

Meeting:	Cabinet
Date:	10 April 2008
Subject:	Scrutiny Review of Obesity
Key Decision:	No
Responsible Officer:	Michael Lockwood, Chief Executive
Portfolio Holder:	Councillor Chris Mote, Leader of the Council
Exempt:	No
Enclosures:	Final report of Obesity Scrutiny Review Group including appendices

Section 1 – Summary and Recommendations

This report sets out the findings and recommendations of the scrutiny review of obesity in Harrow. The Review Group conducted its enquiries between May and November 2007.

Recommendations:

- a) That the findings of the review be noted
- b) That the recommendations for Harrow Council be endorsed, and their implementation monitored by scrutiny.

Reason: (For recommendation)

To contribute towards the strengthening and development of multi-agency work on tackling obesity in Harrow. Overview and Scrutiny Committee, at its meeting on 28 January 2008, requested that Cabinet consider this report.

Section 2 – Report

Background

Obesity is one of the biggest public health challenges within the UK today. It is a major contributing cause of diabetes and heart disease, and also increases the likelihood of developing cancer. Preventing childhood obesity also features prominently in local actions and has particularly hit the national news recently. The issue of tackling obesity locally was first brought to scrutiny's attention by colleagues at Harrow Primary Care Trust. As tackling obesity is a cross-cutting issue, this review was commissioned in late 2006 by the old Adult Health and Social Care and Children and Young People Scrutiny Sub-Committees. These sub-committees agreed the review's scope in December 2006 and February 2007 respectively.

The Scrutiny Review Group carried out its investigations between May and November 2007 and talked to a wide range of people. Enquiries were conducted through a number of methodologies – desktop research, meetings, challenge sessions and visits in and out of the borough. Recognising the need to narrow the focus of the review, the Review Group focused on two areas of obesity that are particularly pertinent locally: children's opportunities for physical activity and adulthood obesity links to diabetes.

The Review Group's report contains 18 recommendations for the Council and Harrow Primary Care Trust (PCT). These are set out in the recommendations matrix (Appendix A of the report), which also establishes expected timescales and measures of success for each recommendation.

Current situation

Article 6.03(b) of the Council Constitution, and O&S Rule 26.3, state that it is for the Overview and Scrutiny Committee to submit reports to Cabinet, and that this is the agreed method for ensuring that scrutiny's confirmed recommendations are given proper consideration.

The Overview and Scrutiny Committee, at its meeting on 28 January, referred the review's recommendations to Cabinet and the PCT Board, to ask them to make a decision on their implementation. It also asked that the links to local plans for the Olympics 2012 be made. Upon implementation, the Overview and Scrutiny Committee will monitor the progress of implementation through updates on the recommendations matrix.

Responses to the scrutiny recommendations

Table 1 gives the responses to the scrutiny recommendations from within Harrow Council or Harrow Primary Care Trust, as appropriate.

Table 1: Responses to scrutiny recommendations

Recommendation from scrutiny review	To be actioned by	Response from Harrow Council / Harrow Primary Care Trust (as appropriate)
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Recommendation from scrutiny review	To be actioned by	Response from Harrow Council / Harrow Primary Care Trust (as appropriate)
<p>Overarching review:</p> <p>Recommendation 1: that the borough-wide Obesity Strategy be finalised and presented to the Overview and Scrutiny Committee. The strategy should enable agencies looking to tackle obesity and its links to long term conditions (such as diabetes, and cardio-vascular and circulatory conditions) to work from a single strategic and locally owned policy framework.</p>	<p>Harrow PCT Board</p> <p>Obesity Strategy Group</p>	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p> <p><u>Comment from Corporate Director of Children's Services:</u> The Curriculum Adviser (PSHCE) and Specialist Schools Dietician both attend obesity strategy meetings to make links with Healthy Schools programme and School Meals initiatives.</p>
<p>Recommendation 2: that the council pilots a walk scheme for staff as part of its staff well-being programme. This should be done in liaison with and seeking the advice of our colleagues at Harrow PCT who have already successfully implemented such a scheme.</p>	<p>Corporate Director of Strategy and Business Support, Harrow Council</p>	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p> <p><u>Comment from Corporate Director of Strategy and Business Support:</u> This recommendation is welcomed. The Council is meeting with the PCT on 28th April to discuss how a walk scheme can operate within the council and how it can be added to the Council's well being programme.</p>
<p>Childhood obesity:</p> <p>Recommendation 3: that the Children and Young People's Partnership considers the local physical activity strategy and discusses with partners how this can be revised and taken forward.</p>	<p>Corporate Director Children's Services, Harrow Council</p> <p>Children and Young People's Partnership</p>	<p><u>Comment from Corporate Director Children's Services:</u> The report on Obesity is welcomed and supported by Corporate Director Children's Services and Children and Young People's Strategic Partnership.</p> <p>The Children and Young People's Strategic Partnership will consider the report and ensure that the refresh of the Children and Young People's Plan includes a multi-agency action plan formed on the delivery of the recommendations in the report.</p> <p>There are already good working relationships between agencies, schools, Children's Centres, the voluntary sector to promote healthy lifestyles and exercise.</p> <p>The current activity is set out in sections 4, 5, 9</p>

