

Obesity Service Mapping Questionnaire: Summary Report



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Additional thanks to Amy Maguire for providing a critique of the regional obesity care pathways.

IMPORTANT NOTE:

Data from this report was collected in February 2008 and updated in June 2008. The contents therefore provide a snapshot of obesity service provisions across the region. For the most up to date information for your locality please contact your local PCT directly.

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INTRODUCTION & AIMS

The North East currently has the second highest rates of both adult and child obesity, with 28% of adults (16+years) obese [1], and 19.9% of Year 6 (10-11years) and 10.9% of Year R (4-5years) children obese [2]. However the recent regional health and well being strategy: Better Health, Fairer Health pledged: *'The North East will curtail its increase in average body mass index and increase the proportion of people whose weight is within safe limits, eradicating the differential between social group. The North East population will be the most physically active in the country, both in its activities of daily living and in its recreational choices. The support available for individuals to alter their activity levels will be clearly and fairly defined and will be provided according to individual need'[3].*

In the North East there is currently no central record of obesity related activities. It is therefore difficult to: 1) understand service needs / gaps across the region and 2) disseminate emerging good practice. As part of broader regional strategy to tackle obesity, the obesity service mapping questionnaire was developed to map a baseline of existing obesity services, identify gaps/service needs and highlight emerging good practice. This information will be used to populate a central regional obesity database which will be available via the NEPHO website (www.nepho.org.uk – see obesity micro-site). The information will also help to inform the development of further standardised obesity resources, such as the standard obesity intervention evaluation framework, which will also be available from the NEPHO obesity micro-site.

The online obesity service mapping questionnaire, which was developed by the North East Public Health Observatory in collaboration with Public Health North East, is shown in Appendix 1. The resource was accessed online through the PHINE website (www.phine.org.uk) and was completed by each North East PCT during February 2008 (main contact details for each trust are shown in Appendix 2).

The information provided can by no means be classified as a definitive list given the continual developments and broad ranging remit of obesity across each trust. However, this report summarises the findings from the 2008 questionnaire and identifies general emerging themes and inconsistencies across the region.

RESULTS

Obesity Strategies

Only three Primary Care Trusts (PCTs) currently have obesity strategies in place for both adults and children. Less than half of all PCTs have either an adult or child obesity strategy in place. Many PCTs are still in the process of developing their strategies (Table 1). Where strategies have been completed, every trust involved a broad range of stakeholders in the development process.

Table 1 Obesity Strategies

	Obesity Strategy	
	Adult	Child
Northumberland	UD	YES
Redcar & Cleveland	YES	UD
Middlesbrough	YES	UD
Hartlepool	UD	UD
Newcastle	UD	UD
North Tees	UD	UD
North Tyneside	YES	YES
Sunderland	UD	YES
County Durham & Darlington	YES	YES
South Tyneside	NO	YES
Gateshead	YES	YES

UD: Under Development

Obesity Prevention

An overview of the different obesity prevention interventions reported is shown in Table 2. In total over seventy prevention interventions were described, illustrating the variety of different approaches across the North East. Of these interventions the majority were set within the community or school. Most interventions focused on healthy eating promotion, cooking skills and, or physical activity promotion, whilst a number of the school initiatives concentrated on curricular improvements to diet and physical activity. Only a small number provided infant and breast feeding advice or implemented policy or planning changes. Interventions also ranged from national initiatives such as the national healthy schools scheme, to bespoke locally designed programmes such as the roots and shoots programme in Alnwick Garden.

The target populations for the majority of interventions were broad: school aged children or families. Only a small number of interventions specifically targeted smaller sub populations such as individuals with disabilities, low income and ethnic minority groups. Intervention delivery was predominantly carried out by health professionals and schools, with just a few interventions delivered by the commercial and voluntary sectors. The majority of the programmes described are ongoing with no specific length and frequency information provided. Of the programmes reported, just thirteen had been evaluated, whilst forty two were in progress and twenty one were not undergoing any evaluative process. Evaluation findings were provided from three trusts.

Table 2 Regional obesity prevention interventions

PCT	Intervention Name	Setting	Type of intervention	Target population	Length & frequency of intervention	Delivered by	Evaluation
Northumberland	Roots & Shoots	Community & Primary school	Cooking skills, health eating, physical activity	Primary school Children identified as at risk or with physical disability	4 days plus work in schools over 1 year	School, Alnwick garden, school, health professional	IP
	Get Active Northumberland	Community	Cooking skills, health eating, physical activity, motivational & behaviour change	Primary school children at risk & their family	1x2hr session a week for 10 weeks	Health professional and leisure services	IP
	Food for thought	Community	Healthy eating, physical activity, motivational & behaviour change	Adults at risk	Once a week for 13weeks plus follow up	Health professionals	Y
	Increased physical activity through school sports partnership (Universal)	Primary school	Curricular physical activities	Primary school children	Throughout school year	Statutory sector (NCC)	IP
	Cooking skills at Children's centres and at risk groups of young people	Community, primary and secondary school, youth offenders team, YP at risk of exclusion, teen parents, residential care leavers	Cooking skills and healthy eating	Primary and secondary school children identified as at risk – residential care leaver, young parents, NEET and YOT groups	2-3hrs per week	Health professional, voluntary sector	Y
	Physical activity via SPAAs	Community, leisure and school	Health eating, physical activity	Primary and secondary	Various	Health professional	N

