

Lambeth Healthy Weight School Nurse To Tackle Childhood Obesity

Lambeth Perspective

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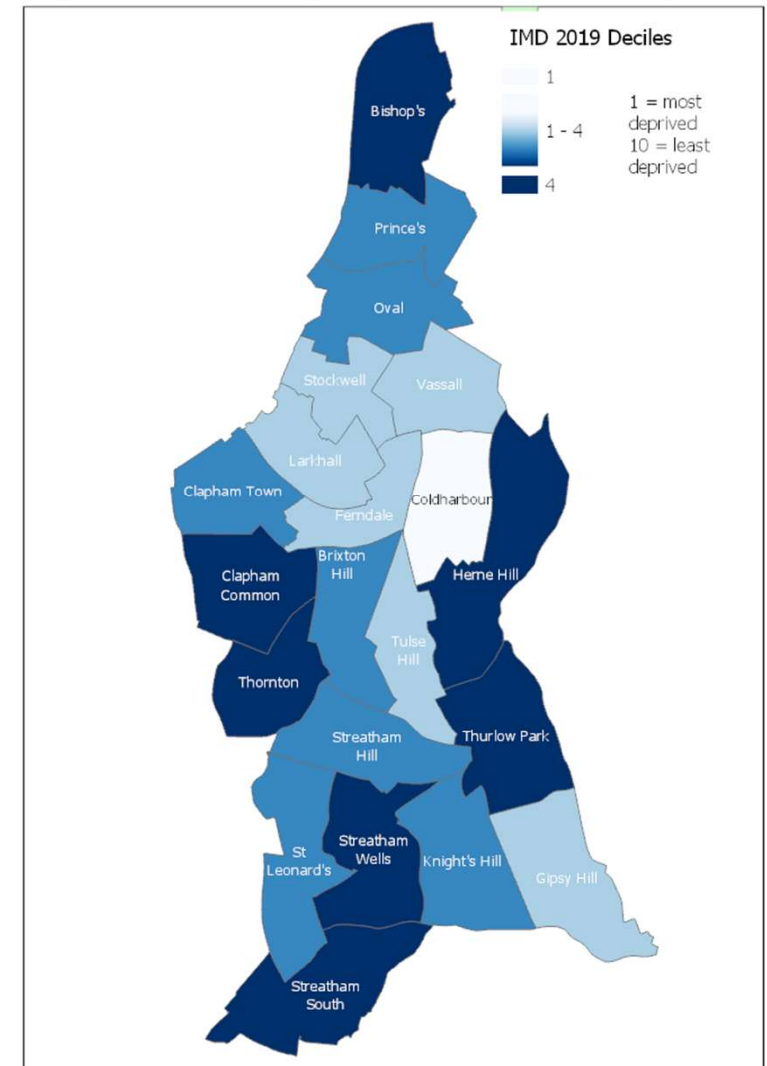
Presentation outline

- Overview of Lambeth
- Why a Lambeth Healthy Weight School Nurse?
- The Role of the Lambeth Healthy Weight School Nurse
- Case studies
- Learning from the role of the Lambeth Healthy Weight School Nurse

London Borough of Lambeth

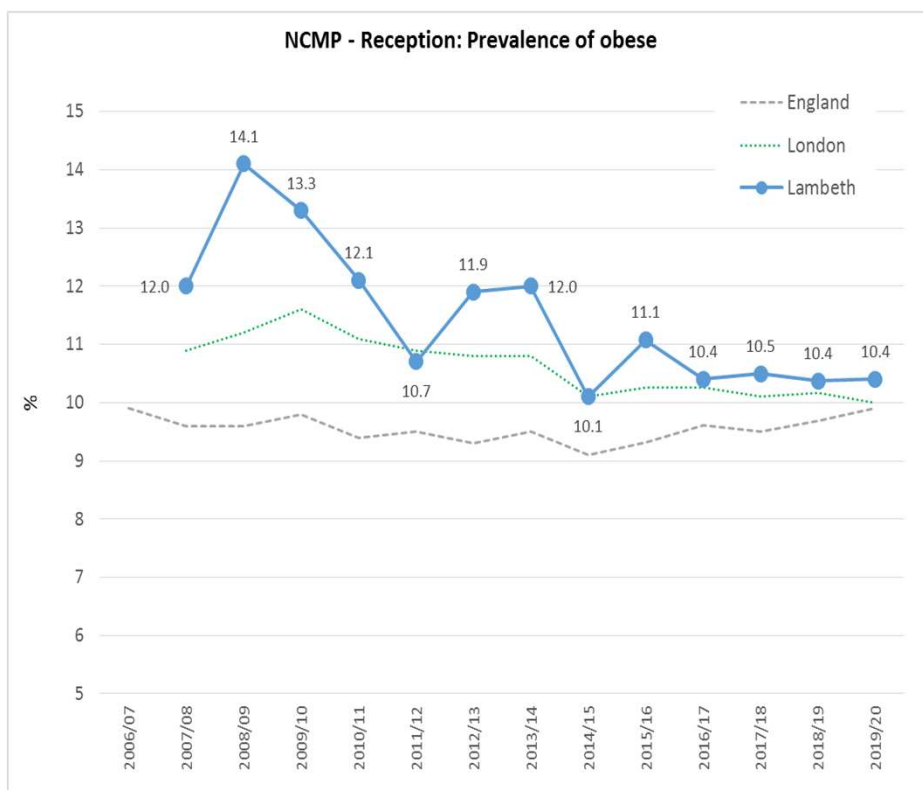
- Inner London Borough
- Diverse
- Mobile
- Vulnerable Communities
 - 11th most deprived in London
 - 1 in 3 eligible for FSM
 - 43% children live in poverty (AHC)