Recommendation from scrutiny review	To be actioned by	Response from Harrow Council / Harrow Primary Care Trust (as appropriate)
		<p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>
<p>Recommendation 4: that the Council and PCT recognise that much of the work around children's opportunities for physical activity can be built in together with multi-agency working and channelled through schools, children's centres and extended schools.</p>	<p>Corporate Director Children's Services, Harrow Council</p> <p>Harrow PCT Board</p>	<p><u>Comment from Corporate Director Children's Services:</u> Physical Activity is one of the 4 core themes of the National Healthy Schools Standards (NHSS). There are 10 criteria that schools have to meet to gain NHSS that include minimum 2 hours structured physical activity, opportunities to participate in a broad range of physical activities, school travel plans and walk to school.</p> <p>100% of schools are participating in the NHSS programme, and 32% of schools have achieved the NHSS already.</p> <p>Almost all schools meet the current target for 2 hours of physical activity per week and the local implementation of the School Sport Co-ordinator programme will continue to support schools working towards newly announced targets of 5 hours access to physical activity per week.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation, subject to the inclusion of the Children & Young People's Strategic Partnership as also having responsibility for the implementation of the recommendation.</p>
<p>Recommendation 5: that multi-agency work through schools, children's centres and extended schools links to opportunities to engage and signpost families/parents to healthier lifestyles and encourages family learning.</p>	<p>Corporate Director Children's Services, Harrow Council</p> <p>Harrow PCT Board</p>	<p><u>Comment from Corporate Director Children's Services:</u> The Healthy Schools programme aims to support children and young people developing healthy behaviours. Schools have to demonstrate a whole school approach that includes working with parents/carers.</p> <p>100% of schools are participating in the NHSS programme, and 32% of schools have achieved the NHSS already. 68% of schools inspected since September 2007 have 'exceptionally and consistently high' for healthy lifestyles</p> <p>100% of schools inspected between September 2006 and July 2007 had</p>

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		<p>'above average or better for healthy lifestyles'.</p> <p>There is a second cohort for the Healthy Children are Better Learners Programme, targeting nurseries and Foundation Stage providers.</p> <p>The MEND programme is being hosted at Whitmore School. This is a programme being co-ordinated by the PCT (contact Louise Taylor) that targets children between 7-13 who may be unhealthy or overweight. It is a 10-week programme for children and their parents that looks at diet, healthy eating and physical activity. The programme is free (funded by PCT, lottery etc) and it is running its third cycle. It is a national programme being rolled out locally through PCTs. The Council has helped to publicise the programme through the schools.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation, subject to the inclusion of the Children & Young People's Strategic Partnership as also having responsibility for the implementation of the recommendation.</p>
<p>Recommendation 6: that it is recognised that within Harrow there is a need to take more opportunities to lobby funding bodies regarding the criteria set down for accessing funding streams. The Review Group recommends that the Council and PCT make this representation jointly.</p>	<p>Chief Executive, Harrow Council</p> <p>Leader of Harrow Council</p> <p>Chief Executive, Harrow PCT</p>	<p><u>Comment from Chief Executive:</u> This recommendation relates to some of the funding criteria – Big Lottery Fund Well Being Grant – do not recognise the pockets of deprivation experienced in boroughs such as Harrow and suggests that where possible, the council and partners should lobby to ensure that even whilst a borough-wide position might not warrant funding, a more local focus might mean that additional funding could be attracted to the borough. This might be something that the standing review of the budget could pick up.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>
<p>Recommendation 7: that there is a role for scrutiny to play in examining the functions and effectiveness</p>	<p>Overview and Scrutiny Committee</p>	<p><u>Comment from Chairman of Overview and Scrutiny Committee:</u> These issues are covered in the scrutiny work programme. Scrutiny's</p>