	(Targeting obesity, women, disabilities and marginalised people)	sports partnerships		Children identified as at risk			
	Tynedale Teens (Exercise on referral for overweight teens)	Community	Health eating and physical activity	Secondary school children	Once weekly sessions over varied lengths of time	Commercial sector / Leisure services	N
	Child Health Promotion Programme (Universal)	Community and Children Centres	Breast Feeding Support Weaning and infant feeding Support	Families with children under 5 Antenatal and post natal – Midwives target BMI >30 women	As per National Recommendations	Health Professionals and community workers	Y
	UNICEF Baby Friendly Initiative	GP Centres, Children Centres, Leisure Services and Local Authority settings	Breast Feeding Support	Breast Feeding Women, babies and families	UNICEF Standards	All professionals linked to and working in stated settings	Y
	Regional Weaning Project	Children's Centres	Healthy Eating and infant feeding advice	Women with babies aged 4 months +	3 week x2 hours sessions (planned for Sept 08 start)	Health and Early years professionals	Y
	Nutrition, Cooking Skills training and practical delivery	Variety	Healthy Eating	Targeted groups to include those with low literacy, youth offending and LAC.	Varied from 2 hours to full accredited Open College Network Course	Statutory and Commercial	
Redcar & Cleveland	Weaning support	Sure start centre	Health eating and infant feeding advice	Antenatal, postnatal	Continuous once monthly sessions	Health professionals and community nutrition worker	Y
	Cooking skills	Sure start centre	Cooking skills	Family	Continuous once weekly sessions	Community nutrition worker	Y
	Eating during	Sure start	Health eating	Antenatal	Once monthly	Community	N

	pregnancy				continuous sessions	nutrition worker	
	Teenage pregnancy session	Sure start	Breast feeding support healthy eating, infant feeding advice	Girls aged 13-18	Once bimonthly continuous sessions	Community nutrition worker	IP
	Health eating in school	Primary and secondary school	Healthy eating	Primary and secondary children	Ongoing sessions of varying frequency	School catering service	N
	National Healthy School programme	Primary and secondary school	Cooking skills, curricular food and physical activities, health eating and physical activity	Primary and secondary children	Ongoing	School	N
	Breast feeding awareness	Primary and secondary school	Infant feeding promotion	Primary and secondary children	2 hour sessions yearly	Health trainer	N
	Breast feeding peer support & training	Community	Breast feeding support	Breastfeeding mothers	30hours over 10 weeks for training, 2hr per week for support	Health trainer	N
	Antenatal session	Community	Infant feeding advice	Antenatal	Continuous, 2 hour when requested	Health trainer	N
Middlesbrough	Middlesbrough football club in the community	Community, primary school	Curricular food and physical activities, health eating and physical activity	Family and primary school children	Once a week ongoing programme	Middlesbrough football club	IP
	Healthy school scheme	Nursery, primary and secondary	Health eating and physical activity	Primary and secondary school children	Ongoing	Health professionals, teachers	IP
	Active Middlesbrough strategy	Community, further education, primary and secondary school	Physical activity and planning changes to increase sport provisions	Adults, family, individuals with disabilities, low income, older adults, preschool, primary and secondary school	5 year strategy	LA	IP

				children, unemployed			
	Screening	Primary and secondary school	School nurse led health assessment on school entry incl. BMI, healthy eating and activity advice and referral if needed	Primary and secondary school starters	Ongoing, once a year	Health professional and school nurse	IP
	School meals audit	Primary and secondary school	Healthy eating	Primary and secondary school children	Ongoing	School	IP
Hartlepool	Healthy start voucher scheme	Nursery, children centres	Infant feeding	Preschool	Ongoing	Health professional, school	IP
	Healthy Food in schools strategy	Primary and secondary school	Healthy eating	Primary and secondary school children	Ongoing	Health professional	IP
	Healthy packed lunch leaflet	Primary school	Healthy eating	Primary school children	Ongoing	School	IP
	Community weight management sessions	Community	Healthy eating and physical activity	Adults at risk	Ad hoc	Health professional and Leisure services	IP
	Weight management training	Community	Building capacity to deliver weight management sessions	Training	NR	Health professional	IP
	Cooking skills training – train the trainers	Community	Cooking skills	Training	NR	Health professional	IP
	NCFE nutrition & health	Primary and secondary school	Cooking skills, healthy eating	School cooks	NR	Health professional	IP
	Golden apple healthy eating award	Workplace	Healthy eating	Adults working in the commercial	NR	Health professional	IP

