

# Bucking the trend: What is contributing to the difference in Leeds?

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# Leeds in context

## **Leeds, a compassionate city with a strong economy...**

*"Our vision is for Leeds to be the best city in the UK: one that is compassionate with a strong economy that tackles poverty and reduces the inequalities that still exist " ('Cllr Judith Blake, Leader of Leeds City Council and Tom Riordan, Chief Executive of Leeds City Council (Best Council Plan 2015-20: update 2016-17))*

## **Leeds Health and Wellbeing Strategy**

*"Our vision is that 'Leeds will be a healthy and caring city for all ages, where people who are the poorest improve their health the fastest"*

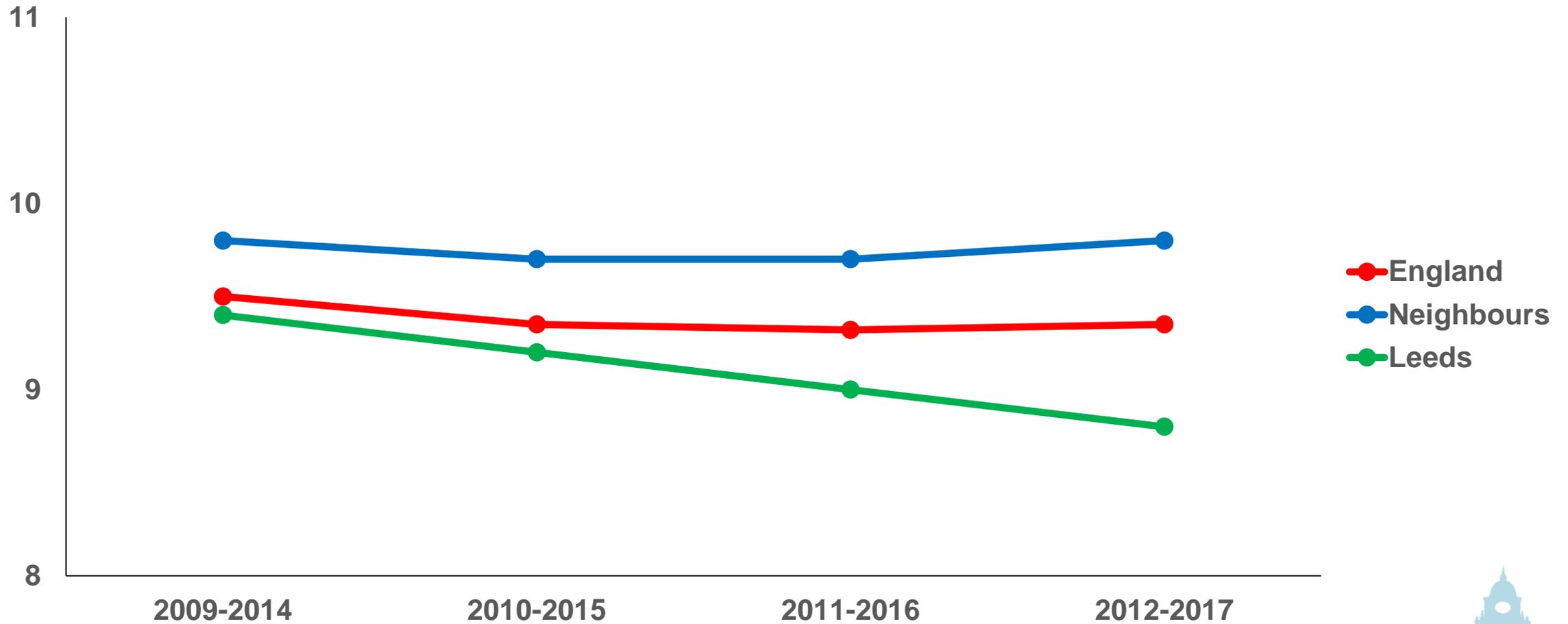
*"In our city wellbeing starts with people and everything is connected"*

