

Healthy Weight Active Lives Service Delivery Partnership

Project Report 2009-2011

“Tackling childhood obesity by providing a range of positive programmes that address the varying needs of York’s children and young people.”



introduction



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The Healthy Weight Active Lives (HWAL) Service Delivery partnership aims were to tackle childhood obesity by providing a range of positive programmes to address the varying needs of York's children and young people. Programmes addressed physical activity levels, food choices and healthy eating, as well as building confidence and self esteem.

The overarching aim of the scheme is to reduce the childhood obesity and the associated negative impacts in the City, particularly focusing on NPI 56 through increasing children and young peoples' participation in PE and School Sport and through positive activities.

Using the North Yorkshire York Healthy Weight Active Lives Strategy as a structure for delivering change within the community, the HWAL service delivery partnership has been able to support the delivery of the strategy ambition through theme 2; 'promoting healthier choices', theme 3; 'building physical activity into our lives' and theme 5; 'personalised advice and support'.

The four programmes that have assisted in meeting the aims of the HWAL Service Delivery partnership include MEND, City of York Council Food Labelling and Composition Awareness Training, York City Knights 'Get Active' programme and Altogether Better resources.

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MEND (Mind, Exercise, Nutrition...Do it!) helps children aged 7 - 13 years and their families manage their weight better and lead healthier lives through learning about nutrition and how to eat a balanced diet. Sessions are designed to help them develop skills that change attitudes and get the children to take part in an hour's exercise whilst the parents have an adult discussion. The main aim of the scheme is to change the habits of children, young people and their families to food and physical activity resulting in a lifelong change leading to reduced weight and healthier habits for life.

Aims of the project include:

- Providing specific targeted support to children / young people and their families to assist them in achieving a healthier weight
- Halting the year on year rise of children's obesity levels
- Providing training and support for families so that they can support their children in achieving a healthier weight

MEND aim to do this by:

- Implementing an effective and research-based obesity prevention and treatment programmes, training and resources
- Working alongside partners from the private, public, voluntary and academic sectors to make our services available at a community level on the widest possible scale

overall results of



The York MEND portfolio included 7 programmes over a period of 21 months. The total number of participants in these programmes was 68 (46 % boys) and the average age was 10.8 years. Our average programme attendance rate was higher than the national average and the dropout rate was lower than the national average. On the whole, most of the results are similar to the MEND 7-13 national rollout results.

The current York MEND portfolio, has demonstrated significant clinical results with the Body Mass Index (BMI) decreasing (on average) from 27.7 kg/m² pre-MEND 7-13 to 27.0 kg/m² post-MEND 7-13, leading to a mean 0.7 BMI unit reduction. Also, waist circumference, an indicator of abdominal fat, was decreased by an average of 3.6 cm post-programme for the portfolio.

Post-programme levels of physical activity rose and children were doing moderate to vigorous activity more days per week, whilst television viewing and computer usage were reduced from 17.2 to 10.8 hours per week (a 6.4 hour decrease).

The York MEND portfolio not only demonstrated "clinical attributes" that participants became healthier but also, MEND 7-13 Participants were "fitter" by the end of the programme, as indicated by the 12.6 beats per minute decrease in recovery heart rate following the 3-minute step test.

Finally, the programme had a positive impact on the mental wellbeing of the participants. The SDQ is a parent-rated measure of common psychological symptoms in childhood. The mean score on the SDQ was within the low needs range and it is encouraging to note that post-programme, the average SDQ score was even lower. This suggests that participating in the York MEND 7-13 Programme is associated with improved psychological functioning.

Taken together, the results of this report indicate that the programme is having positive healthy outcomes for the families participating in those programmes within the York MEND portfolio.