				sector			
	Fruit & veg bag scheme	Community	Healthy eating	Everyone in the community	Rolling programme	Cooperative	IP
	New starter reception pack	Primary school	Healthy eating	Primary school children	Once a year, rolling programme	School	IP
	Community Activities network	Community	Physical activity promotion	Everyone in the community	NR	Sport and Recreation Voluntary Sector	IP
	Physical activity instructor training	Community	Physical activity	PA sports professionals	Rolling programme	Sports development	IP
	HELP- Hartlepool Exercise for Life (GP exercise on referral plus Phase IV Cardiac rehab - activities)	Community and GP	Physical activity	Adults 18-65yrs and individuals with physical disabilities	Rolling programme	Sports Development	IP
	Health Trainer Service	Adults with complex needs in need of one to one support	Support with healthy eating, smoking cessation and access to physical activity	Up to 12 weeks support plus ongoing support through delivery of community based weight management	Qualified health trainer roles		
	PATH (People's Access to Health) Project	NDC residents with complex needs and chronic long-term conditions	One to one support around pain management, mental health issues and lifestyle support		Health professional within voluntary sector		
Newcastle	Lean East	Community and primary school	Breast feeding support, cooking	Children identified as at	Multiple interventions over 6 months	Health professional ,	IP

			skills, curricular food activities, health eating	risk, postnatal, primary school children		peer leadership, school	
	Exercise on prescription	Leisure centre	Physical activity	Adults identified as at risk	Twice a week for 10 weeks	Local authority	N
	Community nutrition workers	Community	Cooking skills, health eating	Adults, adults identified as at risk, antenatal, postnatal	Variable	Health professional	N
	Healthy schools standards	Primary and secondary school	Cooking skills, curricular food and physical activities, healthy eating and physical activity	Primary and secondary school children	Ongoing, whole system	Health professional, school	N
	Active8	Community	NR	Primary and secondary school children	Ongoing, variable	Local authority	N
	Putting the fun into exercise	Community	Physical activity promotion	Primary school children	Ongoing	Newcastle gymnastics academy	N
	Community health trainers	Community	NR	Adults 18-65yrs	Variable	Health professional	IP
	Healthy family initiative	Community	Cooking skills, health eating and physical activity	Family	Ongoing	Riverside community health project	N
	Newcastle deaflink health eating project	Community	Health eating and physical activity	Individual who are deaf	Ongoing, variable	Newcastle healthy city project	IP
	Newcastle action parent toddlers initiative	Community, nursery	Health eating, infant feeding advice, physical activity	Family, postnatal, preschool	Ongoing, variable	Newcastle action parent toddlers initiative	N
North Tees	Young peoples active health scheme	Community, primary and secondary school	Healthy eating, physical activity	Primary and secondary school children	Weekly for 1 year	Tees active	IP
	Yummy mummy	Community	Breast feeding	Adults 18-35yrs,	Weekly for 3 months	TFM radio	IP

	media and training campaign		support	postnatal		campaign and UNICEF training organisation	
	Food and health programme	Community	Healthy eating promotion	Adults 18-65yrs, ethnic minority groups, family, preschool	Weekly for 3 months	Stockton borough council environmental health training dept	IP
	Free leisure service discount card scheme	All primary school children and secondary school children from Sept 2008.	Physical activities offered by Tees active leisure centres	School age children	1 year	Tees Active Leisure centres	IP
	Fit 2 Push / Prambles	Post natal mothers and babies	Walking in local parks, breast and infant feeding support	3x1 hour sessions over 24 weeks	Sports development team, Stockton borough council, Health visitors	IP	
North Tyneside	LAA targeted interventions programme	Primary school	Cooking skills, curricular food and physical activities, healthy eating and physical activity	Primary school children	Various over 3 years	Health professional, school	IP
	Communities for health work with parents	Community, primary school, children's centres	Planning changes to identify barriers to healthy lifestyles	Adults 18-35yrs, family	Various over 6 months	Local voluntary agencies	IP
	Children's centres	Community	Breast feeding support, cooking skills, healthy eating and physical activity	Preschool	Drop in sessions	Children's centres	N
	Healthy schools programme	Community, primary and secondary school	Cooking skills, curricular food and physical activities, healthy eating and physical activity	Primary and secondary school children	Ongoing		N
County Durham	A broad	Home, primary	Infant feeding	Family,	Varies according to	Health	IP