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of the Council's funding officer - what the Council's funding officer does and how he can facilitate the local authority to attract more funding and optimise the funding opportunities available to Harrow.		<p>review of support to the voluntary sector will include looking at the issues raised in this recommendation, with the review expecting to conclude in Summer 2008.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>
Recommendation 8: that Harrow, through the Harrow Strategic Partnership and its Local Area Agreement, should continue to build the capacity of its voluntary sector so that it can partner the Council and PCT on more joint projects around children's opportunities for physical activity.	Harrow Strategic Partnership	<p><u>Comment from Chief Executive:</u> One of the 35 indicators in the new Local Area Agreement is to provide 'All young people [with opportunities] to participate in sport'. Whilst this will predominantly be delivered via the schools, there will also need to be development with community and voluntary groups to provide opportunities to those young people not in school. The development of a more strategic relationship with the voluntary sector, as being pursued by the scrutiny review of the voluntary sector will help to secure this.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>
Recommendation 9: that local authority provision for children is targeted and addresses areas of deprivation in the borough where there is an identified and relative lack of provision for children.	Corporate Director Children's Services, Harrow Council	<p><u>Comment from Corporate Director Children's Services:</u> Support for schools from the Achievement and Inclusion Service, and associated funding, is targeted at schools where pupil achievement is relatively low. This includes schools where indicators of deprivation would suggest that children from socially deprived families are most at risk of underachievement.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>
Adulthood obesity: Recommendation 10: that a borough-wide Diabetes Strategy be developed, so that all agencies looking to tackle diabetes and its links to other long-term conditions such as obesity can work from a single strategic and locally owned	Harrow PCT Board Diabetes Partnership Board	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>

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policy framework.		

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<p>Recommendation 11: that the Diabetes Partnership Board seeks a representative from the local authority to supplement its multi-agency perspective. The Review Group recommends that this be the Adults Services Portfolio Holder in the first instance.</p>	<p>Diabetes Partnership Board</p>	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p> <p><u>Comment from Corporate Director Adults & Housing:</u> This recommendation is welcomed as the attendance of the Adults Services Portfolio Holder at the Diabetes Partnership Board will strengthen and build upon partnership working relationships.</p>
<p>Recommendation 12: that joint work between the PCT and Council is undertaken on publicising the risks of obesity and also its links to diabetes. Joint articles to the press or in Harrow People updating residents on broader health issues should also be explored.</p>	<p>Chief Executive, Harrow PCT Adults Services Portfolio Holder</p>	<p><u>Comment from Corporate Director Adults & Housing:</u> This recommendation will provide the opportunity to establish improved joint working around publicity across both organisations. Cllr Silver will establish links with the LA and PCT communications teams to plan a joint campaign.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>
<p>Recommendation 13: that the PCT makes efforts to do more to advertise its courses on managing type 2 diabetes, including posting them on the PCT website and on the websites of those agencies who also help deliver the multidisciplinary course.</p>	<p>Harrow PCT Board</p>	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation, subject to the inclusion of the Diabetes Partnership Board as also having responsibility for the implementation of the recommendation.</p>
<p>Recommendation 14: that all GPs are encouraged to keep records on referrals to dieticians and the level of uptake of these referrals, and provide this information to the PCT.</p>	<p>Harrow PCT Board</p>	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>
<p>Recommendation 15: that information be readily available to diabetics about what they can expect from local healthcare professionals, with a view to supporting self-management of people's diabetes wherever</p>	<p>Harrow PCT Board</p>	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation, subject to the inclusion of the Diabetes Partnership Board as also having responsibility for the implementation of the recommendation.</p>

Recommendation from scrutiny review	To be actioned by	Response from Harrow Council / Harrow Primary Care Trust (as appropriate)
appropriate.		
<p>Recommendation 16: that the PCT, in liaison with GPs, devises a template of information on what all diabetics should expect as part of their routine care, and that this be piloted within some local GP surgeries to gauge the success of such an approach.</p>	Harrow PCT Board	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation, subject to the inclusion of the Diabetes Partnership Board as also having responsibility for the implementation of the recommendation.</p>
<p>Recommendation 17: that the Council explores offering people with diabetes concessions at leisure centres to encourage physical activity and form a routine part of their self-management of care. GPs should be asked to promote the availability of such concessions.</p>	Corporate Director Community and Environment , Harrow Council	<p><u>Comment from Corporate Director Community and Environment:</u> At this stage, it will be difficult for us to support this recommendation as it would not be appropriate to consider this particular proposal in isolation to everything else that needs to be considered in the context of concessions across the Council's community, sports and cultural facilities.</p> <p>Additionally, we are at the early stages of a procurement exercise to select a new commercial partner to manage, operate and develop the new leisure centres and we need to ensure engagement with this new partner prior to determining our medium and long-term strategy. However, officers have taken note of this recommendation and will explore the potential to include such concessions within a new leisure management contract.</p> <p>Sports in schools also have a role to play. The overarching national agenda for schools at the moment is increasing the number of hours young people are doing in physical activity from 2 hours per week to 5 hours per week (inside and outside of school).</p> <p>Harrow Schools are also working towards the 'healthy school initiative' which includes healthy eating and nutrition. The new competition managers are looking at providing additional support and opportunities for young people of all levels to access competition within school. As well as</p>

