

Childhood Obesity in Hackney



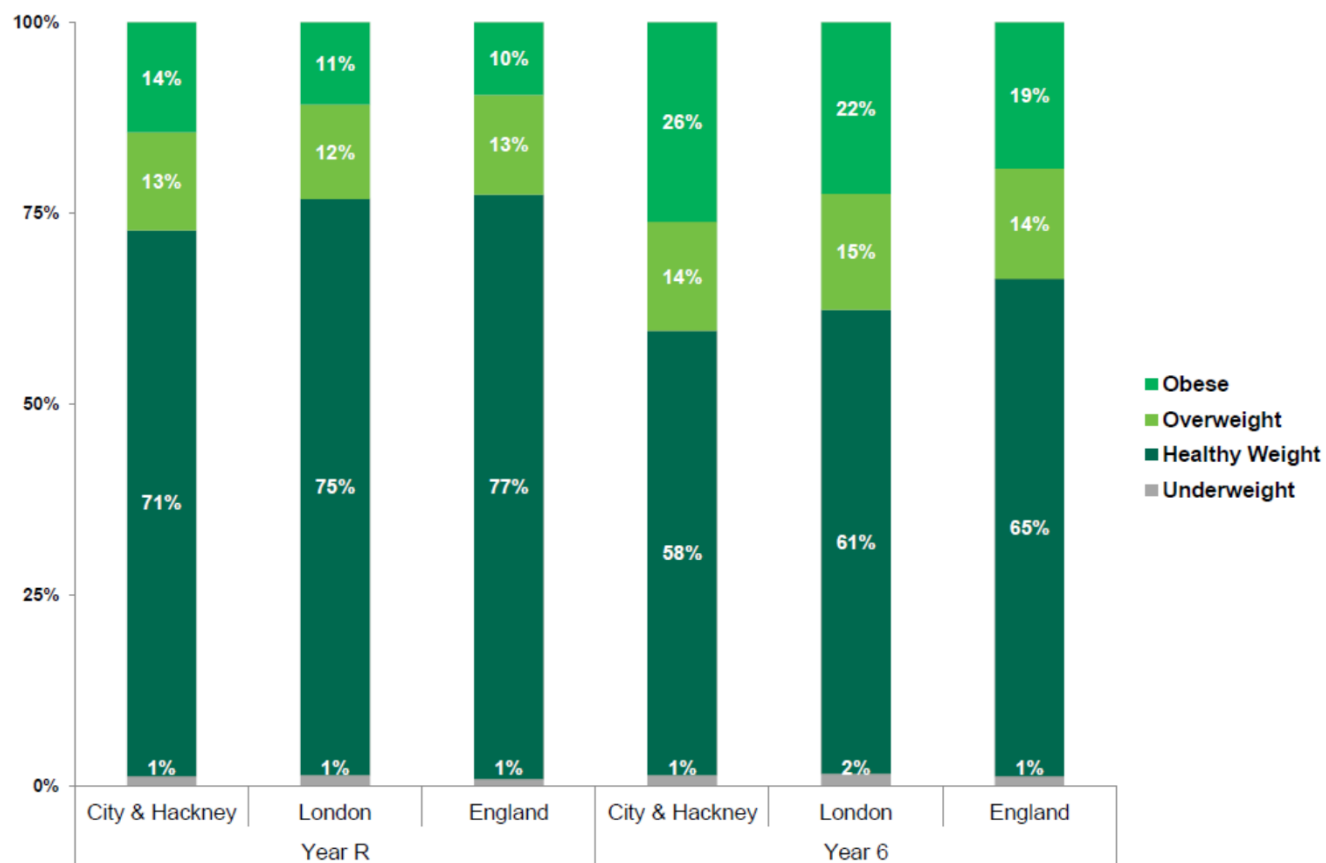
Overview

- Current picture
- Work in schools – Health Heroes
- Fast food
- Transport
- Adults



Childhood obesity today

Figure 1: Distribution across weight categories (YR and Y6) children from City & Hackney, London, and England, 2013/14





Health and Wellbeing Board's priority one:

“to improve the health of children and young people by reducing obesity, with a particular emphasis on families with children aged 0-5 years”

- Health Heroes: A whole school approach to healthy lifestyles
- Original pilot at Randal Cremer Primary School – promising evaluation findings
- Second phase pilot at six primary schools in Hackney – just completed

Two strands to project:

