of the services below require a formal referral. A full list of locally available healthy weight activities, including activities for those with disabilities, can be found on the website www.wellchance.org.

5.1 Parks and Adventure Playgrounds

Hackney has a wealth of parks and open spaces, ideal for active play and physical activity. Parks in the South of the borough (Shoreditch and Haggerston) are easily accessible to City residents too. In addition to play parks and other recreational facilities within most parks, there are also a number of adventure playgrounds. These are free, supervised, adventure play spaces for children aged 6-15, situated in 7 sites around the borough. They are open after school, on Saturdays and during school holidays.

Contact the playgrounds for individual opening times:

- | | |
|---|---------------|
| • Apples & Pears, Pearson Street, E2 | 020 7729 6062 |
| • *Evergreen, Beehive Close, E8 | 020 7275 9004 |
| • Hackney Marsh, off Kingsmead Way, E9 | 020 8986 7245 |
| • Homerton Grove, Wardle Street, E9 | 020 8985 9202 |
| • *Kidsactive, Spring Lane, Big Hill, E5 | 020 8806 6149 |
| • Shakespeare Walk, Shakespeare Walk, N16 | 020 7249 8405 |
| • Shoreditch, Mintern Street, N1 | 020 7729 3770 |

* These playgrounds give priority to children with special needs

Contact The Learning Trust for further information: 020 8820 7590

5.2 Free Swimming

Free swimming, is available for City residents under 16 years old and Hackney residents under 18 years old, at swimming pools in Hackney and the City.

Contact details for further information:

info-gllc@cityoflondon.gov.uk (city) or www.gll.org/freeswimming/ (hackney)

- | | |
|------------------------------|---------------|
| • Britannia Leisure Centre | 020 7729 4485 |
| • Clissold Leisure Centre | 020 7254 5574 |
| • Golden Lane Leisure Centre | 020 7250 1464 |
| • Kings Hall Leisure Centre | 020 8985 2158 |
| • London Field's Lido | 020 7254 9038 |

Accompanying information for NHS City and Hackney Child Obesity Care Pathways

Achieving a healthy weight for all in Hackney and the City – 2010-2018

5.3 Physical Activities

5.3.1 Fitness Fun Programme

Free physical activity sessions for 7-11 year olds in City and Hackney, running before or after school in around 35 primary schools. Some schools also offer classes for parents. Schools which don't currently have sessions running can use the contact details below to find out about setting up sessions.

Contact details for further information:

Parents / Carers should initially contact their child's school to find out if sessions are currently running in that school. For additional information contact Samina Tarafder, Public Health Practitioner, NHS City and Hackney on 0207 683 4321, or email: samina.tarafder@chpct.nhs.uk

5.3.2 SHEL Multi-sports Camp

Subsidised holiday camp for 8-12 year olds in City and Hackney, covering healthy eating and physical activity. The week-long course also signposts children to activities they can continue during term term.

Contact details for further information:

Contact Stephen Ogunjimi, SHEL Sports, on 0207 427 2785 or 07985 111 237, or email stephen@generalworldsports.com

5.3.3 Healthy Lifestyles Programme (City)

Free healthy living sessions for children aged 7-11 and their families, covering physical activity and healthy eating. Sessions run after school and on weekends. See information on page 10 of this booklet for full details.

Contact details for further information:

Contact Carolyn Piper, Sports Development Officer on 0207 332 3392 or email: sportsdevelopment@cityoflondon.gov.uk

5.3.4 Healthy Lifestyles Programme (Hackney)

Free 10 week family project for 7-13 year olds who are already overweight or obese, combining healthy eating messages and physical activity. See information on page 11 of this booklet for full details.

Contact details for further information:

Contact Des Ryner, Healthy Lifestyles Coordinator on 0207 613 9169 or email des@corehealthandfitness.co.uk

5.3.5 Football, Basketball and Dance (Hackney)

Free, weekly training for young people - football training (ages 7-19), basketball training (ages 10-19) and dance sessions (ages 11-18) – for young people in Hackney.

Contact details for further information:

Contact Jackie Loftus, Hackney Homes Programme Manager on 0208 356 7863 or email Jackie.loftus@hackneyhomes.org.uk

5.4 Healthy Eating

5.4.1 Food Skills Project

Free 6-week healthy cooking and eating course for year 6 children and their parents, running in a variety of locations around the boroughs.