Map of Lambeth showing distribution of IMD deciles by ward

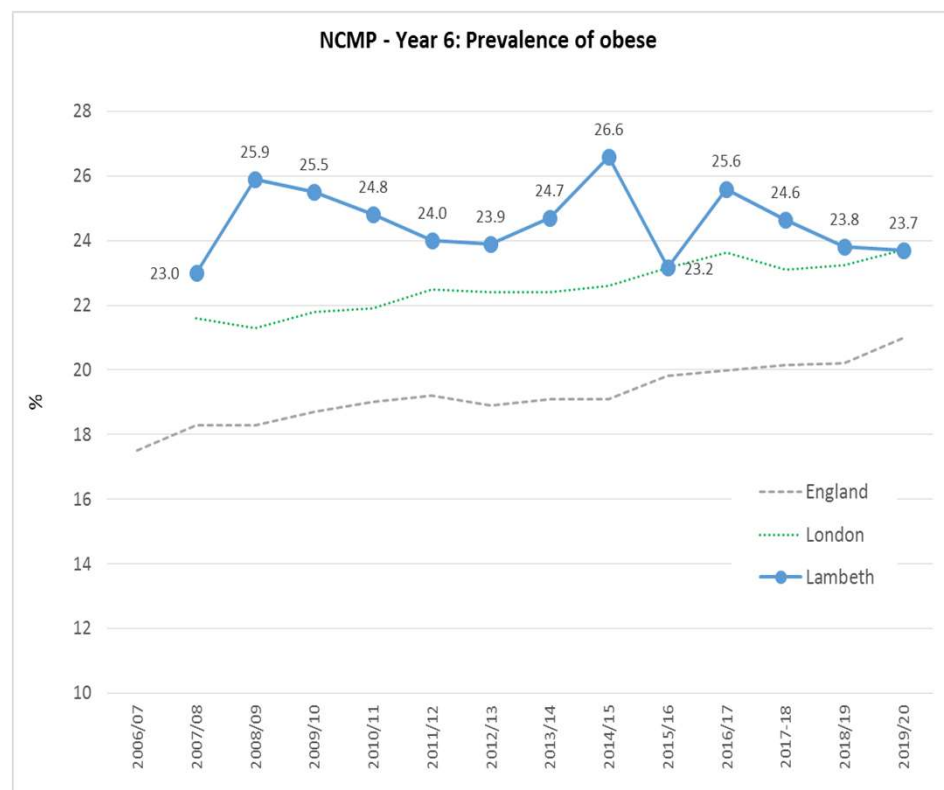


Lambeth NCMP Obesity Trends (2006/7 -2019/20)