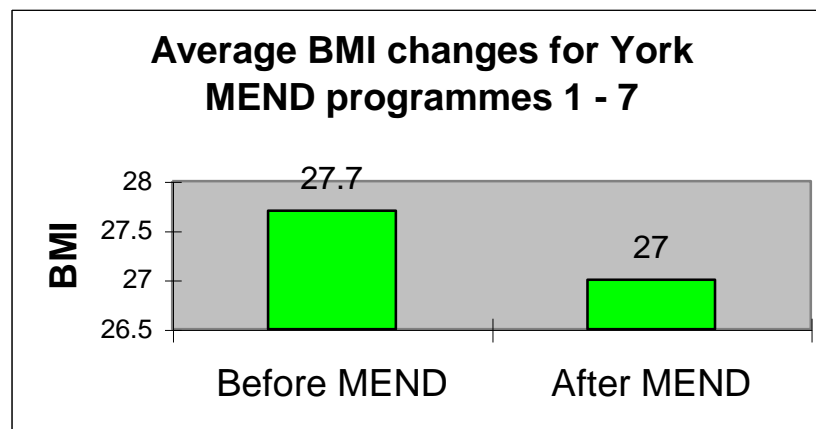
York MEND were finalists in three areas of excellence for the National MEND Best Practice Awards: Partnership Working
Recruitment and Retention
Community Engagement

We have also been featured in the North Yorkshire Sport 2012 Legacy Brochure. In addition to this, York MEND was asked to deliver an 8th programme, which reflects the high quality of the programmes in the city.

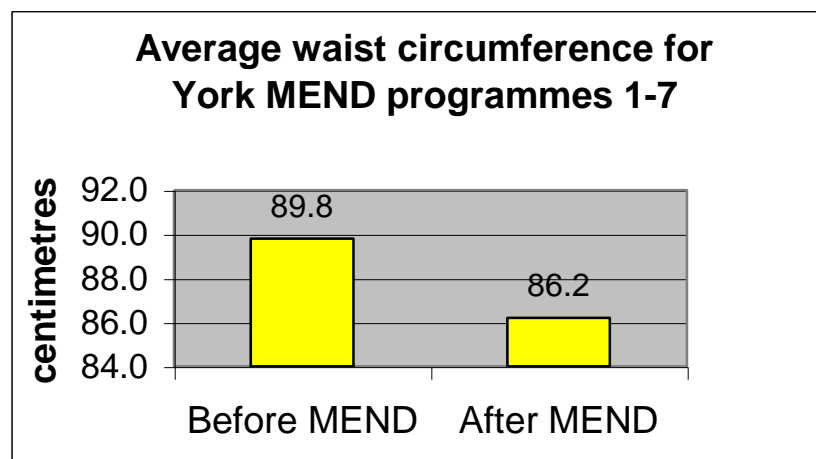
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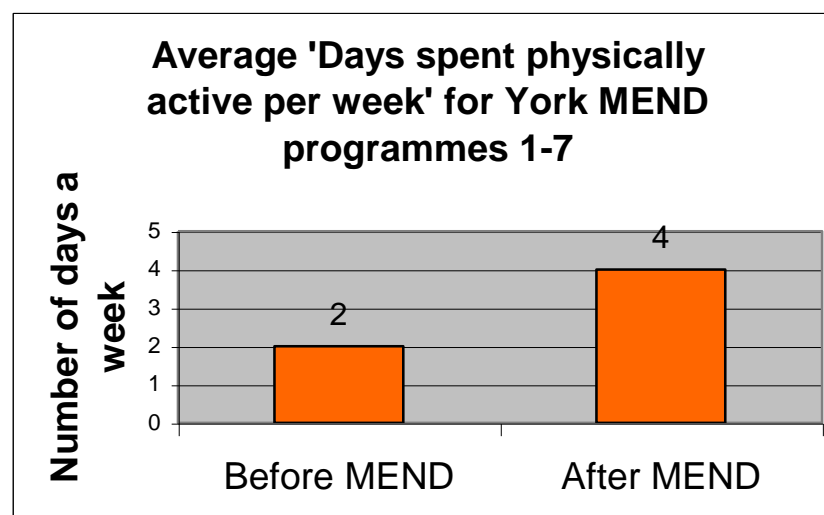
1. Body Mass Index



