

# Childhood obesity in Haringey

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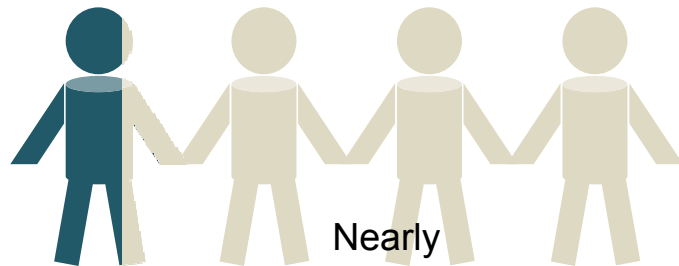
Haringey Public Health update

Health and Wellbeing Board 1 July 2014

# Prevalence of childhood obesity

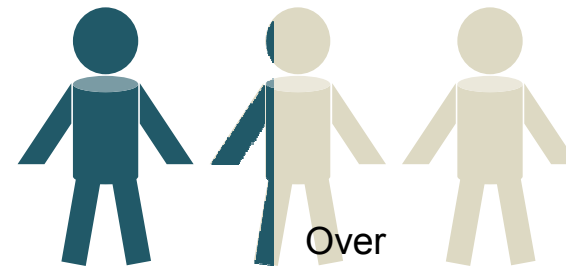
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In Haringey, a higher proportion of children are obese and overweight by year 6 than in reception year



**1 in 4**

children are overweight or obese in  
**reception year**  
(2013)



**1 in 3**

children are overweight or obese  
**in year 6**  
(2013)

2

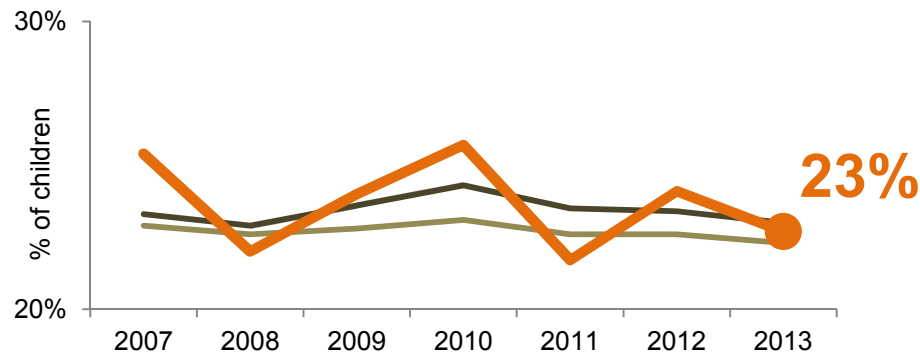
Source: Public Health England

# Trends

Most recent trends show obesity and overweight in reception going down and rising in year 6

