



Joined Up Care Derbyshire

Healthy Weight Pathway

for Children, Young People and Families in Derby and Derbyshire

A resource for professionals

Please note this document will be updated on a 6 monthly basis.

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The Derbyshire
VCSE sector
Alliance



Derby City Council



Executive Summary

Introduction

The Healthy Weight Pathway for Children, Young People, and Families in Derby and Derbyshire aims to support professionals in encouraging and maintaining healthy weight among these groups. The Pathway Toolkit provides a structured, evidence-based framework to support children, young people, and families in achieving and maintaining a healthy weight. It encourages partnerships and integrates various local services to ensure comprehensive care and support.

This pathway is underpinned by national and local strategies, focusing on creating supportive environments and providing targeted interventions. Context and Rationale Childhood obesity is a pressing issue impacting both physical and mental health. Approximately one third of children aged 2-15 are overweight or obese in the United Kingdom.

This pathway document aligns with the Childhood Obesity Plan and local health strategies to promote collaborative efforts for better health outcomes.

Pathway Objectives -The pathway intends to:

- Support families in addressing health concerns.
- Tailor services to meet family needs.
- Improve physical activity and reduce health inequalities.
- Enhance oral health.
- Empower families to make positive health changes.

Specific Pathways -The pathway outlines services for:

1. Pregnant Women
2. Children aged 0-5
3. Children aged 5-19 Programmes and Services

Key programmes supporting the pathway include:

- **National Child Measurement Programme (NCMP):** Monitors height and weight of children in Reception and Year 6.
- **Healthy Start Scheme:** Provides financial support for healthy food and milk for eligible families.
- **Live IT Healthy Lifestyles Programme:** Offers various activities and education on fitness and nutrition.
- **HENRY Programme:** offers family- based approach to healthy lifestyle promotion.

Expected Outcomes - The pathway aims to achieve:

- Early identification of health needs and timely interventions.
- Consistent multi-agency approaches.
- Reduced variation in service provision. Improved health outcomes and service efficiency.

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Healthy Weight Pathway for Children, Young People and Families in Derby and Derbyshire

Context and Rationale

Children's Healthy Weight is a complex issue and there is no easy fix. Our biology, lifestyle, the environment we live in and influences in society, all affect our weight. The challenge across Derby and Derbyshire is to create environments that support families in developing and sustaining healthy eating and physical activity habits, and to provide support and services for local people to help them to lead healthy lifestyles. To do all of this we must all work in partnership.

Together we can be successful in supporting people to eat more healthily and be more active so that they can live longer and healthier lives. Nationally, nearly a third of children aged 2 to 15 are overweight or obese, and this is a concern because it affects both physical and mental health.

This Healthy Weight pathway is guidance to support professionals to deliver improved outcomes for children, young people and families in terms of healthy weight, and outlines our aspirations for service delivery. Local services will be at differing points of development and can use this pathway to benchmark their progress. The pathway builds on good practice and is evidence based.

The overarching rationale for a partnership pathway is to ensure targeted specialised interventions and clear signposting which provides a pathway for overweight and obese children to access evidence based interventions .

Enhanced partnership working will ensure delivery of the 0-19 Healthy Child Programme and achieve quality outcomes for children and parents.

Underpinning this is evidence from the collaborative children's workforce showing that there is no single profession or organisation that can ensure the best outcomes for children and families – this reinforces the need for a partnership pathway

This work supports the delivery of the Childhood Obesity:

[Childhood Obesity: Time For Action Derby and Derbyshire Ten year plan 2020 - 2030](#)

(HM Government 2026)

[Childhood obesity: a plan for action Chapter 2](#)

(HM Government 2018)-

[Derbyshire/Nottinghamshire Making our Move](#) -

Priorities within both [Derbyshire](#) & [Derby](#)

Health & wellbeing board priorities

[Joined up Care Derbyshire Integrated Care strategy - Start well ICS strategy](#)

Why Do We Need Pathways?

A seamless pathway approach to support and care with empowerment given to children, young people and their families from an early age will ensure efficiency is achieved, and the effectiveness of service delivery will be improved is a key area of focus in the Joined Up Care Derbyshire Integrated Care Strategy – Start well strand.

Creating a single pathway document provides a structured approach to this area of focus.

The pathway builds on good practice and provides a systematic, evidence based, solution focused approach on which to base local practice, now and in the future.

The partnership pathway focuses on addressing the integrated support required for pregnant women, children, young people and their families, whilst recognising that each child and family may have differing needs





Expected Outcomes

The Healthy Weight pathway aspires to contribute to the following outcomes:

- Supported children, young people and families resulting in the ability to address specific concerns on health issues.
- Services tailored to meet the needs of families.
- Improved health outcomes in relation to healthy weight, including improved physical activity and a reduction in health inequalities.
- Improved oral health for children, young people and families.
- Improved outcomes through the delivery of the Healthy Child Programme.
- Supported and empowered children, young people and families, resulting in the ability to make positive changes to their health and wellbeing.
- Services tailored to the needs of children, young people and families through evidence-based programme's.

- Improved early identification of child and family needs, allowing timely and appropriate responses. Including identification of any early vulnerabilities/safeguarding concerns.
- Improved seamless multi-agency approach
- improved and consistent approach to meeting the needs of children, young people and families.
- Reduced variation in approach across the ICS footprint

The Pathways

The Healthy Weight Pathways outline the service offer to pregnant women, children, young people and families in Derby and Derbyshire both at universal and targeted levels and create a standardised and systematic approach to obesity prevention, identification and support that will assist professionals in practice.

The three pathways;

