

# HEALTH AND WELLBEING BOARD

11 June 2019

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| <b>Title:</b>  | Childhood Obesity Scrutiny Review – Proposed Action Plan  |  |  |
| <b>Report of the Health Scrutiny Committee</b>   |   |  |  |
| <b>Open Report</b>   | <b>For Decision</b>   |  |  |
| <b>Wards Affected:</b> All wards   | <b>Key Decision:</b> Yes  |  |  |
| <b>Report Author:</b><br>Mary Knowler, Public Health Strategist and<br>Tom Stansfeld – Advanced Health Improvement<br>Practitioner   | <b>Contact Details:</b><br>Tel: 020 8227 5120<br>E-mail: <a href="mailto:thomas.stansfeld@lbbd.gov.uk">thomas.stansfeld@lbbd.gov.uk</a> |  |  |
| <b>Sponsor:</b><br>Matthew Cole, Director of Public Health   |   |  |  |
| <b>Summary:</b><br><p>For 2018/19, the Health Scrutiny Committee agreed that childhood obesity would be the topic on which to undertake an in-depth scrutiny review. It was requested that the Review look at the evidence around tackling the issue at a system-wide level. This Review was timely as Public Health England and the Local Government Association had been working on developing a whole systems approach to obesity since 2015.</p> <p>The Scrutiny Committee were concerned that although most partners were working well to tackle childhood obesity there was a lack of joined up approach in the system. The proposed action plan sets out a series of actions to create better integration which can amplify the impact and outcomes of work already taking place.</p> |   |  |  |
| <b>Recommendation(s)</b><br><p>The Health and Wellbeing Board is recommended to agree the proposed action plan as set out in Appendix A.</p>   |   |  |  |
| <b>Reason(s)</b><br><p>Addressing the obesity problem reflects the Council's ambition to make Barking and Dagenham a Borough where all residents get an opportunity to thrive and enjoy good health and well-being. The work of the Council to manage demand and improve resilience in our residents links to the Scrutiny Committee's findings to create a system that prioritises healthier choices and earlier intervention for children.</p> <p>This report also comes at a time when the health system is seeking greater integration of services across the Barking, Havering and Redbridge integrated care system. The questions in this Review can play a role in shaping how this new health system addresses one of the greatest health challenges facing us today.</p>            |   |  |  |

## 1. Introduction and Background

- 1.1 Prevalence of childhood obesity, children over the 95<sup>th</sup> centile of weight, is increasing more in the most deprived areas than the more affluent areas of England and severe obesity is at its highest ever level of the past 10 years. In terms of ethnicity, analysis has found that levels of excess weight in Black and Minority Ethnic (BME) Year 6 boys were increasing faster than in White British Boys. However, in Reception, White British Girls were amongst the only groups showing an upward trend in excess weight.
- 1.2 Barking and Dagenham has the worst childhood obesity rates in London and little has changed over the past 5 years. This is impacting our children's' lives now and will continue to do so in the future.
- 1.3 The long-term cost of obesity and the impact on the quality of life for those who are overweight or obese means that system-wide action is required to reduce the level of obesity in this Borough. This Scrutiny Review and the recommendations that were produced as a result provide an opportunity to impact the current and future health and wellbeing of children across Barking and Dagenham.

## 2. Proposal and Issues

- 2.1 Based on evidence gathered during the review, which can be read here <https://modgov.lbbd.gov.uk/internet/documents/s127513/Draft%20scrutiny%20review%20report.%20final.pdf>, the following 11 actions have been proposed:
  - The Council reviews how we use data to help us better understand residents' perspectives and needs, because the evidence demonstrates that we haven't understood enough about the obesity issue.
  - The Council's goal for residents becomes the achievement of healthy weight, rather than just reduction of excess weight, because being overweight or underweight are both indicators for poor health outcomes.
  - NELFT and the Council review the NCMP data and its use and consideration given to how the process can improve the targeting of weight management services, which will support families that need it most.
  - All partners, as part of the overarching work to review services ensure that the pathway for signposting and referral to the HENRY programme is able to reach the families most in need.
  - The Council adopt a whole systems approach to obesity, as advocated by the LGA and PHE and follow in the footsteps of the vanguard local authorities who have been implementing the approach.
  - The HWBB support the formation of a system-wide stakeholder group that includes all relevant personnel, to take forward the actions at a system level.
  - The Council supported by PHE, look to instigate a local healthier catering commitment by the fast food outlets.
  - GPs/GP networks commit to liaising with schools and education to support families with the greatest need to access services e.g. referrals into HENRY and Lean Beans and to make lifestyle changes

