Staffordshire’s Children’s and Families Healthy Weight Framework for Pregnant Women and Babies

By Staffordshire’s Local Area Agreement Healthy Weight Group
Staffordshire’s Healthy Weight Framework has been developed in partnership with the following organisations.

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Introduction

The government’s ambition is to be the first major country to reverse the rising tide of obesity and overweight in the population by ensuring that all individuals are able to maintain a healthy weight. The initial focus is on children. Nationally and in Staffordshire 23% of 4-5 year olds and 32% of 10-11 year olds were overweight or obese in 2006/07. The trend is upward. This has serious consequences for children’s physical and mental health now and into the future. It also has a significant impact on their future lives in terms of productivity at work, salary and social and economic class.

This framework has been developed by Staffordshire Children’s Healthy Weights Group, a working group under the Local Area Agreement (2008-2011), in conjunction with other interested partners. The group recognised the huge amount and the variety of activity already going on in Staffordshire to promote healthy weight in children. However we recognised that much of it was ad hoc, piecemeal and short term and therefore unlikely to secure enduring population wide change which is what is required to tackle such a widespread growing problem. This framework does not address pregnant women and babies who are under their healthy weight.

This framework is to assist commissioners, planners and providers of services to consider the promotion of healthy weight for children as they commission and plan services and developments. If all of the elements covered in this framework are provided for in any one locality it will have an impact on the prevalence of healthy weight in children and families. The framework is based on the latest available evidence and is intended to be multi-agency, multi-sectoral and multi-disciplinary. If every partner works together on this issue Staffordshire will achieve the ambition of reversing the growing tide of children who are over their healthy weight.
What is a healthy weight?

For population monitoring and surveillance of children, a healthy weight is defined as having a body mass index (BMI) between the 2nd and 85th centile for their age and sex. For clinical purposes, it is defined as between the 2nd and 91st centile for their age and sex. This means that prevalence figures obtained through routine surveillance programmes will overestimate clinical need.

The 85th centile means that for every 100 children of that age and sex, 85 children would have a lower BMI and 15 would have a higher BMI. Figure 1 demonstrates this continuum.

What are the weight ranges?

The weight ranges shown below are an approximate guide for your child at their age and height.

- **Underweight** is the 2nd percentile or lower.
- **Healthy weight** is from above the 2nd to the 91st percentile.
- **Overweight** is from above the 91st to the 98th percentile.
- **Very overweight (doctors call this clinically obese)** is above the 98th percentile.

Increasing risk of diabetes, high blood pressure in childhood and other illnesses in adulthood.

Figure 1. DOH- National Child Measurement Programme 2008, NICE, 2006
How to use the framework

The framework uses a tiered approach 1 through to 4. The diagram below (Figure 2) briefly explains these tiers. This could also be described as a Children’s Healthy Weight Care Pathway for Staffordshire.

**Tier 1**
- Universal population prevention

**Tier 2**
- Targeted to those at risk
  - Pregnant women and babies
  - Pre-school children
  - School children of all ages

**Tier 3**
- Weight management
  - Overweight and obese children

**Tier 4**
- Specialised services
  - Obese children with other problems

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On the right hand side it suggests which partner organisations might take the lead on ensuring that there are sufficient interventions, programmes, projects and infrastructures in place to ensure the vision of a healthy weight for all of Staffordshire’s children is realised.

- PCT, PBC Specialised commissioning, NHS/PCT
- PCT, PBC, LA, NHS/PCT
- PCT, PBC, LA (education, transport, childrens services, town planning) Childrens Trust, Joint Commissioning
- PCT, PBC, LA (education, transport, childrens services, town planning) Childrens Trust, Joint Commissioning

Figure 2.
**Tier 1** covers universal prevention. This Prevention tier sets out what should be offered to children and pregnant women in terms of general promotion of healthy eating and physical activity. This will help to ensure healthy growth and development of babies and children and maintenance of a healthy weight for pregnant women.

**Tier 2** looks at what should be offered to children and pregnant women at risk of gaining weight and being over their healthy weight. This might be individuals in a geographical area known to have a high prevalence of childhood obesity, people from certain black and minority ethnic groups or those living in deprived areas where the number of children who are over their healthy weight is more prevalent. This may also include children who have at least one parent who is over their healthy weight as this will significantly increase the risk of that child becoming over their healthy weight.

**Tier 3** looks at what should be offered to Pregnant Women who are over their healthy weight with a BMI (Body Mass Index) greater than 30kg.m⁻² or a BMI greater than 25kg.m⁻² if it is their first pregnancy or they have a pre-existing long-term condition (e.g., diabetes mellitus, cardiovascular disease risk) that increases their risk of obesity. This tier represents general advice and support services that should be able to be accessed by Pregnant Women who meet these criteria.