- Maternal Healthy Weight,
- 0-5 Healthy Weight and
- 5-19 Healthy Weight,

can be seen on the following pages



Maternal Healthy Weight Pathway



	Pre - conception	1 st Trimester 1-12 weeks	2 nd Trimester 13-27 weeks	3 rd Trimester 28 – 40 weeks	Post Natal 6-8 weeks post birth
Tier 0 Universal Services	Core preventative services that all adults (including overweight and obese pregnant women/women trying to conceive) and their families have access to including: Accurate information that is readily available and easily accessible for all on healthy eating and physical activity (including links to oral health) National Campaign messages including Change4Life, One You and This Girl Can, that are promoted and visible in places that are accessed by women and their families. Community resources such as leisure facilities, open spaces, outdoor gyms, group walks, Family Hub activities e.g. Antenatal Peep Family Hubs (Derby City) RCOG Being overweight during pregnancy and during birth First steps nutrition eating-well-in-pregnancy				
Tier 1 Targeted Brief, advice and information		Midwives promote and discuss the benefits of Breastfeeding at routine contacts. Midwives consider Healthy Lifestyle promotion. Women with a BMI>30kg/m2: GPs/Midwives to provide and discuss accurate and accessible information regarding risks associated with being overweight in pregnancy GPs/Practice Nurses/Midwives/Health Visitors to provide 1:1 brief advice intervention around healthy eating, physical activity, and behaviour change – delivered in primary care or acute care setting. Midwives in ante natal clinic offered healthy eating advice/brief intervention support for mums whose BMI 30+		Midwives/Health Visitors - offer infant feeding support and signposting to local breastfeeding groups. Health Visitors use the HENRY approach (Derby City Only) to provide healthy lifestyles information/promotion at routine contacts.	
	Women with BMI >30kg/m2: who Live in Derby City: Livewell in Derby City 1:1 brief advice intervention around healthy eating, physical activity, and behaviour change – support provided in family Hubs. Live well Perinatal offer (Derby City only)			OGTT blood test: results190mg/dL(10.6mmol/L) or Higher- seen by dietician and referred to Healthier you Gestational Diabetes programme	Health Visiting Service offer family- based approach to healthy lifestyle promotion. Family offered HENRY 1:1 programme (if appropriate).
Tier 2 Lifestyle, multi component weight management	Women 18+ years with a BMI >25kg/m2 AND without significant unmanaged co-morbidities as identified by their health care professional. Referral offered to local Tier 2 weight management programme				Women 18+ years with a BMI >25kg/m2 AND without significant unmanaged comorbidities as identified by their healthcare professional: Referral offered to local Tier 2 Weight Management Programme.
Tier 3 Specialist weight management service	Women with a BMI >35kg/m2 AND with co-morbidities or a BMI >40kg/m2 without co-morbidities: Midwife/Health Visitor/Practice Nurse to refer woman to GP for specialist assessment and management (either by GP or additional services) as per local guidelines. Midwife/Health Visitor/GP/Prevention Service to continue to offer support, information, and guidance to the woman/family as appropriate.				

At each point assess readiness and confidence to change. If the person is unwilling to make changes give them information about the benefits of losing weight, healthy eating, and physical activity. Also provide details of someone they can talk to when they are ready to change. Ensure the person understands that obesity is a clinical term with health implications rather than a question of how a person looks. Ask about diet and activity levels and beliefs about eating, activity and weight. Find out what the person has already tried and what they learned.

Consider safeguarding issues and refer to local guidance.

0-5 Healthy Weight Pathway

Community - Members of the Health Visiting Service and Public Health team will develop an understanding of the needs of families with children under 5 re: healthy weight in their locality by:

- Undertaking regular community healthy weight needs assessments using the data and intelligence available and taking this to appropriate partnership groups
- Building links and shaping services locally that contribute to the healthy weight of under 5's, for example: Leisure Centres, parenting groups, parent and toddler groups, nursery settings
- Sharing Physical activity guidelines: early years (under 5s) infographic. Promoting the Families Information Service Derbyshire & Derby City a portal of activity session information.
- Promoting breastfeeding and providing access to breastfeeding groups. Supporting infant feeding and introduction to solid foods Breastfeeding support Derby Derbyshire
- Ensuring families are aware of and know how to register for Better Health healthier families Healthy Start and 50 things to do before you are 5

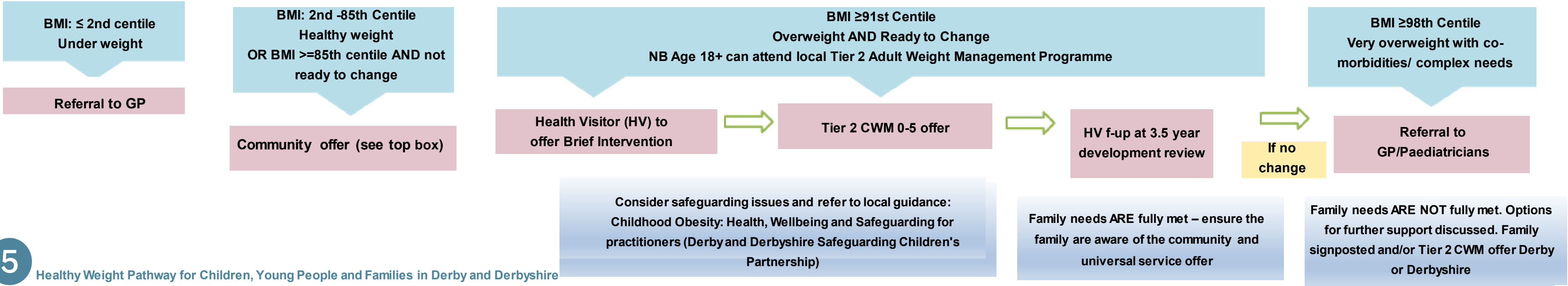
Universal - Health Visiting teams, through the planned Programme of contacts delivered as part of the Health Child Programme, will:

- Use UNICEF Infant Feeding guidance (Baby Friendly Initiative) with families
- Review growth of children as required, using agreed assessment methods, of the baby/child and establish if they are at risk of becoming, or are already, an unhealthy weight
- Offer healthy eating advice during contacts with children and families (including links to oral health), signposting.
- Provide 'Healthy weight resource packs' through mandated contacts The Health Visiting Team will:
- Use the strengths based, solution focused HENRY approach in partnership with the family to explore and establish a joint understanding of the baby's/child's growth and discuss options to help the whole family change old habits and achieve new goals.

Targeted – Families can access timely, expert advice from a health visitor when they need it on specific issues identification

- 1) When a child is weighed at 2/2.5 year development review
- 2) Opportunistic
- 3) Concern raised by the parent/carer/child
- 4) Concerns raised by a health or non-health professional

Assessment at 2/2.5 year development review by Health Visitor - Calculate BMI and plot using UK 1990 BMI Centile Chart for children following guidance by the RCPCH. Consider presenting symptoms and underlying causes of the unhealthy weight, consider psychological distress (low self-esteem, bullying, Family history of obesity and co-morbidities, Lifestyle - diet and physical activity, Growth and pubertal stage, Involvement of other agencies, Readiness to change tool.



5-19 Healthy Weight Pathway

Community - Members of the Health Visiting Service and Public Health team will develop an understanding of the needs of families with children under 5 re: healthy weight in their locality by:

- Undertaking regular community healthy weight needs assessments using the data and intelligence available and taking this to appropriate partnership groups
- Building links and shaping services locally that contribute to the healthy weight of under 5's, for example: Leisure Centre's, parenting groups, parent and toddler groups, nursery settings
- Sharing Physical activity guidelines: early years (under 5s) infographic. Promoting the Families Information Service Derbyshire & Derby City a portal of activity session information.
- Promoting breastfeeding and providing access to breastfeeding groups. Supporting infant feeding and introduction to solid foods Breastfeeding support Derby Derbyshire
- Ensuring families are aware of and know how to register for Better Health healthier families Healthy Start and 50 things to do before your 5

