

Getting the most out of the National Child Measurement Programme Lambeth Perspective

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Presentation outline

- Overview of Lambeth
- Process of NCMP exercise
- Proactive follow up – Specialist Healthy Weight School Nurse
- Local Healthy Weight Services offered
- Local Analysis and Use of NCMP data

Overview of Lambeth

London Borough of Lambeth

- Inner London Borough
- 9th most deprived borough in London
- 1/3 children live in poverty
- High levels of childhood obesity. (Approx 34% children in Reception and 40% children in Year 6 have excess weight)
- Addressing childhood obesity is a local priority
- A package of locally commissioned interventions alongside other initiatives support children and families to maintain and achieve healthy weight.

The NCMP weighing and measurement process

The NCMP weighing and measurement process

- Co-ordination by School Nursing Team
- Opportunity for Healthy Weight School Nurse to engage with Schools and Parents prior to NCMP about process and wider weight issues
 - Introduced as a support to schools
 - PTA / Parent Evenings
 - Coffee mornings with parents
- Health promotion sessions in schools by members of the school nursing team as part of weighing and measurement exercise

NCMP results letter

The letter provides the opportunity for:

- Parents to contact HWSN
- Access to supporting resources and information e.g C4L, local services
- Self referral to local level 2 community weight management services
- Referral to local level 3 weight management service

Proactive follow up after NCMP – Specialist healthy weight school nurse

- Locally created role based on identified needs, based within the school nursing service
- Opportunity to assess the whole child/family circumstances not just weight
- Options for
 - Brief intervention over the phone and face to face
 - Further assessment with family
 - Signpost to the most appropriate service(s)
 - Assurance for parents/ “worried well”
- Specific support for vulnerable families, including “hand holding” through services
- Short, medium and longer term follow up of “at risk” children (including outcomes from services)

Healthy weight school nurse (HWSN) – Case study 1

- Tom is 11 years old and according to the NCMP he is very overweight .
- His Dad received his NCMP results letter saying he was classified at risk of being very overweight. Dad is concerned and contacts the healthy weight school nurse and is keen to do something about it.
- But in conversation with Dad, the HWSN understands that he is a single Dad, is very busy and out at work all day. Tom is picked up from school by his Nan and stays there till Dad picks him up at 6pm.
- Nan loves Tom very much and gives him snacks at her house , so that he can have a proper supper when she gets home. She also rewards him with sweets and chocolate when he does his homework.
- HWSN recognises that although Tom would benefit from attending the local community based children's weight management programme, Dad is at work and Nan can't take him as Nan has to look after Grandad
- HWSN advises on ways to keep Tom and the rest of the family active, less sedentary and reducing unhealthy foods and portion size, including strategies for when he is at Nan's house. She also directs Tom's Dad to some online resources and will contact him again in a month's time to find out what measures have been taken and note if there are changes in the family's circumstances.
- 3 months later, Tom and Dad were so happy with the progress they were making. Even Nan and Grandad had become more active as the reward for doing his homework meant he could spend time playing in the garden or going to the park.

Healthy weight school nurse (HWSN) – Case Study 2

- Sabrina is 5 years old and her mother received her NCMP results letter saying she was classified at risk of being very overweight.
- HWSN notices that records show she is around the 99th centile and her immunisations are incomplete. She calls the phone number in the child's record.
- HWSN speaks with Mum who feels that Katie will grow out of it. She doesn't want any further attention being put on Katie as she has become more withdrawn since she started school in September. Katie also doesn't get a good night's sleep as she wakes up in the night due to her breathing, they can ill afford to start including additional activities to their day as she is always tired.
- HWSN convinces Mum to attend a 1 to 1 with her, where Mum admits concern for Katie. The family is referred to the Level 3 service. HWSN calls Mum every week to motivate them to keep attending sessions and finds out how they are getting on.
- 6 months later, Katie is sleeping through the night, is full of energy, loves going to school and has had a significant reduction in her BMI z score.