& Darlington	programme of interventions around Infant feeding guidelines, cooking courses, health courses, get active course, healthy heart session, walking sessions	school, secondary school further education, community	advice, cooking skills, policy changes for feeding guidelines, breast feeding strategy	postnatal, preschool, primary school children, secondary school children, adults 18-65yrs, low income groups	individual policy	professional, school	
Sunderland*	Life style activity and food programme	Community and hospital/GP	Health eating and physical activity	Children identified as at risk	Once a week for 8-10 weeks	Health professional	IP
	Breastfeeding peer supporters	Community	Breast feeding support	Adults 19-35yrs, low income groups	As needed, ongoing	Voluntary sector – trained volunteers	N
	Cook & eat & nutrition training for disengaged young people	Community, voluntary sector organisation	Cooking skills and health eating	Children with behaviour problems	Once a week for 4 weeks	Health professional and voluntary sector	Y
	Weaning training	Children's centres	Infant feeding advice	Low income groups	As required	Health professional	IP
	Nutrition training	Nursery	Health eating	Mothers and toddlers	Once a week for 4 weeks	Health professional	Y
	Food in school programme	Primary and secondary schools	Cooking skills, curricular food and physical activities, health eating, physical activity, policy changes to improve health eating	Primary and secondary school children	3 years	Health professional	IP
	Weight management training	School nursing dept	Health eating and physical activity	School nurses	2 day training session	Health professional	Y

	Nutrition team	Community, further education, hospital/GP, workplace	Cooking skills, health eating promotion	Adults identified as at risk, ethnic minority groups, family, low income groups	One off events	Health professional	IP
South Tyneside*	Early years dietician	Community, nursery	Health eating, infant feeding physical activity, policy changes to assess menus and improve early year nutrition policy	Preschool and childminders	11.5hr/week dietetic support, ongoing	Health professional	IP
	Breast friends	Community, home hospital/GP	Breast feeding support	Antenatal, family, postnatal	Ongoing hospital workshops	Peer leadership	Y
	Mini MEND	Community	Cooking skills, health eating and physical activity, planning changes, for parents to improve family lifestyle	Family, preschool	2hrs per week for 10weeks	Health professional	IP
	National health school programme	Nursery, primary and secondary school	Cooking skills, curricular food and physical activity, health eating and physical activity, policy changes to improve whole school food policies	Primary and secondary school children, special schools and alternative educators	Ongoing, annual whole school approach	Health professional, school and nursery	Y
	Bodyshock youth gym	Community	Physical activity promotion	8-16yrs	Gym open during leisure centre hours	Local authority service	N
	Food a fact of life	Primary school	Curricular food activities, healthy eating	Primary school children	Ongoing	Health professional, school	IP
	Healthier school meals	Nursery, primary and secondary schools	Health eating	Preschool, primary and secondary school	Ongoing	Local authority catering	IP

				children			
	Active school travel plans	Primary and secondary schools	Physical activity and policy changes to reduce car use and increase cycle and walking	Family, preschool, primary and secondary school children	Ongoing	Local authority travel plan co-ordinator	N
	School sport partnership	Primary and secondary school	Curricular food and physical activities	Primary and secondary children	Ongoing	School	Y
	Food life skills	Secondary school	Cooking skills, healthy eating	Family, secondary school children	Ongoing	Health professional, school	IP
Gateshead*	Balance it	Nursery, primary school	Cooking skills, healthy eating and curricular food activities	Preschool and primary school children	2 years	Health professional	IP
	Breastfeeding co-ordinator	Community, hospital/GP	Breast feeding support, planning changes: baby friendly hospital initiative.	Postnatal adults	Ongoing	Health professional	N
	Balance it. It's your health	Community	Cooking skills, healthy eating and physical activity	All adults identified as at risk, ethnic minority groups, family, individuals with disabilities, low income groups, unemployed	3years, twice weekly	Health professional	IP

* co-ordinated through NHS South Tyne and Wear, for a copy of the complete South Tyne and Wear obesity plan for children and adults please contact Marc Hopkinson, Marc.Hopkinson@sotw.nhs.uk

Y= Yes, N= No, IP= In Progress, NR= Not Reported

Obesity Care Pathways

The development of obesity care pathways varied across the region, with just five trusts possessing a child and, or adult pathway (Table 3). Accompanying documents were submitted from five trusts, the majority of which focused upon child overweight and obesity. A critique of these documents revealed that whilst all pathways were developed around the NICE obesity guidance [4] to varying degrees, there was certain heterogeneity between trusts. Inconsistencies and ambiguity were identified in baseline assessment criteria, referral and follow up mechanisms and timescales, diagnosis and first point of contact. Not all trusts encompassed a truly multi-faceted approach, as described in the NICE guidance [4], with a predominant focus on just diet and physical activity. Lack of available treatment resources was also identified within some trusts.