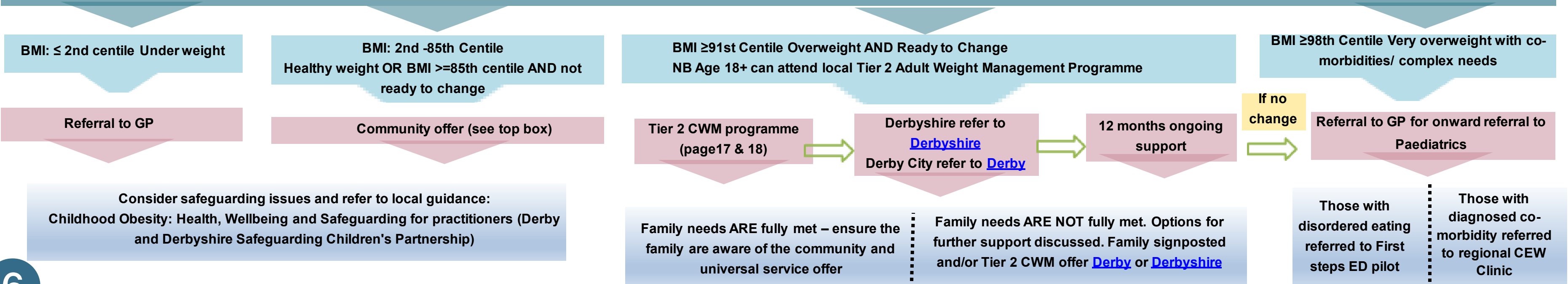
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- Offer healthy eating advice during contacts with children and families (including links to oral health), signposting.
- Provide 'Healthy weight resource packs' through mandated contacts The Health Visiting Team will:
- Use the strengths based, solution focused HENRY approach in partnership with the family to explore and establish a joint understanding of the baby's/child's growth and discuss options to help the whole family change old habits and achieve new goals

Targeted Identification:

- 1) When a child is weighed or measured e.g. NCMP, proactive follow up
- 2) Opportunistic
- 3) Concern raised by the parent/carer/child
- 4) Concerns raised by a health or non-health professional

Assessment in Primary Care e.g. GP, Practice Nurse, Healthy Child Practitioner, Healthy Choices: Calculate BMI and plot using UK 1990 BMI Centile Chart for children following guidance by the RCPCH. Consider presenting symptoms and underlying causes of the unhealthy weight, consider psychological distress (low self-esteem, bullying, Family history of obesity and co-morbidities, Lifestyle - diet and physical activity, Growth and pubertal stage, Involvement of other agencies, Readiness to change tool.



Identification of Healthy Weight in Children and You

Measuring Healthy Weight and BMI Centiles (Age 5-19)

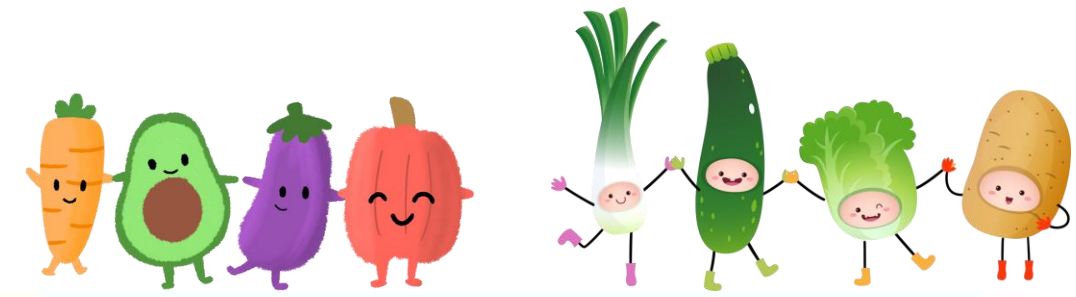
One indicator of a child or young person’s health is their weight. Everyone is different; we come in a range of shapes and sizes, but a reliable universal technique to identify weight status is calculating Body Mass Index (BMI). Here’s the calculation:

$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

BMI is calculated in the same way for adults, young people and children, however weight status is identified differently. In children and young people, their age, gender and stage of puberty needs to be considered, therefore a child or teenagers BMI is shown as ‘centile’ The centile result is shown as a percentage of how their BMI compares with other children or teenagers of the same age and sex.

The growth charts can be found [here](#)

The easiest way to check BMI and weight status is to use the NHS online [Healthy Weight Calculator](#). After identification of weight status further assessment should be completed to decide appropriate support for the child or young person; this should include, presenting symptoms and underlying causes of the unhealthy weight, co-morbidities, psychosocial distress, such as low self-esteem, readiness to change and safeguarding issues.



Adult (18+) BMI	Weight Status
Less than 18.5	Underweight
18.5-24.9	Healthy Weight
25-29.9	Overweight
30-39.9	Very Overweight
40+	Extremely Overweight

BMI Centile (Children)	Weight Status – plotted on a chart
≤ 0.4th	Very Underweight
≤ 2nd	Low Weight
> 2nd – <91st	Healthy Weight
≥ 91st	Overweight
≥ 98th	Very Overweight
≥ 99.6th	Extremely Overweight

Practical Tools and Key Resources/ Information for Professionals

Raising the Issue of Weight

Many people feel uncomfortable raising and discussing the issue of body weight and this can also be the case for health professionals. Despite the perceived challenges around raising the issue of weight, we know that obesity is an important health concern and the ability to discuss this with service users in a sensitive, open and empathic manner is vital in order to support individuals to begin to address the issue of excess weight

NHS England '[All our health](#)' has developed a bite sized e learning package to give health and care professionals an overview of childhood obesity - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing.

The National Obesity Forum have also published a [Raising the Issue Guide](#) which supports health professionals working with the adult population.

[Child weight management:](#) short conversations with families is a Public Health England guide with practical advice and tools to support health and care professionals have conversations about weight management with children and their families

Early Years

[The Eat Well Guide](#) – Evidence based nutrition advice designed in a pictorial form to help the communication of a healthy balanced diet to consumers.

[Start4Life](#) – Information service for parents from 0-5 years.

[NHS Choices](#) – NHS health website providing comprehensive information to the public about health and lifestyle choices.

[Early Years 0-5. High impact area 4:](#) Healthy Weight, Healthy Nutrition – The early years high impact areas for Health Visiting Services.

[Fact sheet 1: early years \(under 5s who are not yet walking\)](#) – Physical activity guide for children under 5 years who are not yet walking

[Fact sheet 2: early years \(under 5s capable of walking\)](#) – Physical activity guide for children under 5 years who are capable of walking.

[Revised EYFS including CMO recommendations 2019](#) – Statutory framework for the early years foundation stage including physical activity recommendations.

[Youth Sport Trust](#) – Early Years Physical Literacy Framework.

[Infant and toddler forum Factsheets](#) – Best-practice guidance on the feeding and nutrition of children aged one to three years.

[British Nutrition Foundation \(Toddlers\)](#) – Nutrition and diet information for parents/carers of toddlers.

[Perfect portions for toddler tums](#) – Guide for parents/carers around feeding their toddler a healthy, varied and balanced diet to give them all they need to grow and be healthy.

[Example menus for Early Years Settings in England](#) - A series of example menus and associated guidance to support early years settings to offer food and drink in line with current government dietary recommendations.

[A Weight Off Your Mind](#) - a regional weight management plan which aims to address the weight management needs of people with mental illness and/or learning disabilities.



School Age

[The Eat Well Guide](#) – Evidence based nutrition advice designed in a pictorial form to help with the communication of a healthy balanced diet to consumers.

[Healthier Families](#) - Home - NHS (www.nhs.uk) Information to Keep families healthier with recipes and activities to engage families to lead healthier lives (previously Change 4 Life)

[Change 4 Life School Zone](#) – Our Healthy Year resources for school nurses and teachers that encourage healthy habits during the first year at school.