2. Waist Circumference



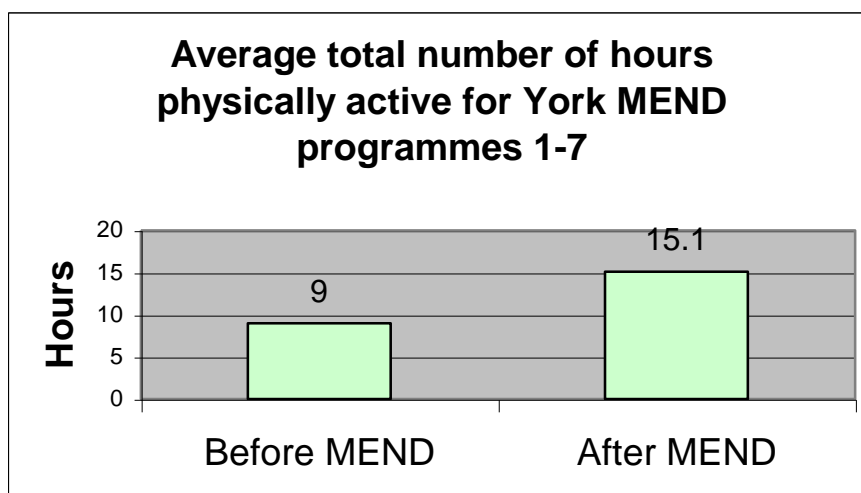
3. Days spent doing 60 minutes of moderate/vigorous physical activity



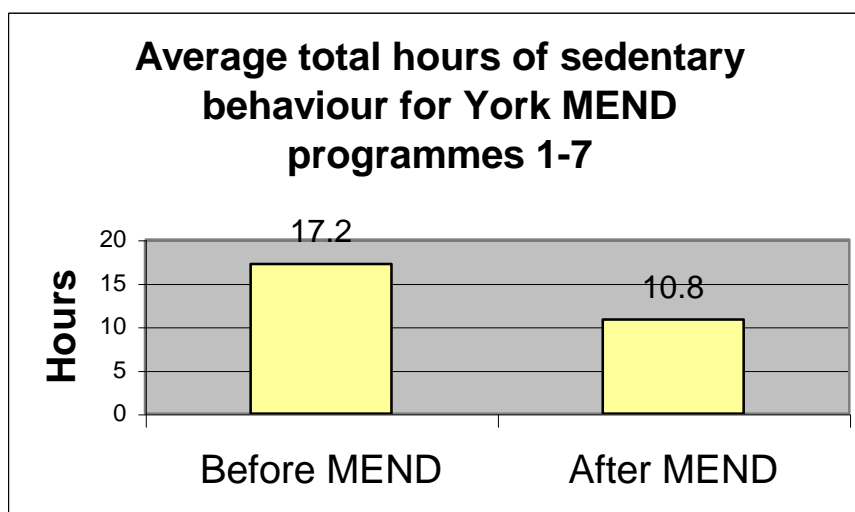
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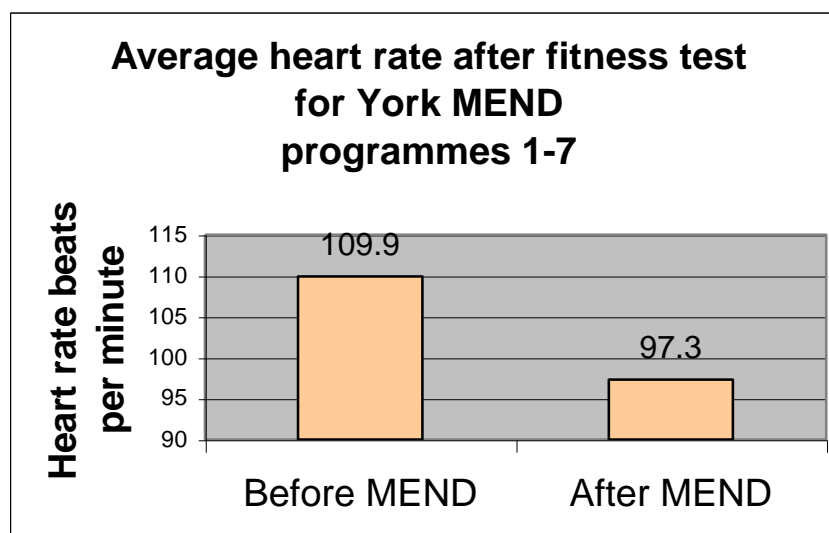
4. Total hours physically active



