

Live Life better Derbyshire Tier 2 Children's Weight Management service

Live Life Better Derbyshire is now delivering 'Healthier Futures', our programme of support for families to encourage them to get active and healthy and support wider work to reduce childhood obesity in Derbyshire. Healthier Futures consists of 2 key elements – delivery of HENRY programmes that provide knowledge and skills for parents on creating a healthier family and the second which is encouraging children to become more active.

- a) Parent/carer education, LLBD have partnered with HENRY and 8-week courses are now available for parents and carers of children from 0-12 years old. HENRY was chosen as it has a robust evaluation system and evidence base. The content of the HENRY programmes also meets the stakeholder requests for support with making long term health behaviour changes as a family. LLBD have also developed a maintenance programme to support parents/carers for longer, this part of the programme ensures there is up to 12-months support for parents/carers who feel that 8 weeks is not long enough. LLBD also welcome parents/carers into their closed Facebook group that provides daily motivational and information posts on a 24-week cycle. The Facebook page has become a very positive and motivational peer led resource.

During the consultation parents/carers mentioned time as a barrier to committing to a weekly programme. In response to this LLBD have developed a series of one-off sessions for those parents/carers who are short on time. The sessions include Healthy Eating on a Budget, talking to your child about weight and HENRY's Fussy Eaters, LLBD hope that these short sessions will provide a springboard for further learning to those parents who are short on time and for those lacking in confidence.

- b) Public Health SMT and Cabinet Member for Health and Communities recently approved a pilot of Child's Choice in 3 areas (Bolsover, High Peak and South Derbyshire). The pilot will run for 2 years and will be offered to the children of parents/carers of children aged 5-12 engaging in the HENRY Growing Up programme. These children will be offered a small bursary to encourage them to participate in low-cost physical activities of their choice. The Child's Choice initiative is designed to help overcome barriers to physical activity, both structural and psychosocial, and to contribute to the development of behaviours that support healthy growth and development, which in turn contribute to the reduction of overweight and obesity.