[NHS Choices](#) – NHS health website providing comprehensive information to the public about health and lifestyle choices.

[NHS Choices Healthy Weight Calculator](#) – Online calculator tool to check adult and child BMI.
Fact sheet 3: Children and Young People (5-18) – Physical activity guide for children and young people aged 5-18.

[The Caroline Walker Trust \(Age 5-11\)](#) – Resource shows the sorts and amounts of foods that meet the nutritional needs of children aged 5 to 11 years

[The Caroline Walker Trust \(Age 12- 18\)](#) - – Resource shows the sorts and amounts of foods that meet the nutritional needs of children aged 12 to 18 years

[British Nutrition Foundation \(Children\)](#) – Nutrition and diet information to help parents make sure their child is well prepared for their school years.

[British Nutrition Foundation \(Teenagers\)](#) – Nutrition and diet information specifically for young people.

[Food a Fact of Life](#) – Providing free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years.

[BEAT Eating disorders](#) – Charity supporting people to overcome eating disorders.

[School age years 5-19. High impact area 3: Improving lifestyles](#) – The school age high impact areas for school nursing services.

[School nurse toolkit 2016](#) – Toolkit designed to help school nurses improve the health literacy of children and young people.

[Evaluation of behaviour change interventions](#) – A toolkit for school nurses undertaking interventions to support behaviour change in children or young people.

[What Works in Schools and Colleges to Increase Physical Activity?](#) – A briefing for head teachers, college principals, staff working in education settings, directors of public health and wider partners.

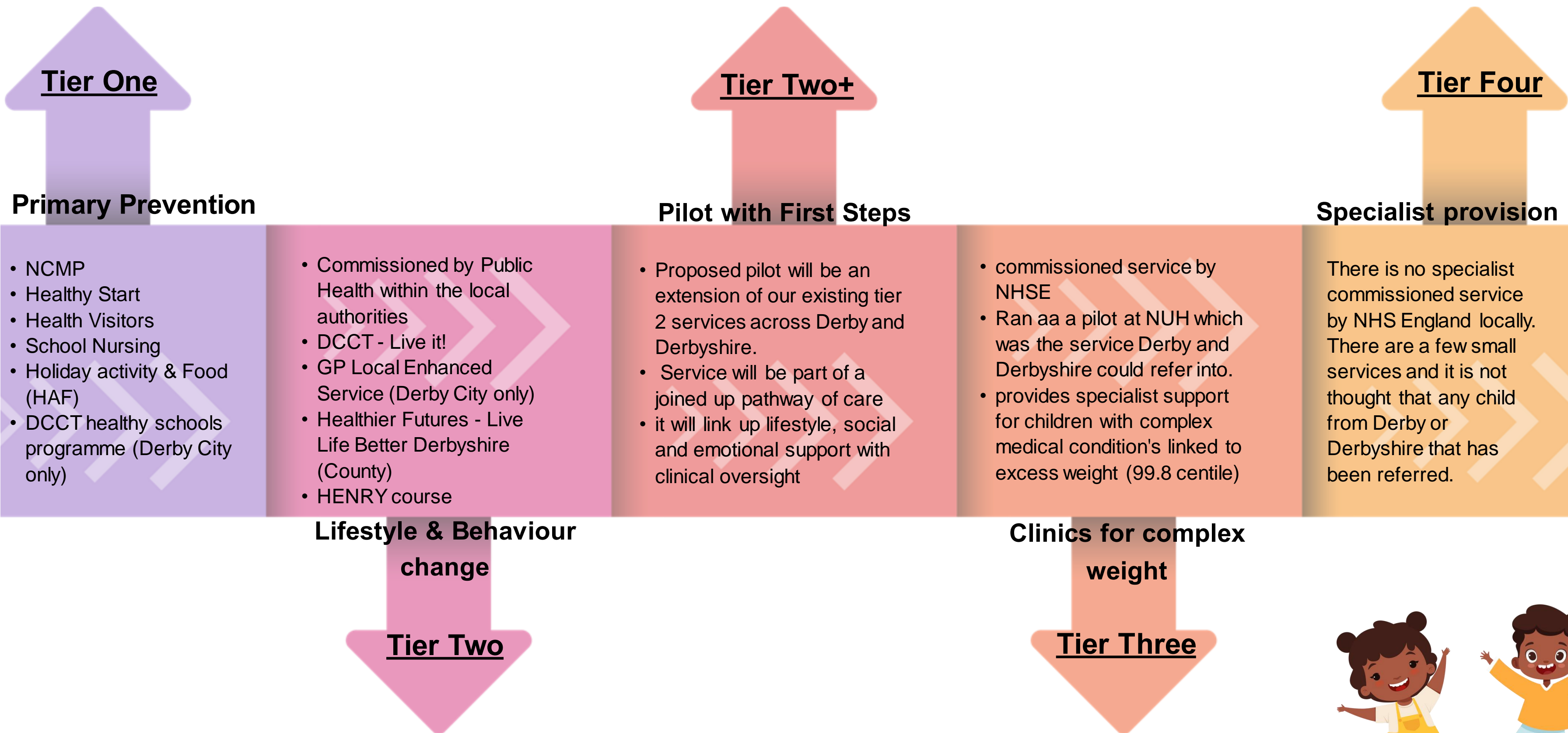
[School Food Plan](#) – Seventeen actions to transform what children eat at school, and how they learn about food.

[School Wellbeing](#) – Support for schools to help children and young people to effectively manage their lives and wellbeing.

[PSHE Association](#) – Resource library including lesson plans and assessment tools to help schools develop their PSHE curriculum.



Programmes in Derby/Derbyshire That Support Children and Families to Achieve and Maintain a Healthy Weight



Tier One – Active Schools Programme



Provided by: Derby County Community Trust

Level of service: Available to all schools within Derby City but priority given to those schools in areas of highest childhood obesity



What the programme offers

Derby County Community Trust's Active School programme delivers a unique whole-school approach to physical activity and healthy lifestyles. It also provides targeted support for children who are overweight or obese through our child weight management programme Live IT.

Schools gain a full academic year of support, with planning and progress staff meetings, assemblies, physical activity audits and baseline assessments for all children. The programme also includes intervention in physical literacy where required for targeted age groups and the Rammie's Healthy Heroes lunch time club for pupils who are identified as needing child weight management support.

Pupils are also engaged through Grow and Eat, Cook and Eat and Playground Games projects, and the whole-school approach also extends to parents and families with interactive workshops and the opportunity to join further clubs beyond school.

Referral Process:

Funded by Derby City Council Public Health the programme is free for schools to join, but places are extremely limited each year and an early expression of interest is recommended. Schools with higher levels of obesity and/or deprivation may be prioritised.

For more information please fill in the [form](#) here or contact Arwen Green, Active Schools Manager, on 01332 416140 or arwen.green@dcct.co.uk



Tier One – National Child Measurement Programme



NCMP (Derby City) - Provided by: Derbyshire Healthcare Foundation Trust - School Nursing Teams



NCMP (Derbyshire) - Provided by: Live Life Better Derbyshire



What the programme offers

Keeping children healthy and well is a key priority in Derby/Derbyshire. One of the ways that we can do this is to ensure young people are a healthy weight.