1. Healthy eating



2. Physical activity



Healthy eating



Case study: Gardening at Nightingale Primary School



Physical activity



Evaluation – in progress

- A 'Day in the Life' student attitudinal questionnaire
- Student physical activity performance levels monitored
- School and Youth Sports Unit levels of engagement (CPD and competitions)
- Qualitative - staff observations and feedback
- Provider evaluations
- Case studies
- Individual school evaluation reports/reviews

Fast food

- Box Chicken
- Planning changes
- Healthier catering commitment

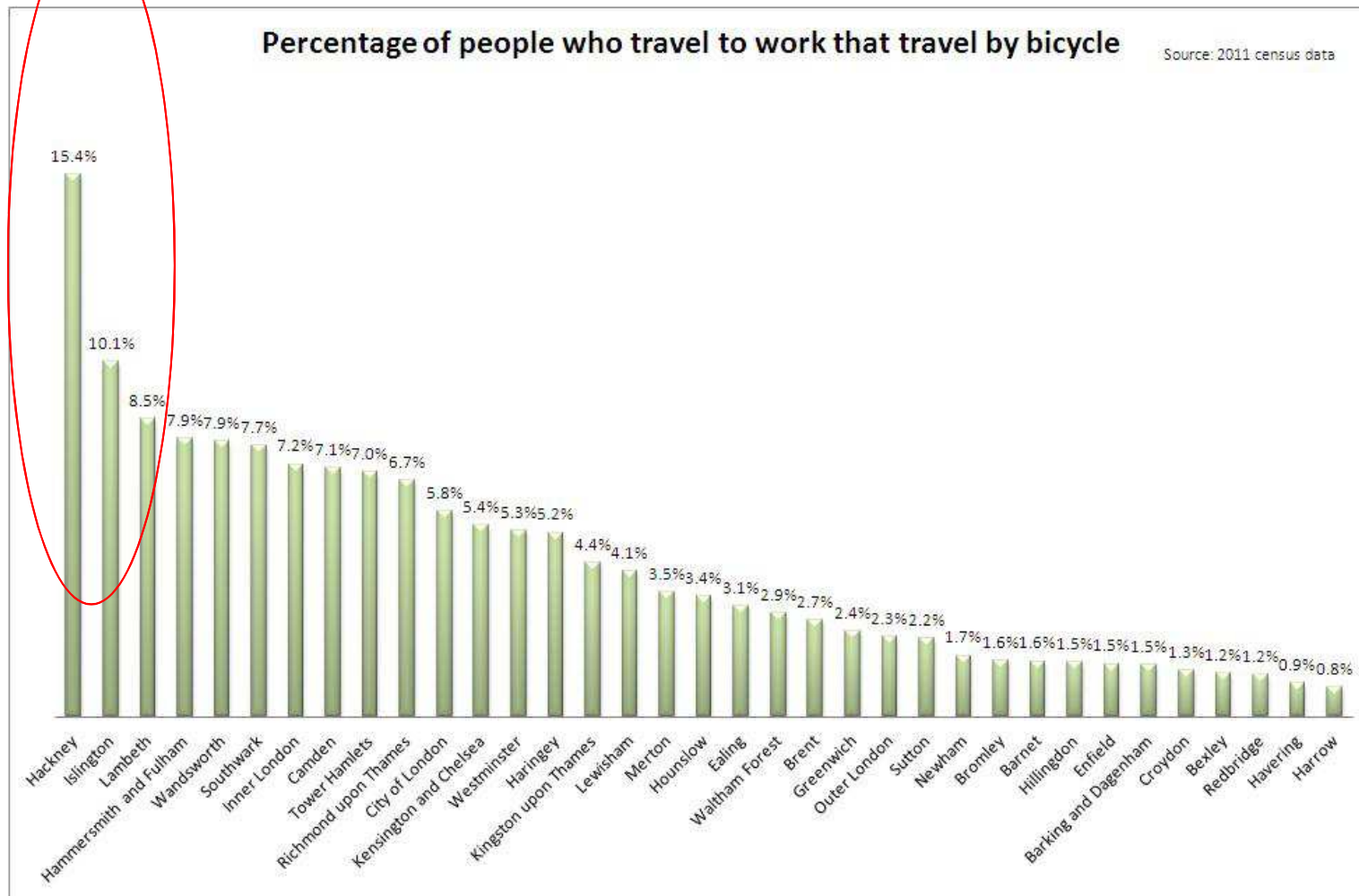