Lambeth Reception Year



Lambeth Year 6



Lambeth Children's Healthy Weight Programme

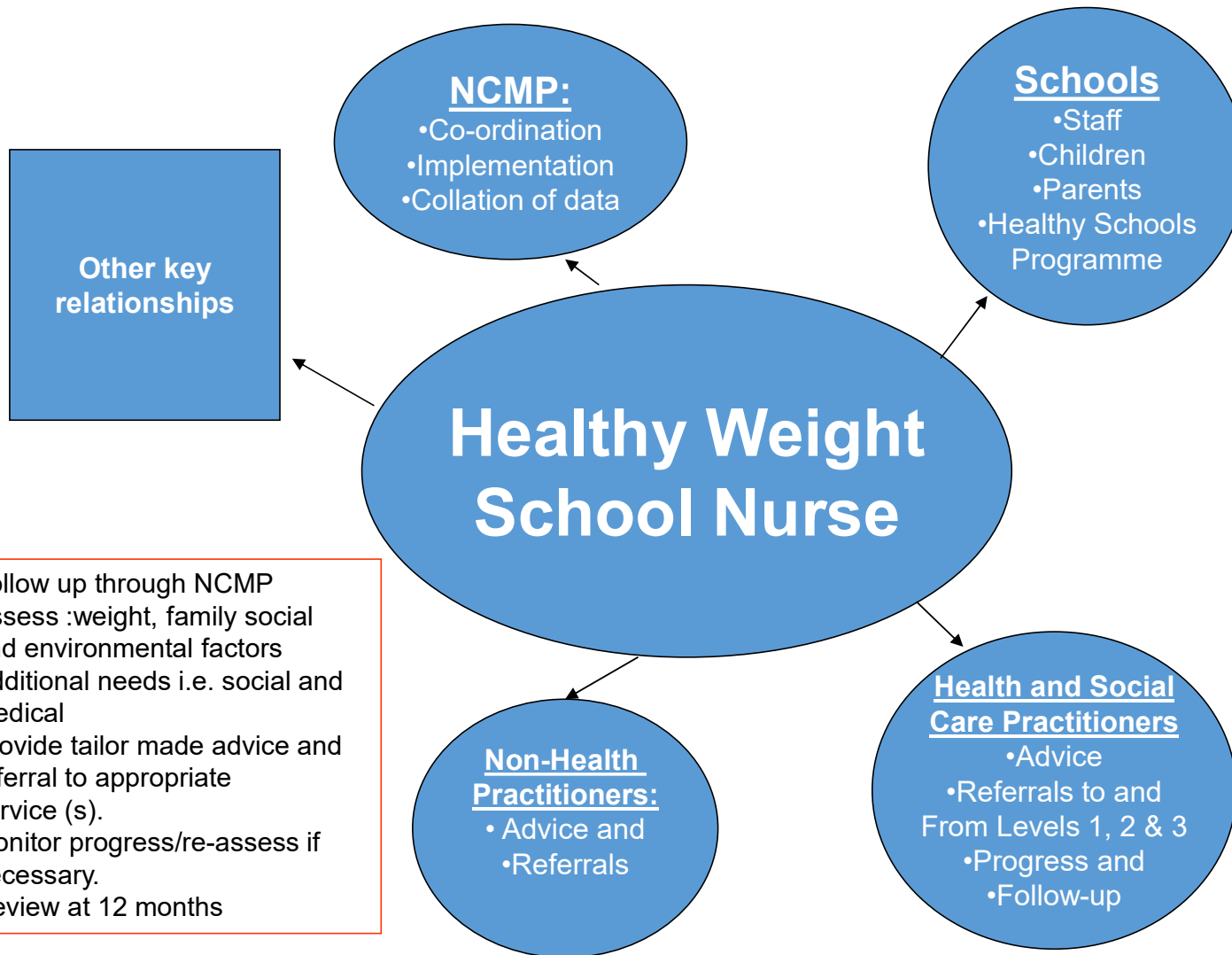
- **Preventative, Treatment and Maintenance Commissioned Interventions as part of Healthy Weight Care pathway:**
 - Promotion of Breastfeeding (BFI implementation)
 - Early Years nutrition interventions
 - Training and capacity building of health and non-health professionals that work with children and families
 - Weight management services (Levels 2 & 3)
 - ***Specialist Healthy Weight School Nurse***
- **Within a range of social, economic and environmental measures**



Why a Lambeth Healthy Weight School Nurse?

- Recognition that Care Pathway needed co-ordination
- Wanted the NCMP to be fully embedded in pathway
- Limited capacity of school nursing team and limited ability to proactive follow up NCMP children
- Varied level of knowledge of health & non health professionals regarding obesity - needed expert support and resource
- Wanted to develop positive relationships with schools, children & their families around healthy weight
- Wanted to ensure children and their families are assessed appropriately and offered the most appropriate service(s) and / or support
- Wanted the most vulnerable families to be well supported.

Key elements of Healthy Weight School Nurse role



- ✓ Contact for families
- ✓ Co-ordination of NCMP
- ✓ Proactive follow up post NCMP
- ✓ Link to schools and practitioners
- ✓ Support, monitor and follow up families

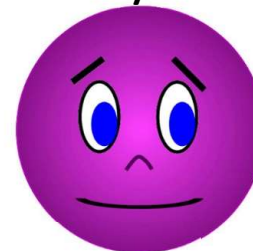
Role in NCMP weighing and measurement process

- Co-ordination of NCMP
- Opportunity for Healthy Weight School Nurse to engage with Schools and Parents prior to NCMP about process and wider weight issues
 - Introduced as a support to schools
 - Parent Evenings
 - Coffee mornings with parents
- Health promotion sessions in schools