That's where the National Child Measurement Programme comes in. Derbyshire County Council and Derby City Council are required to collect data on reception year and year 6 children's height and weight from schools within their area.

This [short video](#) tells you more about the National Child Measurement Programme. Defining children's weight is a complex process because children of different ages and sexes grow, and develop, at different rates. This means that a different method is used for children than for adults. The method used in the NCMP is Body Mass Index (BMI) which is calculated by dividing a child's weight in kilograms by the square of their height in metres. For children aged 2 to 18 we also take into account their age and gender. A child's BMI is expressed as a 'centile' to show how their BMI compares with children who took part in national surveys. For example, a girl on the 75th centile is heavier than 75 out of 100 other girls her age.

Use the [NHS BMI calculator](#) to check if a child is a healthy weight, underweight or overweight.

If the measurement programme highlights that a child is considered to be overweight then the child/family will be offered support and advice. This support is detailed on pages 17,18,19 – Tier 2 programme's that support children and families achieve and maintain a healthy weight

Tier One – Healthy Start – Get Help to buy food and milk



Healthy Start scheme – Get Help to buy food and milk

Provided by: NHS Level of service: Available to eligible Families

What is Healthy Start?

- If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.
- If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins— these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

How to apply

Apply Online:

- If you get Universal Credit, you can apply online if:
- you're more than 10 weeks pregnant or have at least one child under 4 years old your family's monthly 'take-home pay' (also called 'earned income') is £408 or less from employment

The details you use to apply for Healthy Start must match the details on your Universal Credit claim.

Go to your [Universal Credit account](#) to check:

- Your address details, including your postcode
- All of your children are named on your Universal Credit claim

To apply online, you'll need your:

- Name
- address
- date of birth
- National Insurance number
- baby's due date (if you're pregnant)

- benefit award letter if you're over 18 – make sure you enter the exact details shown on your benefit award letter
- Make sure that your details are up to date with DWP – you may wish to contact them to check or update your details before you apply.

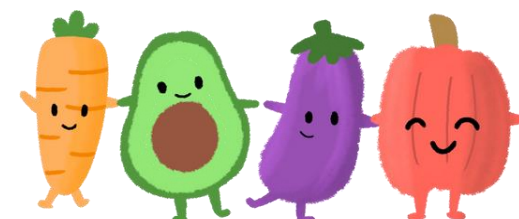
What you'll get and how to shop

You'll get money added onto your Healthy Start card every 4 weeks.

You'll get:

- £4.25 each week of your pregnancy from the 10th week
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

Your money will stop when your child is 4 years old, or if you do not get benefits that make you eligible.



Tier One – Primary Prevention 0-5 (Health Visitors)



0-5 Healthy Child Programme (Derbyshire)

Provided by: Derbyshire Community Health Services NHS foundation trust Health Visiting Teams

Level of service: Tier 1 Provided by Health Visitors to all Universal Families



Referral Process:

Call the Derbyshire Family Health Service on 01246 515 100 this information and support line for parents, carers and young people is available Monday to Friday, 9am - 4.30pm, except bank holidays. (The telephone number is not an emergency Service number)

Text Chat Health Derbyshire 0 – 5 years TEXT 07507 327769 is a confidential text messaging service for parents/ carers of 0 - 5-year-olds. Providing advice and support from one of our healthcare practitioners Monday to Friday, 9am – 4.30pm, except bank holidays.

[Visit the Family Health Service website](#)

What the programme offers

Good health, wellbeing and resilience are vital for all our children now and for the future of society. There is good evidence about what is important to achieve this through improving children and young people's public health. This is brought together in the National healthy child programme.

The 0 to 5 element of the healthy child programme is led by the health visiting service

Health Visitors provide place-based services and work in partnership with education and other providers where needed. The universal reach of the healthy child programme provides an invaluable opportunity from early in a child's life to identify families that may need additional support and children who are at risk of poor outcomes.

The Healthy Child Programme provides a framework to support collaborative and more integrated delivery.

It aims to:

- help parents, carers or guardians develop and sustain a strong bond with children
- support parents, carers or guardians in keeping children healthy and safe and reaching their full potential
- Protect children from serious disease, through screening and immunisation.
- Reduce childhood obesity by promoting healthy eating and physical activity
- Promote oral health
- Support resilience and positive maternal and family mental health
- Make sure children are prepared for and supported in all childcare, early years and education settings and are especially supported to be 'ready to learn at 2 and ready for school by 5'

Tier One – Primary Prevention 0-5 (Health Visitors)



0-5 Healthy Child Programme (Derby City)

Provided by: Derbyshire Healthcare NHS Foundation Trust (Derby City) Health Visiting Teams

Level of service: Tier 1 Provided by Health Visitors to all Universal Families. Targeted intervention for families with a child identified at risk of an unhealthy weight by a trained HENRY Champion. (Derby City Only)



Referral Process:

If you are a parent in Derby city and you have concerns about your child's health, please call **0300 1234586** option 3 during office hours and a health professional will call you to complete a telephone assessment.

You can also contact the team through ChatHealth. ChatHealth is a secure and confidential text messaging service for parents and young people. It allows you to easily get in touch with a healthcare professional for advice and support. You don't have to give your name; you can still send a message to get advice or to chat with us about any worries you may have.

Parents: send us a message by texting **07507 327754**

Young people (aged 11-19) - send us a message by texting **07507 327104**.

What the programme offers

In addition to all services delivered as part of the Healthy Child programme Health Visitors in Derby City are all trained in the HENRY approach. This offers interventions designed to protect young children from the physical and emotional consequences of obesity through a holistic approach which recognises that emotional well-being and confident, responsive parenting are just as important for a healthy lifestyle as nutrition and activity. HENRY focuses specifically on 0–5-year-olds and empowers parents and carers to provide a healthy start for babies and young children through a solution focused, strengths-based partnership approach to help the whole family change old habits and achieve new goals.

Visit the website

[Family Health Derby City website Here](#)

A trained HENRY Champion from the 0-5 Healthy Child Team can offer families that need extra support a structured intervention over several weeks using an outcomes-based support tool to build parent's knowledge, skills and confidence in the key elements for a healthy lifestyle including; emotional well-being, healthy eating habits, physical activity, eating well and parenting skills.



Tier One – Primary Prevention 5-19 (school Nurses)



5-19 school Nursing Programme (Derby City)

Provided by: Derbyshire Healthcare NHS foundation Trust by School Nurses to all Universal Families.

