

Staffordshire's Children and Families
Healthy Weight Framework for

Pre-school Children



By Staffordshire's
Local Area Agreement
Healthy Weight Group



Staffordshire's Healthy Weight Framework has been developed in partnership with the following organisations.



North Staffordshire



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Framework

Pre-school Children


Introduction

The Government's ambition is for England to be the first major country to reverse the rising tide of obesity and overweight in the population by ensuring that all individuals are able to achieve and maintain a healthy weight. The initial focus is on children. Nationally and in Staffordshire 23% of 4-5 year olds and 32% of 10-11 year olds were overweight or obese in 2006/07. The trend is upward. This has serious consequences for children's physical and mental health now and in the future. It also has a significant impact on their future lives in terms of productivity at work, salary and social and economic class.



What is this framework for ?

This framework has been developed by Staffordshire Children's Healthy Weight Group, a working group under the Local Area Agreement (2008-2011), in conjunction with other interested partners. The group recognised the huge amount and the variety of activity already going on in Staffordshire to promote healthy weight in children. However we recognised that much of it was ad hoc, piecemeal and short term and therefore unlikely to secure enduring population wide change which is what is required to tackle such a widespread growing problem.



This framework is to assist commissioners, planners and providers of services to consider the promotion of healthy weight for children as they commission and plan services and developments. If all of the elements covered in this framework are provided for in any one locality it is expected to have an impact on the prevalence of healthy weight in children and families. The framework is based on the latest available evidence and is intended to be multi-agency, multi-sectoral and multi-disciplinary. If every partner works together on this issue Staffordshire hopes to achieve the ambition of reversing the growing tide of children who are over their healthy weight.

What is a healthy weight?

For population monitoring and surveillance of children a healthy weight is defined as having a Body Mass Index (BMI) between the 2nd and 85th percentile for their age and sex. For clinical purposes it is defined as between the 2nd and 91st percentile for their age and sex. This means that prevalence figures obtained through routine surveillance programmes will over estimate clinical need.

The 85th percentile means that for every 100 children of that age and sex 85 children would have a lower BMI and 15 would have a higher BMI. Figure 1 demonstrates this continuum.

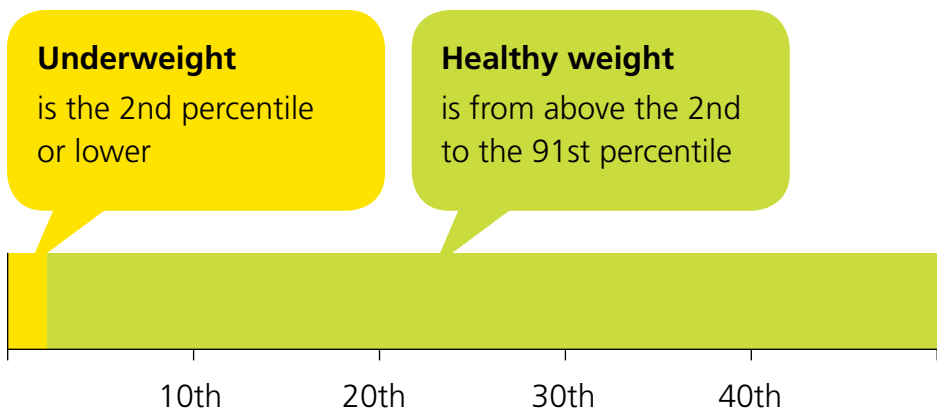


Figure 1. DOH- National Child Measurement Programme 2008, NICE, 2006



What are the weight ranges?


The weight ranges shown below are an approximate guide for your child at their age and height.

Very overweight (doctors call this clinically obese)

is above the 98th percentile

Overweight

is from above the 91st to the 98th percentile



Increasing risk of diabetes, high blood pressure in childhood and other illnesses in adulthood

How to use the framework

The framework uses a tiered approach 1 through to 4. The diagram below (Figure 2) briefly explains these tiers. This could also be described as a Children's Healthy Weight Care Pathway for Staffordshire.