Transport

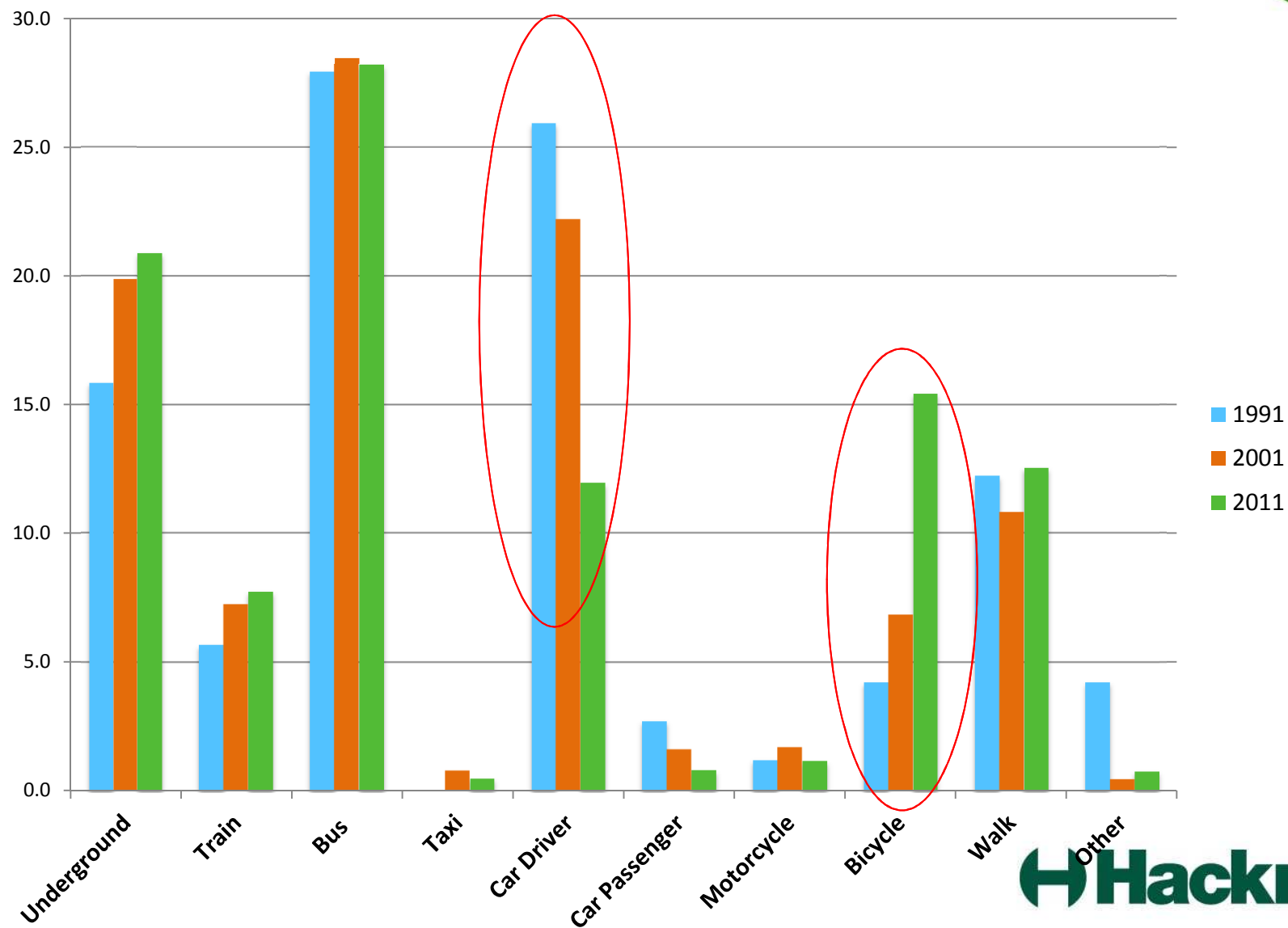
- Highest cycling levels in London
- 4th highest number of residents cycling to work in UK
- Lowest number of cars per household in the country



Walking and Cycling



Change over time



Transport – how?

- No tube
- Flat borough
- Demographic change
- Lots of parks and green spaces
- Decades of political support
- Long term cycle training programme
- Fantastic engagement with schools
- Restraining traffic
- Sustained investment in public realm



Adults



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