Table 3 Obesity Care Pathways

	Obesity Care Pathways	
	Adult	Child
Northumberland	UD	YES
Redcar & Cleveland	YES	UD
Middlesbrough	YES	UD
Hartlepool	UD	UD
Newcastle	UD	UD
North Tees	UD	YES
North Tyneside	YES	YES
Sunderland	YES	YES
County Durham & Darlington	UD	UD
South Tyneside	NO	UD
Gateshead	YES	YES

UD: Under Development

Obesity Treatment

A summary of obesity treatment interventions offered across the region are presented in Table 4. Information was provided for over thirty treatment interventions across the region, the vast majority of which were provided by health care professionals and focused on exercise on referral and / or weight management programmes. Nineteen programmes offered dietetic support, twenty three offered exercise on referral and eleven offered behavioural therapy. Five out of the twelve trusts documented obesity surgery and / or drug treatment interventions. In terms of treatment evaluations, nine programmes had been evaluated, whilst twenty one were in progress and eleven were not going to be evaluated. Six trusts kindly provided further evaluation information.

Table 4 Regional obesity treatment interventions

PCT	Intervention Name	Target population	Type of intervention	Length & frequency of intervention	Delivered by	Evaluation
Northumberland	Food for thought	Adults with co-morbidities and BMI >35, individuals with physical disabilities	Behaviour therapy, dietetic support, exercise referral, obesity drugs, obesity surgery, weight management programme (obesity surgery and drugs are a last resort)	Once weekly for 13 weeks with life long support	Health professionals	Y
	Get Active Northumberland	Family	Behaviour therapy, dietetic support, exercise referral, fun programme based on MEND model	Once a week for 10 weeks before integration into healthy living centre or leisure services	Health professional / Leisure services	IP
	Bariatric surgery	Adults with a BMI >35	Obesity surgery	Dependant upon individual needs	Health professional	N
	Obesity drugs	Overweight adults with co-morbidities,	Obesity drugs	Dependant upon individual need	Health professional	N
South Tyneside*	MEND	Family, primary and secondary children with BMI >91 st centile	Behaviour therapy, dietetic support, exercise referral, weight management programme	18x2 hour sessions over 9 weeks	Health professional	Y
Gateshead*	Balance it – it's your health	Any overweight adults with co-morbidities	Dietetic support, exercise on referral, weight management programme	Twice weekly for 3 years	Health professionals	IP

	Balance it programme	All children with co-morbidities	Behavioural therapy, dietetic support, exercise on referral, weight management and free leisure access	As needed over 2 years	Health professionals	IP
North Tyneside	Kids get active	Primary school age	Behavioural therapy, dietetic support, exercise on referral, weight management programme	1 hour twice weekly for 12 weeks	Health professionals	Y
	Primary care intervention	Preschool and primary school age children	Behavioural therapy, dietetic support, exercise on referral	Negotiated with family for 12 weeks	Health professional	IP
	Growth clinic for children with co morbidity	All children with co-morbidities	Medical investigation	Initial assessment and follow up on individual basis	Health professional	IP
	Adult 12 week group weight management programme	All obese adults	Behavioural therapy, dietetic support, exercise on referral	Once a week for 12 weeks		IP
	Bariatric surgery	Adults with a BMI >35	Obesity surgery	Dependant upon individual needs	Health professional	N
	Obesity drugs	Overweight adults with co-morbidities,	Obesity drugs	Dependant upon individual need	Health professional	N
	Exercise referral	Overweight adults with co-morbidities	Exercise on referral	Ongoing	Health professional and leisure services.	N
	Healthy living centres	All adults	Dietetic support and exercise on referral	Ongoing	Health trainers	IP
County Durham & Darlington	FISCH (family initiative supporting	Family	Dietetic support, weight management	Once a week for 12 weeks	Health professional	IP

	children's health)		programme			
	Weight management in practice	Individuals who are obese	Dietetic support, exercise on referral, weight management programme	Once a week for 12 weeks	Health professional, local authority	IP
Redcar & Cleveland	Specialist Weight Management Service	Adults with BMI >35 and co morbidities	Behavioural therapy, dietetic support, exercise on referral obesity drugs, weight management programme.	Once a week for 1 year	Health professional	Y
	Trim and Slim (community weight management service)	Adults	Weight management programme	Once weekly for 12 weeks	Health professional, health trainers, leisure centres	Y
	MEND (Mind, exercise, nutrition, do it!)	Family, primary and secondary school children	Weight management programme	2x per week for 14 programmes over 2 years	Sport and leisure staff, health professionals	IP
	Trim and Slim - Family model	Family	Weight management programme	8 week programme with ongoing support for 4 years	Health professionals, community nutrition workers	Y
North Tees	lite4life, weightless, Weight management training	Adults with co-morbidities, ethnic minority groups, family, individuals with physical disabilities, low income groups	Behavioural therapy, dietetic support, exercise on referral, weight management	Weekly for 15months	Stockton borough council	IP
Newcastle	Obesity drugs	Obese adults	Obesity drugs	Variable	Health professional	N
	Bariatric surgery	Adults with	Obesity surgery	Individualised care	Health	N