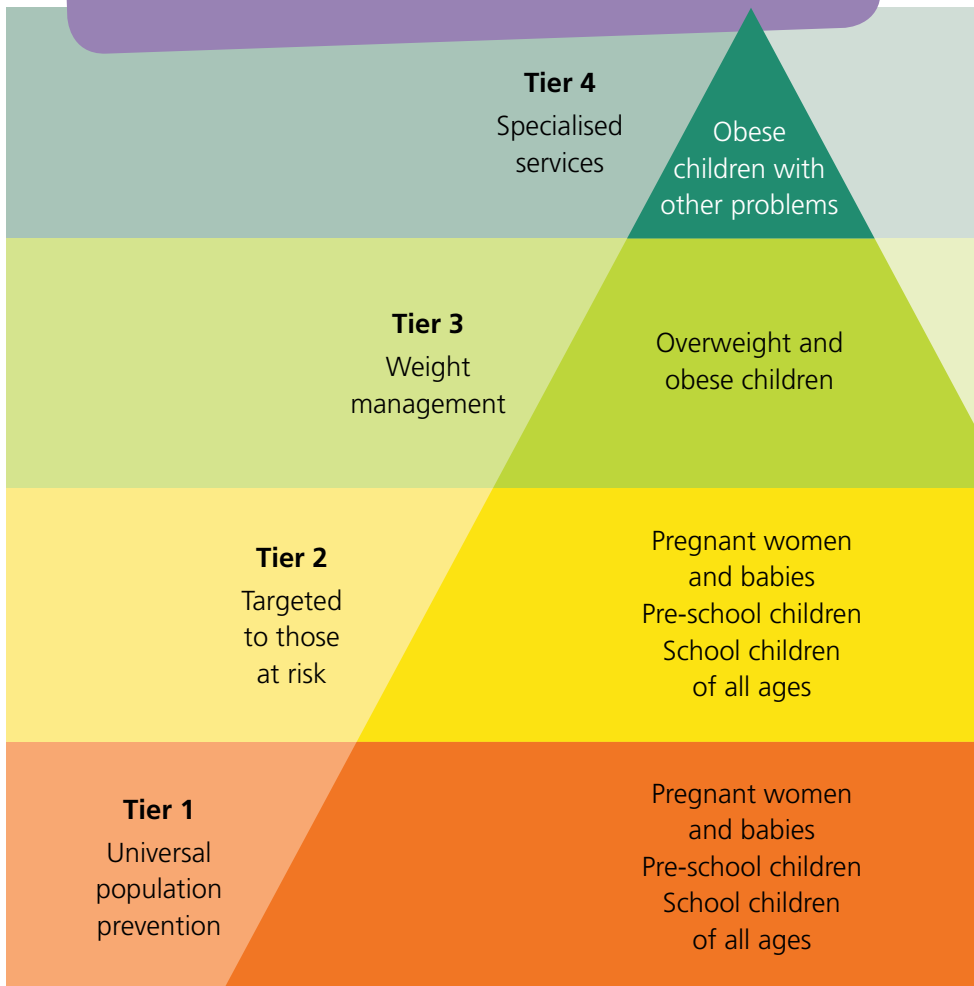


Figure 2.

On the right hand side it suggests which partner organisations might take the lead on ensuring that there are sufficient interventions, programmes, projects and infrastructures in place to ensure the vision of a healthy weight for all of Staffordshire's children is realised.

Primary Care Trust, Practice Based Commissioning, Specialised Commissioning, NHS Trusts

Primary Care Trust, Practice Based Commissioning, Local Authority, NHS Trusts

Primary Care Trust, Practice Based Commissioning, Local Authority (education, transport, childrens services, town planning) Childrens Trust, Joint Commissioning Unit