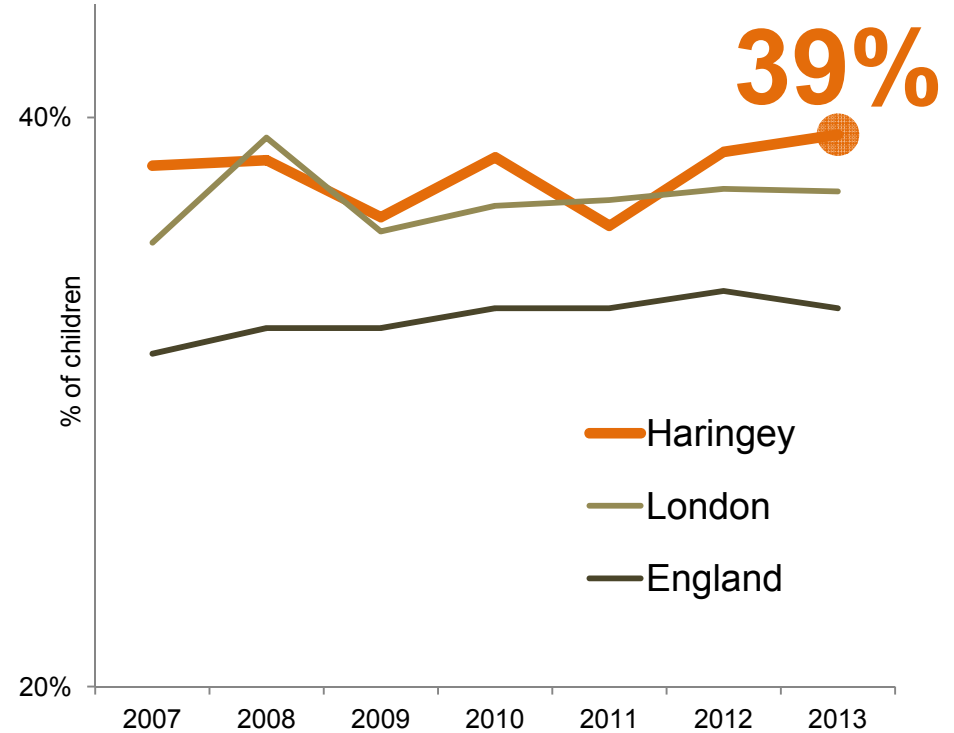
## Reception children

% obese and overweight in Haringey 2013



## Year 6 children

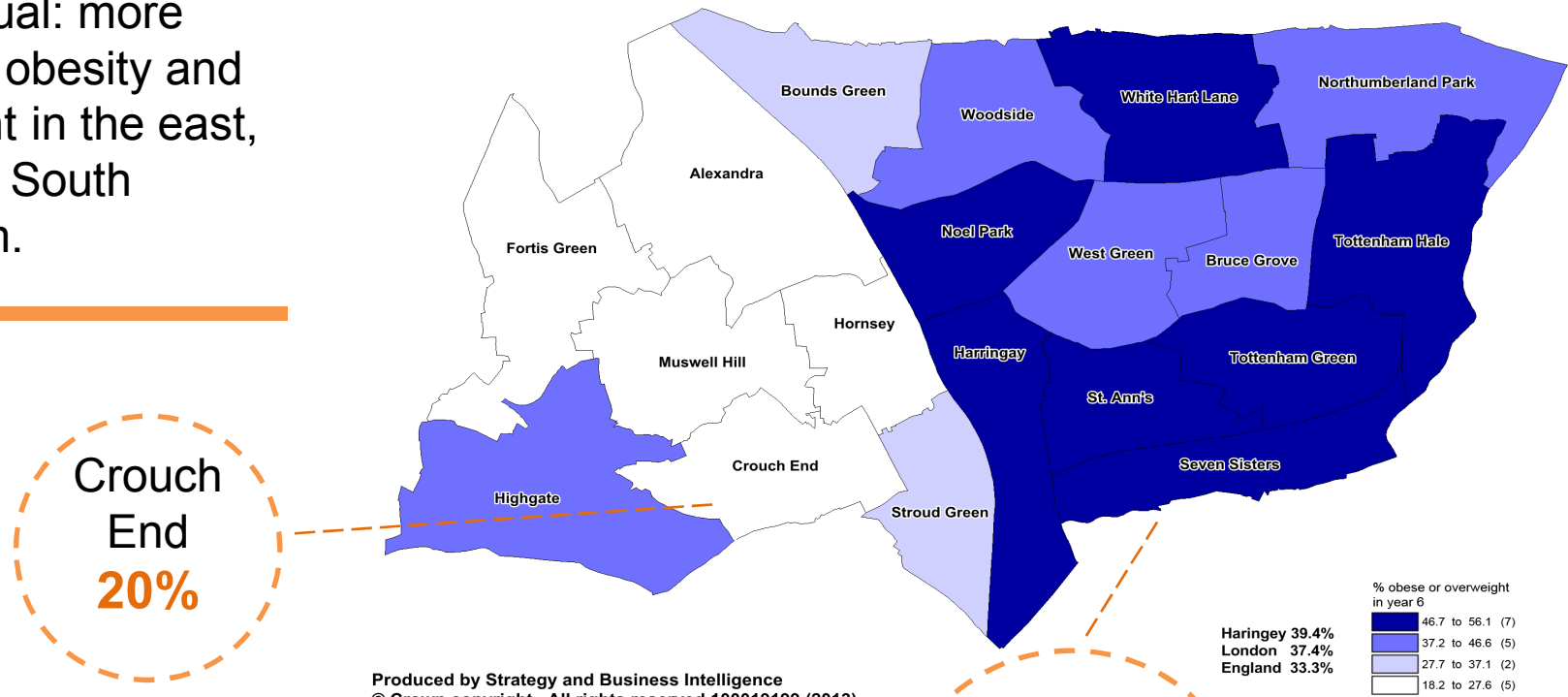
% obese and overweight in Haringey 2013



# Differences by ward

## Prevalence of overweight or obesity in year 6 by ward, 2013

Not all equal: more childhood obesity and overweight in the east, especially South Tottenham.