		BMI >35			professional	
	On the go	Children with co-morbidities of primary and secondary school age	Behavioural therapy, dietetic support, exercise on referral, weigh management programme	Twice weekly for 12 weeks	Local authority	N
	Weight management service level 2	Obese adults >25 BMI	Physical activity, nutrition	10 weeks	Physical activity team including Health professionals	N
	Weight management service level 3	Obese adults >30 BMI	Drugs, physical activity, pre surgery preparation, nutrition	10 weeks	Dietetics, psychology, nurses,	N
Sunderland*	Wellness Service	Overweight adults with co-morbidities, ethnic minority groups, family, individuals, individuals with disabilities, low income groups and postnatal women	Dietetic support exercise referral, weight management programme	Up to 3x week for 12 weeks	Weight watchers, slimming world and rosemary Conley, health professionals, local authority	IP
	Exercise on referral	All obese adults, ethnic minority groups, family, individual, individuals with physical disabilities, low income group, and postnatal women	Dietetic support, exercise on referral, weight management programme	Up to 3x week for 12 weeks	Health professionals, local authority	IP
	Wear Shaping	All obese adults,	Dietetic support	Once a week for 12	Health	IP

	up	ethnic minority groups, family, individual, individuals with physical disabilities, low income group		weeks	professionals	
	Slimming on referral	All obese adults, ethnic minority groups, family, individual, individuals with physical disabilities, low income group, and postnatal women	Dietetic support, exercise on referral, weight management programme	Once a week for 12 weeks	Weight watchers, slimming world and rosemary Conley	IP
	Bariatric surgery	Adults with BMI >40 and with co-morbidities	Obesity surgery	Individualised care	Health professionals	IP
Middlesbrough	Specialist Obesity Service	Obese BMI >35 adults with co-morbidities, ethnic minority groups, family, individuals, individuals with disabilities, low income groups	Behaviour therapy, dietetic support, exercise referral, obesity drugs, obesity surgery, weight management programme, obesity surgery and drugs	Once a week for 18months	Health professionals	IP
	Lifestyle Referral Programme	Overweight adults with co-morbidities, ethnic minority groups, family, individuals, individuals with disabilities, low	Exercise on referral, weight management programme	Twice a week for 2 years	Slimming world and weight watchers	Y

		income groups				
	Get Active on Prescription	adults with co-morbidities, ethnic minority groups, family, individuals, individuals with disabilities, low income groups	Exercise on referral	Twice a week, ongoing	Middlesbrough council sport and leisure dept	Y
	Healthy Stepping	adults with co-morbidities, ethnic minority groups, family, individuals, individuals with disabilities, low income groups	Exercise on referral	Every day, ongoing	Health trainers	IP
	Balance Weight Management	All overweight adults with co-morbidities, ethnic minority groups, family, individuals,	Exercise of referral, weight management programme	Once a week, ongoing	Leisure centre instructors	N
Hartlepool	Weight Management Service	All overweight / obese adults, individuals, including co-morbidities, ethnic minority groups, disabilities, low income	Weight Management programme linked to exercise	Once weekly for 10 weeks, ongoing	Health professional, community	IP
	Hartlepool Exercise For Life (H.E.L.P – GP Referral scheme)	Adults with co-morbidities and also those who are at risk. Used as a preventative tool as well as	Exercise on referral, including self referral and linking to weight management programmes and	10 week activity blocks, plus ongoing 'stay active' sessions leading to core activities	Exercise on Prescription coaches and Coordinators	Y

		treatment	health trainer action plans for individuals.			
	Health Trainer Service	Adults with complex needs in need of one to one support	Support with healthy eating, smoking cessation and access to physical activity	Up to 12 weeks support plus ongoing support through delivery of community based weight management	Qualified health trainer roles	IP
	PATH (People's Access To Health) Project	NDC residents with complex needs and chronic long-term conditions	One to one support around pain management, mental health issues and lifestyle support		Health professional	IP

** co-ordinated through NHS South Tyne and Wear, for a copy of the complete South Tyne and Wear obesity plan for children and adults please contact Marc Hopkinson, Marc.Hopkinson@sotw.nhs.uk*

Y= Yes, N= No, IP= In Progress

Data Collection Practice

Robust local level data collection is an important aspect of both monitoring progress towards achieving obesity targets and evaluating the efficacy of interventions. Of the twelve trusts in the NE, eight collected routine obesity data, whilst six collected dietary data and eight collected physical activity data. However, very little supporting information was provided to help determine, size, source, regularity and methodology of the different data collection practices. Further preliminary discussions suggest there is huge variation in the nature and size of data collected across the region. Given the importance of local level data collection, a further more in-depth audit of data collection across the region would be beneficial.