**Tier 4** looks at what should be offered to pregnant women who are significantly over their healthy weight with a BMI greater than 35kg.m⁻². These pregnant women are at much greater risk of high blood pressure, pre-eclampsia, diabetes, having a big baby at birth, having blood clots in legs and lungs. Tier 4 represents specialist management services for this group.
The number of women and babies involved in each tier gets progressively smaller within Staffordshire.

To support commissioners or service planners or providers the Framework has been also been split in to certain age groups. This book looks at Pregnant Women and Babies. Other books are available on children in pre-school and school aged children. This Booklet does not cover tier 3 and 4 for babies as there are no requirements for specialist weight management services for babies or toddlers under 2 in the treatment part of the pathway. Instead it focuses on pregnant women in these tiers to ensure the best outcome is achieved for mother and baby and a healthy weight is promoted right from the start.

Each tier within this book covers key areas of information to support a healthy weight for Pregnant Women and babies as they grow and develop in Staffordshire. These sections are:

- **Key Messages**
- **Codes of Practice, Standards and Guidance Documents**
- **Interventions**
- **Examples Projects and Programmes**
Key Messages

Key messages are consistent and clear across the 4 tiers. If the whole of Staffordshire say the same simple messages to pregnant women and mothers/fathers/carers or guardians of babies they will eventually get through loud and clear.

These messages have been selected based on social marketing research and link with the national Change 4 Life Programme. It is hoped that this section will provide a quick and simple reference point for everyone who works with this target group to help them promote a healthy weight.

Interventions

Interventions specify what should be done to promote and achieve a healthy weight amongst Staffordshire’s pregnant women and babies. These interventions are based on the best available evidence and recommendations.

Examples

Examples are national, regional or local projects or programmes to give people ideas of what is already being provided to individuals. This list is not comprehensive or necessarily endorsed by the Healthy Weights Group but has demonstrated a contribution to this agenda and maybe worth looking into further as something that could work in your area to fill an identified gap in provision.

Standards, Codes of Practice and Guidance Documents.

This section provides a starting point for commissioners, planners and service providers or an audit reference guide for existing provision. It offers a brief reference list and web address of the key documents that can be sourced to ensure the services, programmes or projects are meeting the recommendations set out by key organisations such as the National Institute for Clinical Excellence (NICE) and Government Agencies. This document does not provide a precis of these documents only signposts to them.

The aim is that Staffordshire will continue to provide and where needed, up scale provision of effective high quality programmes, projects and services that support achieving a healthy weight for pregnant women and babies from prevention through to treatment.

Staffordshire Healthy Weight Group has created this framework in consultation with the people and partners of Staffordshire. The group hopes that you will find it a very useful tool to help you support children in Staffordshire maintain and achieve a healthy weight now and in the future.
Notes

Tier 1

Universal Prevention of Unhealthy Weight Gain
Key Messages

Pregnant Women

- Eat 5 portions of fruit and vegetables a day
- ‘Move more’, take regular gentle exercise 30 minutes five times a week.
- Take folic acid
- Think about breastfeeding
- Expected total weight gain 11.5kg-16kg (26-36Lb)

Babies 0-6 months

- Enjoy active play
- Breast feed babies to 6 months old
- Introduce solids at 6 months

Babies 6 months to 1 years old

- Introduce solid foods at 6 months
- Eat well
- Eat Healthy Snacks
- Eat together as a family
- Avoid sugary drinks
- Continue to breastfeed
- Enjoy active Play with the family
Standards, Codes of Practice and Guidance

Health and Wellbeing
- Updated Child Health Promotion Programme, Department of Health March, 2008
  www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_083645

Breastfeeding
- European Union directive to restrict advertisement of infant follow on formula
- Unicef Baby Friendly Initiative
  www.babyfriendly.org.uk

Pregnancy
- Royal College of Obstetricians Exercise in Pregnancy “Information for Patients”
  www.rcog.org.uk
- Food Standards Agency “Eat Well Be Well When You Are Pregnant”
  www.eatwell.gov.uk/agesandstages/pregnancy
  www.nice.org.uk/guidance/PH11
Interventions

Physical Activity
• Offer pregnant women specific exercise classes
• Include gentle moderate intensity, non contact physical activity
• Offer mother and baby exercise classes

Healthy Eating Pregnant Women healthy weight
• Promote a healthy balanced diet during pregnancy
• Take 400micrograms of folic acid before pregnancy and during first 12 weeks.
• Take 5 milligrams of folic acid if family history of neural tube defect or the woman has diabetes.
• Promote Healthy Start vitamin supplements
• Women Maternal Nutrition programmes
• The Healthy Start scheme

