

A deep dive: why did Lambeth see a reduction in childhood obesity, bucking the national trend? 2008/09 – 2012/13 (5 year period)

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INTRODUCTION

Significant decrease in obesity prevalence between 2008/9 to 2012/13:

 **Lambeth**, Leeds and Brighton and Hove had a significant decrease among children in Reception year

 **Lambeth** only local authority to show a significant decrease among Year 6 children

 **Deep dive** of Year 6 children commissioned by PHE and NCMP Programme Board

AIM

 **Understand** why Lambeth has seen a continual decrease in childhood obesity

 To **share** best practice and lessons learnt with other areas

METHODS

Validation

 Validation of submitted NCMP data

Analysis of NCMP data Year 6

 **Descriptive**
Population change: sex, ethnicity, language, free school meals, cross border movement

 **Analytical**
Linear regression by sex, ethnicity and deprivation / multiple regression analysis

What is Lambeth doing?

 Description of prioritised Childhood Obesity interventions commissioned

 Other supportive local strategies and measures

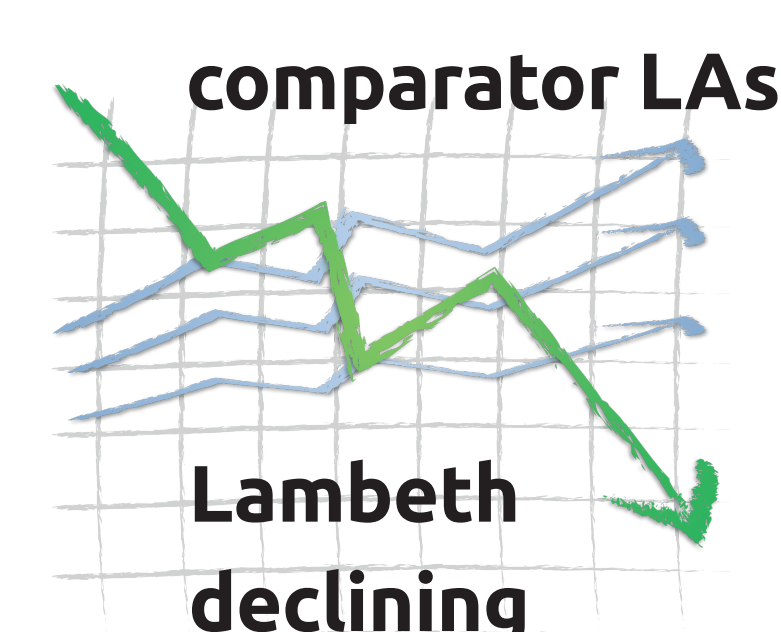
 Lesson learnt

Further information : www.lambeth.gov.uk/JSNA

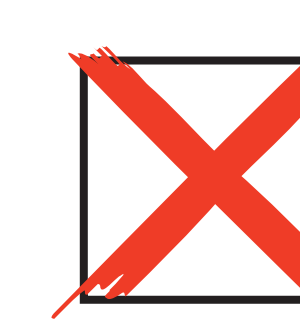
WHAT THE NCMP DATA TOLD US?

