Weight Management Service In Tower Hamlets

Who we are?

- Joint service in Tower Hamlets with Paediatric Physiotherapy and Dietetics
- Activ8 Team
  - Arlene Vantonder, Paediatric Dietitian
  - Linda Beckett, Paediatric Physiotherapist
  - Jas Sagoo, Paediatric Dietitian
  - Charlotte Laid, Paediatric Physiotherapist
  - Gauri Kshirsagar, Activ8 Assistant
  - Hasanuz Zaman, Activ8 Assistant
- We can see children that are overweight and obese, living in Tower Hamlets aged 0-18 yrs

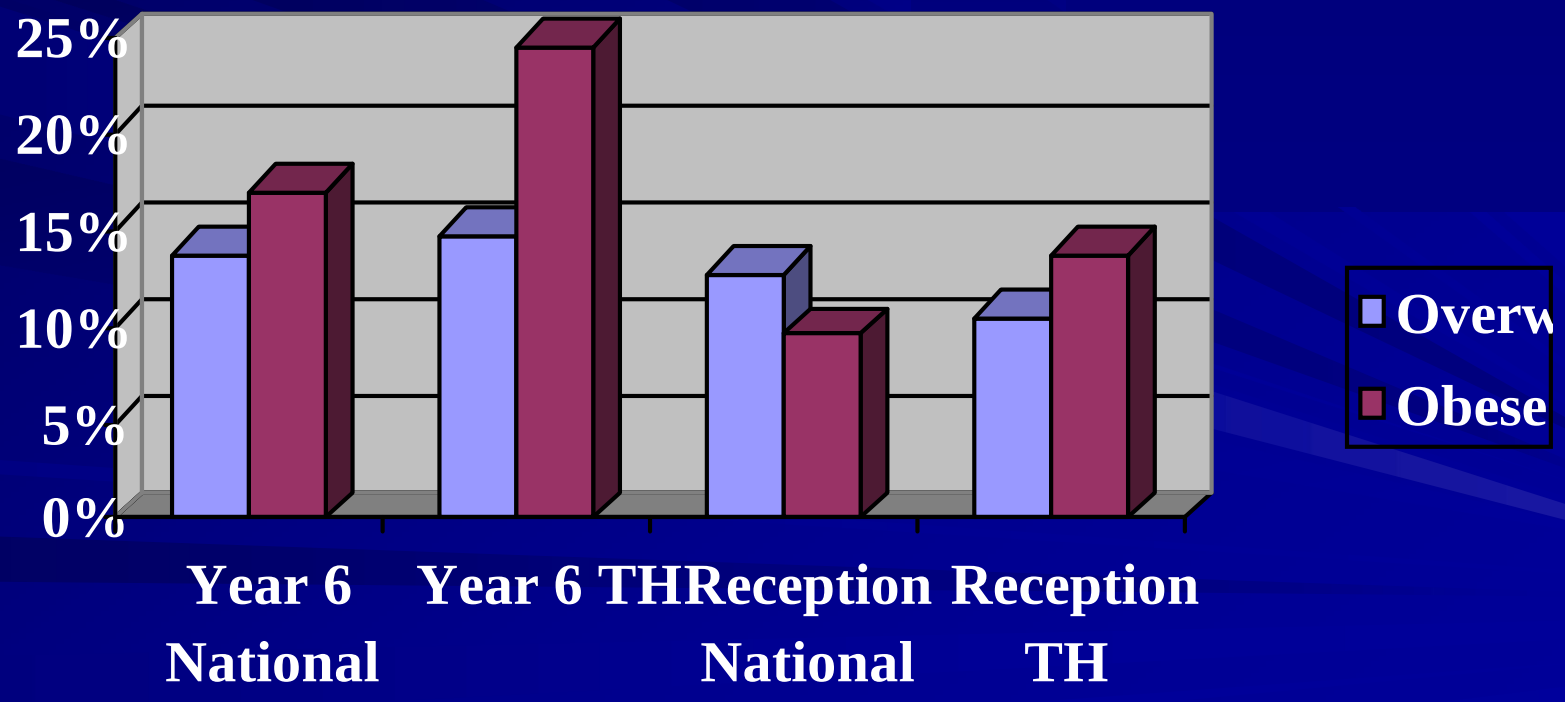
Why is obesity such an issue in Tower Hamlets?