Referral Process:

What the programme offers as part of the healthy weight pathway:

- All children in Reception and year 6 are measured for the National child measurement programme (NCMP) by Our screening team (in Reception all children also have their vision and hearing screened too). Parents are given the opportunity to opt out of the programme
- All children who are found to be underweight or overweight(including obese) will be sent a letter within 6 weeks of the screening in school
- If any child is found to be overweight or underweight, then the screening team send the child to either the school nursing team for review (above the 98th centile or below the 0.2nd centile) or tasked to the GP surgery(above the 91st centile (if the surgery is part of the community weight management GP LES pathway))
- The school nursing team will contact the parent to facilitate either a referral to the tier 2 weight management program or offer a brief intervention by the school nursing team
- We offer TLM questionnaires in reception, year 6 and year 9 and will offer healthy lifestyle promotion if highlighted as a concern in the questionnaires or one to one work if requested

Other information about the school nursing service:

- All secondary schools have a drop in service where young people can access the team for any health concerns or worries. Some of these drop ins offer a sexual health service too (C-Scheme, pregnancy testing and emergency contraception)
- Professionals can refer families although, some children and young people, may need more specialist support than we are able to offer. It is important that you consider our referral criteria to make sure that we are the service that best meets the child/ young person's needs [DERBY CITY REFERRAL FORM](#)
- Parents and young people can contact the school nursing team through [Chat Health](#). Chat Health is a secure and confidential text messaging service for parents and young people. It allows you to easily get in touch with a healthcare professional for advice and support and runs every working day from 9.00 – 16.30. Young people can send us a message by texting 07507 327104 or Parents can send us a message by texting 07507 327754.
- The School Nursing Team also offers a Virtual Drop-in for 13-19 year olds. This is available between 3pm and 5pm on weekdays. Just [click Attend anywhere](#) to set up your video call with a member of the team
- The team offer tier 2 substance misuse interventions which includes one to one brief intervention for low level substance misuse including drug use, alcohol use or smoking or group health promotion and awareness sessions.

Tier One – Primary Prevention 5-19 (school Nurses)



5-19 school Nursing Programme (Derbyshire)

Provided by: Derbyshire Community Health Services NHS foundation trust School Nursing Teams.

Level of service: Tier 1 Provided by School Nurses to all Universal Families.

Referral Process:

What the programme offers as part of the healthy weight pathway:

5-10 years

Primary school years are an exciting time as you watch your child become more grown up and independent. Our team of school nurses and health care professionals are here to help you build their physical skills, emotional health and wellbeing and support you with your family's overall health.

Teen health & wellbeing

As a young person in Derbyshire, we believe that your health and wellbeing information should work for you. Here we hope you will find information that can support you and help you to make decisions about your mental, physical and emotional health

Referral Process:

Professionals can refer families to some children and young people may need more specialist support than we are able to offer. It is important that you consider our referral criteria to make sure that we are the service that best meets the child/ young person's needs [School Nursing Referral Form](#)

School nurse 'drop-in' School nurses visit schools across the County and can support with any aspects of health and wellbeing. Find out more about the 'drop-ins' and when the school nurses visit your school or text on: **07507 330 025** (the ChatHealth line) to arrange an appointment. Parents and young people can contact the school nurse through chat health

Text Chat Health Derbyshire 11 – 19 years TEXT: **07507 330025** this is a confidential text messaging service for young people aged 11 – 19 years. Providing advice and support from one of our healthcare practitioners Monday to Friday, 9am – 4.30pm, except bank holidays.

Visit the [Family Health Service website](#) for more information



Tier One – Primary Prevention, Holiday, Activity & Food (HAF)

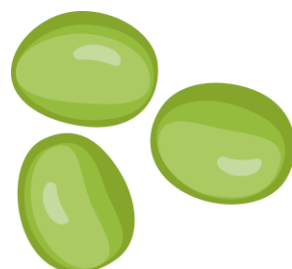


Holiday Activities & Food programme (Derby & Derbyshire)

Provided by: Department for Education via Derby City Council and Derbyshire County Council
Level of service: Available to families eligible for benefits related free school meals

Referral Process:

- Children in receipt of benefits related free school meals (FSM) are automatically eligible to book a place at a HAF club. Schools in Derby and Derbyshire issue a code directly to families in receipt of benefits related FSM with details of how to book.
- Derby and Derbyshire HAF have an additional professional referral process for children who are not in receipt of FSM but are considered vulnerable. Places are subject to approval and availability.
- You can make a referral to Derby City Council by emailing DerbyHAF@derby.gov.uk or to Derbyshire County Council by emailing haf.enquiries@derbyshire.gov.uk



What the programme offers

The HAF programme offers free holiday provision, including healthy food and enriching activities to children and young people from Reception to Year 11 who receive benefits related free school meals.

The programme delivers a range of holiday clubs across the city and county, during the spring, summer and winter school holidays.

Research has shown that school holidays can be a pressure point for some families. For some children that can lead to a holiday experience gap. Children from low-income households are:

- Less likely to access organised out-of-school activities
- More likely to experience 'unhealthy holidays' in terms of nutrition and physical health
- More likely to experience social isolation

There are many benefits for children who attend the HAF programme. HAF providers are encouraged to ensure a high-quality experience that will result in children:

- receiving healthy and nutritious meals
- maintaining a healthy level of physical activity
- being happy, having fun and meeting new friends
- developing a greater understanding of food, nutrition and other health-related issues
- taking part in fun and engaging activities that support their development
- feeling safe and secure
- getting access to the right support services
- returning to school feeling engaged and ready to learn

Visit Derby HAF [website](#)
Visit Derbyshire HAF [website](#)

Tier Two Programme's That Support Children and Families to Achieve and Maintain a Healthy Weight



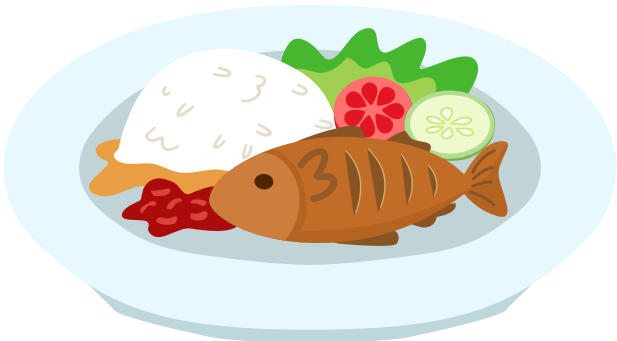
Live IT Healthy Lifestyles Programme (Derby City Tier 2)

Provided by: Derby County Community Trust

Level of service: Delivered by Health coaches employed by Derby County Community Trust

Inclusion Criteria:

- Children aged 5 to 17
- Registered to a Derby doctor and/or a Derby city resident.
- Be on the 85th BMI centile or higher.



What the programme offers

Derby County Community Trust support children and families to lead healthier and happier lifestyles through the Live IT programme! Activities range from trampolining to smoothie making, gym sessions to Box Fit, providing education around fitness and nutrition in a fun and caring environment.

The project improves confidence, self-esteem and makes sure everyone's enjoying themselves along the way.

Children and families are offered 12 months Free support.



An initial activation session for children to sign onto the programme at Willows Sports Centre or Oxygen Free Jumping. For more information check out the video [here](#)

For under 12s

Live IT clubs run after school, across the city. Children will take part in games and activities each week to support a healthy lifestyle and learn about the little changes that can make a big difference.

For over 12s

Gym sessions – A personal training plan will be developed for young people to work safely on their own goals

All children signed onto the programme get a free swim pass and parents and siblings get a reduced rate to swim. Children can also access a free timetable of holiday activities across Derby, including Jump and Fun.