5. Total hours of sedentary behaviours



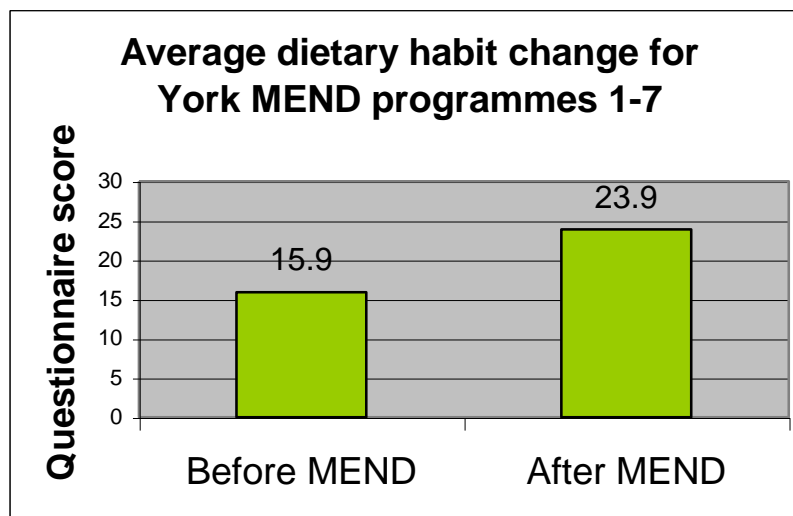
6. Fitness



results & recommendations



7. Dietary Habits



Recommendations

In line with the recommendations of the National Obesity Observatory, MEND 7-13 strongly recommends that MEND York continues to monitor the anthropometric outcomes of the children who took part in these programmes for a further 12 months. It is also a recommendation that future MEND or childhood obesity programmes are supported through positive advocacy and funding. The MEND team is currently in the process of devising a York specific children's weight management programme.