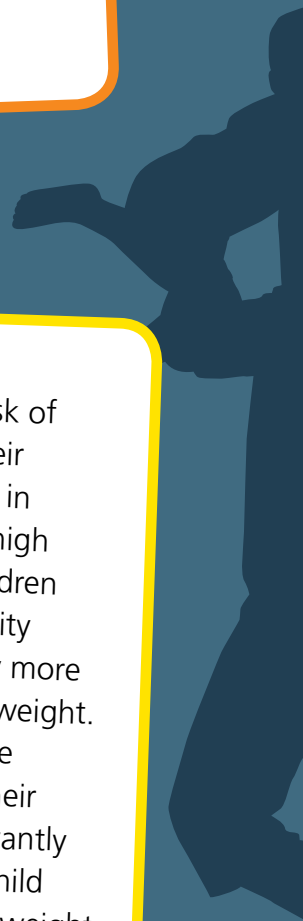
Primary Care Trust, Practice Based Commissioning, Local Authority (education, transport, childrens services, town planning) Childrens Trust, Joint Commissioning Unit

1

Tier 1 covers universal prevention. This prevention tier sets out what should be offered to all pre-school aged children in terms of general promotion of healthy eating and physical activity to ensure healthy growth and development.

2


Tier 2 looks at what should be offered to pre-school children at risk of gaining weight and becoming over their healthy weight. This might be children in a geographical area known to have a high prevalence of childhood obesity or children from certain BME (Black and Minority Ethnic) groups who are genetically more at risk of being over their healthy weight. This may also be children who have at least one parent who is over their healthy weight as this will significantly increase the risk of that child becoming over a healthy weight.