- The CCG reviews its mental health commissioning arrangements to focus on work within education to support schools in improving the mental health and social integration of pupils.
- NELFT and the Commissioning Director for Education review its 0-19 service to take account of the need for a more nuanced mental health offer and better support for obesity work in schools.
- The Council, Education and Be First prioritise roads around schools with a view to making active travel for families the easiest way to get to and from school.

2.2. These actions focus on building a system where the healthier choice is the default and easier option and where actions are coordinated and joined up.

### **3 Consultation**

3.1 The Stakeholder workshop which was part of the evidence review included a wide variety of partners whose comments were captured in the body of the report. The action plan has been shared with all partners who are leads for any of the actions.

3.2 Residents' views were sought through surveys and meetings with community focus groups.

### **4. Mandatory Implications**

#### **4.1 Joint Strategic Needs Assessment**

The JSNA outlines the importance of improving the prevalence of healthy weight in achieving the outcomes for best start in life and the borough manifesto.

#### **4.2 Health and Wellbeing Strategy**

The report links well with and compliments the Health and Well-being Strategy, particularly the themes of the Best Start in Life and Building Resilience

<https://www.lbbd.gov.uk/sites/default/files/attachments/Joint-Health-and-Wellbeing-Strategy-2019-2023.pdf>

#### **4.3 Integration**

The report and its recommendations support the implementation of system working, advocating all partners in health and social care working together to tackle the issue

#### **4.4 Financial Implications**

Implications completed by Murad Khan – Group Accountant

This report is mainly for information as such, there are no direct financial implications arising out of the report. The report does not identify any additional cost in carrying out the duties stated in the recommendations and therefore it is assumed that these will be achieved within existing resources.

## 4.5 Legal Implications

Implications completed by: Dr Paul Feild, Senior Lawyer, Law and Governance

- 4.5.1 There is a legal requirement under section 21 of the Local Government Act 2000 for councils which establish executive governance (this includes leader and cabinet, our model) to establish scrutiny and overview committees.
- 4.5.2 This report is from the work of the Health Scrutiny Committee which has specific responsibilities with regard to health functions in the borough. Such Health Scrutiny Committees shall carry out health scrutiny in accordance with Section 244 (and Regulations under that section) of the National Health Services Act 2006 as amended by the Local Government and Public Involvement in Health Act 2007 relating to local health service matters. The Health Scrutiny Committee in its work has all the powers of an Overview and Scrutiny Committee as set out in section 9F of the Local Government Act 2000, Local Government and Public Involvement in Health Act 2007 and Social Care Act 2001 (including associated Regulations and Guidance).
- 4.5.3 The Health and Social Care Act (2012) conferred the responsibility for health improvement to local authorities. In addition, as a best value authority under the Local Government Act 1999 there is a duty on the Council to secure continuous improvement. The Health and Well-Being Board terms of reference establish its function to ensure that the providers of health and social care services work in their delivery in an integrated manner.
- 4.5.4 The body of the report indicates childhood obesity is a major public health concern. As the quantitative evidence demonstrates, the scale and prevalence in the borough is significant and without intervention leads to young people having over their lifetimes serious but avoidable poor health outcomes. The recommendations for action proposed in this report are consistent with the Health and Wellbeing Boards responsibly to promote the health and Well Being Strategy.

### **Public Background Papers Used in the Preparation of the Report:**

None.

### **List of Appendices**

**Appendix A** Proposed Action Plan arising from the Scrutiny Review