Local weight management services

Lambeth Ready, Steady, Go! – Level 2 weight management service

Results

- Participants 51.9% of which were male, and 48.1% female
- 73.8% from Black background, over 50% from most deprived wards
- 73.2% programme completion rate
- 90% of programmes reporting a reduction in average BMI Z-scores
- 73% of all individual participants exhibiting a reduction in BMI Z-score



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Lambeth level 3 children's weight management service

Results

- 56.3% male and 43.7% female; 35.9% have some form of disability;
- Over 63% from Black backgrounds; 65% were from most deprived wards; and 43.3% live in single parent households
- Psychosocial factors were identified for 41.0% of referrals including parents with English as their second language; incidents of domestic violence in the family; and child protection issues in the family
- 65% z score stabilised, 18% z score reduced, 4% z score increased after 3 months. (Reduced or stabilised BMI z score for 83%)

Lambeth's Specialist Weight Management Service

Changing habits when it comes to food and eating is hard to do

Who we are To try and make things easier, we've brought everyone together in the same place – a dietician, family therapist, physical activity coach and doctor.



What we offer We make a plan based on what you tell us and this usually includes family work, health checks and support with diet and physical activity. The sessions can be at the clinic, your home, gym or school with reviews to check progress and find out what you think.

Why? The families we see have many strengths but there are often many challenges. Sometimes these come in the form of worries about other family members, complex health or medical concerns as well as difficult and upsetting events. It's because of this, our service is not structured or group based but tailor made to fit your child and family.

Eligibility In order to utilise this service, children must present additional medical and/or complex social needs in addition to being above the healthy weight.

If you are interested, contact Hayley Tuffin on 020 3049 6047 or alternatively email Hayley.tuffin@slam.nhs.uk

Local analysis and use of NCMP data

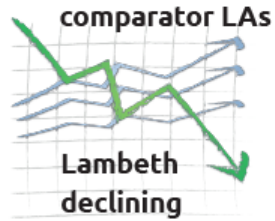
Local NCMP data analysis

Multiple regression

WHAT THE NCMP DATA TOLD US?

Descriptive

Statistical reduction in obesity levels in Reception and Year 6 children



(Population change was not significant and cannot explain the prevalence reduction)



Boys are more likely to be obese compared to girls

All ethnic subgroups are more likely to be obese compared to White British group with Black Caribbean and Asian nearly twice as likely to be obese

Childhood poverty is significantly associated with obesity 1.5 to 2 times higher from 7th to the worst decile

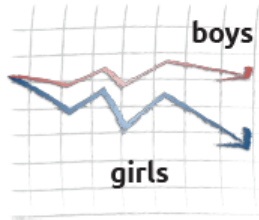
	Category	Adjusted Odds Ratio	95% Confidence Limit	
			LCI	UCI
Sex	Girls		Reference	
	Boys	1.12	1.03	1.22

	Ethnic Sub-group	Adjusted Odds Ratio	95% Confidence Limit	
			LCI	UCI
Ethnic Sub-group	White British		Reference	
	White Other	1.76	1.44	2.15
	Mixed	1.42	1.15	1.75
	South Asian	1.89	1.47	2.43
	Black Caribbean	1.90	1.59	2.27
	Black African	1.73	1.44	2.06
	Black Other	1.35	1.06	1.71
	Other	1.86	1.47	2.35
	Unknown	1.78	1.49	2.12

	Income deprivation	Adjusted Odds Ratio	95% Confidence Limit	
			LCI	UCI
Income deprivation	Least 1 st /4 th decile		Reference	
	5 th decile	1.76	1.44	2.15
	6 th decile	1.42	1.15	1.75
	7 th decile	1.89	1.47	2.43
	8 th decile	1.90	1.59	2.27
	9 th decile	1.73	1.44	2.06
	Most 10 th decile	1.35	1.06	1.71

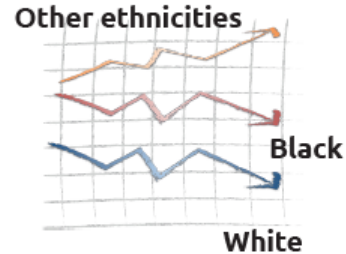
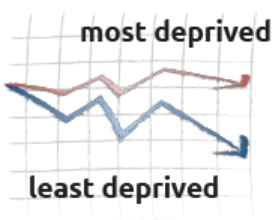
Linear regression

Girls appear to show a greater decline in obesity compared to boys (not significant)



Significant decline in obesity prevalence white and black ethnic groups, other ethnicities worsening

Greater decline in least deprived compared to most deprived groups, all groups showed a decline



How we have used the NCMP in Lambeth

- Surveillance and JSNA
- Inform design, commissioning and review of healthy weight services
- To engage schools, families and communities
- To engage GPs, children services and other relevant stakeholders
- Shape major local programmes e.g. Big Lottery Better Start – LEAP; Food Flagship Programme
- Inform prioritisation and resource allocation

NCMP – A useful means to an end!

Thank You!
Questions?

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