Staffordshire’s Children’s and Families Healthy Weight Framework for Preschool Children

By Staffordshire’s Local Area Agreement Healthy Weight Group
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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.

What is this framework for?

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 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.

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 4**
Specialised services

Obese children with other problems

PCT, PBC Specialised commissioning, NHS/PCT

**Tier 3**
Weight management

Overweight and obese children

PCT, PBC, LA, NHS/PCT

**Tier 2**
Targeted to those at risk

Pregnant women and babies
Pre-school children
School children of all ages

PCT, PBC, LA (education, transport, childrens services, town planning)
Childrens Trust, Joint Commissioning

**Tier 1**
Universal population prevention

Pregnant women and babies
Pre-school children
School children of all ages

PCT, PBC, LA (education, transport, childrens services, town planning) Childrens Trust, Joint Commissioning

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.

Figure 2.
Tier 1 covers universal prevention. This Prevention tier sets out what should be offered to all Preschool aged children in terms of general promotion of healthy eating and physical activity to ensure healthy growth and development.

Tier 2 looks at what should be offered to Preschool children at risk of gaining weight and becoming over their healthy weight. This might be children in a geographical area known to have a high prevalence of childhood obesity, children from certain black and ethnic minority groups or children living in deprived areas where the number of children who are over their healthy weight is more prevalent. This may also be 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 a healthy weight.

Tier 3 looks at what should be offered to Preschool Children who are over their healthy weight this being above the 91st percentile. This tier represents general advice and support services that should be able to be accessed by Parents and Guardians to support their child to grow into a healthy weight.

Tier 4 looks at what should be offered to Preschool children who are significantly over their healthy weight with a BMI percentile over the 98th centile and or over the 91st percentile with additional co-morbidities such as learning and physical disabilities, severe asthma or diabetes. Tier 4 represents specialist weight management services for this group and will be led under a paediatric consultant.
Each tier within this book covers key areas of information to support a healthy weight for Preschool Children as they grow and develop in Staffordshire. These sections are:

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

The number of preschool children 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 Preschool children across tiers 1-2. Other books are available on Pregnant Women and babies and school aged children.
Key Messages

Key messages are consistent and clear across the 4 tiers. If the whole of Staffordshire say the same simple messages to Parents, carers, guardians and professionals who work with pre school children these messages 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 and provided locally to promote and achieve a healthy weight amongst Staffordshire’s Preschool children. These interventions are based on the best available evidence and recommendations.

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 precise 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 Preschool Children from prevention through to treatment.

Examples

Examples are national, regional or local projects or programmes to give people ideas of what is already out there that is following these recommendations. This list is not comprehensive or necessarily endorsed by the Staffordshire Healthy Weights Group but they have 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.
This Healthy Weight Framework is not a comprehensive guide to service provision and or what is currently provided. It is a suggested starting point of what key messages should be said and what communities should have access to if they are to promote an environment and society that supports their children to be born, grow and develop in at a healthy weight for them.

This framework could be used as a quick audit tool or reference guide for local partners such as those within the locality Children’s Trust to review current provision in their area and assist them to plan for the future to fill any potential gaps in provision and limited capacity of provision.

Local service providers could also use this to help them make partnerships and see how their services could link with other services in other tiers to support a streamlined integrated Children’s healthy weight care pathway for Staffordshire.

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.
**Key Messages**

**Preschool (1-4 years) Children**

- Eat meals based on the Eatwell plate
- Breast feed for as long as you choose
- Eat 5 child size portions of fruit and vegetables a day
- Have healthy snacks
- Offer 3 meal sized meals a day with meal sized snacks between
- Offer finger foods
- Eat together
- Eat well
- Move more
- Provide 1 hour of physically active play a day, not necessarily all in one go
- Restrict sugary drinks
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
- Healthy Weight Healthy Lives, Department of Health 2008
- Department for Children School and Families, Statutory Framework for Early Years Foundation Stage, May 2008
- Department of Health Change for Life Programme Change4Life assets, and principles and guidelines for Government and NHS

Physial Activity

- NICE, Public Health Guidance 17, January 2009. Promoting physical activity, active play and sport for pre-school and school-age children and young people in family, pre-school, school and community settings
  www.nice.org.uk/PH17

