



FOR PUBLICATION

DERBYSHIRE COUNTY COUNCIL

DERBYSHIRE HEALTH AND WELLBEING BOARD

13 July 2023

**Report of the Director of Public Health
Derbyshire County Council**

Derby/Derbyshire Childhood Obesity Plan -Time for Action 2020-2030.

1. Purpose

1.1 The Health and Wellbeing Board is asked to:

- a) Acknowledge the significant progress made so far as part of the Derby/Derbyshire Childhood Obesity Plan -Time for Action 2020-2030.
- b) To provide ongoing board level scrutiny of future progress of the Derby/Derbyshire Childhood Obesity Plan – Time for Action 2020-2030 with a particular focus around objectives 1 and 2.
- c) Help leverage engagement and support from the Board and wider system partners system in the development of our whole systems approach to childhood obesity.

2. Information and Analysis

2.1 Childhood obesity is an important public health is one of the biggest health risks and is preventable. In the UK childhood obesity rates are the worst in Western Europe. The causes and solutions to childhood obesity are complex and require a system wide response to address this public health challenge. Being overweight or obese can lead to chronic and severe medical conditions including type 2 diabetes, fatty liver disease, heart disease, stroke, certain cancers, and psychological and psychiatric illness. All these conditions have substantial long term economic, wellbeing and social costs.

The latest National Child Measurement Programme (NCMP) data 2021 to 2022 for Derbyshire shows:

- In Reception around 1 in 4 (22.8%) children are overweight or obese. In England this is similar at 22.3%.
- In Year 6 around one in three (36.3%) are overweight or obese (England 37.8%).
- In Reception around 1 in 10 children (9.6%) were living with obesity (England 14.4%).
- In year 6 This more than doubles to 1 in 5 children (22.4%) living with obesity (England 25.5%).
- Bolsover has the highest prevalence of obesity for children in Reception (11%). Derbyshire Dales has the lowest prevalence of obese children in Reception (8%).
- Bolsover has the highest prevalence of obesity in Year 6 children (27.1%). Derbyshire Dales has the lowest prevalence of obese children in Year 6 (16.1%).
- Obesity in children is strongly associated with deprivation. 12.5% of children in Reception are obese in the most deprived areas compared to 7% in the least deprived areas. In Year 6, 25.4% of children are obese in the most deprived areas compared to 14.1% in the least deprived areas.
- Obesity (including severe obesity) in children in Derbyshire is increasing. In 2021/22, 22.4% of Year 6 children were obese or severely obese compared to 16.8% in 2007/08. A similar trend is seen at an England level (23.4% in 2021/22 compared to 17.5% in 2007/08)

2.2 The upward trajectory in childhood obesity prevalence over recent years require all partners to understand and commit to action to address the 'wicked issue' that is childhood obesity. The first objective within the Derby/Derbyshire Childhood Obesity Plan is to support the health and wellbeing of children through targeted specialised interventions and clear signposting for overweight and obese children to access evidenced based interventions. The second objective is to implement a whole systems approach which supports children and families to make healthy choices from birth to adulthood. The overall aim is to sustain a downward trend in prevalence.

2.3 The burden of obesity is not experienced equally across society. Childhood obesity rates are almost twice as high in the most deprived 10% of the population, compared to the least deprived 10%. Therefore, it is an issue of social justice and a significant risk to the future health and wellbeing of children.

2.4 Tackling childhood obesity and helping people achieve or maintain a healthier weight is complex. Most of the adult population in England is living with overweight or obesity and whilst the majority of the younger generation remain a healthy weight, it is not the case for every child, and particularly so for those living in our more deprived areas. Policy and evidence highlight a need to act now to support these families and children and to create local environments and places to promote a healthier weight. The causes of obesity exist in the places where we live, work and play, where the food and built environment often makes it difficult to make healthier lifestyle choices. Individuals and families live in local communities, and this gives local government the opportunity to work with communities and partners to help tackle and prevent the causes of obesity, complementing work at a national level. There is not one single solution and the policy and evidence recommends that obesity prevention becomes everybody's business and is prioritised and embedded in the whole council, NHS, civic society, and education. This is the basis of a whole systems approach

2.5 In December 2018, Derby, and Derbyshire Safeguarding Children Partnership (DDSCP) conducted a serious incident learning review of a child death attributed to obesity. Following the learning review, two key actions were identified:

1. To develop clear pathways of care for overweight and obese children
2. To develop a whole system approach to the prevention and early intervention of childhood obesity.

The above actions have been adopted as key objectives within the Derby/Derbyshire Childhood Obesity Plan – Time for Action 2020-2030.