*"We will have a stronger focus on prevention"*



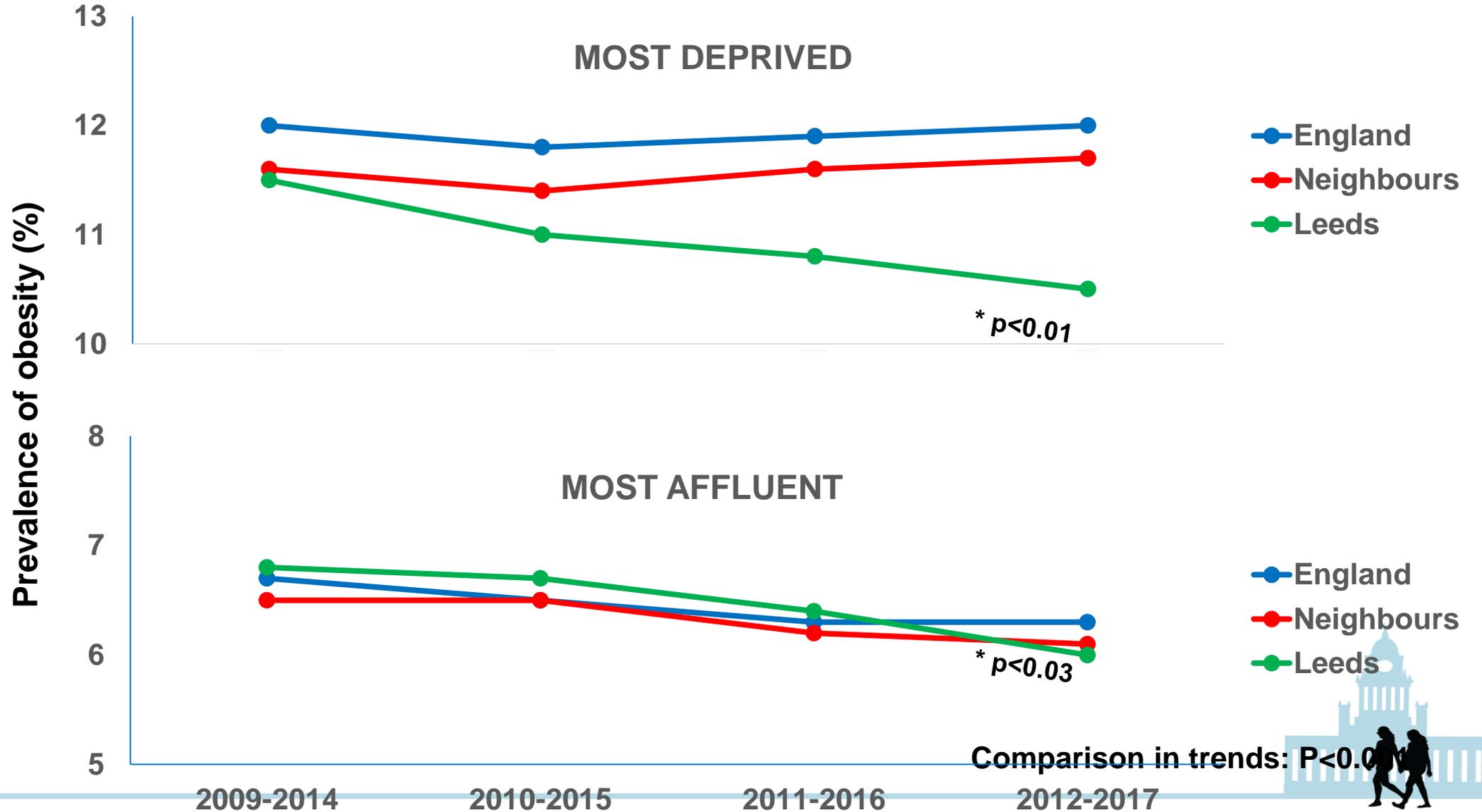
# LEVELS OF OBESITY IN RECEPTION (age 4-5 years)

## 5 year aggregated data 2009-2017



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# What is driving this promising trend?

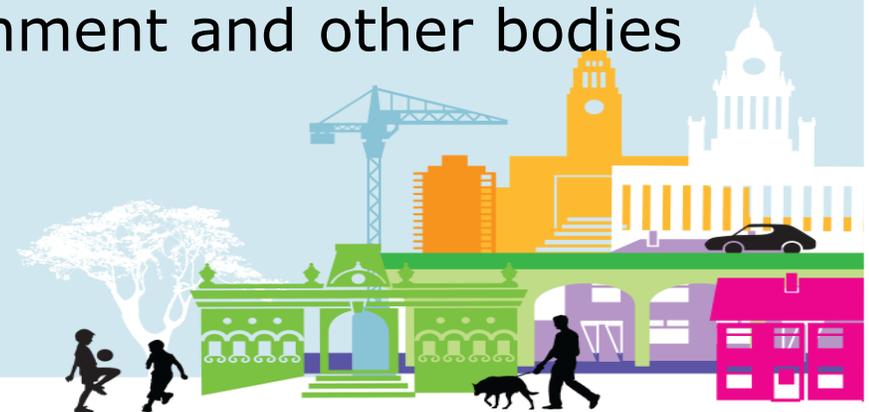
- Strong leadership, sustained commitment and whole systems approach
- Prevention (Universal focus)
- Early Years focus
- Evidence based intervention delivered within systems, at scale and sustained
- Relationships centre stage



# Leeds Child Healthy Weight Plan

## 6 Outcomes:

1. Leeds is a city which supports families to be a healthy weight.
2. All children will have the best start to achieve a healthy weight.
3. The causes that put particular groups of children at higher risk of an unhealthy weight will be addressed
4. All children and families will have information and support and access to a skilled workforce to enable them to be a healthy weight.
5. Children who are an unhealthy weight will be identified early and supported.
6. Key Leeds stakeholders will work with the government and other bodies to shape national policy and practice.