Breastfeeding

- Unicef Baby Friendly Initiative
  www.babyfriendly.org.uk

Healthy Eating

- Food Standards Agency “Eat Well” Ages and Stages – Children “your Toddler”
  www.eatwell.gov.uk/agesandstages/children/yrtoddler
  www.nice.org.uk/guidance/PH11
In Nurseries and Childcare

- Staffordshire Nursery Award “Nurturing Health”
- Caroline Walker Trust 2006, Eating Well for the Under 5’s in Childcare
  www.cwt.org.uk/pdfs/Under5s.pdf
  www.scotland.gov.uk/publications/2006/01/18153659/0

Preventing and treating unhealthy Weight Gain

  www.sign.ac.uk/guidelines/fulltext/69
  www.nice.org.uk/nicemedia/pdf/CG43NICEGuideline.pdf

Interventions

- Change for Life Programme Department of Health
  www.nhs.uk/Change4Life

Physical Activity

- Provide accessible activities to support parents to engage in active play with their children and reduce sedentary behaviour.
- Support parents/carers or Guardians to participate in active play with their children in and out of the home
- Encourage uptake of physical activity through outdoor play
- Early years setting provide at least one hour of active play throughout the day

Healthy Eating

- Ensure children eat regular healthy nutritious meals in a supervised, sociable environment free from distractions
- Promote healthy eating and drinking habits
- Provide healthy eating advice to young families
- Provide Individual support and advice to parents carers and guardians to promote healthy eating
- Work towards and gain Quality Nutrition Standards for day care settings and nurseries
Example Programmes

**Physical Activity**

- Busy Feet
  www.hmeducation.co.uk/Busy_Feet_Home.html
- Soccer tots Football for 0-5 year olds
  www.socatots.com/content2
- Tumble Tots
  www.tumbletots.com/Stoke-on-Trent
- Leaps and Bounds
  www.stafford-leapsandbounds.co.uk

**Parenting**

- Triple P Positive Parenting Programme First Steps
  Psychology Service
  www.firststepsstoke.co.uk,
  Tel: 01782 425883 NHS North Staffordshire Combine Healthcare Trust.

**Healthy Eating**

**Staffordshire Examples**

- Eat Well in Staffordshire ‘Nurturing Health Award Nutrition, Oral Health, Food Safety and Physical Activity Guidelines for Early Years Childcare Providers, Staffordshire County Council
  www.staffordshire.gov.uk/health/healthdevelopment/awards
- Lets Get Cooking
  www.letsgetcooking.org.uk/Home
- HENRY is designed to tackle early childhood obesity by training community and health practitioners to work more effectively with parents and young families. It is hosted by the Royal College of Paediatrics and Child Health and is funded by the Department of Health and the Department for Children, Schools and Families.
  www.henry.org.uk
- Healthy Eating and Oral Health Award, Healthy Eating For Under 5’s Project information and Audit Tool for Day Nurseries, Directorate Public Health, Oral Health Improvement Team, NHS North Staffordshire and Stoke on Trent PCT
Tier 2

Targeted Prevention of Unhealthy Weight Gain
Key Messages

As for Tier 1 AND

Sign up for Healthy Start vouchers until child is 4 years old

Standards, Codes of Practice and Guidance

As for Tier 1 AND

- Use market segmentation data to target these messages effectively. Information on this can be found here: MRD Human Research Nutrition, Cambridge; Department of Health, 2007. The healthy living social marketing initiative: a review of the evidence

Interventions

**Physical Activity**
As For Tier 1 AND
• Encourage accessible opportunities for enjoyable active play and structured physical activity sessions.

**Healthy Eating**
As For Tier 1 AND
• Provide healthy balanced nutritious meals in all settings where children and toddlers visit and stay.
• Ensure portion sizes are the right size for the target group.
• Provide healthy snacks and drinks for children and toddlers in settings where they visit and stay.
• Encourage children to handle and taste a wide range of foods.
• Offer social eating venues where children can eat together.