Referral Process:

- Referrals are accepted from professionals and self-referral from families themselves
- Follow the link to the Live Well website [Here](#)
- For more information contact: **Sara Adcock**, Physical Activity and Health Officer, on 01332 416140 or email: sara.adcock@dcct.co.uk



Tier Two Programme's That Support Children and Families to Achieve and Maintain a Healthy Weight



Healthier Futures family support programme (Derbyshire Tier 2)

Provided by: Live Life Better Derbyshire (Derbyshire County Council)

Level of service: Delivered by Health Improvement Advisors employed by Derbyshire County Council.

Inclusion Criteria:

- Parent or carer of a child aged 0 to 12 years
- Have a Derbyshire postcode or are registered with a Derbyshire GP
- Parent or carer of a child who is aged between 5 and 12 years and is over a healthy weight or is at risk of becoming an unhealthy weight, for example on or above the 85th BMI centile



What the programme offers

Would you like to feel more confident as a parent? Are you keen to get help to give your child a healthy start in life, help them to eat more fruit and vegetables and reduce mealtime stress?

If so, then our new Healthier Futures programme could be for you.

It's a free, healthy families programme that offers a range of support for parents and carers of children aged 0 to 12 years old. The programme includes online and face to face sessions.

Children's early years are vitally important in terms of their health, wellbeing, learning and social development.

Our team of friendly staff know how difficult it can be to change old habits and we will be with you every step of the way.

Healthier Futures includes a range of free [HENRY programmes](#)

The service also offers one-off sessions, for example Healthy Eating on a Budget. These are ideal if you are short on time, or you would like to try a taster session before committing further.

There are several courses to choose from:

For under 5s - Henry Right from the Start

This 8-week programme is a group session for parents and carers of children aged 0 to 5-years- old. The sessions will give you ideas around changes you might like to make for a healthier and happier family.

For 5-12s - Henry Healthy Families: Growing up This 8-week programme is a group session for parents and carers of children aged 5 to 12-years- old. This course aims to help you to build healthy family habits.

One Off Sessions

We also deliver one-off sessions - ideal if you are short on time, or you would like to try a taster session before committing further. The sessions we currently offer are:

- Healthy Eating Basics on a Budget
- Top tips for making healthier choices
- Talking about body image and weight with your child
- Selective Eating
- Fussy Eating Online Workshop - HENRY

Referral Process:

- If you are a professional working with children you can refer families [here](#)
- If you are a parent/carer, If eligible you can self refer using our [online referral form](#)

Tier Two Programme's That Support Children and Families to Achieve and Maintain a Healthy Weight



Children Weight Management (Locally Enhanced Service - Derby City)

Provided by: Primary Care staff & School Nurses

Level of service: Extended brief intervention for parents and onward referral for support

Inclusion Criteria:

- Children weighed and measured through the National Child measurement Programme.
- Children identified as being in or above 91st centile
- Attending a Derby City school
- Parent or carer of a child who is aged 4/5 (reception) and 10/11 (year 6)



The aim of the programme

To deliver an extended brief intervention to a parent/carer of a child that's been identified as overweight or obese by the local National Child Weight Measurement Programme.

In doing so motivate that adult such that they make food and activity choices that are positive for the family and the particular child.

The ultimate goal is that the parent/carer actively reduces the child's weight using information and advice delivered as part of the brief intervention.

What the programme offers

- An extended brief intervention by a trained professional (for example a nurse practitioner, social prescriber, healthy weight coach) to those parents/carers whose child has been identified as being overweight or obese (have a body mass index at or above the 91st centile) through the National Weight Management Programme.
- The intervention will discuss a child's weight/growth, use behaviour change techniques to support acceptance and action, and offer tailored support and onward referral to tier 2 child weight management services or specialist services

- A follow up with the parent/career by a trained professional, to check on progress and to motivate further change within 3 months post the extended brief intervention.
- Information on losing weight, healthy eating, increased physical activity and tier 2 local child management programmes to parents/carers who choose not to engage

Referral Process:

- Access to this service/pathway is limited to those children weighed and measured in reception and year 6 as part of the national child measurement programme (NCMP)

Currently only delivered in Derby City

Tier Two Programmes That Support Children and Families to Achieve and Maintain a Healthy Weight



What the programme offers

An enhanced pathway of support for parents of those children identified as being overweight/obese following the 2 – 2 1/2-year review child health review delivered as part of the healthy child programme.

This support includes:

- Information pack including healthy eating advice, meal ideas and local physical activity opportunities
- Additional Health visitor contacts including an extended brief intervention for parent
- Onward referral to HENRY right from the start parenting programme delivered within a Family Hub
- Onward referral to DCCT Little Live IT programme

HENRY – Right from the start

This 8-week, classroom based programme is a group session for parents and carers of children aged 0 to 5-years-old.

Children Weight Management 0-5 Enhanced Pathway

Provided by: Health Visitors, Family hub staff and DCCT health coaches

Level of service: Enhanced Brief intervention delivered by HENRY trained Health visitors with onward referral to appropriate parenting intervention

Inclusion Criteria:

- Children weighed and measured through the 2 – 2 ½ year review
- Children identified as being equal to or above 91st centile
- Parent or carer of a child who is aged 2-4

Delivered by trained Family Hub staff the sessions will give parents/carers ideas around changes that can be made for a healthier and happier family.

The sessions will help you to:

- **session 1** - make changes and set goals
- **session 2** - find a balance in meeting you and your child's, needs
- **session 3** - respond to children's needs without giving in to all their demands
- **session 4** - create positive mealtimes
- **session 5** - Introduce ideas for active play
- **session 6** - eat healthily
- **session 7** - understand and manage your child's behaviour
- **session 8** - celebrate your success as a parent and plan the future for your family

DCCT – Little Live IT

- Little Live ITs is a six-week programme aimed at children aged two to four and their parents
- Children have an interactive play session, supported by a DCCT member of staff, whilst their parents attend an informal learning workshop.
- Sessions have an emphasis on raising the skills and knowledge of parents to support their child with leading a healthier lifestyle.

Referral Process:

- Enhanced pathway of support delivered by Health visitors only available through Healthy child
- Professionals can refer into HENRY and Little Live IT directly if child aged between 2-4

HENRY referrals to Sarah.Tessier@derby.gov.uk

Little Live IT referrals to : Live IT Clinical [Referral form.pdf](#) (livewellderby.co.uk)

Tier 3 Children's Weight Management Service

Specialist obesity services – sometimes called tier 3 services – usually refers to clinical treatments provided by specialist services. These services could be for children or young people with severe or complex obesity, or with other special needs. Access to Tier 3 Services in Derby/Derbyshire are extremely limited



Nottingham University Hospitals
NHS Trust

Complications of Excess Weight East Midlands Clinic

Provided by: Nottingham Universities Hospital

Level of service: A specialist and personalised service providing holistic support for severely obese Children/Young people with a diagnosed co-morbidity

What the programme offers

East Midlands split hub model (Leicester and Nottingham) with spokes in Derby, Ashfield, Boston, Lincoln, Kettering and Northampton Includes home and school visits

The service helps Identify the factors involved in the development of severe obesity. This involves a holistic assessment with equal consideration for mental health, physical health and social needs.