# Early years evidence based intervention at scale and over time

- HENRY work started 2008
- Train the trainer model
- Initial focus Early Start Teams (Integrated HV and CCs)
- Children's Centres have a key role
- Gradual expansion to wider workforce



# HENRY in Leeds

- Practitioner training
- Healthy Families Group Programme
- Healthy Families Individual programme
- Healthy Start in Childcare
- Parent champion project
- HENRY healthy start volunteer programme
- Starting solids workshop



# What do parents think about the HENRY programme in Leeds?

*"Enjoyed meeting new people, learnt new ideas, feel better about myself"*

*"All of it, really useful and helpful, I have used what I have learnt at home and it has provided my family with more positive ways"*

*"The group was very interactive, felt we could talk openly about our experience without being judged"*

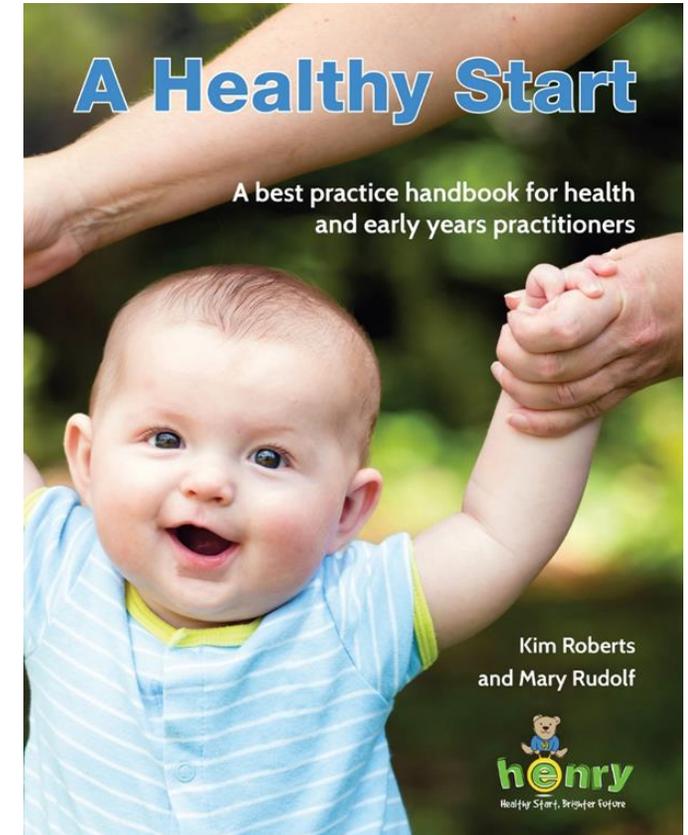




## What is HENRY?

A national charity that has been transforming traditional approaches to obesity prevention for over 10 years

- **Currently in 35 local authorities**
- **RSPH-accredited practitioner training for**
  - ✓ health & early years practitioners: skills to explore lifestyle issues with parents using a behaviour change approach
  - ✓ childcare settings
- **Evidence-based *Healthy Families* programmes (group and 1-to-1)**
  - ✓ Pregnancy
  - ✓ Early Years 0-5
  - ✓ Primary school age
- **Workshops** – e.g. starting solids, oral health, fussy eating, active play
- **Resources**
  - ✓ Wide range of parent and family resources
  - ✓ Practitioner handbook – A Healthy Start



# Relationships centre stage

- **Parent child:** Best Start, Infant Mental Health Service, Breastfeeding, Understanding your baby and HENRY
- **Parent and practitioner:** HENRY
- **Practitioner to practitioner relationships:** Forums, Supervision, Reflective Case Discussions



# KEY MESSAGES

- Secure strong leadership from PH within LA to facilitate a whole system approach
- Focus on the early years e.g. promoting maternal healthy weight, antenatal programmes, breastfeeding, 0-19 and Infant Mental Health Services
- Maintain Children's Centres and recognise the unique role they have working in an integrated way with 0-19 services to improve family health
- Facilitate longer term investment into holistic evidence based interventions (e.g. HENRY)
- Accelerate work with central government to tackle the obesogenic environment and make it easy for families to be a healthy weight