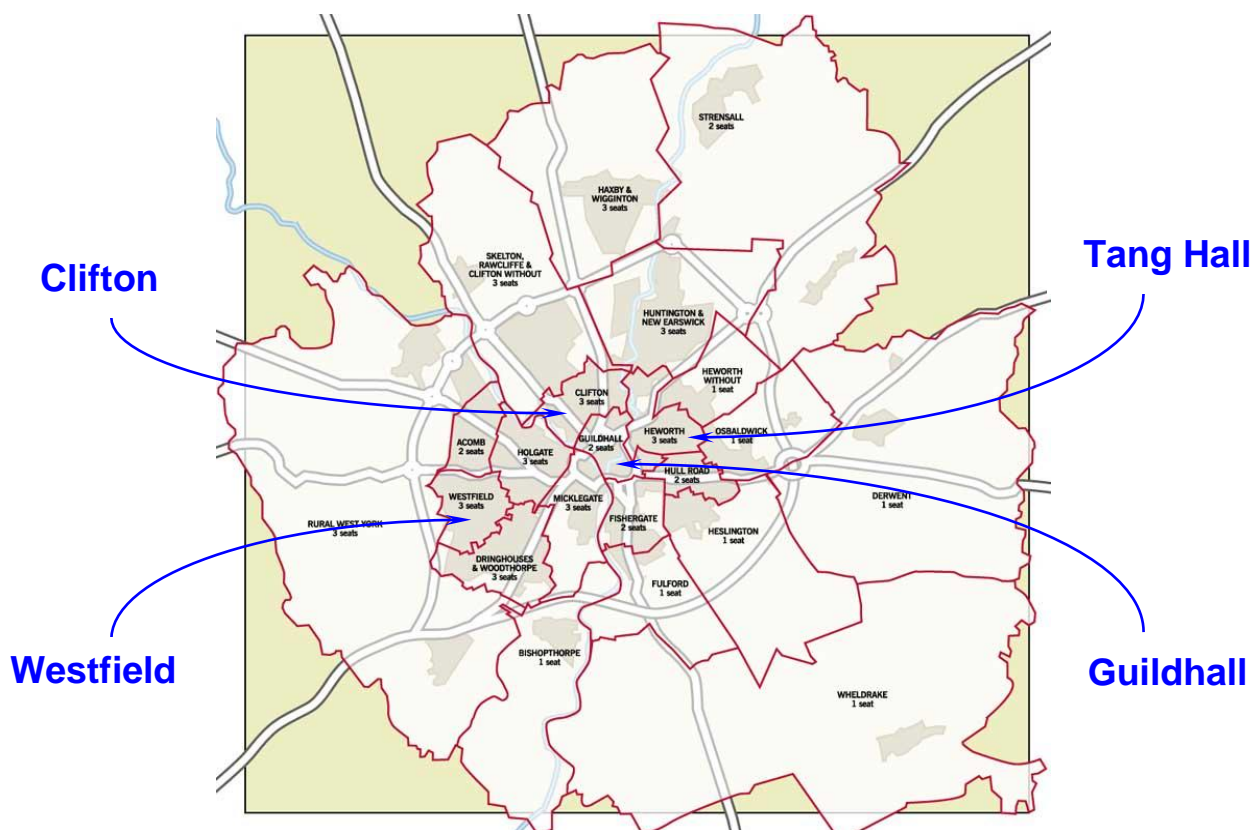


Liz Burkinshaw holds a quilt that was made during one of the MEND Graduate reunions. It linked together celebrating MEND achievements and encouraged wider ranging cultural activities for children and young people.

The Altogether Better project aimed to empower local people to take the lead in improving the health and well-being of themselves, their families and their local community.

The project aimed to achieve this by providing them with knowledge and skills around behaviour change, healthy eating, physical activity, and mental well-being in order that they can make positive changes in their own lives and support change in the lives of their families or the people they volunteer/ work with.

The project focused on specific areas of disadvantage to improve the health of identified groups and works in the following areas:



In each of these areas the target groups are:

- families with children
- lone parents
- teenage parents
- care leavers
- homeless young people

The aims of the project were to:

1. Deliver supported and accessible community health education to community members from the target groups and frontline workers/volunteers working in the target areas
2. Develop the skills and knowledge of community members and frontline workers/volunteers so that they can support others to make healthy changes to their lives as part of their involvement with their own family, community or client group
3. Provide support and signpost people to specific activities and/or further training to focus on one or more of the 3 key areas of healthy eating, physical activity , mental health
4. Provide assistance to set up and support relevant community activities

The funding received from the partnership group was to enable equipment and resources to be purchased for the educational courses run with communities and frontline workers.

Training for frontline staff and volunteers included:

- 5 Food for Thought courses to 46 people in:

Westfield, Guildhall, Clifton and Tang Hall

- 13 short courses covering healthy eating, physical activity, mental well being to a variety of groups including:

Kick Boxing, Bubble and Stir Cooking, York Refugee Action Healthy Eating Course, Dad's Dinners, York High Family Learning Day - Healthy Eating, Tea Time Treats, Parents Group, Future prospects Teenage Parents, Street Dance and Get Connected

outcomes of



- Delivered 44 activities through pump priming funding, project staff involvement or activities of direct beneficiaries:

26 x Healthy Eating; 13 x Physical Activity; 5 x Mental Well Being

- Delivered training to frontline staff and volunteers:

Understanding Health Improvement course to 6 people; Promoting Health and Well Being course to 10 people

- Attended 6 community events to promote the project and engage people in a range of activities:

Eco Day; Just 30 Campaign launch; Community cohesion events at St Lawrence's and Haxby Road Children's Centres; St Lawrence's Children's Centre Parents event; Family Fun Day

Outcomes

Met the needs of 157 direct beneficiaries through:

- Food for Thought courses and short courses
- Understanding Health Improvement (UHI) training for frontline staff and volunteers

Reached out to 585 indirect beneficiaries through:

- Food for Thought participants who passed on information, skills and knowledge to friends, neighbours and family members
- UHI participants who passed on information, skills and knowledge to the people they work with

~ Taken from a report by Suzanne Carr



introduction to

The York City Knights Foundation's 'Get Active Programme' was launched in September 2009 and was aimed at educating Year 6 children in York about the importance of a healthy lifestyle. This was achieved by offering schools a six week programme, two of which were educational sessions and four of which were physical activity.

The aims of the sessions were based around the following:



Since its inception in September 2009, 41 schools and more than 1,500 children in York have participated in the programme.

Children were asked to fill in a food diary and complete a worksheet following the first educational session, which were then reviewed as a group to measure the impact of the session.