Crouch End  
20%

Seven Sisters  
56%

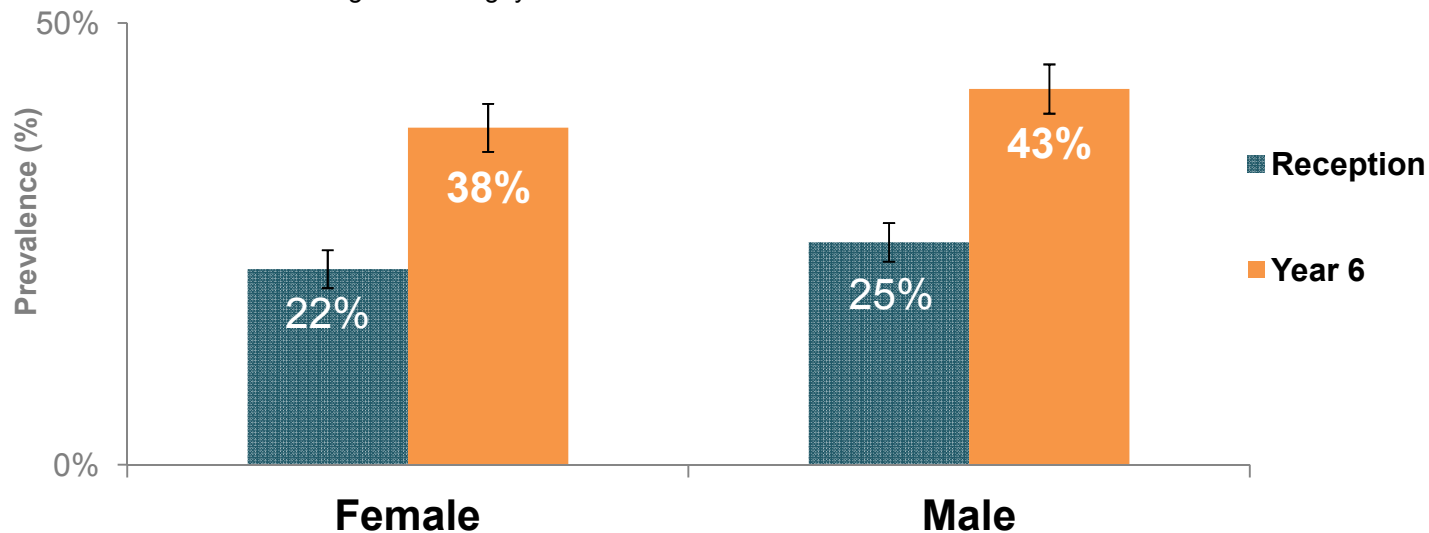
Produced by Strategy and Business Intelligence  
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# Differences by gender

A higher proportion of boys are obese and overweight

## Obesity and overweight by gender

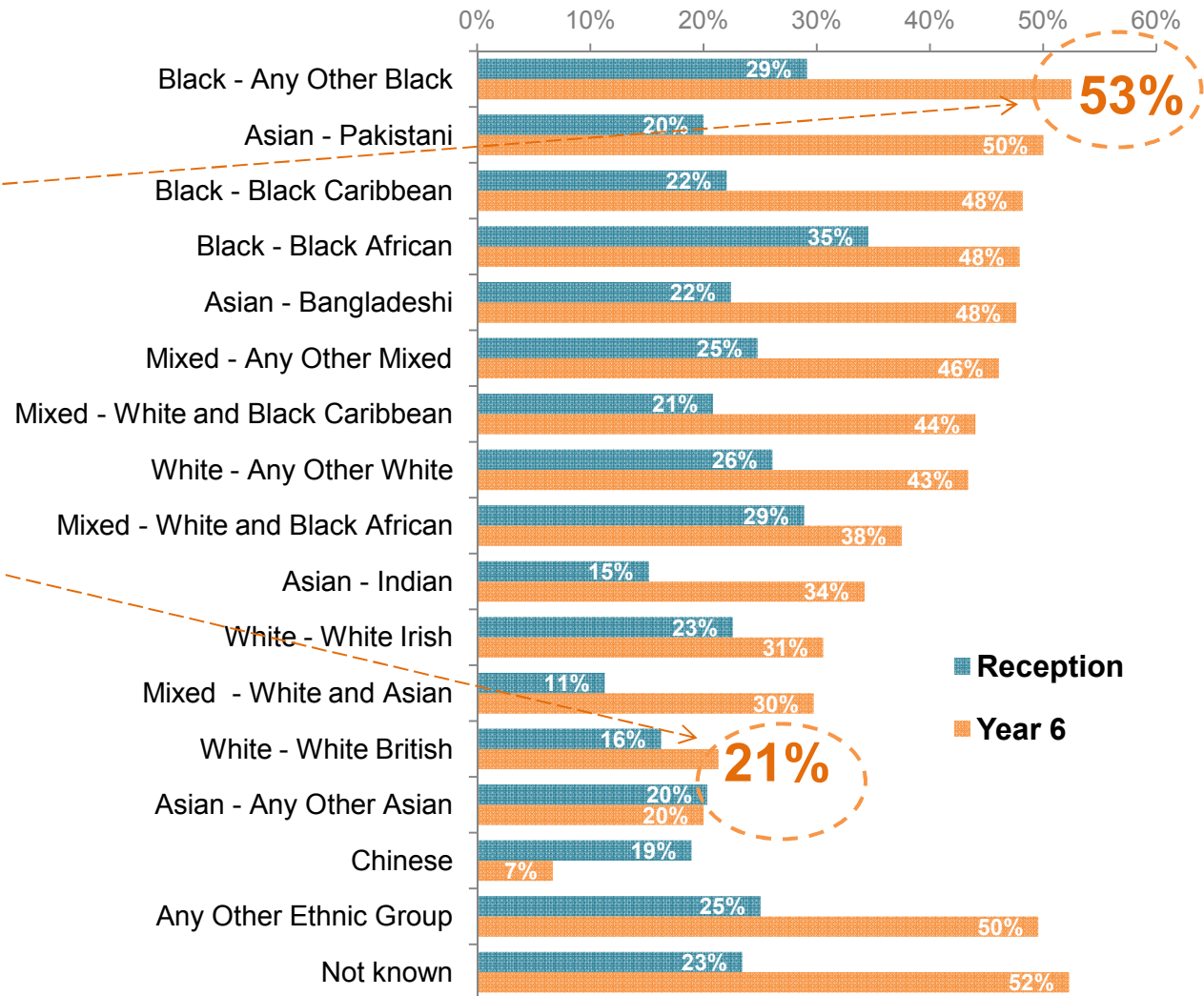
% obese and overweight in Haringey 2013



# Differences by ethnicity

Around half of some black and minority ethnic groups are obese and overweight by year 6 compared to 1 in 5 white British children

