EXECUTIVE SUMMARY

At the previous Council of Governors’ meeting the issue of obesity was raised in discussion, and it was agreed to provide an update regarding the Trust’s involvement and support for local programmes.

Maintaining a healthy weight reduces the risk of developing a wide range of health problems including Type 2 Diabetes, Stroke and Cardio Vascular Diseases and so is one of the key priorities for Newcastle Wellbeing for Life Boards and, due to the impact on its own staff and services, one which the Trust considers of vital importance.

This paper provides an update regarding the current work in Newcastle and how the Trust’s staff contribute to the service delivery. In addition it describes programmes from which the wider staff population can also benefit.

RECOMMENDATION

To (i) note the content of this report (ii) comment accordingly.

Helen Lamont
Nursing & Patient Services Director

Margaret King
Service Manager Public Health

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3rd January 2013
1. INTRODUCTION

The Department of Health’s Publication - ‘Healthy Lives, Healthy People: A call to action on obesity in England, 2011’ calls for a new direction in the work on obesity to provide:

- A sustained downward trend in the level of excess weight in children by 2020
- A downward trend in the level of excess weight averaged across all adults by 2020

In Newcastle the Wellbeing for Life Partnership has implemented a range of Joint Strategic Needs Assessments (JSNAs) including on Obesity and Diabetes. These link closely with other JSNA topic areas such as:

- Breastfeeding
- Nutrition (Eat Well)
- Physical Activity
- Cardiovascular Disease
- Cancer
- Older People

The JSNAs and their resultant Action Plans take a life course approach and have specific actions around BME communities and addressing social and health inequalities. The plans take into account NICE Public Health Guidance such as Obesity: working with local communities and the Prevention of Type 2 Diabetes.

There are links with data collection programmes such as the National Child Measurement Programme (NCMP) on childhood BMI, The National Diet and Nutrition Survey (Food Standards Agency) and The Health Survey for England.

The Action Plans outline a range of activities including training, weight management programmes and prevention initiatives in the community to address food, nutrition and physical activity. This paper provides an overview of these activities provided in the city. Staff and their families from the Trust can benefit from many of the services available to help gain or maintain a healthy weight and prevent the onset of Type 2 Diabetes.

2. OBESITY AND DIABETES UPDATE

Current Position

Using the Lighten the Load Ready Reckoner, (National Heart Forum, 2007) it is calculated that 6,141 children between the ages of 4 and 15 years in Newcastle are obese of which 3,457 are boys and 2684 are girls. Using the National Child
Measurement Programme (NCMP) data Newcastle’s Reception Year Obesity level at 11.6% is significantly higher than the regional average. The Year 6 Obesity level at 21.6% is not significantly different than the regional average.

There is not currently robust information about the prevalence of adult obesity in Newcastle. However, the 2011 Newcastle upon Tyne Health Profile provides information on “expected” rates of adult obesity based on modelled estimates from the Health Survey for England 2006-08. Given the characteristics of the local population approximately 23.9% of adults over 16 years of age will be obese (BMI equal to or greater than 30kg/m2), compared to an England average of 24.2%. The prevalence of diabetes rises with age. One in 20 over 65 year olds and one in five over 85 year olds have diabetes. The table below shows that:

- prevalence in Newcastle is increasing, probably as a result of a combination of factors such as increasing levels of obesity, ageing population and perhaps improved case finding
- prevalence is lower in Newcastle than the regional and national prevalence

<table>
<thead>
<tr>
<th></th>
<th>2006/07</th>
<th>2007/08</th>
<th>2008/09</th>
<th>2009/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newcastle</td>
<td>9,273 (4.0%)</td>
<td>9,645 (4.4%)</td>
<td>10,213 (4.6%)</td>
<td>10,871 (4.7%)</td>
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<tr>
<td>North East</td>
<td>101,690 (4.7%)</td>
<td>107,991 (5.0%)</td>
<td>114,371 (5.3%)</td>
<td>Not yet available</td>
</tr>
<tr>
<td>England</td>
<td>1,981,976 (4.5%)</td>
<td>2,088,335 (4.8%)</td>
<td>2,213,138 (5.1%)</td>
<td>Not yet available</td>
</tr>
</tbody>
</table>

2009/10 - QMAS data, NHS North of Tyne Information Dept.

