

HEALTHY WEIGHT NEWSLETTER



Oxfordshire



Issue 3
February 2010



Welcome

Welcome to the third edition of the Healthy Weight Newsletter which aims to inform and update health professionals on weight management and physical activity interventions across Oxfordshire.

The Healthy Weight newsletter is circulated quarterly and welcomes input from other health professionals. If you wish to contribute please contact Matt Pearce using the contact details overleaf.

This edition includes updates on the latest data released for the National Child Measurement Programme (NCMP) and changes to the exercise on referral scheme in North Oxfordshire.

National Child Measurement Programme – New Data Published

Every year children in Reception Year (4-5 yrs) and Year 6 (10-11yrs) are weighed and measured as part of the National Child Measurement Programme (NCMP). All parents of children who are weighed and measured receive their results with additional information through the post, which provides an opportunity for families to make lifestyle changes if they choose to.

Our local data shows that there has been a reduction in the numbers of underweight children and an increase in both overweight and obesity for all children in both Reception Year and Year 6.

- The percentage of children who are obese has increased very slightly for both age groups however they are still below the national average.
- The percentage of children who are overweight in Year 6 is the same as the national average.
- The percentage of children who are overweight in Reception Year is higher than the national average.

	Overweight		Obese	
	Reception	Year 6	Reception	Year 6
2006 /2007				
National	13.0 %	14.2%	9.9%	17.5%
Oxfordshire	12.22%	13.05%	7.98%	15.42%
2007/2008				
National	13.0%	14.3%	9.6%	18.8%
Oxfordshire	11.1%	13.9%	7.1%	15.4%
2008/2009				
National	13.2%	14.3%	9.6%	18.3%
Oxfordshire	14.6%	14.2%	8.7%	16%

For more information for both clinicians and patients visit www.nhs.uk/livewell

Exercise on Referral

The Exercise on Referral scheme is continuing to grow with over 90% of practices now signed up to the scheme. The programme offers patients with low risk medical conditions access to discounted exercise and exercise programmes from qualified instructors.

From April 1st 2010 North Oxfordshire will be changing the way referrals are made into their programme with patients being referred directly to local leisure centres. In the past the Horton Hospital was responsible for the initial screening process, however due to the changing financial climate funding is no longer available from Cherwell District Council for the cardiac rehabilitation team at the Horton Hospital to provide this service. For an up to date list of leisure providers please contact Matt Pearce using the contact details overleaf.

Go-Active Update



GO Active (Get Oxfordshire Active) aims to help improve the health and well-being of adults in Oxfordshire by helping them increase participation in physical activity. Five GO-Active Co-ordinators in each district of Oxfordshire are on hand to help support people to become more active – by signposting into activities, providing support and advice and by increasing opportunities to become more active.

GO Active leaflets have been circulated to surgeries in Oxfordshire – surgeries are asked to encourage patients who want to become more active to get in touch with GO Active, either by completing the freepost form within the leaflet, visiting www.getoxfordshireactive.org or by contacting their local Co-ordinator.

New GO Active activities include Sport Relief Mile events in each district of Oxfordshire on Sunday 21 March, our new 'Just Jog' social beginner jogging groups and the continuation of Nordic Walking sessions, now for all ages in some areas, as well as an abundance of activities locally. For contact details and further information on these and other activities, please visit www.getoxfordshireactive.org

For further information please contact Toni Bridges, Active Recreation Manager at the Oxfordshire Sports Partnership on 01865 252 600 or abridges@oxford.gov.uk

Change4Life

February sees the launch of a Change4Life adults advertising campaign on TV, online, on posters, bus rears and press. The campaign is aimed at 45-65 year old men and women, as we know that the majority of them (about 71%) can be classed as either overweight or obese. Six behaviours have been developed that all sit under the banner of 'swaps' and house different exercise and nutritional goals. The DoH are creating a range of resources to support the campaign including a leaflet, an FAQ sheet, language and brand guidelines and an employers' toolkit. The leaflet, called 'Stop It, Don't Stop It' (product code: C4L123) is available to order now from the DH online publications orderline.

If your work involves helping adults to lead a healthy lifestyle you may find this campaign and its resources very helpful. It is worth noting that although the campaign and resources are actively targeted at 45-65 year old adults, the six behaviours can be adopted by all adults over 18 years.



Walking For Health



Did you know that there are over 30 local walking groups across Oxfordshire all working towards increasing peoples physical activity levels in order to improve their health. The walks are part of Natural England's 'Walking for Health' programme and funded by the Department of Health.

Organised walks (brisk or not) can have a health impact on individuals by providing an opportunity to socialise (good social networks enhance health) and a distraction from everyday stresses (stress contributes to poor health).

If you know a patient who you feel would benefit from the scheme please signpost them onto the programme.

Most walks are short and last no more than 60mins. To find your local scheme visit www.whi.org.uk

Slimming on Referral

The slimming on referral programme offers an accessible and equitable weight management programme in Oxfordshire for those people with a BMI over 30 (over 28 for people of Asian descent).

An evaluation of the Slimming on Referral Scheme will be available from mid-March. If you would like an executive summary of the report please email matthew.pearce@oxfordshirepct.nhs.uk

Bike to Work Bid Successful

Oxfordshire PCT, Oxfordshire County Council and Oxford City Council have recently been successful in tendering for a bike to work programme from the Department Health South East.

The programme will initially focus in Oxford City encouraging more people to cycle to work. The behaviour change programme has proven successful in a number of other authorities including Swindon, Sheffield, Darlington and Woking. The two year project will be launched in May 2010 and focuses on a number of initiatives aimed at breaking down the barriers associated with cycling such as motivation, facilities and bike skills.

Dates for the Diary

- 10th March No Smoking Day
- 23rd March Tackling Obesity 2010 conference
- 21st April Walk Leader Training (Abingdon)
- 27th April Motivate Me course (Kidlington)
- May/July/Sept Cardiac Rehabilitation Phase IV Training

Useful websites for public information and professional support materials

Get Oxfordshire Active – www.getoxfordshireactive.org

Change4Life - www.nhs.uk/Change4life

Well-Being South East - www.wellbeingsoutheast.org.uk

National Obesity Observatory – www.NOO.org.uk

National Obesity Forum – www.nationalobesityforum.org.uk

Dieticians in Obesity Management (UK) – www.domuk.org

Food Standard Agency – www.eatwell.gov.uk

5 –A – Day – www.5aday.nhs.uk

Healthy Start - www.healthystart.nhs.uk

British Heart Foundation – www.bhf.org.uk or www.bhfactive.org.uk

Diabetes UK - www.diabetes.org.uk

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