

Meeting of
Lanarkshire NHS Board
August 25th 2010

Lanarkshire NHS Board
14 Beckford Street
Hamilton ML3 0TA
Telephone 01698 281313
Fax 01698 423134
www.nhslanarkshire.co.uk



**SUBJECT: Delivery of the H3 target through a range of
Child Healthy Weight interventions**

1. PURPOSE

This paper describes the progress made by NHSL towards the H3 target and the range of Child Healthy Weight Interventions which have been implemented to achieve the target

2. SUMMARY OF KEY ISSUES

NHSL was set a target of achieving 2263 child healthy weight interventions to 5-15 year olds who have a BMI above the 91st centile by March 2011.

Following recognition by the Scottish Government that no Health Board would achieve the original H3 targets all boards were asked to submit a revised H3 target. NHSL set a revised target of 1012 completed interventions by the end of March 2011; this is the highest target of any Health Board in Scotland.

It is proposed that this target will be achieved through a suite of interventions, delivered both within the school setting and, utilising the Health & Wellbeing component of a Curriculum for Excellence, within the curriculum as well as within a community setting. To date a range of interventions have been delivered and will be described in detail in the presentation. These various approaches allow engagement with large numbers of children delivering both a treatment intervention for the H3 target group but also a preventative intervention for children who are currently within a healthy weight range.

The NHSL approach is based on strong partnership links which support a coherent matrix of interventions to engage with the target group using a multi-agency, multi-level and trans-disciplinary approach across a variety of key settings.

At July 2010 NHSL has completed 702 of the 1012 Child Healthy weight interventions required for the Target.

3. CONCLUSION

The approach employed by NHSL to achieve the H3 target is proving to be successful and completions are currently above the revised trajectory. The range of intervention programmes is in line with the current H3 guidance and the recently published SIGN 115 Guideline on obesity. It is anticipated that NHSL will surpass the H3 target and on the basis of progress so far it was agreed that the NHSL RAG status on SG systems will be recorded as Green for the next SG Health Directors Management Board update.

4. FURTHER INFORMATION

For further information about any aspect of this paper, please contact Jonathan Cavana Telephone: 01698 245135 or Maria Reid Telephone: 01698 377645

Jonathan Cavana
Child Healthy Weight Programme Manager

Maria Reid
Assistant Health Promotion Manager

JC/MR
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