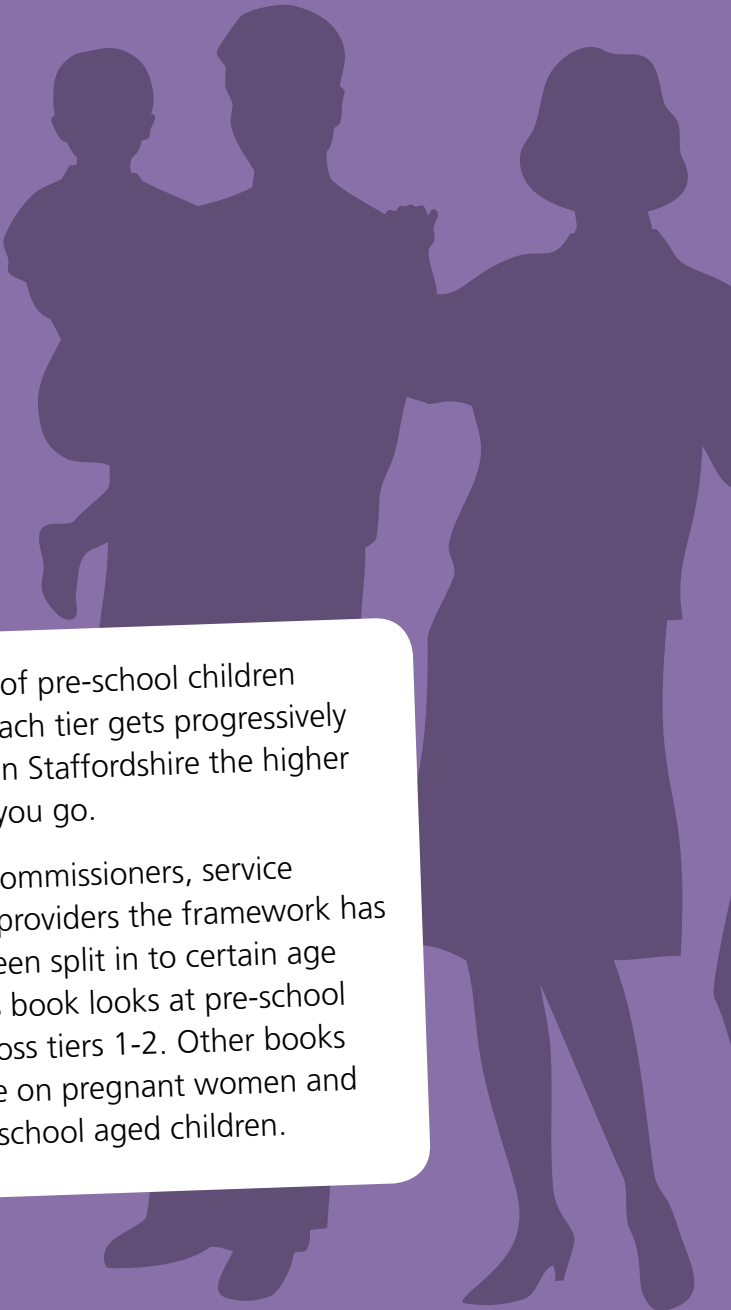
3

Tier 3 looks at what should be offered to pre-school children who are over their healthy weight, this being above the 91st percentile. This tier represents general advice and support services that should be able to be accessed by Parents and Guardians to support their child to grow into a healthy weight.



4

Tier 4 looks at what should be offered to pre-school children who are significantly over their healthy weight with a BMI percentile over the 98th percentile and or over the 91st percentile with additional co-morbidities such as learning and physical disabilities, severe asthma or diabetes. Tier 4 represents specialist weight management services for this group and will be led under a paediatric consultant.



The number of pre-school children involved in each tier gets progressively smaller within Staffordshire the higher up the tiers you go.

To support commissioners, service planners or providers the framework has been also been split in to certain age groups. This book looks at pre-school children across tiers 1-2. Other books are available on pregnant women and babies and school aged children.

Each tier within this book covers key areas of information to support a healthy weight for pre-school children as they grow and develop.

These sections are:

Key Messages

*Codes of Practice, Standards
and Guidance Documents*

Interventions

Example Projects and Programmes



Key Messages

Key messages are consistent and clear across the 4 tiers. If all professionals in Staffordshire say the same simple messages to parents, carers or guardians of pre-school children these messages will eventually get through loud and clear.

These messages have been selected based on social marketing research and link with the national Change4Life Programme. It is hoped that this section will provide a quick and simple reference point for everyone who works with this target group to help them promote a healthy weight.

Standards, Codes of Practice and Guidance Documents

This section provides a starting point for commissioners, planners and service providers or an audit reference guide for existing provision. It offers a brief reference list and web address of the key documents that can be sourced to ensure the services, programmes or projects are meeting the recommendations set out by key organisations such as the National Institute for Clinical Excellence (NICE) and Government Agencies. This document does not provide a précis of these documents only signposts to them.

The aim is that Staffordshire will continue to provide and where needed up scale provision of effective high quality programmes, projects and services that support achieving a healthy weight for pre-school children from prevention through to treatment.

Interventions

Interventions specify what should be done and provided locally to promote and achieve a healthy weight amongst Staffordshire's pre-school children. These interventions are based on the best available evidence and recommendations.



Examples

Examples are national, regional, local projects or programmes to give people an idea of what is already being provided to individuals. This list is not comprehensive or necessarily endorsed by the Staffordshire Healthy Weights Group but they have demonstrated a contribution to this agenda and maybe worth looking into further as something that could work in your area to fill an identified gap in provision.

This Healthy Weight Framework is not a comprehensive guide to service provision and or what is currently provided. It is a suggested starting point of what key messages should be said and what communities should have access to if they are to promote an environment and society that supports their children to be born, grow and develop in to a healthy weight for them.

This framework could be used as a quick audit tool or reference guide for local partners such as those within the locality Children's Trust, to review current provision in their area and assist them to plan for the future to fill any potential gaps in provision and limited capacity of provision.

Local service providers could also use this to help them make partnerships and see how their services could link with other services in other tiers to support a streamlined integrated Children's healthy weight care pathway for Staffordshire.

Staffordshire Healthy Weight Group has created this framework in consultation with the people and partners of Staffordshire. The group hopes that you will find it a very useful tool to help you support children and their parents in Staffordshire to maintain and achieve a healthy weight now and in the future.