3. TRAINING

A range of training programmes are offered by the Trust to support organisations and staff across the city around nutrition and obesity in Newcastle. This training is designed to help front line staff to give appropriate and effective support to people across Newcastle and is often free of charge unless accreditation fees are required.

Newcastle Nutrition

- Healthier Foods and Nutrition
- Food and Public Health Nutrition and Presentation Skills
- Healthy Eating and Cooking on a Budget
- Maternal Obesity Care Pathway Brief Intervention Training

Health Improvement Team

- Childhood Weight Management Brief Intervention Training
- Adult Weight Management Brief Intervention Training
- Introducing Solid Food Training
- Change4Life Training
Other Providers

Community and voluntary sector organisations such as HealthWorks, Food Nation, Community Catering and many others run cooking skills training at various venues and times across the city.

4. WEIGHT MANAGEMENT PROGRAMMES

A range of weight management programmes, with specific referral criteria and care pathways, are delivered across Newcastle by either the Trust or the City Council. They are designed to support people with weight loss and maintenance and include work on behaviour change, nutrition and physical activity.

The Trust deliver two elements of this Service through the work of Newcastle Nutrition and the Weight Management team.

Newcastle Nutrition Programmes

New Start Healthy Lifestyle Programme – is aimed at supporting overweight and obese women and their partners to become more active and eating well before, during and after pregnancy.

Mini On the Go (2-4 years) – Specialist Children’s programme to provide help, support and advice to families with children aged 2-4 years who are overweight. This involves a structured programme of parent group or individual sessions co-ordinated by a dietitian and supported by community nutrition worker. The aim is to help families eat well, move more and live longer.

Mini On the Go (5-7 years) – Healthy Living programme designed to provide help, support and advice to families with children aged 5-7 years who are overweight. This family based structured programme of group sessions is co-ordinated by a dietitian and supported by community nutrition worker and Sport, Health and Fitness Specialist. The aim is to help families eat well, move more and live longer.

Weight Management Team Programme

Why Weight (Level 3) Specialist Weight Management Programme - is the weight management programme for adults (over 17 years) who have a BMI >40 or 35 with significant co morbidities. All individuals who are considered for Bariatric surgery as a first line treatment (BMI>50) should be referred to this service at the same time. The service is commissioned to see 400 clients per annum.

Newcastle City Council Programmes

On the Go is a six month weight management programme for children and young people aged 8-16 with a BMI >91st centile on the child growth chart and who live within the City of Newcastle or who are registered with a GP practice within the City. The Trust’s Newcastle Nutrition team deliver 4 sessions in the 12 week programme as well as offering one to one advice and support to individual families.
Why Weight (Level 2) is the weight management programme for adults (over 16 years) who have a BMI >30 or 28 with co-morbidities. Referrals can be made for individuals with a BMI up to 40. The programme can only accept referrals for individuals who live within the City of Newcastle or who are registered with a GP Practice within the City. The service is commissioned to see 600 clients per annum.

Live Well Exercise on Referral – the programme is available to adults (over 16) who live within Newcastle upon Tyne or registered with a Newcastle GP. They must be: inactive, ready to make lifestyle changes, and have one or more of a range of medical criteria.

5. PREVENTION ACTIVITIES

A wide range of activities and programmes are in place in Newcastle to promote healthy eating and physical activity which are aimed at reducing over weight and obesity and preventing the onset of conditions such as Type 2 Diabetes. The Trust provide a range of services to support this but also work in partnership with the City Council and the community and voluntary sector to try to provide a population wide service but also to target work where it is most required, i.e. areas of greater health and social inequalities.

Midwifery & Breastfeeding - Promote initiation and exclusive breastfeeding for the first six months which has been shown to be beneficial to the baby’s health and weight in future years.

Health Visitors – support exclusive breastfeeding for the first six months and Vitamin uptake as part of the Healthy Start Programme. Through this programme eligible parents also receive free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. Health Visitors also provide support around general health issues and measure a baby’s height and weight to check its BMI status and support moving onto solid foods (weaning).

School Health – provides a service of support to schools and pupils across Newcastle. This includes taking measurements of Reception and Year 6 pupils as part of the National Child Measurement Programme (NCMP).

Newcastle Nutrition – the dietetic service for Newcastle offer a wide range of support around nutrition and healthy eating, including support from Community Nutrition Workers (CNWs) and Dietitians.