2.6 Significant progress has made towards the two objectives within the Derby/Derbyshire Childhood Obesity Plan 2020-2030 including:

2.7 **Objective 1: Derby and Derbyshire develop clear pathways and signposting to enable children who are obese or overweight to access joined-up and long-term support.**

Work to date includes ensuring that there are robust systems in place to identify children who are overweight or obese and that there is a service available to them that can offer them, and their families, effective help through a multidisciplinary approach. Examples include:

- Development and implementation of a Tier 2 Children’s weight management offer for Derbyshire (Healthier Futures by Live Life Better Derbyshire) (**Appendix 2**)
- Childhood Obesity: Health, Wellbeing and Safeguarding guidance for practitioners has now been launched

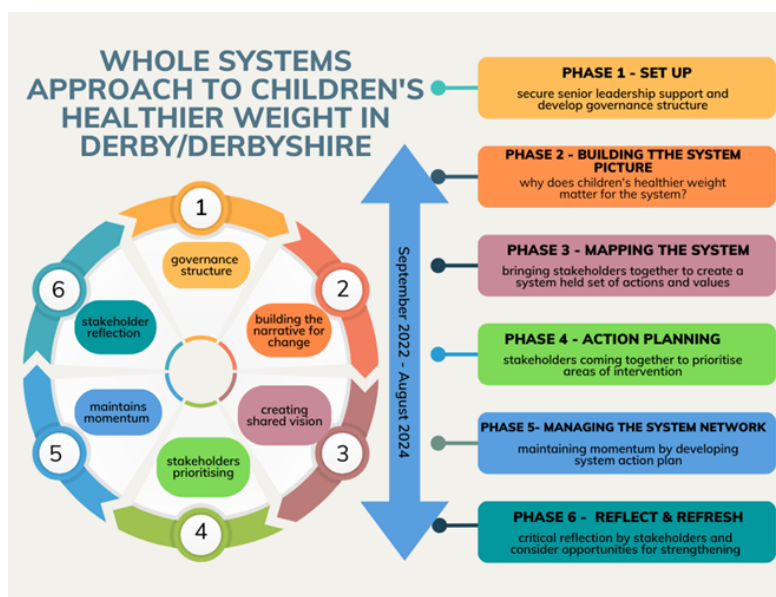
2.8 **Objective 2: Derby and Derbyshire develop preventative approaches for current and future generations.**

This objective includes the development of a whole systems approach to obesity. This approach coordinates existing efforts, reveals gaps in provision and supports the efficient use of limited resources.

The whole systems approach builds on the last three years of activity that has been largely delivered through the Strategic Multi-Agency Children’s Healthy Weight Steering Group. The group has representatives from a wide range of stakeholders under the direction of Joined Up Care Derbyshire Children and Young People’s Delivery Board.

Public Health England (now the Office for Health Improvement and Disparities) published in the 2019 ‘Whole systems approach to obesity’. The resource supports local authorities and their partners to implement a whole systems approach to address childhood obesity and promote a healthy weight. Derbyshire’s progress using this guide is highlighted in Figure 1 below.

Figure 1. Whole systems approach implementation plan



- 2.9 In Derby/Derbyshire phase three has started, which includes the facilitation of a Children's Healthy Weight Summit that took place on in June 2023 to begun to map the system
- 2.10 Learning from phase two will help build on the work Active Derbyshire have undertaken as part of their systems leadership approach. The working group have undertaken a stakeholder mapping exercise. This mapping will support partners identify their role in supporting the children's healthy weight agenda within their own system. The approach utilises a distributive leadership approach to enable further engagement with wider system partners.
- 2.11 Next steps include facilitating a second Children's Healthy Weight Summit in June 2024. The working group will collaborate with stakeholders to identify a whole systems action plan, which is based around the action scales model. This model identifies actions that could be undertaken to strengthen or shift the system structures, goals, and beliefs towards the desired goal.
- 2.12 The progress of the Derby/Derbyshire Childhood Obesity Plan is currently reported annually to the Joined-Up Care Derbyshire Children & Young Peoples Delivery Board.
- 2.13 A similar paper to the one presented today has been presented to Derby City HWB and similar recommendations have been approved.

3. Alternative Options Considered

- 3.1 Do Nothing, this is not a favoured option as there is:
- Ongoing Public Health challenge to rising childhood obesity rates both at a local and national level.
 - The Government's Childhood Obesity Policy A Plan for Action, Chapter 2 outlines the actions the Government will take towards its' goal of halving childhood obesity and reducing the gap in obesity between children from the most and least deprived areas by 2030. Local authorities and HWBs have a vital role within this national policy.
 - Derby/Derbyshire Childhood Obesity Plan 2020-2030 was implemented following recommendation from Derby, and Derbyshire Safeguarding Children Partnership (DDSCP) in response to a safeguarding practice learning review of a child death attributed to obesity.