Tier 1

*Universal Prevention of
Unhealthy Weight Gain*



Key Messages

Pre-school (1-4 years) Children

Eat meals based on the Eatwell plate

Breastfeed for as long as you choose

Eat 5 child size portions of fruit and vegetables a day

Have healthy snacks

Offer 3 me-sized meals a day with me-sized snacks inbetween

Offer finger foods

Eat together

Eat well

Move more

Provide 1 hour of physically active play a day, not necessarily all in one go

Restrict sugary drinks

Standards, Codes of Practice and Guidance

Health and Wellbeing

- Updated Child Health Promotion Programme, Department of Health, March 2008
www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_083645
- Healthy Weight Healthy Lives, Department of Health, 2008
www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_082378
- Department for Children School and Families, Statutory Framework for Early Years Foundation Stage, May 2008
<http://publications.teachernet.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=DCSF-00261-2008>
- Department of Health Change for Life Programme Change4Life assets, and principles and guidelines for Government and NHS
www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_089230

Physical Activity

- NICE, Public Health Guidance 17, January 2009. Promoting physical activity, active play and sport for pre-school and school-age children and young people in family, pre-school, school and community settings

www.nice.org.uk/PH17



Breastfeeding

- Unicef Baby Friendly Initiative

www.babyfriendly.org.uk

Healthy Eating

- Food Standards Agency "Eat Well" Ages and Stages – Children "Your Toddler"

www.eatwell.gov.uk/agesandstages/children/yourtoddler

- NICE, March 2008. Public Health Guidance 11 Maternal and Child Nutrition Guidance

www.nice.org.uk/PH11

In Nurseries and Childcare

- Staffordshire Nursery Award “Nurturing Health”
www.staffordshire.gov.uk/health/healthdevelopment/nurturingawards
- Caroline Walker Trust 2006, Eating Well for the Under 5’s in Childcare
www.cwt.org.uk/pdfs/Under5s.pdf
- Scottish Executive. Nutritional Guidance for Early Years: Food Choices for Children aged 1-5years in early education and childcare settings, 2006.
www.scotland.gov.uk/publications/2006/01/18153659/0

Preventing and treating unhealthy Weight Gain

- Scottish Intercollegiate Guidelines Network Guideline 69. 2003. Management and treatment of obesity in children and young people
www.sign.ac.uk/guidelines/fulltext/69
- National Institute for Clinical Excellence Guidance 43 (2006) Obesity guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children.
www.nice.org.uk/nicemedia/pdf/CG43NICEGuideline.pdf

Interventions

- Change for Life Programme, Department of Health www.nhs.uk/Change4Life

Physical Activity

- Provide accessible activities to support parents, carers or guardians to engage in active play with their children and reduce sedentary behaviour
- Support parents, carers or guardians to participate in active play with their children in and out of the home
- Encourage uptake of physical activity through outdoor play
- Early years setting provide at least one hour of active play throughout the day

Healthy Eating

- Ensure children eat regular, healthy, nutritious meals in a supervised, sociable environment free from distractions
- Promote healthy eating and drinking habits
- Provide healthy eating advice to young families
- Provide individual support and advice to parents carers and guardians to promote healthy eating

Example Programmes

Physical Activity

- Busy Feet
www.hmeducation.co.uk/Busy_Feet_Home.html
- Soccer Tots Football for 0-5year olds
www.socatots.com
- Tumble Tots
www.tumbletots.com/Stoke-on-Trent
- Leaps and Bounds
www.stafford-leapsandbounds.co.uk

Parenting

- Triple P Positive Parenting Programme, First Steps Psychology Service www.firststepsstoke.co.uk,
Tel: 01782 425883 NHS North Staffordshire Combined Healthcare Trust.