This service will then Treat complications associated with severe obesity and coordinate / refer onto other services where required

The multi-disciplinary team will then support an individualised holistic plan that considers biopsychosocial needs. This may include interventions such as family-based therapy, behavioural coaching, dietary planning, and mental health treatment

This approach will aim to address health inequalities by considering culturally appropriate factors and a personalised approach.

Inclusion Criteria

Referral to the specialist obesity clinic should be based on:

- **the degree of obesity**
- **presence of comorbidities**
- **Age – CYP between 2 and 18**
- **BMI – 99.6th percentile with a co-morbidity OR**
- **BBMI threshold equal to or greater than 3.5 standard deviation above the mean.**
- **CYP where severe obesity is primary concern for safeguarding**

Referral Process

Access to CEW is limited to 50 children & young people across Nottingham, Derby, Ashfield, Boston and Lincoln.

- Currently only accepting referrals from secondary care Paediatricians.
- No access to service from Chesterfield Royal Hospital including High peak



Safeguarding

Obesity is the most common nutritional disorder affecting children and is much more common in families living in poverty and those from some ethnic minorities.

A child's weight is often mis-judged by family members and practitioners. As average childhood weight increases, it is more difficult to visually assess normal weight. Research has shown that 90% of parents of overweight and 50% of parents of obese children felt their child was about the right weight.

When considering obesity as a potential harm in safeguarding children, always think about cultural and ethnic influences, including what constitutes healthy foods, food preparation, levels of exercise and what is deemed a healthy weight.

Do not make assumptions about, or stigmatize, certain cultural beliefs regarding weight and the belief systems which sit behind them. This may require education and wider consultation by the practitioner, when working with culturally diverse groups, thus ensuring a parity of approach and assessment of risk.

For further guidance and support to safeguard children in relation to obesity please refer to Derby & Derbyshire [Childhood obesity: Health, Wellbeing and safeguarding guidance for practitioners](#)



Training

Tackling childhood obesity requires a holistic approach to supporting children and their families, optimising their environment, and providing appropriate contact with healthcare practitioners and educational teams.

Weight management is an emotive issue. Many families struggle to maintain a healthy diet and take the recommended amount of physical activity. The reasons are multifactorial, including accessibility, affordability, and acceptability of diets which are high in processed food and sugar, food advertising and reduced physical activity.

Working with parents to ensure they have sufficient knowledge and skills to make healthy choices and provide healthy meals, from weaning onwards, is integral to a whole system approach.

It is important to be aware of the wider context and stressors the family are experiencing, and to understand the role of food within the family home (e.g., used to wield power, or reward).

When possible, it is important to work with families to understand potential risks and signs of safety.

Obesity can affect a child's outcomes in several ways, including general health, academic achievement, and emotional wellbeing. In a minority of cases, obesity can be life threatening. It is, therefore, imperative that any parent or carer who is trying to manage their child's weight understands its risks and has access to appropriate support and guidance.

Always encourage parents to take main responsibility for lifestyle changes in children (especially < 12 years)

[NHS Healthy weight/overweight children - advice for parents](#)

Practitioners should feel confident to discuss healthy weight and nutrition with children and, their parents/carers in a sensitive way. E-learning on childhood obesity can be [accessed here](#)

Public Health England has developed useful guides for practitioners to discuss weight management with families. You can [access the guide here](#)

[Making Every Contact Count \(MECC\) practical tools](#) - These documents support the local implementation and evaluation of MECC activity and the development of training resources.

The Royal College of General Practitioners (RCGP) resource was developed by members of the RCGP Nutrition Group, includes slide sets for behaviour change in practice and child obesity challenges and opportunities. The link is here:

www.rcgp.org.uk/clinical-and-research/a-to-z-clinical-resources/nutrition.aspx

The Royal College of Nursing (RCN) resource to help staff support people with behaviour and lifestyle change which is now available on the Continuous Professional Development (CPD) area of the RCN web site and is an open access resource for anyone involved in supporting lifestyle and behaviour change.

The link is here:

<https://www.rcn.org.uk/Professional-Development/Learning-Resources>



Training (continued)

Midwifery Specific Training

Members of the Royal College of Midwives can access e-learning modules including “Obesity: the facts”, “Obesity: Supporting Women” and “Nutrition in Pregnancy”. The link is here: www.ilearn.rcm.org.uk/

School Nurse Specific Training

School And Public Health Nurses Association (SAPHNA) – Department of Health/Public Health England funded project to support School Nurses in the National Child Measurement Programme (NCMP).

Materials, including a presentation, interactive discussions and exercises, have been produced for a one-day training programme and have been endorsed by the British Dietetic Association Centre for Education and Development. The training day includes:

- Current Policy and NCMP data
- Causes and effects of childhood obesity
- Assessment of a child’s height and weight
- Classifying Body Mass Index
- School Nurse support- best practice
- Pro-active interaction with children and families

Please contact info@saphna.co for more information



Frameworks and Guidance

The 'All Our Health' framework for England is a resource to embed the contribution that healthcare professionals make to improve population health. This is available at:

<https://www.gov.uk/government/publications/all-our-health-about-the-framework/all-our-health-about-the-framework>

Evidence and guidance on childhood obesity, to help families and communities intervene and help change eating and activity habits, this is available at:

<https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health>

Midwifery to Health Visiting Pathway: This pathway contains evidence based information and key guidance to support professionals during the antenatal and postnatal period and promotes improved partnership working along the pathway (Includes MECC). This is available at:

www.gov.uk/government/uploads/system/uploads/attachment_data/file/152203/dh_133021.pdf

Start active, stay active: infographics on physical activity - Infographics explaining the physical activity required to achieve general health benefits for different age ranges including pregnancy, 0-5 years and 5-19 years.

This pathway contains evidence-based information and guidance for professionals from the pre-school to school transition period. It promotes improved partnership working and includes promoting healthy eating/exercise throughout. This is available at: www.gov.uk/government/uploads/system/uploads/attachment_data/file/216466/dh_133020.pdf

National Institute for Health and Care Excellence (NICE)

Weight management before during and after pregnancy (PH27) includes 6 recommendations based on approaches that have been proven to be effective for the whole population.



Weight management: lifestyle services for overweight or obese children and young people (PH47) makes recommendations on lifestyle weight management (sometimes called Tier 2) services for overweight and obese children and young people aged under 18

Maternal and child nutrition (PH11) relates to pregnant women (and those who are planning to become pregnant), mothers and other carers of children aged 0-5 years. It is particularly aimed at those from low income and disadvantaged groups.

Accessing Local Data

To help to understand the proportion of children and young people that are a healthy weight or overweight, the **Public Health Outcomes Framework** is the place to start. The Public Health Outcomes Framework provides an overview of obesity prevalence, as well as a number of other children's health indicators, that give information on the overall state of children and young people's health in Derby/Derbyshire

Healthy Weight Pathway for Children, Young People and Families in Derby and Derbyshire

A resource for professionals

Please note this document will be updated on a 6 monthly basis. Last updated: July 2024

Contact us

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Andy.white@derby.gov.uk



The Derbyshire
VCSE sector
Alliance



Derby City Council