Health Improvement Team – provides a range of services including advice and policy development around Infant Feeding, Healthy Schools, Nutrition and Obesity and Workplace Health. Newcastle upon Tyne Hospitals NHS Foundation Trust is currently in the process of signing up to the Better Health at Work Award.

Within Acute Care BMI measurement is an integral element of MUST nutritional screening of adult in-patients ensuring the identification of overweight and obesity is part of standard care enabling staff to give appropriate advice and signposting to weight management services and dietetic support. Staff can access the training programmes outlined above, the brief intervention training is specifically designed
to help staff have what can be sensitive but essential discussions with patients. Within the Trust the nutritional content of in-patient menus is in line with nutritional standards to ensure well balanced food is available and “healthy eating” options are clearly identified on the menu cards to guide patients food choices.

Occupational Health and Wellbeing Service – has committed to developing a range of preventive and wellbeing services within its three year strategy. This will include support for staff in accordance with the NICE Public Health Guidelines. Support will range from the offer of ‘Food for Thought’ workshops provided by the psychology team to health and wellbeing assessments, subject to agreement for resources by the Trust Executive.

Newcastle City Council

SureStart Children’s Centres – provide integrated services designed to support families in areas of greatest need and provide a vast range of services on parenting, breastfeeding, weaning, healthy eating and physical activity.

The Heart of Newcastle Award, co-ordinated by the Environmental Health Team, is given to caterers meeting specific standards promoting healthy eating and food hygiene.

The Active Newcastle Website highlights the programmes and activities available in the city promoting physical activity. Newcastle Leisure also operates the Fusion Card discount scheme and other initiatives for access to their facilities and services.

Community Sector

Change4Life Programmes in Newcastle East and West are partnerships of public, community and private organisations promoting healthy eating and physical activity. The Change4Life principles of making small changes to ‘Eat Well, Move More, Live Longer’ are being applied to the work in Newcastle and resources are actively promoted through various partnerships.

Health Trainers and other community workers are providing support to people from BME Communities and those with diabetes to access healthy eating and physical activity sessions.

RISKS AND RISK MITIGATION

From a Trust perspective both of the Mini on the Go projects, the New Start Healthy Lifestyle Programme and Why Weight Level 3 are all funded on a temporary basis via Public Health monies and have contracts via North of Tyne contracts up to the end of March 2013. Contracting responsibilities will transfer to the Local Authority from 1st April 2013 and no firm intentions have been expressed re 2013/14 contracts. Staff were actively seeking employment elsewhere so the Trust has, at risk, extended the Why Weight contracts until the end of March 2014 so that the service is not destabilised.
Public Health funding is still not formalised so there is ongoing uncertainty regarding commissioning of the services. There is also the possibility that services will be put out to tender in the future. This could be a risk for Why Weight Level 3 in particular as the Local Authority already hosts Why Weight Level 2 and they could express an interest in delivering both at a reduced cost.

7. SUMMARY

The Trust is providing a wide range of services both to prevent and treat the development of overweight and obesity and of conditions such as Type 2 Diabetes. This is achieved in partnership with a wider public health workforce from both the City Council and community and voluntary sector organisations.

The Trust provides a central role in supporting the development of strategies and policies to address these issues and not only provides front line services but also provides training and support for others in the city to do so effectively.

Weight management programmes are effective in supporting those people referred into them in achieving sustained weight loss but it is recognised that not every eligible person in the city is ready to change or willing to join a programme. The Trust will continue to work in partnership around social marketing and raising awareness with people of how weight can and is affecting their health in the short and long term. However, if all people meeting the criteria for the programmes did make use of them there would be an issue in the lack of capacity for the teams to meet the need.

The work on prevention is essential in trying to stop the continuing rise in the numbers of people becoming obese or suffering from associated conditions. This work takes place in early years, school, community and work place settings and the capacity to deliver this work needs to be monitored given recent changes and cuts in funding and services. This work is there to support and treat all residents of Newcastle, including Trust staff and their families.

8. RECOMMENDATION

To (i) note the content of this report (ii) comment accordingly.

Helen Lamont
Nursing & Patient Services Director

Margaret King
Service Manager Public Health

David Stobbs
Health Improvement Lead for Nutrition
3rd January 2013