

Changing the Face of Obesity in Children, Young People & Families:

Fit for the future

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Childhood obesity is one of the most serious global health challenges for the 21st century

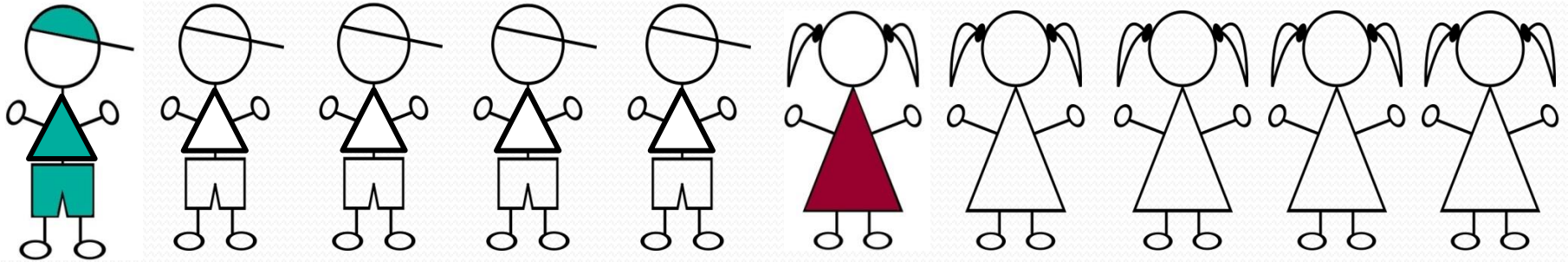


School Nurses need to be equipped with the right knowledge and skills

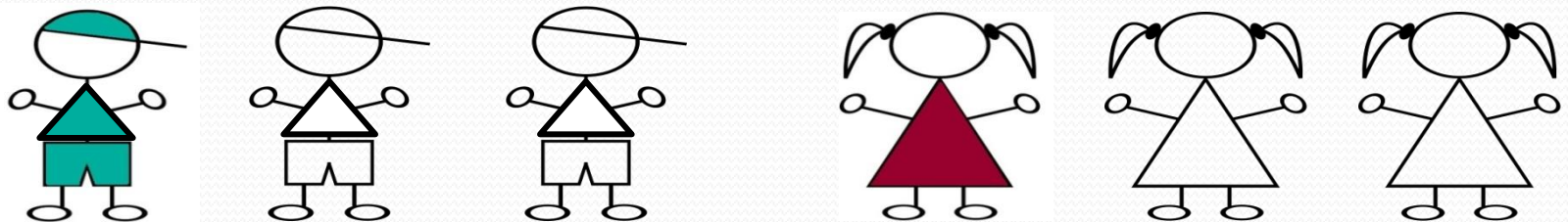
Prevalence of Excess Weight Among Children in England

National Child Measurement Programme 2013/14

One in five children in Reception is overweight or obese (boys 23.4%, girls 21.6%)

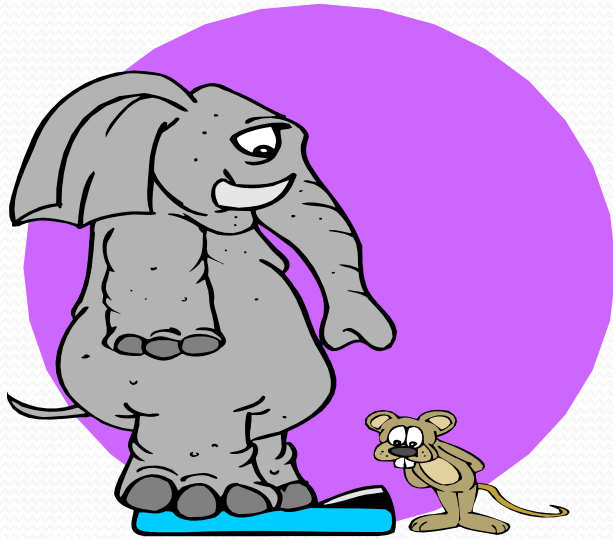


One in three children in Year 6 is overweight or obese (boys 35.2%, girls 31.7%)



Child overweight (including obesity)/ excess weight: BMI \geq 85th centile of the UK90 growth reference

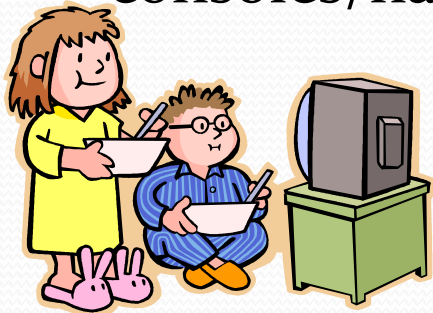
Obesity: A Multi-Factorial Public Health Challenge