Table 5 Regional data collection practice

	Obesity data	Diet data	Activity data
Northumberland	YES	YES	YES
South Tyneside	YES	UNSURE	YES
North Tyneside	NO DATA	NO DATA	NO DATA
Gateshead	YES	YES	YES
Redcar and Cleveland	NO	NO	NO
North Tees	NO	NO	YES
Hartlepool	NO	UNSURE	UNSURE
Newcastle	YES	YES	YES
Sunderland	YES	YES	YES
Middlesbrough	YES	YES	YES
Gateshead	YES	YES	YES
Darlington & County Durham	YES	NO	UNSURE

CONCLUSIONS & RECOMMENDATIONS

- There is considerable heterogeneity in obesity services across the region.
- A standardised regional obesity strategy and accompanying care pathways for children and adults may help to reduce potential inequalities in service provision and avoid duplicating efforts across the region.
- The North East has made considerable progress in implementing a variety of prevention and treatment interventions, however it is imperative that these programmes are thoroughly evaluated and the findings disseminated across the region.
- Many existing interventions focus on board population groups, there may be some benefit in co-ordinating central regional resources for smaller at risk populations.
- A standard evaluation framework may help to support trusts in evaluating new and existing intervention programmes, such standardised methodology will also enhance the ability to compare findings between programmes and contribute to the evidence base.
- It is hoped that the new regional obesity micro-site will provide a forum to facilitate communication and provide a central resource for regional obesity activities. It would therefore be highly advantageous if new interventions, resources and information are updated regularly to facilitate dissemination and identification of emerging good practice across the region.
- It would also be useful to carry out a further audit of local level data collection practices. This section of the questionnaire should be developed for the 2009 questionnaire.

REFERENCES

1. IC, *Statistics on Obesity, Physical Activity and Diet: England*. 2008, Information Centre: Leeds.
2. IC, *National Child Measurement Programme: 2006 / 7 school year, headline results*, IC, Editor. 2008, IC: Leeds.
3. Public Health North East, *Better Health, Fairer Health: a strategy for 21st century health and well-being in the North East of England*. 2008, Public Health North East: Newcastle.
4. NICE, *Obesity: the prevention, identification, assessment and management of overweight and obesity in adults and children*. 2006, NICE: London.

APPENDICES

Appendix 1: Obesity Questionnaire

Obesity questionnaire

North East Public Health Observatory

Welcome to the PCT obesity service mapping questionnaire for the North East Public Health Observatory. The questionnaire has been developed by Government Office North East and the North East Public Health Observatory to help collate and map obesity related activities within our region. The information you provide will be used to write a regional report which we hope will help inform service planning and delivery across the region. A copy of the report will be sent to you prior to publication. This short questionnaire, divided into 5 sections should take no longer than 15 minutes to complete, however you don't have to complete all the questions in one go, your progress will be automatically saved as you progress through the questionnaire.

If you have any questions please don't hesitate to contact [Louisa Ells](#).

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North East Public Health Observatory
University of Durham Queen's Campus
Thornaby
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For technical assistance, please contact [Richard Dean](#)

Section 1 - Obesity Strategies

Obesity Strategy for adults

1a. Do you have an obesity strategy for adults?

- Yes
- No
- Under Development

These follow-up questions need only be answered if you select 'yes' in Q1a

1b. When was the strategy put in place?

- < 6 months
- 12 months ago
- 18 months ago
- 24 months ago

> 24 months ago

1c. How regularly will your strategy be reviewed

- Every 12 months
- Every 3 months
- Every 6 months
- Undecided

1d. Who were / are involved in developing your strategy?

- Children's trusts
- Early years
- General practice
- Health promotion
- LEA
- Leisure services
- Nutrition & dietetics
- Planning
- Public health
- School Nursing
- Schools
- Secondary care
- The commercial sector (add detail below)

Please Specify:

- The voluntary sector (add detail below)

Please Specify:

- Transport

1e. Would you be willing to share this strategy

- No
- Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

Obesity Strategy for children

1a. Do you have an obesity strategy for children?

- Yes
- No
- Under Development

These follow-up questions need only be answered if you select 'yes' in Q1a

1b. When was the strategy put in place?

- < 6 months
- 12 months ago
- 18 months ago
- 24 months ago
- > 24 months ago

1c. How regularly will your strategy be reviewed

- Every 12 months
- Every 3 months
- Every 6 months
- Undecided

1d. Who were / are involved in developing your strategy?