- Health inequalities
- Low socio-economic status
- Fast food shops are everywhere!
- Big tower block buildings
- Parents thinking environment is unsafe

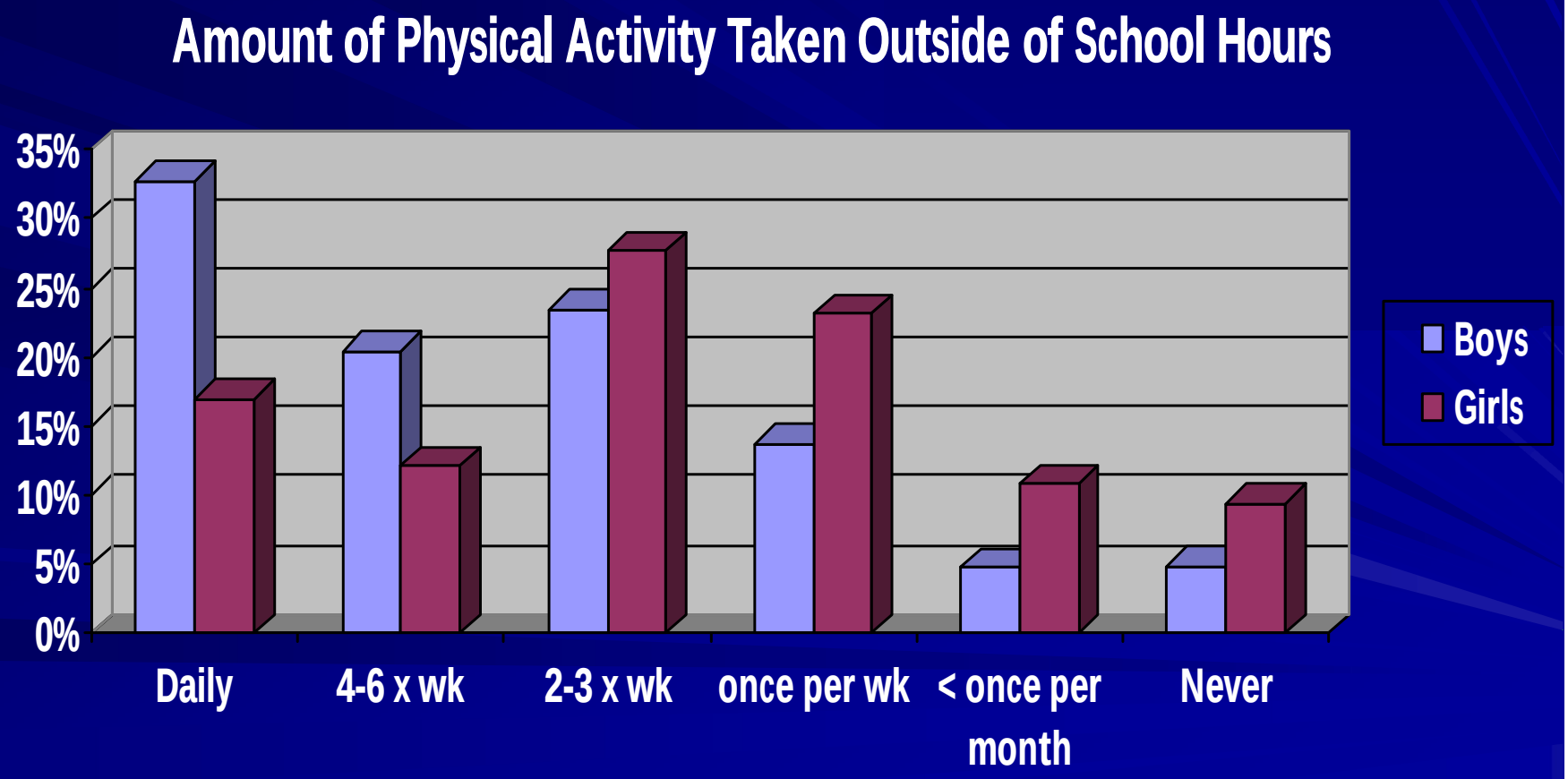
Whitechapel Fried Chicken
HALAL FAST FOOD FRIED CHICKEN BURGERS CHIPS