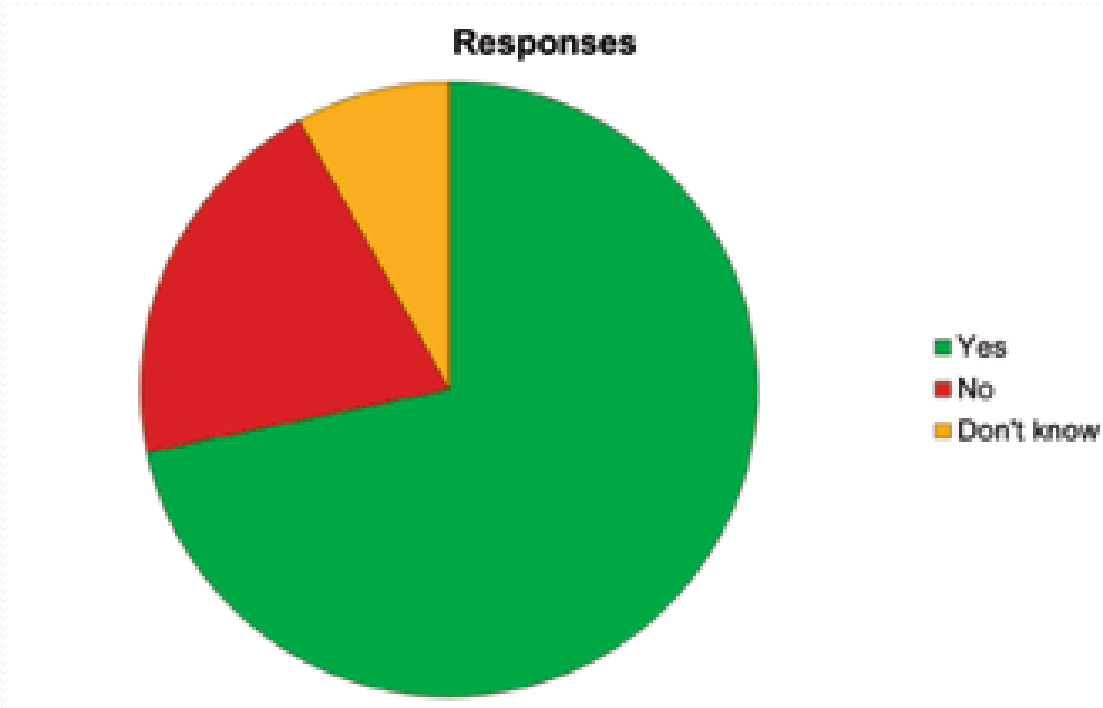
Physical and Emotional
Consequences

The Obesogenic Environment in the UK

- An increase in the easy availability of processed energy-dense foods
- An increase in social eating outside the family home and purchase of 'takeaways'
- Snacking promoted and advertised
- Varying levels of cooking skills
- An increase in sedentary behaviour – TV/games consoles/handheld devices/social media



UK School Nurse Survey: do you feel you need more training for your role?



Healthy Weight Training Toolkit for School Nurses

- Current policy & NCMP data.
- Cause and effect of childhood obesity. How can we prevent childhood obesity?
- Accurate assessment of a child's height and weight.
- School nurse support - best practice
- Behaviour change techniques; Motivational interviewing
- Proactive follow up including brief advice, interventions and practical tools

Main Aims of the Training Toolkit

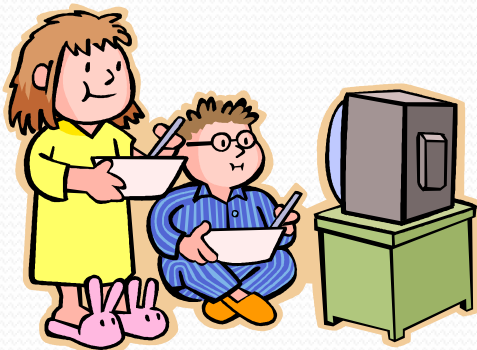
- Prevent childhood obesity by working with partners and key stakeholders through policy development and health education programmes in schools and community settings.
- Accurate measurement and assessment of children's weight with bespoke support for overweight children and young people.



Activities – Sugar, Fats, Eatwell Plate & Breakfast Games

4 Stations

- Guessing the amount of sugar in drinks and food
- How much fat is in common snacks?
- Eatwell Plate Game
- Breakfast Time



Acknowledgements

- Chief Nurses Directorate, Public Health England
- Public Health England Obesity Knowledge and Intelligence Team (formally National Obesity Observatory).
- Department of Health
- Obesity Learning Centre UK
- British Dietetic Association (BDA)
- School & Public Health Nurses Association (SAPHNA)
- Royal College of Paediatrics & Child Health
- BDA Public Health Nutrition Network

Future Training

- The training toolkit is now available for other areas to roll out locally.
- SAPHNA advises that the training is delivered by a band 6 SCPHN in school nursing and a dietitian; both require experience and a special interest in children's healthy weight.
- If you are interested in further information please contact Sharon White, SAPHNA Professional Officer:
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