

HEALTHY WEIGHT NEWSLETTER

NHS change
Oxfordshire 4life
Eat well Move more Live longer

NEWSLETTER

Issue 4
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Welcome

Welcome to the fourth edition of the Healthy Weight Newsletter which aims to inform and update health professionals on weight management and physical activity services 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. Highlights from this edition include; the Workplace Cycle Challenge, Obesity Champion Project and GO-Active.

Healthy Weight Delivery Plan 2010-2011

The Healthy Weight Network have recently developed a 12 month action plan

The plan outlines actions to halt the rise in adult obesity and reduce the incidence and prevalence of obesity related diseases such as diabetes, hypertension, stroke and heart disease. The delivery plan has been derived from the Oxfordshire's Obesity Strategy and involves a settings approach that enables the design of comprehensive interventions for behaviour change and environmental or organisational change. If you would like a copy of the delivery plan please email Matt Pearce

Go-Active: a GP's Perspective

As doctors we are often faced with a patient whose health would benefit from a more active lifestyle.

It may be to help weight loss, or to maintain a healthy weight, and indeed there is good evidence that those who are overweight yet active will also gain health benefits in protection from disease. Suggesting more activity, or encouraging patients who are already contemplating it, can have quite powerful effects coming from a health care professional. I think it is very helpful to get away from the stereotypes of exercise that many people have, and this is where the database and support of GO Active can be useful.

Patients can look on-line (www.getoxfordshireactive.org) or make contact by phone or using the freepost cards that we should all have in our surgeries. They will then discover a very wide range of activities, many of which do not involve leisure centres or lycra! The hope is that this will encourage more of the less active members of the population to get moving, and it is very helpful if people are signposted to it by the GP or practice nurse. The GO Active local co-ordinators will offer advice on types of exercise to try if required.

In addition, GO Active do periodically organise family-friendly activities, especially in school holidays, and it is well worth displaying literature about these in waiting rooms when you receive it. Getting children more active and stemming the rising tide of childhood obesity before these they grow up is probably our best chance of changing the population statistics.

Pointing patients towards GO Active is a rapid intervention that could be very effective for some individuals: do remember it!

Tess Nowell
GP lead for obesity problems, Vale Consortium



Obesity Champion Project

The Barton Swim Challenge ran from 19th March – 15th April 2010 with the aim of encouraging more people to swim in their local community. It was led by local City Councillor and involved a number of partners from the City Council, Amateur Swimming Association, PCT and a local school and children centre

The challenge utilised the popular Change4Life branding to promote the challenge with posters having been designed by a pupil at the local school.



The aim of the project was to promote the free swimming initiative at Barton Pool and encourage people to swim as many times as possible in either Barton Pool or the Ormerod Baby Pool. Participants were incentivised to take part with £1 being donated to a local community cause (Barton Football Club)

The results of the challenge demonstrated an increase in the numbers of people using Barton Pool compared to 2009. The increase over the previous year was almost 4% points higher for March and April (when the challenge took place) than in January and February.

National Child Measurement Programme

This year we will have measured approximately 12,500 reception and year 6 children and results will be available in December. Schools have now received their feedback letters (from last year's data) and results show we have, out of 211 schools data collected:

- 13 schools with a significantly higher than the Oxfordshire PCT average of overweight reception aged children.
- 10 schools with a significantly higher than the Oxfordshire PCT average of overweight year 6 aged children
- 8 schools with a significantly higher than the Oxfordshire PCT average of obese reception aged children
- 8 schools with a significantly higher than the Oxfordshire PCT average of obese year 6 aged children

This equates to 18% of school population with **significantly** higher than PCT average overweight and obese reception and year 6 age population. All other schools measured had overweight and obese children within their populations as well.

If you would like more information about the NCMP, or childhood obesity, please contact Beccy Clacy at beccy.clacy@oxfordshirepct.nhs.uk or 01865 336830.

Dates for the Diary

- 24th May – 13th Aug Turn a Frown Upside Down
- 7th-27th June Oxford Cycle Challenge
- 14th-20th June National Men's Health Week
- 14th-20th June Breathe Easy Week
- 11th-15th July International Congress on Obesity
- 12th & 13th July Adult Weight Management Course

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

New Morbid Obesity Service Launched

Oxfordshire's new morbid obesity service OWLS (Oxfordshire Weight-loss Lifestyle Service) is due to be launched in July 2010. The service will deliver a multi component treatment programme including psychological, dietary, pharmacological and physical activity interventions for patients with a BMI greater than 40kg/m². The service will be available to patients who have not been able to achieve sufficient sustained weight loss through tier 1 weight management interventions and services such as slimming on referral and exercise on referral.

More details to follow soon.



oxford cycle challenge

The Oxford Cycle Challenge will see organisations competing to see who can get the most staff to cycle for just 10 minutes or more, from Monday 7 to Sunday 27 June 2010.

The Cycle Challenge is free to enter and is for businesses of all sizes, and cyclists of all abilities. We want existing cyclists to encourage their non cycling colleagues to get on a bike – and there are free cinema tickets up for grabs for both if they manage to do so!

The programme is being led by NHS Oxfordshire and Oxford City Council, and implemented by CTC Challenge for Change. As well as helping people to experience the benefits of cycling it will also highlight how much carbon staff can save by cycling. For more information visit www.oxfordcyclechallenge.org.uk

For more information please contact

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