Contact details for further information:

Contact Claudia Manchanda, Project Coordinator on 0207 033 8506 or email claudia@shoreditchspa.org.uk

5.5 Early Years Initiatives

The following services provide information and practical experience to parents / carers of children aged 0-5, on the topics of healthy eating and physical activity. The HAPPY@Home programme also covers the issue of emotional wellbeing. Let's Get Healthy with HENRY is available to families in City and Hackney, while HAPPY@Home is funded by the Learning Trust and is therefore only available in children's centres in Hackney.

5.5.1 Let's Get Healthy with HENRY (Health Exercise Nutrition for the Really Young)

HENRY is an exciting new national initiative designed to tackle early childhood obesity and is co-ordinated by LEAP (multi-disciplinary children's weight management service) in City and Hackney. 'Let's Get Healthy with HENRY' is an 8-week programme that has been designed to cover the key lifestyle areas with groups of parents and carers with children aged 0-5 years. Each session begins with family time and young children are then cared for while parents and carers explore the topic of the week. Participating families receive the HENRY toolkit and supporting materials.

HENRY is hosted by the Royal College of Paediatrics and Child Health and is funded by the Department of Health and the Department for Children, Schools and Families. HENRY received the Association for the Study of Obesity Best Practice Award in 2008.

Referrals

The service is open to all families in City and Hackney with infants and children aged 0-5 years who are interested in participating in a group to learn more about achieving a healthy lifestyle. HENRY can be used as both a prevention and treatment programme. Referrals can be made by GP's, paediatricians, school nurses, health visitors or any health care professional. All referrals should be sent or faxed to LEAP
Accompanying information for NHS City and Hackney Child Obesity Care Pathways

using the LEAP referral form. Families can also self refer by contacting LEAP directly.

Contact Details for referrals and further information:

Telephone: 020 7683 4098, Fax: 020 7014 7251

Address: 2nd Floor Tower View, 134 Kingsland Road, London E2 8DY

5.5.2 HAPPY@Home

The HAPPY@Home programme is an extension of the HAPPY in Hackney programme (promoting healthy environments in early years settings, based on the national 'Healthy Schools' programme). HAPPY@Home involves parents/carers and their young babies/children in a series of parent and child workshops. It promotes physical activity, physical development, healthy eating and cooking and emotional health and wellbeing.

HAPPY@Home is delivered by health specialists in children's centres and schools across Hackney. Physical activity sessions teach parents about the importance of an active childhood, both in terms of physical and mental health. A Health and Nutrition Specialist provides sessions offering advice and support to parents around useful tips on getting children to eat more healthily at home, and parents and children are supported to develop basic cooking skills. In addition, emotional health and wellbeing (EHWB) workshops look at enhancing children's EHWB and social skills through dance and movement.

The aim of the programme is to encourage and inspire parents/carers to continue the activities informally at home. Equipment and books are available between sessions for families to access.

Referrals

The service is open to families in Hackney with infants and children aged 0-5 years. Families can self refer using the contact details below, but can also be referred by any health care professional.

Contact details for referrals and further information:

Contact Dave Millard on 0208 820 7455 or email dave.millard@learningtrust.co.uk

6 Useful Sources of Information for Professionals

The Department of Health have produced resources to help professionals raise the issue of weight with children, young people and their families. There are also a number of leaflets that can be ordered or downloaded to give to families that want help with achieving and maintaining a healthy weight.

Raising the Issue of Weight in Children and Young People

This leaflet can be downloaded using the following link:

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_096580.pdf

Raising the Issue of Weight in Adults

This leaflet can be downloaded using the following link:

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4134414.pdf

Top Tips for Top Kids

This booklet is aimed at children and their families, and can be ordered for free or downloaded using the following links:

www.orderline.dh.gov.uk/ecom_dh/public/home.jsf

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_101585.pdf

Why Weight Matters

This booklet for adults can be downloaded or ordered using the following link:

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4134416.pdf

Your Weight, Your Health

This booklet for adults can be ordered or downloaded using the following link:

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_081911.pdf

7 Useful Sources of Information for Children, Young People and their Families

The following websites provide additional information for children, young people and their families who are trying to achieve and maintain a healthy weight:

www.wellchance.org - Outlines healthy activities in Hackney and the City

www.nhs.uk/Change4life - National campaign website with healthy weight tips

www.bda.uk.com/foodfacts/index.html - British Dietetic Association Food Facts

www.healthystart.nhs.uk - Information about Healthy Start Food Vouchers