

Childhood Obesity

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- Wales has the highest childhood obesity rates in the UK and one of the worst in Europe. 34% of CYP are classified as overweight or obese, 19% as obese
 - In Wales alone we spend £1.4 Million –£1.65 million every week treating diseases resulting from obesity.
 - Tackling childhood obesity requires a multi-faceted approach. If Welsh Government is going to tackle this issue successfully, it needs to harness all of the tools available to it.
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The All Wales Obesity Pathway

- In 2010, Welsh Government published the All Wales Obesity Pathway, which sets out the actions that should be taken by Local Health Boards to tackle obesity over the next two decades.
- The Pathway recognises that tackling the problem of childhood obesity is complex and requires action at a number of levels.
- The strategy takes account of the National Institute for Health and Clinical Excellence (NICE) guidance for the management of obesity, highlighting the need for:
 - ❖ A long term strategy
 - ❖ A cross-government approach
 - ❖ Increasing opportunities for physical activity

The Pathway sets out a 4-tier framework for obesity services through prevention and early intervention at Level 1 to bariatric surgery at Level 4:

Level 1: Community-based prevention and early intervention

Focused on lifestyle advice and information alongside combined nutrition and physical activity programmes in key settings

Level 2: Community and Primary Care weight management services

MEND, Welsh Government's national community weight management programme for children and their families

Level 3: Specialist multi-disciplinary team weight management services

Interventions should include specialist weight management services for obese children, young people and adults who have one or more co-morbidities and who have tried several interventions without success

Level 4: Specialist medical and surgical services

Services include bariatric surgery. (This service is not available to individuals under the age of 18 years)

Child Measurement Programme

- Public Health Wales is responsible for gathering information and evidence to monitor trends in obesity at a national level.
 - It currently co-ordinates the national Child Measurement Programme for Wales for primary school children, working with Local Health Boards and school nursing services to collect the data.
 - The Programme is a national height and weight measuring programme intended to standardise the way primary school children are measured across Wales.
 - The heights and weights of all reception class children (aged 4–5 years) are collected.
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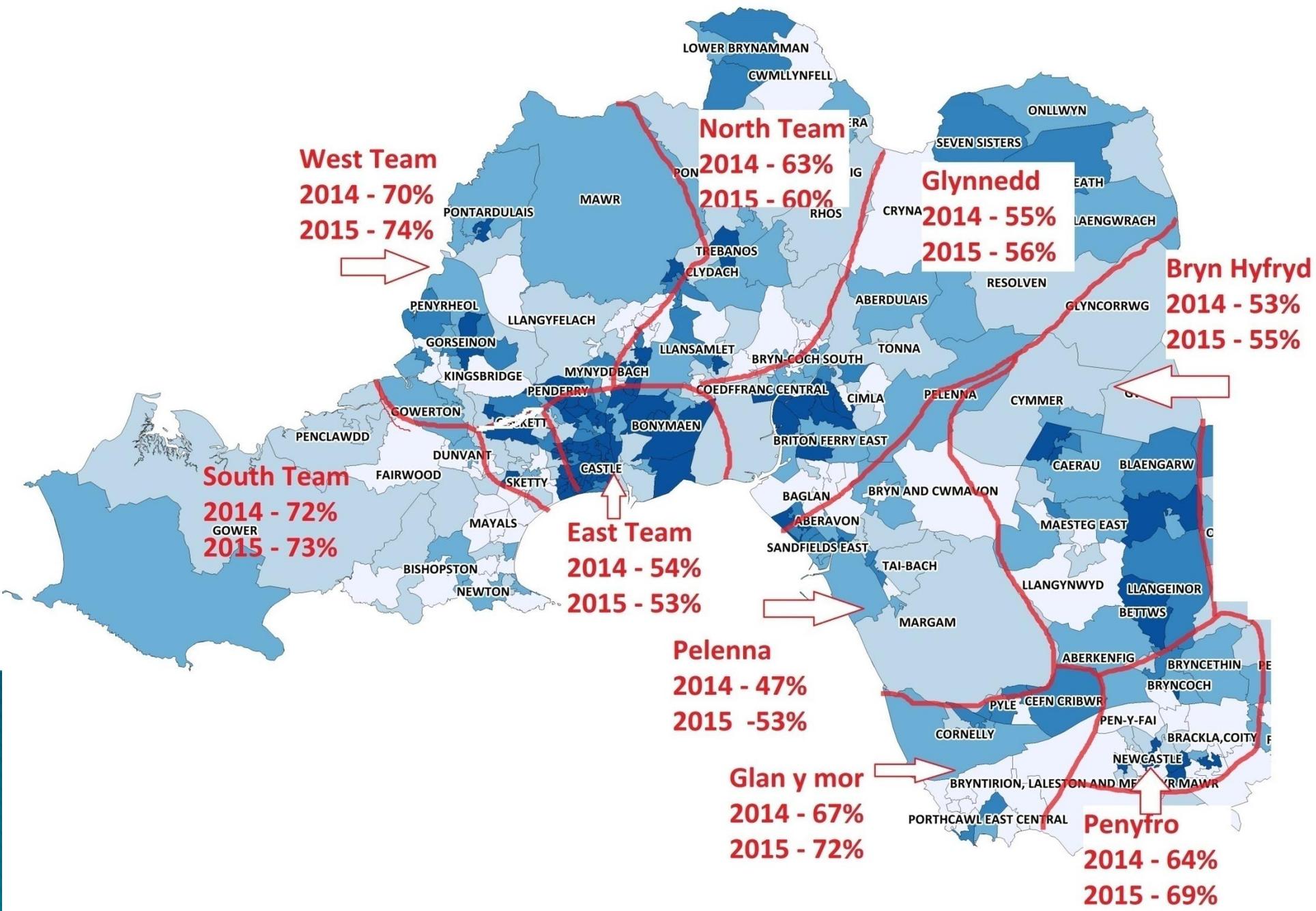
Change4Life

Change4Life is a social media campaign that aims to help families make changes to their lifestyles so that they can:

‘eat well, move more and live longer’

Public Health Wales highlighted that individuals living in deprived areas are more likely to be obese and less likely to have a healthy diet than those who live in the least deprived areas. Cardiff and Vale University Health Board raised the issue of food poverty and its impact on nutrition.





Appetite for Life

- Welsh Government programmes and initiatives designed to promote healthy eating and good nutrition have taken a 'settings' based approach to address health and well-being.
 - They have focused on creating supportive environments, specifically within early childcare, school and community-based settings.
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Creating an Active Wales

- Welsh Government published Creating an Active Wales in 2009.
- The strategy emphasises the importance of high-quality physical education and physical literacy for young people to develop the skills and confidence for lifelong participation in sport and physical recreation.
- It identifies well-delivered and appropriately designed physical education programmes, complemented by a range of school-based activities.
- The aim is reinforced in Welsh Government's *Programme for Government 2011-16*, which sets out its commitment to promote physical activity for people of all ages.

Active Travel

- The *Active Travel (Wales) Act 2013* places a legal duty on councils to create a network of routes for walking and cycling.

Other relevant Policies

- There was a general view that a cross-cutting approach across agencies and policy areas will deliver better results for obesity reduction.
 - Cwm Taf University Health Board suggested that Local Development Plans should be used as tools to promote an environment that encourages active travel, the use of green spaces and opportunities for physical activity.
 - Both Betsi Cadwaladr University Health Board and the Wales Dietetic Leadership Advisory Group (WDLAG) drew attention to the work that had been undertaken by Wrexham Local Authority to prohibit future planning applications for hot food takeaways within a 400m radius of schools or colleges in the county.
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