Healthy Eating

Staffordshire Examples

- Eat Well in Staffordshire 'Nurturing Health Award', Nutrition, Oral Health, Food Safety and Physical Activity Guidelines for Early Years Childcare Providers, Staffordshire County Council www.staffordshire.gov.uk/health/healthdevelopment/nurturingawards
- Lets Get Cooking www.letsgetcooking.org.uk
- HENRY is designed to tackle early childhood obesity by training community and health practitioners to work more effectively with parents and young families. It 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. www.henry.org.uk
- Healthy Eating and Oral Health Award, Healthy Eating For Under 5's Project information and Audit Tool for Day Nurseries, Directorate Public Health, Oral Health Improvement Team, NHS North Staffordshire and Stoke on Trent PCT



Tier 2

*Targeted Prevention of
Unhealthy Weight Gain*



Key Messages

As for Tier 1 AND

Sign up for
Healthy Start vouchers
until child is 4 years old



Standards, Codes of Practice and Guidance

As for Tier 1 AND

- Use market segmentation data to target these messages effectively. Information on this can be found here: MRD Human Research Nutrition, Cambridge; Department of Health, 2007. The healthy living social marketing initiative: a review of the evidence

[www.dh.gov.uk/en/Publicationsandstatistics/
Publications/PublicationsPolicyAndGuidance/
DH_073044](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_073044)



Interventions

Physical Activity

As For Tier 1 AND

- Encourage accessible opportunities for enjoyable active play and structured physical activity sessions

Healthy Eating

As For Tier 1 AND

- Provide healthy balanced nutritious meals in all settings where children and toddlers visit and stay
- Ensure portion sizes are the right size for the target group
- Provide healthy snacks and drinks for children and toddlers in settings where they visit and stay
- Encourage children to handle and taste a wide range of foods
- Offer social eating venues where children can eat together



Breastfeeding

As for Tier 1 AND

- Offer breastfeeding mothers the opportunity to breastfeed and bring in expressed milk to childcare settings

Parenting

- Positive Parenting Programmes



Example Programmes

Physical Activity

- Children's Centre FREE Tumble Tots programmes
- UK based MAGIC (Movement and Activity Glasgow Intervention)

Health Eating

As for Tier 1 AND

- Children's Centre cook and eat programmes

Parenting

As for Tier 1

Tier 3

*Treatment of Unhealthy
Weight Gain*



Key Messages

Pre-school Children

As for Tier 2
AND Consider the following:

Use clear, simple language when talking about weight. Explain jargon and define terms like 'overweight' and 'obese'

Acknowledging concerns and reflecting them back to parents is useful, use phrases like 'It's hard to say no to your kids' and 'You don't have to turn into a health fanatic to do something about it' demonstrates understanding and empathy

When delivering the messages, don't tell parents what to do. This alienates them. Use 'could happen' rather than 'will happen'

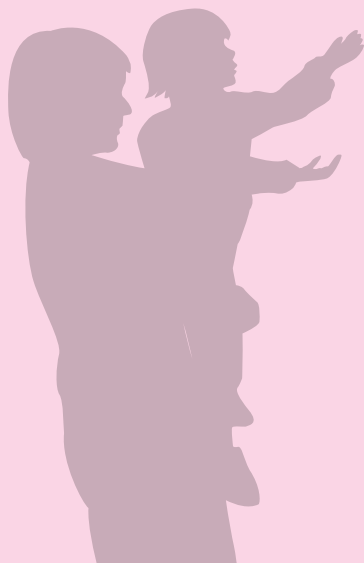
When talking about negative consequences, focus on future dangers, which most parents are willing to acknowledge. This reduces the risk of parents 'opting out' of communication because they don't believe their children are currently overweight or inactive

When discussing dietary changes state greater long-term negative consequences of failing to change their behaviour rather than short-term negative consequences associated in parents minds of trying to change their child's diet (e.g. time, cost, convenience, child fussiness)

Standards, Codes of Practice and Guidance

As for Tier 1 AND

- Healthy Weight, Healthy Lives
Commissioning Weight Management
Services for Children and Young People,
Department of Health, November 2008
[www.dh.gov.uk/en/Publicationsandstatistics/
Publications/PublicationsPolicyAndGuidance/
DH_090113](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_090113)



Interventions

General Treatment

- Tailored clinical assessment and intervention by appropriate health professional for children with a BMI at, or above, the 91st
- Integrated health visitor and dietetic-led services
- Assessment of co-morbidity for children with a BMI at or above the 98th percentile
- Family based interventions that cover both healthy eating and physical activity