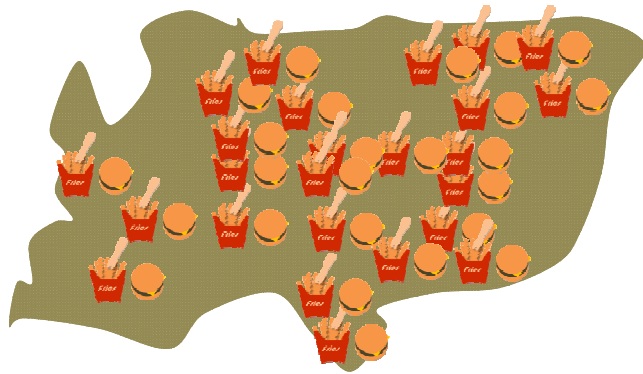
**Obesity and overweight by ethnicity**  
% obese and overweight in Haringey 2013



# Public Health research on fast food outlets around schools: Key findings

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Access & availability +



Affordability



+ Acceptability

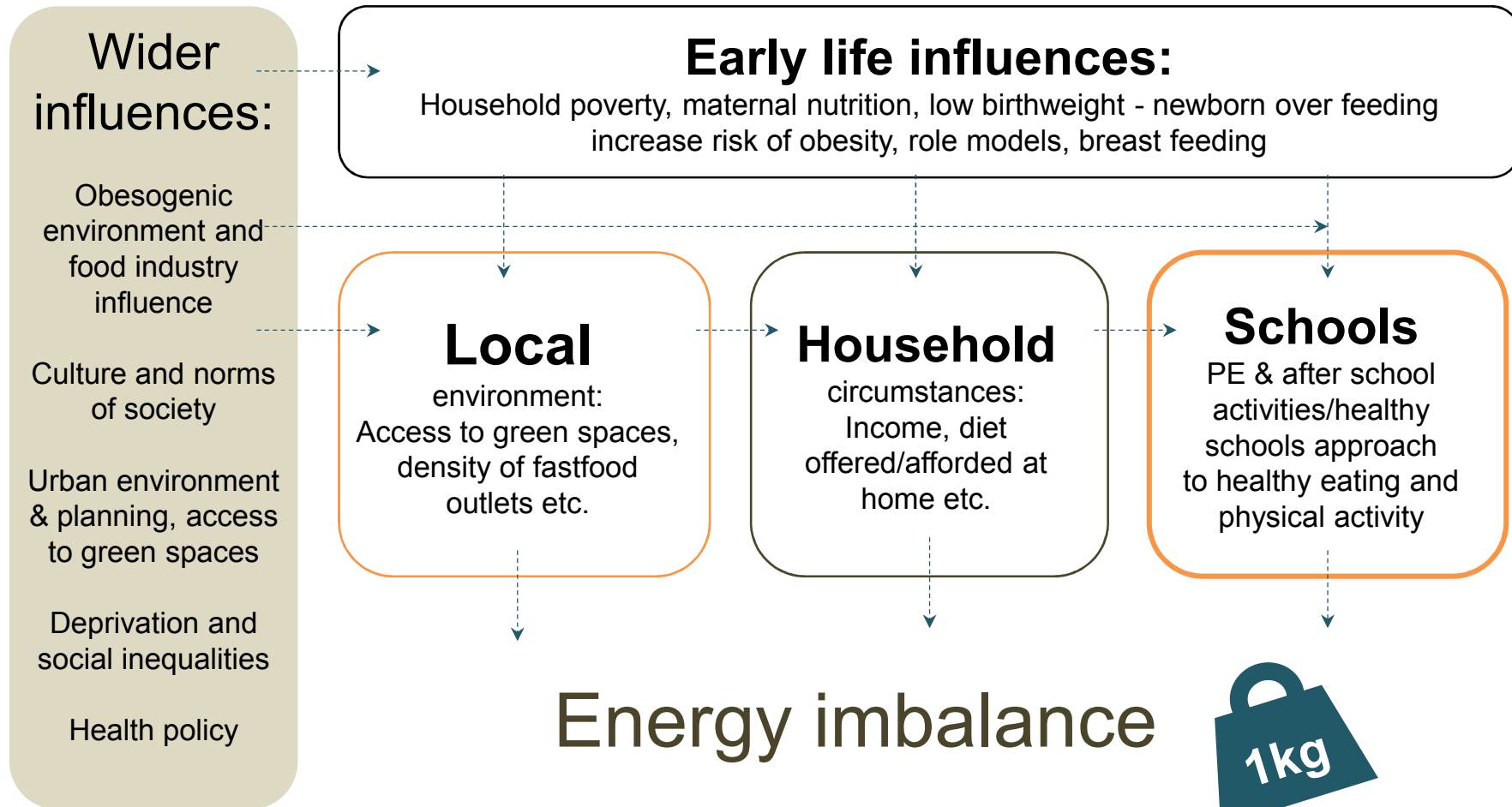


= Obesity

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Source: City University (2013) Children's food choices on the streets around schools in Haringey: A wall of crisps and other food choices

