

DERBYSHIRE COUNTY COUNCIL**CABINET****21st January 2014****Report of the Director of Public Health****FIVE60 UNIVERSAL PRIMARY SCHOOL PROGRAMME
(Health and Communities)****1. Purpose of the Report**

To seek approval from Cabinet to continue the delivery of the Five60 Universal Primary School Programme across all Derbyshire's primary and junior schools, utilising Public Health funding.

2. Information and Analysis

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 attainmentⁱ. 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 and young people in both the short and the longer term. These factors combine to make the prevention of obesity a major public health challenge (PHE 2013).

Appendix 1 (Table 1) compares three years (2009-2012) aggregated National Child Measurement Programme (NCMP) obesity prevalence data in Reception Year and Year 6 pupils, comparing Derbyshire, England and East Midlands. Whilst Derbyshire compares favourably against England, there is no room for complacency, it is predicted that by 2050 obesity will affect 25% of children.

The Five60 programme which is now entering its fifth consecutive year (a two year pilot and a three year commissioned programme) is an ambitious universal programme, targeting every primary school pupil in Derbyshire between school years 3 to 5, providing a structured programme of 10 x 1½ hour curriculum based sessions that promote a healthy lifestyle. The programme contributes positively to achieving a broad range of outcomes within the school setting, supporting Key Stage 2 PSHE, particularly associated with developing a healthy lifestyle. The programme is not intended to replace PE lessons.

The objectives of the Five60 programme are to:

- Increase confidence and facilitate learning by encouraging pupil involvement in group activities.

- Reduce sedentary lifestyle by increasing confidence and participation in physical activity through group activities.
- Improve knowledge on the importance of good nutrition by providing information and activities on healthy eating and a balanced diet.
- Improve overall health and wellbeing of individuals.
- Help pupils make informed choices about their own health and that of their family and friends.

The expected outcomes of the Five60 programme are to:

- Contribute to the reduction in childhood overweight and obesity.
- Change attitudes towards uptake in physical activity and healthy food choices.
- Increase physical activity within and beyond the school environment.
- Increase fruit and vegetable consumption and eat a balanced diet.
- Influence child and family lifestyle behaviour.

The Five60 management group, made up of lead representatives from each commissioned Borough and District Council area has developed effective mechanisms to ensure the quality and consistency of the programme is maintained and developed. This includes a detailed ten week delivery plan; resource materials and equipment; parent/carer letter providing programme information; school delivery schedules; pupil questionnaires; monitoring forms; and a pupil folder presented on completion to take home, this includes a certificate of achievement, fact sheets, local information on activities and a portion size eatwell plate.

The programme is delivered by minimum Level 2 Sports Coaches who receive additional Five60 training on Cook and Eatwell Safely and Road Safety.

The programme is monitored and evaluated annually with feedback from the schools, pupils and coaches. Observations on the delivery are carried out in each council area and a post-delivery questionnaire is currently completed by pupils in two sample schools in each area showing a positive impact on children's lifestyle and their perceptions following programme participation. Negotiations are taking place to coordinate an online pre and post pupil questionnaire to more accurately measure the impact of the programme on pupil's participation and learning.

This academic year the Five60 programme has introduced a new Road Safety element in collaboration with DCC Road Safety Team. The introduction of Scooter Smart and Travel Smart programmes will form part of the programme in 2013/14 in collaboration with DCC Sustainable Travel Team. The rationale behind this is ensure that children who are active or want to be more active are appropriately equipped to be road safe and road aware when walking, cycling or scooting.

Across the county over 96% of schools receive the programme. The programme offers an effective and equitable universal service delivery to all primary school year 3, 4 and 5 pupils in Derbyshire County.

3. **Financial Considerations**

The annual contract value for the Five60 programme is £103,500 from the Public Health budget. Refer to Appendix 1 (Table 2) for a financial breakdown per district.

4. **Legal Considerations**

By awarding the proposed grant funding, the district and borough councils will not be contractually obliged to deliver particular services although the Council may be able to claw back grant if it is unspent or misapplied.

5. **Other Considerations**

In preparing this report the relevance of the following factors has been considered:- prevention of crime & disorder, equality and diversity; environmental, health, human resources, property and transport considerations.

6. **Background Papers**

None.

7. **Key Decision**

No.

8. **Is it necessary to waive the call-in period?**

No.

9. **Officer's Recommendations**

That Cabinet approves the proposed award of grant payments to the district and borough councils as set out in the report to continue the delivery of the Five60 universal primary school programme for the three academic years to July 2017.

Elaine Michel
Director of Public Health

Appendix 1

Table 1

NCMP 2009/10 to 2011/12 Obesity prevalence by school year	Reception (age 4-5 years)					Year 6 (age 10-11 years)				
	Number measured	Number obese	% obese	95% confidence limits		Number measured	Number obese	% obese	95% confidence limits	
				Lower	Upper				Lower	Upper
Area name										
England	1626668	155800	9.6%	9.5%	9.6%	1479741	281049	19.0%	18.9%	19.1%
East Midlands SHA	135760	12475	9.2%	9.0%	9.3%	130147	23855	18.3%	18.1%	18.5%
Derbyshire CC	22106	1877	8.5%	8.1%	8.9%	22594	4130	18.3%	17.8%	18.8%

Table 2

LA area	Annual contracted payments
AV	16,382.75
Bolsover	9,032.75
Chest	11,552.75
DD	11,522.75
Erewash	16,907.75
HP	13,840.75
NED	12,287.75
SD	11,972.75
TOTAL	103,500.00

ⁱ 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.