

Derbyshire County Council

**Meeting with Cabinet Member, Health and Communities
8 March 2018**

Report of the Director of Public Health

**HENRY (Health, Exercise, Nutrition for the Really Young)
(Health and Communities)**

1. Purpose of the report

To seek approval from the Cabinet Member for Health and Communities for a grant payment of £49,200 to continue the delivery of the HENRY programme (Health, Exercise, Nutrition for the Really Young) for the 2018/19 financial year, utilising £44,200 Public Health funding and an additional £5,000 non-recurrent funding from the Public Health budget to support programme delivery.

2. Information and analysis

HENRY is an evidence based intervention to tackle child obesityⁱ and is delivered by Children's Services via a grant payment arrangement which is currently due to end in March 2018. The HENRY approach focuses on 0-5 years, empowering parents and carers to provide a healthy start for babies and young children, adopting a holistic approach which brings together these key factors, focusing on:

- Parenting.
- Family lifestyle habits.
- Nutrition.
- Activity.
- Emotional well-being.

The influence of the family at home is considered one of the most significant in the development of childhood obesity, (Strauss & Knight, 1999). The HENRY programme is part of Derbyshire's life course approach to tackling obesity and has the strongest evidence-base currently available in the UK for any early intervention programme to prevent child obesity (HENRY 2016).

There are two components to the intervention in Derbyshire:

a) HENRY Health & Early Years Practitioner Training:

- Core training to deliver the HENRY Group Programme for Parents.

- E-learning for frontline staff to increase practitioner confidence to tackle complex and sensitive lifestyle issues with parents and carers.

HENRY Workforce training equips health and early year's practitioners with the skills, knowledge and confidence to tackle sensitive lifestyle issues and make the most of every contact with families, including targeted 1-1 support for families of children at risk of obesity or already overweight and parent-led peer support schemes to promote a healthy family lifestyle in local communities.

b) HENRY Group Programme for Parents:

- Minimum 8 x 8 week programme for parents and carers.
- Delivery across six locality areas: Amber Valley, Bolsover and North East, Chesterfield, Erewash, High Peak and Dales, South Derbyshire and South Dales.

The aim is to maximise engagement with and make a difference to families of young children at risk of obesity and overweight through the provision of trained health and early year's practitioners in the HENRY approach to tackling child obesity, and the delivery of parenting programmes. The HENRY Group Programme for Parents is promoted through and primarily based in Children's Centres. It has a particular focus on disadvantaged communities where obesity is more prevalent and opportunities for healthy eating and activity can be less accessible. Working with the most vulnerable families HENRY can reach those who are more likely to suffer from health inequalities. More recently discussions have taken place to link HENRY with the Healthy School Communities targeted schools linking with Reception Year (4-5 years).

Evidence indicates that obesity and overweight have significant implications for health, social care and the economy. There is a general trend of rising obesity prevalence with decreasing levels of educational attainmentⁱⁱ. Being obese or overweight increases the risk of developing a range of serious diseases including diabetes, heart disease and some cancers. The impact of obesity on the health of adults has long been established, but rising levels of childhood obesity has consequences for the health of children in both the short and the longer term. These factors combine to make the prevention of obesity a major public health challenge (PHE 2013).

3. Financial considerations

The annual contract value for HENRY is £44,200 from the Public Health budget. Since 2014 HENRY has been delivered by Children's Services, which has realised 15% financial savings, mainly due to in-house delivery and access to free DCC venues. The additional non-recurrent budget also

provided by Public Health of £5,000 will be used to provide additional resources to aid the facilitation of the HENRY programme across Derbyshire.

4. Other considerations

In preparing this report the relevance of the following factors has been considered: financial, legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, health, property and transport considerations.

5. Background papers

Cabinet Report 30th July 2013 Public Health commissioned services in 2013 – 15.

6. Key Decision

No

7. Call-in

Is it required that call-in be waived for any decision on this report?

No

8. Recommendation

That the Cabinet Member for Health and Communities approves the proposed award of grant payment of £49,200 (£44,200 allocated for service delivery and non-recurrent funding of £5,000 to support the purchase of relevant materials and resources) to the Children's Services as set out in the report to continue the delivery of the HENRY programme for the financial year from 1 April 2018 to 31 March 2019.

Dean Wallace
Director of Public Health

ⁱ HENRY has been awarded the CANparent Quality Mark for the *HENRY Group Programme*, meeting an extensive range of indicators across four quality elements: evidence-base, organisational integrity, clear monitoring and evaluation, and programme delivery is via a skilled and trained workforce.

ⁱⁱ Low achievement at school among obese children may be due to a variety of factors such as poor psychological health, teasing, bullying and discrimination, low self-esteem, disturbed sleep, absenteeism and less time spent with friends or being physically active.