# Risk factors and social determinants

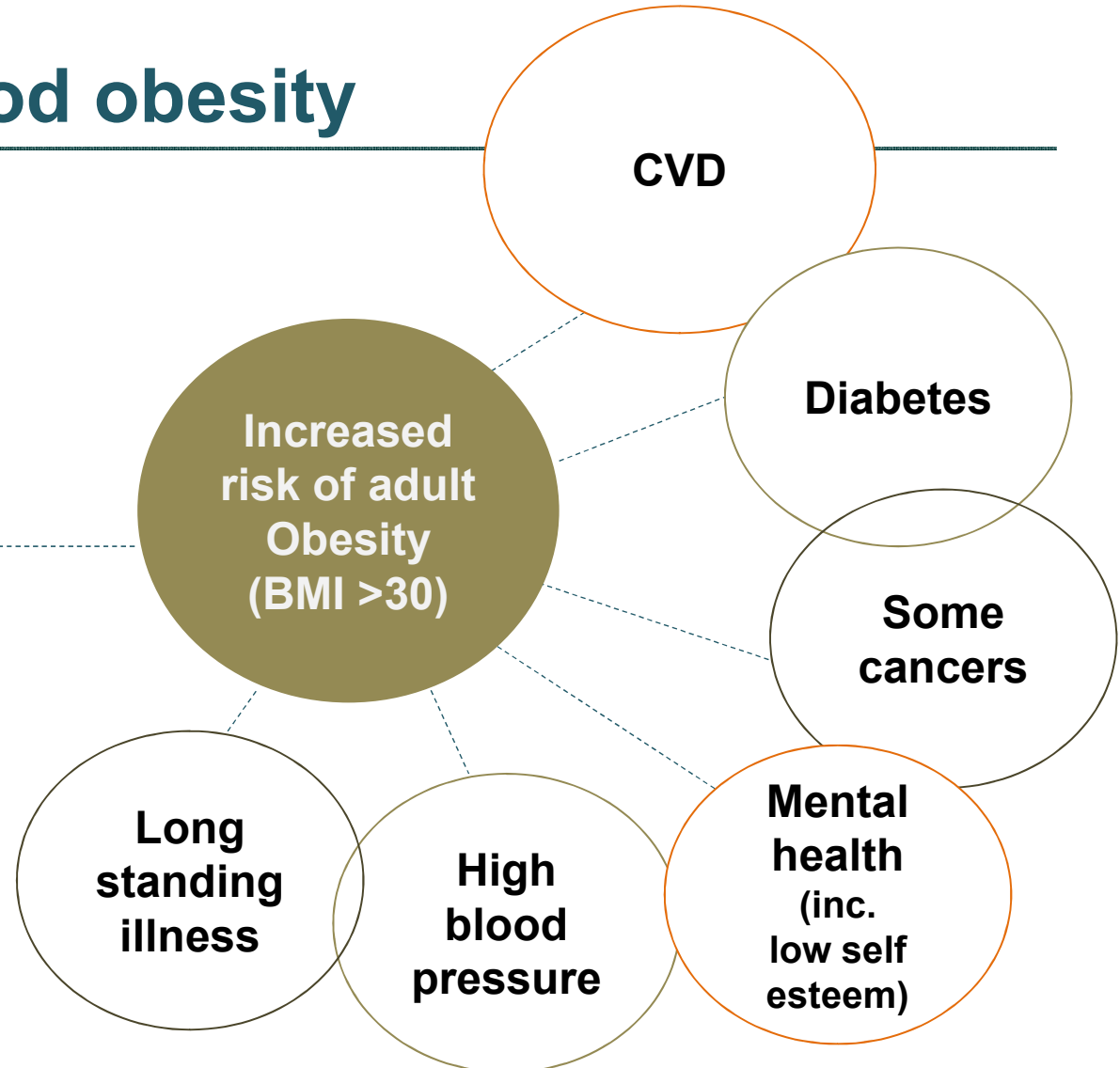




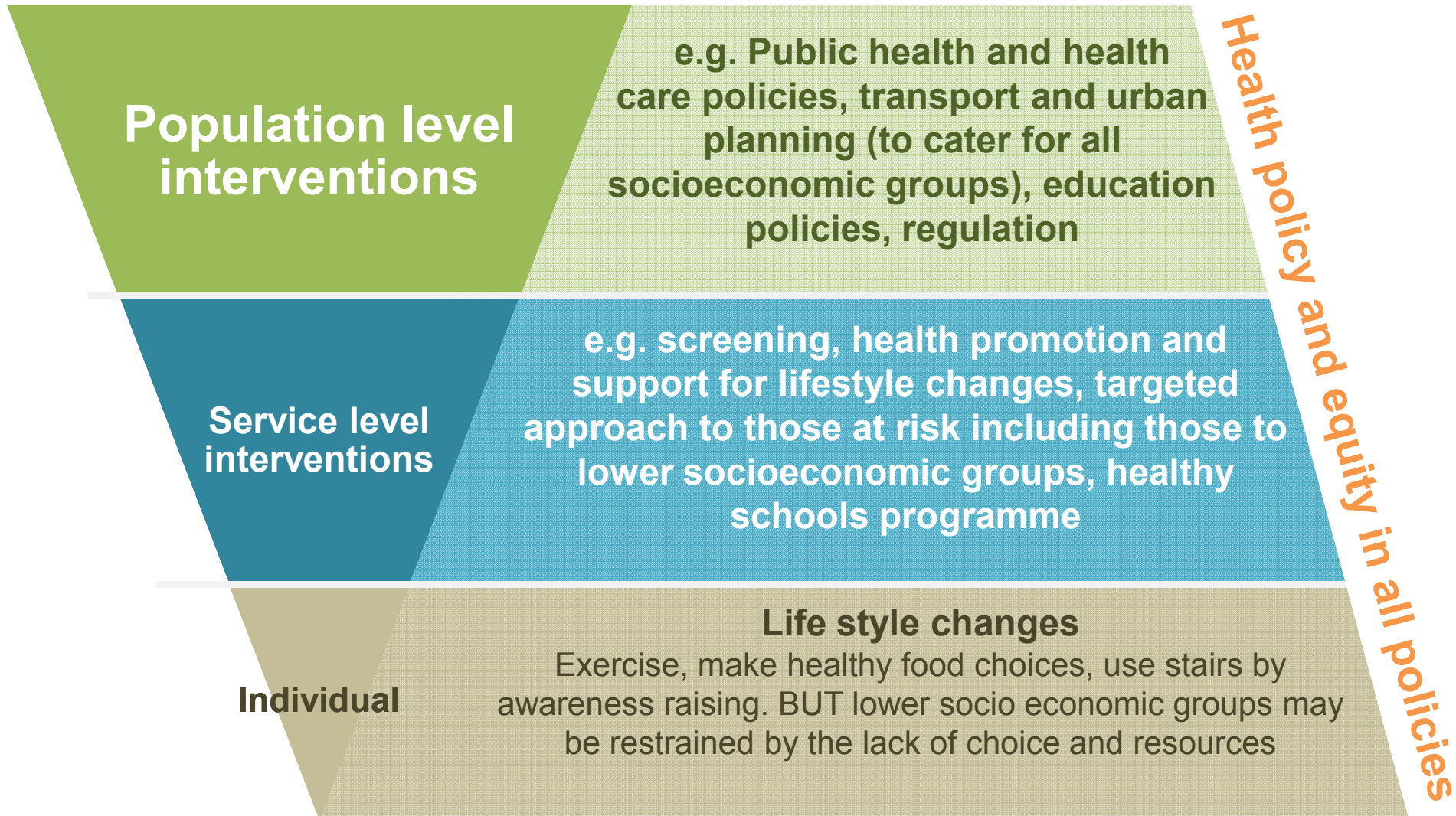
# Impact of childhood obesity

- Illness and absence from school
- Asthma
- Health-related limitations
- Obstructive sleep apnoea
- Bullying
- by adolescence, at increased risk of low self-regard and impaired quality of life in obese individuals