Breastfeeding
• Promote breastfeeding preconception and during pregnancy
• Ensure mothers can position and attach the baby to the breast before leaving hospital and they know how to tell that the baby is feeding well.
• Breastfeeding peer supporters to contact women within 48 hours of the birth and offer on going support according to women’s individual needs.
• Breastfeeding Promotion and support Programmes such as:
  o Peer support programmes
  o Baby Friendly Cafes/shops/community venues and attractions
• Gaining Baby Friendly Accreditation
• Provide advice and guidance around bottle feeding and formula feeding where the parent chooses to bottle feed
• Discourage parents from adding sugar or solids to bottle feeds.
• Restrict advertisement of infant follow on milk
• Increase breastfeeding friendly venues
Weaning 6 months to 1 year

- Provide group sessions and information on good weaning practices should be available to all parents
- Work towards and gain Quality Nutrition Standards for day care settings and nurseries

Parenting

- Provide positive parenting programmes

Example Programmes

Physical Activity

- Baby Yoga
  www.mumyoga.co.uk
  www.staffordshire.gov.uk/education/childcare/families/centres/EastStaffordshireDistrict/eaststaffs/healthfamily/babymassage
- Swimming
  www.watsu.co.uk/index.shtml
  www.waterbabies.co.uk/index.php
  www.puddleducks.com/
- Yoga
  www.mumyoga.co.uk/
- Walking
  www.forestry.gov.uk/website/ourwoods.nsf/LUWebDocsByKey/EnglandStaffordshireNoForestCannockForestBirchesValleyForestCentreForestTots
**Staffordshire Examples**

- **Healthy start scheme**
  www.healthystart.nhs.uk
- **Breastfeeding peer-support programmes.**
  (Be a Star, Little Angels)
  www.littleangels.org.uk
  www.beastar.org.uk
- **Baby Café**
  www.thebabycafe.org
- **Healthy Weaning Taster Sessions**
  www.ngcfi.org.uk/id18.html
- **Local Antenatal Exercise Classes**
  www.beautifulbirths.co.uk/Antenatal-Exercise.htm
- **Bumpercise for Pregnant Women**
  (specialised antenatal exercise)
  www.kwhf.co.uk
- **Mums tums and bums for new mothers**
  (specialised post natal exercise)
- **Antenatal Parent Craft classes**
  www.darshiva.co.uk/nct_stafford/stafford_and_chase_district.html#antenatal
- **Babies Post-natal Groups**
  www.darshiva.co.uk/nct_stafford/stafford_and_chase_district.html#antenatal

**Healthy Eating**

- **Healthy start scheme**
  www.healthystart.nhs.uk
- **Breastfeeding peer-support programmes.**
  (Be a Star, Little Angels)
  www.littleangels.org.uk
  www.beastar.org.uk
- **Baby Café**
  www.thebabycafe.org
- **Healthy Weaning Taster Sessions**
  www.ngcfi.org.uk/id18.html
- **Work towards and gain quality nutrition standards for day care settings and nurseries**

**Parenting**

- **National Child Birth Trust Antenatal Class**
  www.nctpregnancyandbabycare.com/home
- **Triple P - Positive Parenting Programme First Steps Psychology Service**
  www.firststepsstoke.co.uk,
  Tel: 01782 425883 NHS North Staffordshire Combine Healthcare Trust.
- **Antenatal Parent Craft classes**
  www.darshiva.co.uk/nct_stafford/stafford_and_chase_district.html#antenatal
- **Babies Post-natal Groups**
  www.darshiva.co.uk/nct_stafford/stafford_and_chase_district.html#antenatal
Tier 2

Targeted Prevention of Unhealthy Weight Gain
Key Messages

As for Tier 1 AND

Sign up for Healthy Start vouchers
www.healthystart.nhs.uk


Standards, Codes of Practice and Guidance

As for Tier 1
Interventions

Physical Activity

• Pregnant women specific exercise classes that are accessible to target group
• Mother and baby exercise classes that are accessible to target group

Healthy Eating

Pregnant Women

As For Tier 1 AND
• Provide information on the benefits of a healthy diet and give practical tailored advice on how to follow this.
• Address any concerns about diet.
• Address individual’s barriers to change.
• Provide vouchers for Healthy Start vitamin supplements to eligible women (low income).
• Offer advice on vitamin D supplement particularly women at greatest risk of deficiency (certain BME groups).

Breastfeeding

As for Tier 1 AND
• Provide contact details of voluntary breastfeeding organisations to pregnant women during pregnancy.
• Encourage women to breastfeed particularly young women and women from disadvantaged groups in a setting and style that suits them.
• Advise breastfeeding mothers that a healthy diet is important that meets energy requirements.
• Show mothers who choose to use formula how to make it up before leaving hospital and offer access to advice from a health professional.
• Ensure information is provided in culturally appropriate formats.
• Use language and imagery that work for at risk families use the Change4Life and market segments research to promote key messages.
Weaning 6 months to 1 year

• Offer Healthy Start vitamin supplements vouchers to all eligible children from 6 months.
• Provide practical advice and support on how to introduce a variety of nutritious foods at 6 months.
• Encourage home prepared foods without added sugar, salt or honey.
• Offer snacks that are free from salt and sugar.