Role in NCMP Proactive follow up

- Options for :
 - Brief intervention over the phone and face to face
 - Further assessment with family
 - Support and/or Signpost to the most appropriate service(s)
 - Assurance for parents/ “worried well”
- Specific support for vulnerable families, including “hand holding” through services
- Short, medium and longer term follow up of “at risk” children (including outcomes from services)

Anxious/Worried



Shock/Surprise



Denial



Angry



Guilt



Apathy



Role during the Pandemic

- Holistic check ins
- Promotion of active weight management services
- Motivation and Support
- Delivery of 2020/2021 NCMP

Case Studies

Case Study 1 – Tom

Case Study 2 - Sabrina

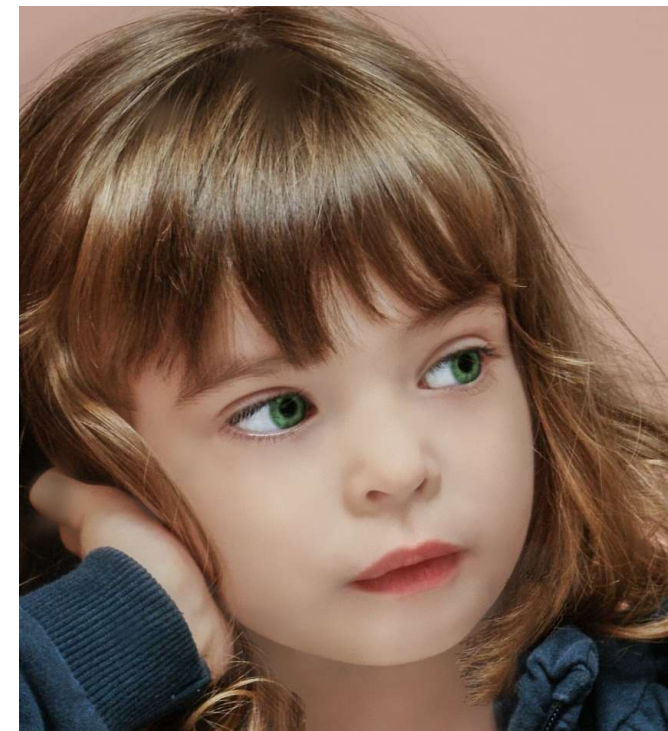
Case study 1: Tom – 11 years old

- Dad received his NCMP results letter saying he was classified at risk of being very overweight.
- Dad concerned and contacts the healthy weight school nurse - keen to do something about it.
- In conversation with Dad, the HWSN understands that he is a single Dad, very busy and out at work all day. Tom is picked up from school by his Nan and stays there till Dad picks him up at 6pm.
- Nan loves Tom very much and gives him snacks at her house , so that he can have a proper supper when she gets home. She also rewards him with sweets and chocolate when he does his homework.
- HWSN recognises that although Tom would benefit from attending the local community based children's weight management programme, Dad is at work and Nan can't take him as Nan has to look after Grandad
- HWSN advises on ways to keep Tom and the rest of the family active, less sedentary and reducing unhealthy foods and portion size, including strategies for when he is at Nan's house. She also directs Tom's Dad to some online resources and will contact him again in a month's time to find out what measures have been taken and note if there are changes in the family's circumstances.
- 3 months later, Tom and Dad are so happy with the progress they were making. Even Nan and Grandad had become more active as the reward for doing his homework meant he could spend time playing in the garden or going to the park.



Case Study 2: Sabrina – 5 years old

- Mother received her NCMP results letter saying she was classified at risk of being very overweight.
- HWSN notices that records show she is around the 99th centile and her immunisations are incomplete. She calls the phone number in the child's record.
- HWSN speaks with Mum who feels that Katie will grow out of it. She doesn't want any further attention being put on Katie as she has become more withdrawn since she started school in September. Katie also doesn't get a good night's sleep as she wakes up in the night due to her breathing, they can ill afford to start including additional activities to their day as she is always tired.
- HWSN convinces Mum to attend a 1 to 1 with her, where Mum admits concern for Katie. The family is referred to the Level 3 service. HWSN calls Mum every week to motivate them to keep attending sessions and finds out how they are getting on.
- 6 months later, Katie is sleeping through the night, is full of energy, loves going to school, has had a significant reduction in her BMI z score and immunisations up to date.



Learning from Healthy Weight School Nurse

- Holistic approach required in working with families
 - Understanding families – no one size fits all
 - Supporting families into the most appropriate service/intervention in a timely manner
 - Identifying families with complex needs
 - Providing motivation and support to vulnerable families
 - Specialist resource to schools and practitioners
 - Integrated into local systems and networks
 - Importance of viewing intervention within a whole system approach
- *Healthy Weight School Nurse - Relationship Builder!*

Thank You!

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