*Wijga et al, 2010; Egan et al 2013; Narang, Mathew, 2012*

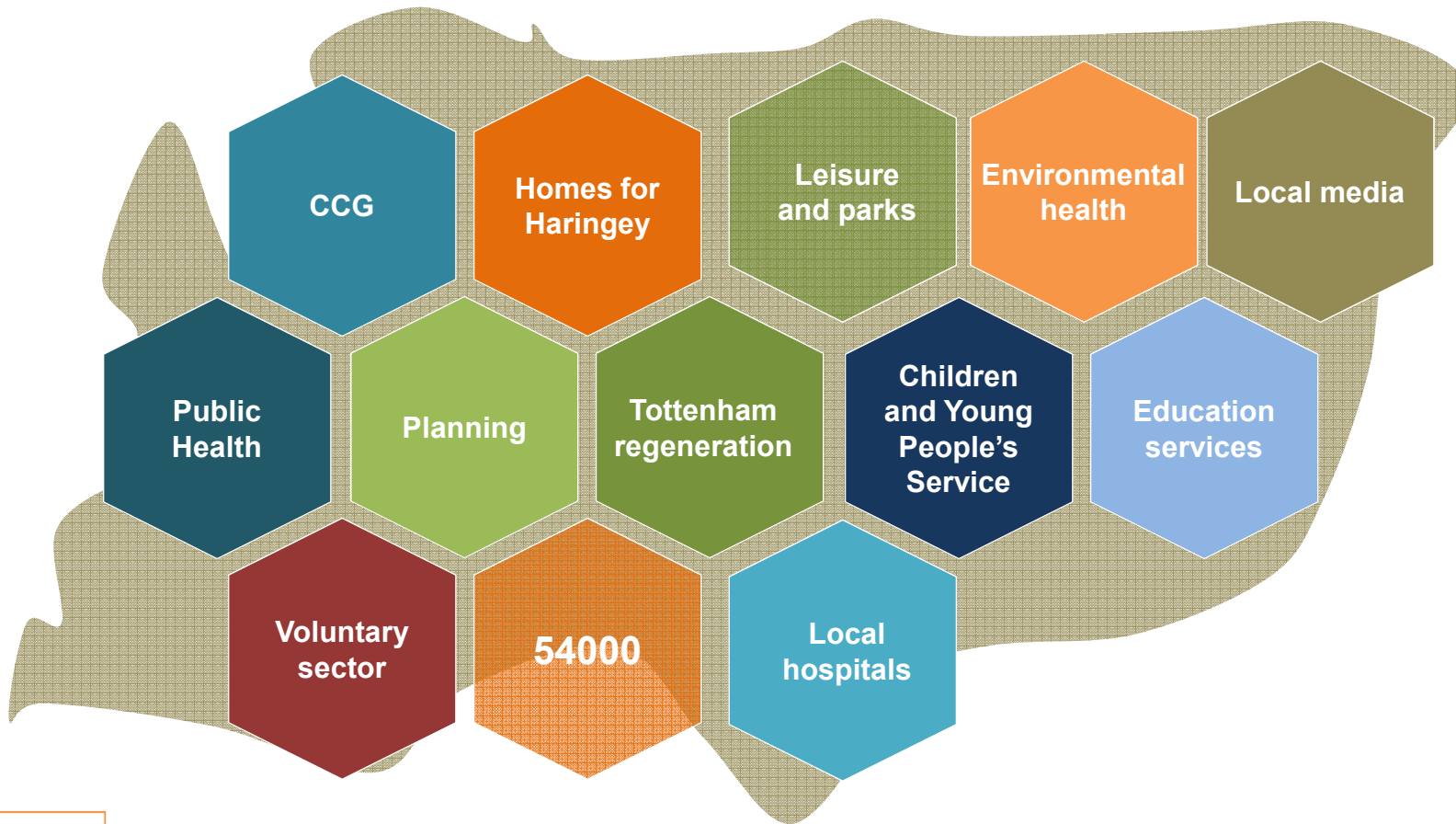


*Source: Haringey JSNA, Childhood Obesity (2013)*



**It is all of our business**

**healthy public  
policy**



## Current activities

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# Every contact counts

### Public Health working closely with early years settings and schools

Implementing the fast food research recommendations in the new **School Food Plan**. Share good practice through the **Healthy Schools network**. Strengthening our **Healthy Schools Programme** to help support schools in becoming natural hubs of health & wellbeing, including targeting evidence-based interventions in schools where they are most needed.

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Promoting **early intervention** and **prevention strategies** through **breastfeeding developments** and the **HENRY** (Health Exercise Nutrition for the Really Young) programme, which helps families with very young children develop skills around healthy eating and leading an active lifestyle.

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**Brief Intervention Training** – *Raising the Issue of Weight* - is well attended by a variety of local professionals



## Next steps

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# healthy public policy

Environmental health

**Environmental Health:** Public health additional environmental health officer post - introducing the **Healthier Catering Commitment (HCC)**. Hygiene compliant businesses in Tottenham to attend training to learn more about the HCC

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Planning

**Planning** - A proposal for a **400m exclusion zone** for fast food outlets around schools was consulted on in March 2013. This is being further considered in light of consultation responses and the growing body of evidence

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CCG

**Recommendations for CCGs:** **maternal obesity** within service specification for commissioning of maternity services; Actively promote the **brief intervention training** for families, to enable GPs and other health professionals to raise the issue of weight and offer brief interventions, ensuring that every contact counts.

Public Health

**Public Health promoting the forthcoming childhood obesity pathway – formalising roles and responsibilities**

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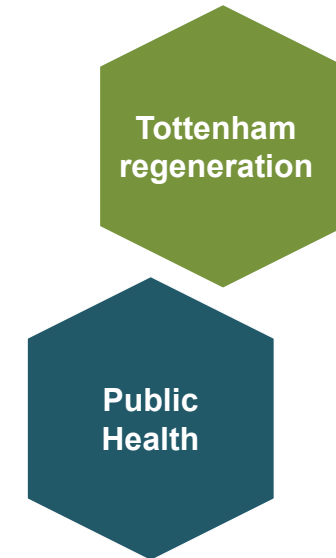
## Next steps

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# healthy public policy

**Tottenham regeneration plan** - Working together with regeneration programme we can ensure that healthy eating, physical activity and healthy weight are supported and enabled in public and community settings, health services and workplaces, by:

- **Increasing the range and accessibility of healthier meals** and snacks that are available to buy locally and across London
- **Increasing cycling and walking opportunities**, including safety, as part of transport redesign and the new Tottenham leisure offer
- **Increasing engagement and commitment** to tackle child obesity among partners in all sectors.
- **Ensuring delivery is supported by robust evaluation** and ongoing review. Childhood obesity is one of the three key health indicators proposed for the programme.