Descriptive

Statistical reduction in obesity levels in Reception and Year 6 children

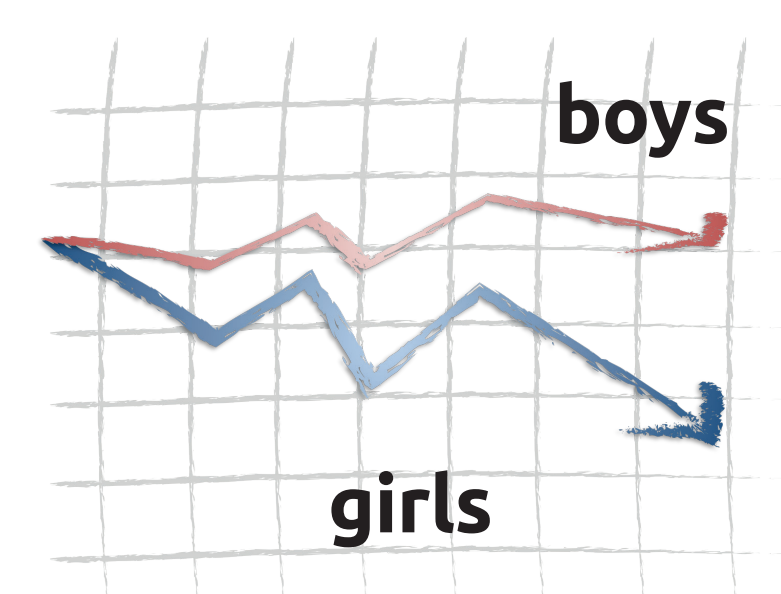


(Population change was not significant and cannot explain the prevalence reduction)



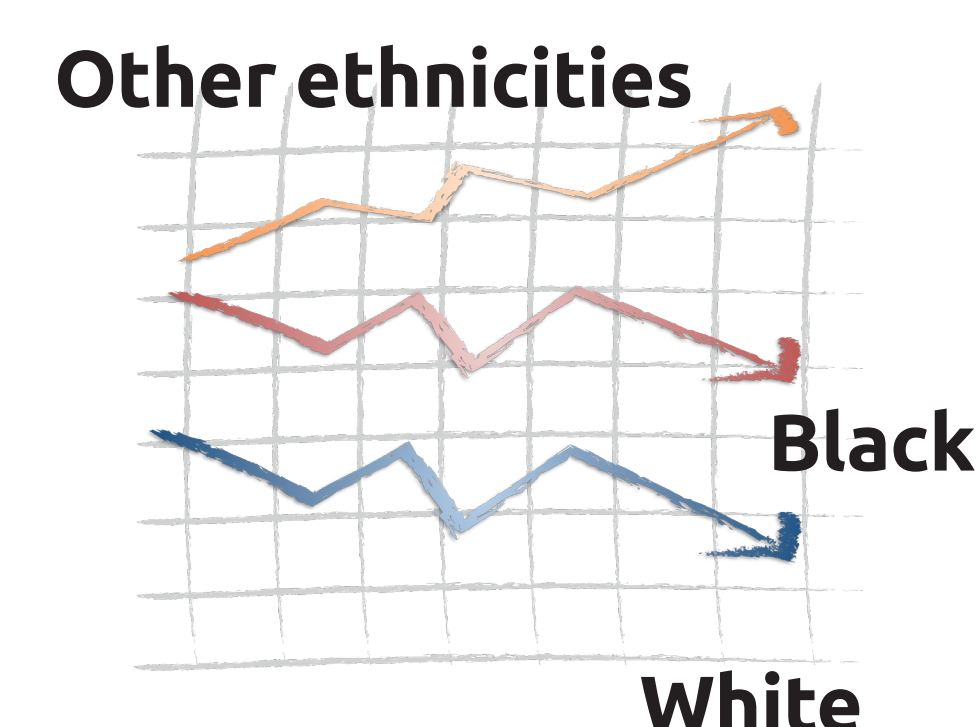
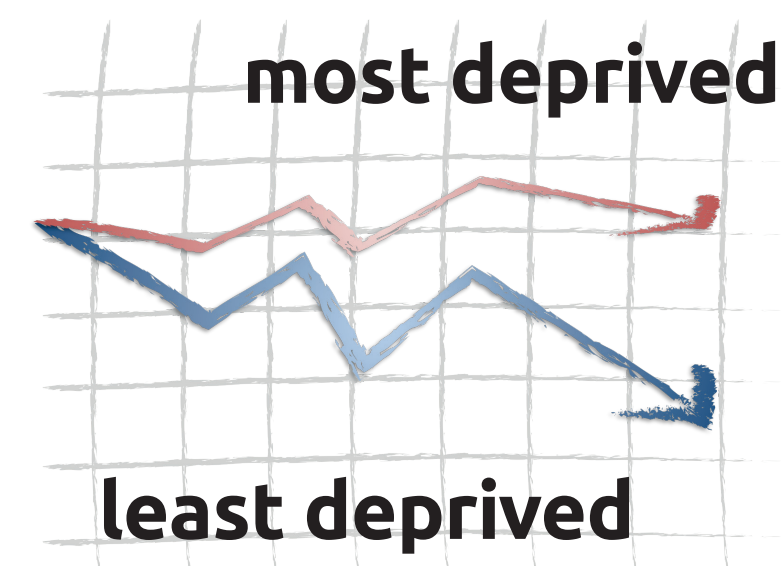
Linear regression