**Breastfeeding**
As for Tier 1 AND
• Offer breastfeeding mothers the opportunity to breastfeed and bring in expressed milk to childcare settings

**Parenting**
• Positive Parenting Programmes
**Example Programmes**

**Physical Activity**
- Children centre FREE tumble tots programmes
- UK based MAGIC (Movement and Activity Glasgow Intervention)

**Health Eating**
As for Tier 1 AND
- Children centre cook and eat programmes

**Parenting**
As for Tier 1

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**Tier 3**

Treatment of Unhealthy Weight Gain
When talking about negative consequences, focus on future dangers, which most parents are willing to acknowledge, reduces the risk of parents ‘opting out’ of a communication because they don’t believe their children are currently overweight or inactive.

When discussing dietary changes state greater long-term negative consequences of failing to change their behaviour rather than short-term negative consequences associated in parents minds of trying to change their child’s diet (e.g. time cost, convenience, child fussiness).

As for Tier 2 consider the following:

Use clear, simple language when talking about weight. Explain jargon and define terms like ‘overweight’ and ‘obese’.

Acknowledging concerns and reflecting them back to parents is useful, use phrases like ‘It’s hard to say no to your kids’ and ‘You don’t have to turn into a health fanatic to do something about it’ demonstrates understanding and empathy.

When delivering the messages: Don’t tell parents what to do. This alienates them. Use ‘could happen’ rather than ‘will happen’.

Key Messages

Preschool Children

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Interventions

General Treatment

- Tailored clinical assessment and intervention by appropriate health professional for children with a BMI at or above the 91st centile.
- Integrated health visitor and dietetic-led services
- Assessment of co morbidity for children with a BMI at or above the 98th centile.
- Family based interventions that covers both healthy eating and physical Activity.

Parenting

As for Tier 2

As for Tier 1 AND

- Healthy Weight, Healthy Lives
  Commissioning Weight Management Services for Children and Young People,
  Department of Health November 2008
Example Programmes

- Health Trainer Services for parents if over their healthy weight
  - Gateshead service
    www.gateshead.gov.uk/Care%20and%20Health/CommunityHealth/healthtrainers/home.aspx
  - Newcastle –Under-Lyme service

- Mini MEND weight management programme for 2-4 year olds
  www.mendprogramme.org/mendservices/minimend

Healthy Eating

- Specialist Dietetic treatment.
  www.midstaffs.nhs.uk/ourServices/clinical/nutrition.asp
- Birmingham Community and Nutrition Dietetic services
  http://dietetics.bham.nhs.uk

Physical Activity

- As for Tier 2

Parenting

- As for Tier 2
Tier 4

Specialised Treatment of Unhealthy Weight Gain
Key Messages

Preschool children

As for Tier 3

Standards, Codes of Practice and Guidance

As for Tier 3
**Interventions**

**Preschool Children should be under care of Consultant Paediatrician**

- Any child with co morbidity or complex needs (for example, learning or educational difficulties) should be referred to a specialist service. (BMI 91st +) for paediatrician consultation and assessment.
- Assessment of co morbidity for children with a BMI at or above the 98th centile.
- The aim of weight management programmes for children and young people may be either weight maintenance or weight loss, depending on their age and stage of growth.
- Parental targeted interventions to engage parents should be provided to ensure they support the Childs lifestyle changes.
- Paediatric Dietetic Consultation and assessment.
- Weight management programmes should include behaviour change, improving and regulating dietary intake, increasing physical activity levels.

- Behavioural interventions should include the following strategies, as appropriate for the child:
  - stimulus control
  - self monitoring
  - goal setting
  - rewards for reaching goals
  - problem solving and carried out by an appropriately trained professional within the obesity team.
- Dietary Interventions - total energy intake should be below their energy expenditure. Changes should be sustainable and supported by a Dietitian within the obesity team.
- A plan should be agreed and monitored with the child and family by an appropriately trained professional within the obesity team.

**Physical Activity**

As for Tier 3 AND

- Physical Activity interventions should be offered to increase physical activity rates to greater than 60minutes per day.

**Healthy Eating**

As for Tier 3
Example Programmes

- Heart of England NHS Trust Foundation

Physical Activity
- As for Tier 3

Healthy Eating
- As for Tier 3

Parenting
- As for Tier 3

Glossary

To be completed...