Parenting

• Positive Parenting Programmes

Example Programmes

Physical Activity

As for Tier 1

Staffordshire Examples

• Free Access for women accessing Stafford Children’s Centre ‘Bumpercise for Pregnant Women’ (specialised antenatal exercise) [www.kwhf.co.uk](http://www.kwhf.co.uk)
• Free Access for women accessing Stafford Children’s Centre ‘Mums tums and bums’ for new mothers (specialised post natal exercise) [www.kwhf.co.uk](http://www.kwhf.co.uk)
**Healthy Eating**

As for Tier 1 AND
- Lets Get Cooking  
  [www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk)

**Breastfeeding**

As for Tier 1 AND
- Women Breastfeeding peer support programme in Tamworth, Cannock, Burton (nothing location specific)  
  [www.nice.org.uk/usingguidance/commissioningguides/breastfeed/breastfeed.jsp](http://www.nice.org.uk/usingguidance/commissioningguides/breastfeed/breastfeed.jsp)  
  [www.thebabycafe.co.uk/L/BC_Detail.php?ID=116](http://www.thebabycafe.co.uk/L/BC_Detail.php?ID=116)  
  [http://www.thebabycafe.co.uk/L/BC_Detail.php?ID=21](http://www.thebabycafe.co.uk/L/BC_Detail.php?ID=21)  
  [www.thebabycafe.co.uk/L/BC_Detail.php?ID=170](http://www.thebabycafe.co.uk/L/BC_Detail.php?ID=170)  
  [www.thebabycafe.co.uk/L/BC_Detail.php?ID=21](http://www.thebabycafe.co.uk/L/BC_Detail.php?ID=21)  
- [www.thebabycafe.co.uk/L/BC_Detail.php?ID=41](http://www.thebabycafe.co.uk/L/BC_Detail.php?ID=41)

**Parenting**

As for Tier 1
Key Messages

Pregnant Women

BMI 25.5kg.m-2 to 35kg.m-2 Tier 3

As for Tier 2 AND

Aim for 7 to 11kg weight gain (15-25Lb)

‘Move more’, take regular gentle exercise 30 minutes five times a week.

Do not recommend weight loss during pregnancy, advise a healthy balanced diet.

Babies 0-6 months

As for Tier 2

Babies 6 months to 2 years old

As for Tier 2
**Interventions**

**Physical Activity**
- As for Tier 2

**Healthy Eating Pregnant Women**
- As for Tier 2 AND
  - Inform women with a BMI > 30 of the risks to themselves and their babies.
  - Refer pregnant women with a BMI > 30 to a dietician.
  - Provide a structured, tailored programme of on-going support that combines advice on healthy eating for women who are over their healthy weight.
  - Address individual’s barriers to change
  - Offer advice on vitamin D supplement particularly women at greatest risk of deficiency (women significantly over their healthy weight).

**Breastfeeding**
- As for Tier 2

**Weaning**
- As for Tier 2

**Parenting**
- As for Tier 2
**Example Programmes**

- **Health Trainer Services**, pre and post pregnancy

**Physical Activity**

As for Tier 2

- Refer to exercise on referral if required

**Healthy Eating**

As for Tier 2

- **Strategic Health Authority Investing for Health Project 2b For Pregnant Women**

**Post Pregnancy**

- “**Size Down**” Free Weight management service for new mothers in Birmingham ran by the Birmingham Community Nutrition and Dietetic Service are hosted by NHS Birmingham East and North.
  [www.dietetics.bham.nhs.uk](http://www.dietetics.bham.nhs.uk)

**Parenting**

As for Tier 2

Tier 4

Specialised Treatment of Unhealthy Weight Gain
**Key Messages**

**Pregnant Women BMI 35kg.m\(^{-2}\) Tier 4**

- **Pregnant Women**
  - As for Tier 3 AND
  - Aim for 7kg weight gain (15Lb)

- **Babies 0-6 months**
  - As for Tier 3

- **Babies 6 months to 2 years old**
  - As for Tier 3

**Standards, Codes of Practice and Guidance**

- As for Tier 3
Interventions

Pregnant Mother should be under care of Consultant Obstetrician

Physical Activity
- As for Tier 3

Healthy Eating
- As for Tier 3

Breastfeeding
- As for Tier 3

Weaning
- As for Tier 3

Parenting
- As for Tier 3
Example Programmes

**Physical Activity**
As for Tier 3

**Healthy Eating**
- Strategic Health Authority Investing for Health Project 2b For Pregnant Women

**Post Pregnancy**
As for Tier 3

**Parenting**
As for Tier 3

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Glossary

To be completed...