The key findings were:

42%

Increased the amount of exercise they did each week!

51%

Improved their diet within a five week period!

16%

Increased the amount of sleep they had per night!

results from



We have also created a section on our website for the 'Get Active' programme:

www.yckfoundation.com

The programme has been extremely well received by the schools and all have said that it is something that they would welcome again, given the opportunity. Lorna Brown of Clifton With Rawcliffe Schools was full of praise for the programme:

"The first session was a theory session which was very well delivered and very informative. This session also covered some of our science work we had to do in school. So it was one less activity that we had to plan. The activities planned were well thought out and fun for all. I was informed by the children that they enjoyed these sessions very much. Chris delivered many practical activities which I have been using in my PE lessons. He was very motivated and enthusiastic about the activities and this obviously had an affect on the children, as they were very keen to join in and have some fun! A most enjoyable number of sessions, thank you!"

Chris Thorman
delivering a 'Get
Active' lesson



food & safety unit



The food and safety team aims to raise awareness about the nutritional content and ingredient composition of food in a fun and interactive way. For older children and adults, we help them understand food labelling so they can make informed choices about the food they buy and eat. This work complements the other healthy eating messages such as 'five a day'. Workshops are adaptable and can be refocused to alternative target groups such as parents. The workshops were aimed at primary school children.

Ten workshops were delivered to seven primary schools, one ward committee and one parents' evening – 1249 participants in total.

The overall aim of the sessions was to promote healthier food choices. The sessions had the following objectives:

1. To improve children's knowledge and understanding of the amount of fat in a range of foods.
2. To improve children's knowledge and understanding of the amount of sugar in a range of foods.
3. To improve children's knowledge and understanding of the amount of salt in a range of foods.
4. To improve children's knowledge and understanding of food labels.
5. To improve children's knowledge and understanding of healthier and unhealthier snacks and meals.

Children were divided into groups and spent time in four themed workshops; fat, sugar, salt, comparing healthy and unhealthy food.

Children in Key Stage 2 studied a range of different food labels and weighed out the amount of sugar, fat and salt in various foods and compared this to a typical average serving. They looked at the amount of fat, sugar and salt in meals and compared different brands and products.

Children in Early Years and Key Stage 1 compared the amount of sugar, fat and salt in different foods. Visual props were used to make the comparison.

An evaluation was completed by the class teacher for all sessions delivered. All teachers reported that pupils' knowledge and understanding of food labelling and composition had increased due to the session. During the feedback session, the pupils had retained the key message about the levels of fat, salt and sugar in food and the risks from having a diet high in these.

outcomes



Teachers said that the most useful parts of the session were:

“physically seeing the amount of hidden fats, salts and sugars”

“seeing salt and sugar content of foods compared to daily allowance”

“it showed children how much sugar and salt there was (more than their expectation)”

“seeing fat in chocolate”

“salt content - most children were not aware of the dangers of stroke etc from excessive salt”

Outcomes

An evaluation was completed by the class teacher for all sessions delivered. All teachers reported that pupils’ knowledge and understanding of food labelling and composition had increased due to the session.

The project has created a demand for more session outside our original remit of primary pupils. Two secondary schools have asked for sessions to be delivered to year 10 and 11 pupils. A youth group co-ordinator has also requested the sessions for older children. Staff in the schools said that they have learnt new information from attending the sessions and have said that they will incorporate some elements into the curriculum. Further requests have been received from schools where workshops have been held, asking for focussed workshops on packed lunches.

Conclusion

The workshops were enjoyed by all participants and very positive feedback was received by pupils, teachers and head teachers.

Recommendations

1. Concerns over childhood obesity to be maintained in City Strategy and Health documents
2. Partnership working is encouraged and continued in tackling obesity
3. Continue the provision of childhood obesity intervention services and that other interventions are investigated and planned for
4. A commitment to longer term support is required for sustained results in the city
5. Ensure that appropriate resources are allocated

The HWAL Service Delivery Partnership has been a successful partnership, with all partners achieving positive outcomes.

The partnership approach has been supportive for all partners and has in many cases meant better results and outcomes for young people in York.

Should you wish to have any further detailed information about the projects included in this report, please contact:



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