Current Statistics of Childhood Obesity

National vs. Tower Hamlets



General Lack of Physical Activity



Activ8 Clinics

- Diet, physical activity, readiness to change and psycho-social aspects are assessed with the family at first visit
- SMART goals are set
- Reviewed at monthly intervals
- Children can be signed up for one of the age appropriate groups we run if they are interested or referred on to the BEST groups run out of Mile End Leisure Centre

Activ8 Groups

- Groups run 1 x week for 6 weeks
- Each session lasts 1 1/2 hours
- Screening carried out at beginning and end
- Includes exercise ,fun activities and interactive nutrition sessions
  - Activ8 (12-18 yrs old)
  - Junior Activ8 (5-8 yrs old)
  - Miss Activ8 &Mr Activ8 (9-11 yrs old)
  - ELM &DHL Independent School
- Children are followed up in clinics after group finishes .
- Parents are encouraged to participate

OLIVIO
Innocent

Training Initiatives

- Childhood & Adolescent Obesity Training
- Early Years Training On Childhood Obesity
  - For all allied health professionals,Family Support Workers,Health Advocates ,Children Centre Staff and Voluntary Sector.
  - BMI calculation and interpretation
  - Co-morbidities
  - Nutrition and Physical Activity information
  - How to raise the issue of weight with families
  - Care pathway
  - Case Studies
  - Teaching on how to introduce nutritional and physical activity resources into their workplace

Training Initiatives

- Childhood Obesity Awareness Training
  - For all GPs and Practice Nurses
  - BMI calculation and interpretation
  - Co-morbidities
  - Nutrition and Physical Activity information
  - Case Studies
  - Referral Pathway

Other Services being rolled out by Activ8 in 2009

- Activ8 in Schools
  - Training Package for schools to be delivered by Activ8 service
  - Schools nominate members of staff to be trained on how to deliver group weight loss sessions in their school,Activ8 Team to run and support first course in schools and to give ongoing support as and when required
  - To start at LANGDON PARK and BISHOP CHALLONER Schools in November 2009

Further service development

- MOVE for HEALTH campaign (CSP and BDA's contribution to Change 4 Life)
  - We developed a resource pack to be used in Primary Schools nationwide launched on the 23rd September
  - This 'Healthy Schools Day' is aimed at Parents,Teachers,Reception Year and Year 6
  - The Activ8 Team trained all Physiotherapists and Dietitians delivering this National campaign
  - We have been involved in the development of the 'Move for Health' leaflets

Further service development

- Maternal obesity service
  - G.P's,Midwives and other frontline staff to be trained on
    - Obesity
    - Screening and recommended weight gain
    - Complications associated with an obese pregnant woman
    - Referral pathway
  - Antenatal and Postnatal women identified as overweight and obese to be offered a 1:1 clinic appointment and/or group sessions
  - 1:1 Clinics are twice a week at Mile End Hospital
  - Antenatal and Postnatal Exercise and Nutrition Groups once a week for 4 weeks
  - To date we have had 120 Referrals in 4 months

Current Audit for Activ8

- After 3 months treatment
  - 71.5% had a decreased BMI
  - 23.2% had increased
  - 5.3% had maintained
- After 6 months treatment
  - 70.9% had decreased BMI
  - 27.3% had increased
  - 1.8% had maintained
- Current caseload 280 patients
- In total since the service began in September 2007, we have received 630 referrals

- Contact details

Linda.beckett@thpct.nhs.uk

020 8223 8485