4. Implications

4.1 Appendix 1 sets out the relevant implications considered in the preparation of the report.

5. Consultation

5.1 Having completed phase 1 (securing senior level support and establishing the necessary governance structure) the following key steps have been taken:

- Engaged with senior leaders to obtain their support.
- Set-up a core working team to undertake the day-to-day operations and coordinate the approach.
- Establish resources to support the process.
- Secure the accountability, advice, and support of a group of senior stakeholders offering a broad range of expertise to ensure the approach has sufficient challenge, governance, and resource. This will be the responsibility of the Strategic Multi-Agency children's healthy weight steering group.

6. Partnership Opportunities

6.1 It is recognised that there are several different factors that will impact upon children's healthy weight. Recognising the complexity of the work, further engagement with a wide range of partners through our whole systems approach will take place.

6.2 One of the asks within this report is to help leverage support from the board and wider partners from across the system to be involved and engaged in the development of our whole systems approach. District and borough councils are a key partner to the whole system approach through supporting the Childhood Obesity Plan and informing partners about childhood obesity. A focus on engaging with planning departments will support to tackle the obesogenic environment. From a Derbyshire County Council perspective there are opportunities to strengthen involvement in the whole systems approach, such as Highways.

7. Background Papers

7.1 <https://www.gov.uk/government/publications/whole-systems-approach-to-obesity>

7.2 <https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action-chapter-2>

7.3 <https://www.gov.uk/government/publications/whole-systems-approach-to-obesity>

7.4 Childhood Obesity: Health, Wellbeing and Safeguarding guidance for practitioners

7.5 [Derby/Derbyshire Childhood Obesity Plan 2020 - 2030 Time for Action](#)

8. Appendices

- 8.1 Appendix 1 – Implications.
- 8.2 Appendix 2 – Live Life better Derbyshire Tier 2 Children’s Weight Management service

9. Recommendation(s)

That the Health and Wellbeing Board:

- a) Acknowledge the significant progress made so far as part of the Derby/Derbyshire Childhood Obesity Plan -Time for Action 2020-2030.
- b) Provide ongoing board level scrutiny of future progress of the Derby/Derbyshire Childhood Obesity Plan – Time for Action 2020-2030 with a particular focus around objectives 1 and 2.
- c) Help leverage engagement and support from the Board and wider system partners system in the development of our whole systems approach to childhood obesity.

10. Reasons for Recommendation(s)

- 10.1 To raise the profile of the Childhood Obesity Plan and to secure buy-in from the board when working towards the objectives within plan. Actions to tackle obesity at a local level do not just benefit individual health. They can have positive impacts on other local agendas including employability and productivity of local populations and reduce the demand for social care. It is important to understand these benefits to engage different stakeholders in our approach. This provides oversight and assurance to the HWB on progress of these actions.
- 10.2 To secure an effective governance structure to increase buy in from a wide range of stakeholders in tackling childhood obesity as a long-term commitment. Having the sustained, visible, and active support of the HWB sends a clear signal that tackling childhood obesity is a priority for the whole system.
- 10.3 The identification and development of actions, and the alignment of these actions, is a key part of the whole systems process. This is done collectively with stakeholders to build shared ownership and enable stakeholders to see their place in the system. The whole systems

approach is best on collaboration, so we need a wide range of representation from stakeholders across the system.

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Organisation: Derbyshire County Council and Derby City Council

HWB Sponsor: Ellie Houlston, Director of Public Health

Implications

Financial

1.1 There are no financial implications of this report.

Legal

2.1 There are no legal implications of this report.

Human Resources

3.1 There are no human resource implications of this report.

Equalities Impact

4.1 In preparing this report the relevance of the following factors has been considered: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief and sex.

4.2 Obesity is strongly associated with deprivation and work to reduce obesity in children and their families will help to reduce health inequalities in local communities.

Partnerships

5.1 Many of the HWB partner organisations are participating in the work to reduce childhood obesity and helping to shape the whole systems approach that is being developed. Nevertheless, there are opportunities to involve a wider range of organisations and to deepen the involvement of other partners. The Board is asked to help leverage support from the board and wider partners from across the system to be involved and engaged in the development of our whole systems approach.

Health and Wellbeing Strategy priorities

6.1 Enable people in Derbyshire to live healthy lives

The childhood obesity plan focuses on helping children and young people to be physically active and eat healthily. It is thought that these benefits will extend to mental wellbeing.

6.2 Work to lower levels of air pollution

The childhood obesity plan considers whether children can be facilitated to have a more active commute to school. This may result in reducing parents driving children and therefore reduce air pollution.

6.3 Build mental health and wellbeing across the life course

The childhood obesity plan aims to develop a whole life course approach to enable children and young people to develop good mental health and wellbeing which continues for a lifetime.

6.4 Support our vulnerable populations to live in well-planned and healthy homes

The childhood obesity plan considers a universal whole systems approach, aiming to ensure everyone is able to live in a healthy home.

Other implications

7.1 None