Girls appear to show a greater decline in obesity compared to boys (not significant)



Significant decline in obesity prevalence white and black ethnic groups, other ethnicities worsening

Greater decline in least deprived compared to most deprived groups, all groups showed a decline



Multiple regression

Boys are more likely to be obese compared to girls

Sex	Category	Adjusted Odds Ratio	95% Confidence Limit	
			LCI	UCI
Sex	Girls	Reference		
	Boys	1.12	1.03	1.22

All ethnic subgroups are more likely to be obese compared to White British group with Black Caribbean and Asian nearly twice as likely to be obese

Ethnic Sub-group	Category	Adjusted Odds Ratio	95% Confidence Limit	
			LCI	UCI
Ethnic Sub-group	White British	Reference		
	White Other	1.76	1.44	2.15
	Mixed	1.42	1.15	1.75
	South Asian	1.89	1.47	2.43
	Black Caribbean	1.90	1.59	2.27
	Black African	1.73	1.44	2.06
	Black Other	1.35	1.06	1.71
	Other	1.86	1.47	2.35
	Unknown	1.78	1.49	2.12

Childhood poverty is significantly associated with obesity 1.5 to 2 times higher from 7th to the worst decile

Income deprivation	Category	Adjusted Odds Ratio	95% Confidence Limit	
			LCI	UCI
Income deprivation	Least 1 st /4 th decile	Reference		
	5 th decile	1.76	1.44	2.15
	6 th decile	1.42	1.15	1.75
	7 th decile	1.89	1.47	2.43
	8 th decile	1.90	1.59	2.27
	9 th decile	1.73	1.44	2.06
	Most 10 th decile	1.35	1.06	1.71

KEY MESSAGES

Strong leadership, evidence based approach, sustained multi-component measures, effective partnership working and evaluation of implementation are all likely to have played role in the reductions

It is encouraging that some higher risk groups are reflected in the observed obesity decline and are utilising local interventions

The significant childhood obesity reduction seen in Lambeth cannot be explained by any single measure or population churn

Current and new interventions should continue to take into account the population differences identified by the NCMP analysis

WHAT IS LAMBETH DOING?

Interventions

- Promoting breastfeeding
- Early Years Nutrition
- L1 Multi-agency Healthy Weight Capacity Building
- L2 Children's Weight Management Service
- L3 Children's Specialist Weight Management Service
- Schools Healthy Weight Promotion Programme
- Healthy Weight Specialist School Nurse

Other local measures

- Inner London Flagship Food Borough
- School Health and Wellbeing Programme
- Local Plan Fast Food Outlets restrictions around schools, promotion of physical activity in new building developments
- Healthy Catering Commitment
- Food Strategy and Partnership
- Sports & Physical Activity Strategy
- Local Wider Determinants Programmes tackling Inequalities

Learning

- Evidence based approach to identify and prioritise interventions
- Time to set up should not be underestimated
- Clear associations between children's excess weight and family psycho-social issues
- Services seem to be supporting those families at greatest need
- Families appreciate practical tailored support
- Offer of multi-agency healthy weight training highlights the reach and impact that can be achieved to helping "Making Every Contact Count".
- Schools need to understand their role
- Specialist School nurse role is valuable in helping to address underlying causes of obesity in vulnerable families and motivating them to take on some responsibility for their health