# Example of community intervention best practise: EPODE approach



## Food and physical environment:

- School meals programme; vending machine restrictions
- Adaptation of the playgrounds to encourage physical activity during breaks
- Organisation of sports and leisure challenges; and regular child-friendly activities led by local dieticians in school catering

## Developing early awareness:

- Validated educational sessions on diet, exercise and obesity adapted to each school year, included across the curriculum
- Understanding the wider food economy: visits to supermarkets, farms, fisheries and markets; setting up school vegetable gardens
- Organisation of cooking classes involving parents and elderly people

## Monitoring:

- NCMP, dental examination

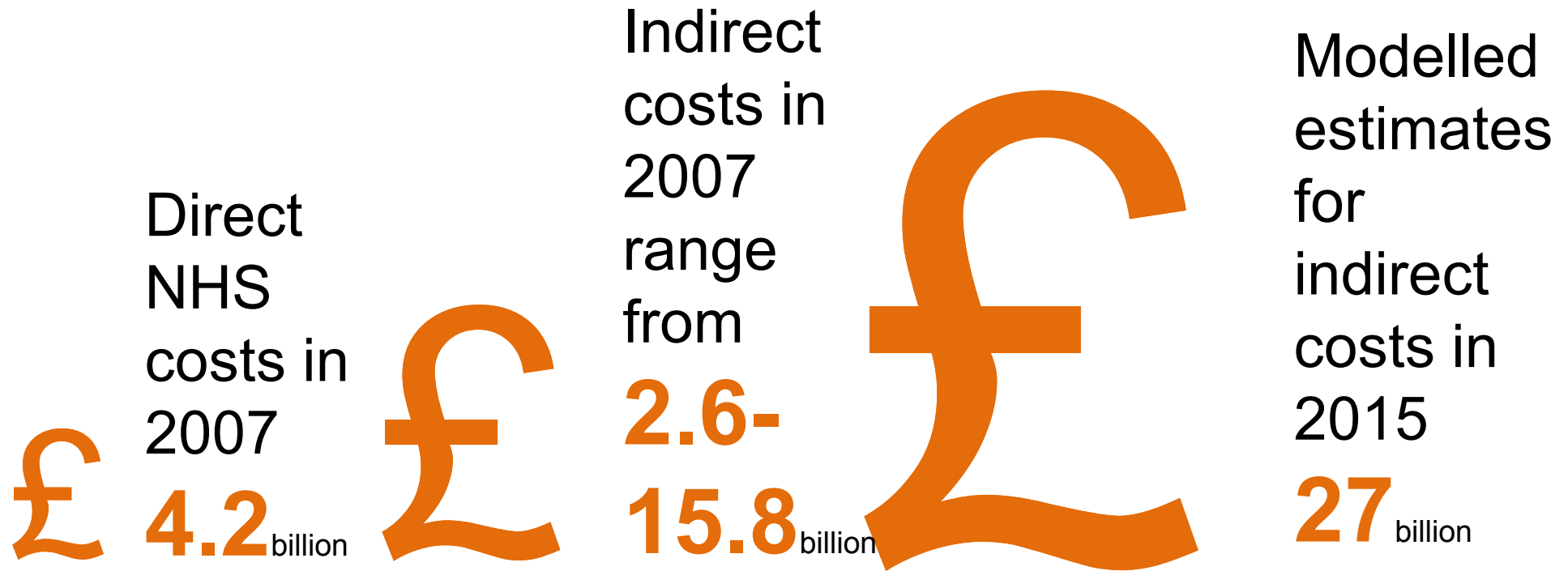
## Community-wide involvement through an obesity pathway

- GPs, pharmacists, nurses, school catering managers, sports associations (public and private)

Source: Borys et al.  
EPODE approach for  
childhood obesity  
prevention: methods,  
progress and international  
development. *Obes Rev.*  
Apr 2012; 13(4): 299–315

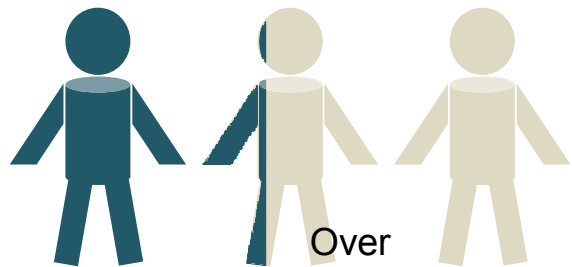
# The cost of doing nothing

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# The cost of doing nothing



**1 in 3**  
**Haringey**  
**children**

Mostly in the east are at higher risk early mortality and poor health

