

HEAT 3 NHS Child Healthy Weight Target

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H3 Target – child healthy weight interventions

- NHS Scotland will complete **19,493** healthy weight interventions
 - children aged 5-15 years and defined as overweight (including obese) i.e. BMI > 91st centile ¹.
 - 2008/9 – 2010/11
- This target represents an estimated **13.5%** of all Scotland's overweight children in that age-range ².
- Contribution to the national indicator
"to reduce the rate of increase in the proportion of children with their BMI outwith a healthy range by 2018"

1. BMI = body weight in kilograms/height in meters squared.
2. Based on the Scotland level prevalence of obesity from the Scottish Health Survey 2003

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Development guidance: Scottish Government and Health Scotland April 08

- 4 core elements:
 - Family centred
 - Diet modification: reduction in total energy intake
 - Physical activity: increased physical activity and reduce sedentary behaviour
 - Behaviour change
- Long-term follow-up
- Group or individual
- Goal may be weight loss, weight maintenance or reduction in weight gain

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Interventions

Interventions

- Targeted sessions aimed at children BMI >98th centile
- Targeted sessions aimed at children BMI >91st centile
- Group v 1:1
- Whole class approach
- Whole school approach

Identification

- GPs
- School nurses
- P1 surveillance
- Paediatricians
- Health visitors
- Marketing/ advertising
- Teachers

Settings

- School
- Sport/Leisure Centre:
- Community site/ village hall:
- Medical site
- Home

Model

- Existing models - 5
 - MEND
 - SCOTT
- Existing models developed - 1
 - Max in the Middle
- New models developed - 8

Delivery

- Health coaches
- HPOs
- Drama/ dance experts
- Dieticians/ PA support worker
- Community workers
- Active schools co-ordinators
- PH nurses – HV & school
- Nursery nurses
- Sport and Leisure staff

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Challenges

Attitudes and beliefs of parents and young people

- Overweight not recognised
 - "ideal", "normal", "overweight"
 - peer reference
- Beliefs around eating disorders
- Eat healthily only necessary if overweight – "punishment"
- Future health benefits recognised but not identified as motivating factors
- Discussing unhealthy weight - criticism of parenting

Difficulties in identifying & recruiting families, children and YP

- Attitudes and beliefs of professionals
 - Fear of response
 - Lack of confidence/ skills
 - Inability to identify children
- Restricted opportunities

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Role of the media


- Exaggeration, of problem, parental blame
- Negative impact on health services
- Lack of national social marketing

Role of partners

- Difficulties in engaging
- Support variable
- Restricted by capacity and funding

Lack of infrastructure

- Lack of capacity
- Existing models not always appropriate – cost
- L&WF development

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Monitoring and evaluation framework

Monitoring and Evaluation Steering Group
 Scottish Government (including ASD), ISD, NHS HS, and Local NHS Boards


NHS Boards core data set

Mandatory

- progress narrative
- Descriptive information of intervention
- Total number of completed interventions

Additional

- Breakdown by intervention type
- Age group
- Gender

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Dataset submissions – 2008-09

Child Healthy Weight Interventions completed during 2008/09

NHS Board	Number of completed interventions
• NHS Ayrshire and Arran	17
• NHS Borders	26
• NHS Dumfries and Galloway	23
• NHS Fife	15
• NHS Forth Valley	124
• NHS Lanarkshire	83
• NHS Orkney	2
• NHS Shetland	11
• NHS Western Isles	12
• Scotland	313

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