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		<p>the main sports, they will look to use new and exciting sports to help engage with young people who do little or no sport and physical activity.</p> <p>Harrow Schools PDM is leading on this at the moment, and will be supported by the Council's recent £1.5m investment planned for the new Whitmore High School due to open in 2012.</p> <p><u>Comment from PCT Board:</u> The Board agrees with recommendation, subject to the inclusion of Harrow Council linking with the Obesity Strategy Group in the implementation of the recommendation.</p>
<p>Recommendation 18: that using examples of best practice and the successful modelling and delivery of smoking cessation interventions in Harrow as a base, the PCT leads on developing a 'toolbox' of effective interventions available to people with diabetes or at the risk of developing diabetes. This should link to access to schemes around physical activity and healthy eating and lifestyles.</p>	<p>Harrow PCT Board</p>	<p><u>Comment from PCT Board:</u> The Board agrees with recommendation.</p>

Further general comments from the PCT Board, sub-committee and PCT officers are:

- Overall a good report and a good example of how working in partnership can add value.
- Some of the recommendations, especially those around children and young people are not specific and will be impossible to monitor if not tightened up.
- Feedback from the Board was very positive - members welcomed this as a topic for scrutiny and an ideal example of partnership working.
- There is an overall lack of acknowledgement of the multi-agency role of the Obesity Strategy Group which was highlighted at the Overview and Scrutiny Committee but has not been captured. Senior level participation from council at this group would be key to ensuring that those preventative aspects of obesity, which can only be achieved by the council, are taken on board.

- The report will be taken to the Diabetes Partnership Board for further endorsement of recommendations.

Why a change is needed

The detailed reasoning for the recommendations is given in the main body of the Review Group's report, which is attached as an appendix.

The Review Group's report contains recommendations which, if and when accepted by Cabinet and the PCT Board, may incur additional costs and risks and have resource implications. However, care has been taken to ensure that the recommendations made allow more effective use of resources across the organisations and services concerned.

Recommendation:

Considerations:

Staffing/workforce

There are no staffing or workforce considerations specific to this report.

Equalities impact

The provision of services that meet high standards in terms of equality of provision and that recognise diversity within the borough was central to this review.

Legal comments

There are no legal implications arising directly from this report.

Community safety

There are no specific community safety considerations specific to this report.

Financial Implications

The Review Group's report contains recommendations which, if and when accepted by Cabinet and the PCT Board, may incur additional costs and risks and have resource implications. However, care has been taken to ensure that the recommendations made allow more effective use of resources across the organisations and services concerned. Any costs relating to these recommendations will have to be quantified and found within existing directorates' budgets.

Performance Issues

The new National indicator set for 2008/09 includes the following indicators relating directly or indirectly to obesity:

- NI8 - adult participation in sport
- NI55 – obesity among primary school age children in Reception
- NI56 – obesity among primary school age children in Year 6
- NI57 – children and young people's participation in high quality sport
- NI 119 - Self-reported measure of people's overall health and wellbeing
- NI 137 - Healthy life expectancy at age 65

Each of these indicators will be monitored by the relevant group of the Harrow Strategic Partnership. This will track difference being made by the implementation of the recommendations above and local partners' strategy on

obesity. N157 is likely to be included in the new Local Area Agreement to prioritise the health benefits of active lifestyles for children. The measurement of height and weight in schools is new and work is ongoing to provide good quality data for monitoring purposes and for the N155 and N156 indicators.

Section 3 - Statutory Officer Clearance

Name: Sheela Thakrar	<input checked="" type="checkbox"/>	on behalf of the Chief Financial Officer
Date: 18 March 2008		
Name: Sharon Clarke	<input checked="" type="checkbox"/>	on behalf of the Monitoring Officer
Date: 17 March 2008		

Section 4 – Performance Officer Clearance

Name: David Harrington	<input checked="" type="checkbox"/>	on behalf of the Divisional Director (Strategy and Improvement)
Date: 17 March 2008		

Section 5 - Contact Details and Background Papers

Contact:

Nahreen Matlib, Senior Professional Scrutiny, 020 8420 9204

Background Papers:

As listed in Review Group's report.