Parenting

As for Tier 2

Example Programmes

- Health Trainer Services for parents if over their healthy weight
- Mini MEND weight management programme for 2-4year olds

www.mendprogramme.org/mendservices/minimend

Physical Activity

As for Tier 2

Healthy Eating

- Specialist Dietetic treatment
www.midstaffs.nhs.uk/ourServices/clinical/nutrition.asp
- Birmingham Community and Nutrition Dietetic services
www.dietetics.bham.nhs.uk



Parenting

As for Tier 2

Tier 4

*Specialised Treatment of
Unhealthy Weight Gain*



Key Messages

Pre-school children

As for Tier 3



Standards, Codes of Practice and Guidance

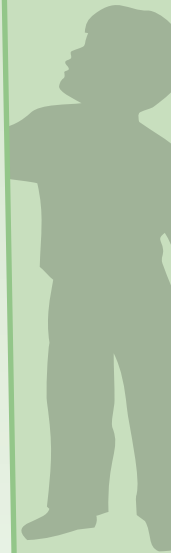
As for Tier 3




Interventions

Pre-school children should be under the care of a Consultant Paediatrician

- Any child with co-morbidity or complex needs (for example, learning or educational difficulties) should be referred to a specialist service (BMI 91st percentile +) for Paediatrician consultation and assessment.
- Assessment of co-morbidity for children with a BMI at, or above, the 98th percentile
- The aim of weight management programmes for children and young people may be either weight maintenance or weight loss, depending on their age and stage of growth
- Parental targeted interventions to engage parents should be provided to ensure they support the child's lifestyle changes
- Paediatric dietetic consultation and assessment
- Weight management programmes should include behaviour change, improving and regulating dietary intake, increasing physical activity levels



- 
- Behavioural interventions should include the following strategies, as appropriate for the child:
 - stimulus control
 - self monitoring
 - goal setting
 - rewards for reaching goals
 - problem solving
 - and should be carried out by an appropriately trained professional within the obesity team
 - Dietary interventions - total energy intake should be below their energy expenditure. Changes should be sustainable and supported by a Dietitian within the obesity team
 - A plan should be agreed and monitored with the child and family by an appropriately trained professional within the obesity team

Physical Activity

As for Tier 3 AND

- Physical activity interventions should be offered to increase physical activity rates to greater than 60 minutes per day

Healthy Eating

As for Tier 3

Example Programmes

- Heart of England NHS Foundation Trust

Physical Activity

As for Tier 3

Healthy Eating

As for Tier 3

Parenting

As for Tier 3

Glossary

Body Mass Index (BMI)	BMI is calculated by dividing a person's weight by their height in metres squared. BMI is a scientific measure that is used to indicate whether a person is underweight, a healthy weight, overweight or obese.
Change 4 Life	Change 4 Life is a national campaign to kickstart a lifestyle revolution for every family in order to halt the rising tide of obesity. Anyone who wants to get involved in Change 4 Life should register at nhs.uk/change4life or call 0300 1234567.
Children's Trusts	Children's Trusts bring together all services for children and young people in an area, to focus on improving outcomes for all children and young people.
Joint Commissioning Unit (Staffordshire)	A partnership between NHS South Staffordshire, NHS North Staffordshire and Staffordshire County Council focussing on assessing the needs of children and young people in Staffordshire, identifying the services required to meet those needs within a strategic framework, securing those services and monitoring and evaluating those outcomes.
Local Area Agreements (LAA)	The LAA is an agreement that is made up of outcomes, indicators and targets aimed at delivering a better quality of life for people through improving performance on a range of national and local priorities.
Local Authority	An administrative unit of Local Government.
National Institute for Clinical Excellence (NICE)	The independent organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health.
Positive Parenting Programmes	Schemes that specialise in the support of parents and those who work with them.
Practice-based Commissioning (PbC)	PbC is about involving GP practices and other health and primary care professionals in the commissioning of services.
Primary Care Trust (PCT)	Primary Care Trusts cover all parts of England and receive budgets directly from the Department of Health in order to commission health services from providers for example, hospital services.