- Children's trusts
- Early years
- General practice
- Health promotion
- LEA
- Leisure services
- Nutrition & dietetics
- Planning
- Public health
- School Nursing
- Schools
- Secondary care
- The commercial sector (add detail below)

Please Specify:

- The voluntary sector (add detail below)
- Please Specify:
- Transport

1e. Would you be willing to share this strategy

- No
- Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

Section 2 - Obesity Prevention

2a. Has your PCT implemented any obesity prevention interventions

- Yes
- No

Preventative Intervention Questionnaire

2b. Name of intervention

2c. Setting

- Community
- Further Education
- Geriatric care
- Home
- Hospital/GP
- Nursery
- Primary school
- Secondary school
- Workplace
- Other (add detail below)

Please Specify:

2d. Type of Intervention

- Breast feeding support
- Cooking skills
- Curricular food activities
- Curricular physical activities
- Healthy eating promotion
- Infant feeding advice

- Physical activity promotion
 - Planning changes (add detail below)
 - Please Specify:
 - Policy changes (add detail below)
 - Please Specify:
 - Other (add detail below)
- Please Specify:

2e. Target Population

- Adults 18-35 yrs
 - Adults 35-65 yrs
 - Adults identified as at risk
 - Antenatal
 - Children identified as at risk
 - Ethnic minority groups
 - Family
 - Individuals with learning disabilities or poor mental health
 - Individuals with physical disabilities
 - Low income groups
 - Older adults 65 yrs
 - Postnatal
 - Preschool
 - Primary school children
 - Secondary school children
 - Unemployed
 - Other (add detail below)
- Please Specify:

2f. Length of intervention

e.g. 1 year

2g. Frequency of intervention

e.g. carried out once a week

2h. Delivered by

- Commercial Sector (add detail below)
 - Please Specify:
 - Health professional
 - Peer leadership
 - School / Nursery
 - University researchers
 - Voluntary sector (add detail below)
- Please Specify:
- Other (add detail below)
- Please Specify:

2i. Was the intervention evaluated

- In progress
- No
- Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

Section 3 - Obesity Management

3a. Do you have a formal obesity care pathway?

For adults

Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

No

Under Development

For children

Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

No

Under Development

3b. Has your PCT implemented any obesity treatment interventions?

Yes

No

Treatment Intervention Questionnaire

3c. Name of intervention

3d. Target Population

Adults 18-35 years

Adults 35-65 years

Adults with co-morbidities

Antenatal

BMI category (add detail below)

25-29.9

30-34.9

35-39.9

> 40

Children with co-morbidities

Ethnic minority groups

Family

Individual

Individuals with learning disabilities or poor mental health

Individuals with physical disabilities

Low income groups

Older adults 65

Postnatal

Preschool age children

Primary school age children

Secondary school age children

Other (add detail below)

Please Specify:

3e. Type of Intervention

Behavioural therapy

Dietetic support

Exercise referral

Obesity drugs

- Obesity surgery
- Weight management programme
- Other (add detail below)

Please Specify:

3f. Length of intervention

e.g. 1 year

3g. Frequency of intervention

e.g. carried out once a week

3h. Delivered by

- Commercial sector (add detail below)
- Please Specify:
- Health professional
- Health trainers
- Voluntary sector (add detail below)
- Please Specify:
- Other (add detail below)

Please Specify:

3i. Was the intervention evaluated

- In progress
- No
- Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

Section 4 - Data collection practices

4a. Do you collect or have you collected routine or ad hoc obesity prevalence data?

- No
- Unsure

Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham*

University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

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4b. Do you collect or have you collected routine or ad hoc dietary intake data?

- No
- Unsure

Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

4c. Do you collect or have you collected routine or ad hoc data on physical activity levels or sport participation data?

- No
- Unsure

Yes (add detail below)

If you would be willing to share this, please post a copy to *Louisa Ells, NEPHO, Wolfson Research Institute, Durham University, Queens Campus, University Boulevard, Stockton on Tees, TS17 6BH*, email a copy to louisa.ells@nepho.org.uk, or upload via the form online:

Section 5 - Networking

5. As we prepare our obesity web resource we would welcome your ideas and recommendations and would like to hear from any individuals who may experience web access / IT issues.

Section 6 - Submit Questionnaire

When you have completed all sections of the questionnaire, you need to submit the data.

Appendix 2: Obesity Questionnaire Main Contact Details:

	Main Contact	Email
Northumberland CT	Dawn Scott	dawn.scott@northumberlandcaretrust.nhs.uk
South Tyneside PCT	Sherrin Esmail	sherrin.esmail@sotw.nhs.uk
North Tyneside PCT	Wendy Burke	wendy.burke@northtyneside-pct.nhs.uk
Gateshead PCT	Emma Gibson	emma.gibson@sotw.nhs.uk
Redcar and Cleveland PCT	Lindsay Johnson	lindsay.johnson2@nhs.net
North Tees PCT	Sandra Brown	sandra.brown@northteespct.nhs.uk
Hartlepool PCT	Jayne Herring	jayne.herring@northteespct.nhs.uk
Newcastle PCT	Bruce Willoughby	bruce.willoughby@newcastle-pct.nhs.uk
Sunderland PCT	Marc Hopkinson	marc.hopkinson@sotw.nhs.uk
Middlesbrough PCT	Will Smith	will.smith@middlesbroughpct.nhs.uk
Gateshead PCT	Angela Dixon	angela.dixon@sotw.nhs.uk
Darlington PCT & County Durham PCT	Sue Hoare-Leather	Sue.hoareleather@cdpct.nhs.uk

