



Places for People Leisure

Rotherham Tier 2 Weight Management for Children (4-17 Years) and Adults

Places for People Leisure (PFPL) is a social enterprise dedicated to creating active places and healthy people. In Rotherham the dedicated health and wellbeing team of 30 physical activity, nutrition and behaviour change specialists deliver a variety of commissioned health interventions.

This includes successfully operating the Tier 2 weight management programme for children since 2009 and the Tier 2 adults service since April 2015.

As part of the Healthy Weight Framework in Rotherham, referrals to Tier 2 services are made by health professionals or self-referral. The Weight Management programme for children supports 4-17 year olds with a BMI centile above the 85th to the 99.6th.

The primary focus of this particular programme is to engage families and support them to make healthier choices, increase their physical activity levels and as a result guide them in sustaining a healthy weight through our multi-component approach.

The framework also delivers a weekly family group "Healthy Living Club", which includes fun and engaging physical activities such as sports, fundamental skills workshops and fitness games. In addition, families are supported to uptake additional weekly activities by offering significant discounts for swimming, teen gym sessions and sports clubs.

Weekly nutrition sessions share key messages and offer tools that can be applied at home to help families make healthier choices on food, portion sizes and sugary food and drinks. The Adult Weight Management programme supports grown-ups with a BMI above 25 and up to 40. It is a multi-component lifestyle programme that encourages individuals to reduce their energy intake and become more physically active.

To help enable adults to do so we deliver group sessions which encompass dietary advice, physical activity and behaviour change. Service users benefit from attending a weekly nutrition session which focuses on a different topic each week.

In addition, they will also receive a free 12 week all-inclusive exercise membership and are offered motivational interviewing appointments and physical activity counselling to support them in making a positive change.

Key facts

Setting

Community Weight Management with Places for People Leisure Centres and community venues in Rotherham.

Target audience

Children aged 4-17 who are 85-99.6th centile and adults aged 16+ with BMI 25-40.

Running length

10 week multi-disciplinary intervention with 6 and 12 month follow up for each service.

Funding

Funded by Public Health Rotherham – Rotherham Borough Council for 3 years April 2015-18.

[7] Case studies

Programmes are delivered across Rotherham, in four Places for People Leisure centres (Rotherham, Aston, Maltby and Wath) and local community spaces including GP surgeries and schools at the heart of the community. This means that the programme is easily accessible for all and ensures that we can engage with all community groups including the 11 areas of deprivation, which have high obesity rates and socio-health inequalities.

Links have been established within the community and key partners to engage users into our centres, gaining referrals to our services via schools, GPs and various health professional services. We have well established partnerships with a number of community organisations and companies, which enable us to offer outreach activities to gain referrals from our team promoting what we do in local spaces such as supermarkets, town centres and family spaces such as play centres.

We are also part of a four-tier framework and work closely with our partner service provider Rotherham Institute of Obesity and Morelife to ensure seamless pathways for patients and cross referrals. We sit on the Obesity Strategy Group with key local stakeholders to develop impact between services and ensure local targets are met. Stakeholders include: Healthy Schools Partnership; Oral Health Team; Children's Food Trust; Public Health and Rotherham Borough Council.

Key learning

In the last 12 months, PFPL has learnt how to successfully achieve a loss of 3-5% of body weight for the adult service. PFPL has integrated a more direct approach in setting a specific 3-5% weight loss target with the participants at the motivational interviewing stage to clearly set the expectation of commitment - coupled with a heavy emphasis on the health benefits of achieving this target.

PFPL initially did not focus on this as a primary outcome early in the 10 week intervention as it was thought to be an impersonal approach that fostered a competitive edge amongst participants in group sessions. However, since putting an emphasis on the 3-5% targets at the beginning of the programme, the frequency of participants achieving the target has significantly increased with participants reporting satisfaction with their results.



Impact

Children's services

- 45 stone weight loss in last six years.
- 97% success rate of BMI centile loss or maintenance.
- 252 children and their families supported in 2015-16.
- 1100 total referrals.

Adult weight services

- 885 adults supported.
- 2641kg and 3172cm total adult weight loss.
- 77% adherence rate.
- 60% achieve minimum of 3-5% loss of body weight.

Community impact

- 300 community events and outreach (health checks, interactive nutrition stands, sport tasters, health talks, GP PLI events).
- 49% of recruited children live in most deprived quintile.
- 62% of patients live in top 2 most deprived quintile.

Next steps

Currently, 25% of the current clientele is male demonstrating that the adult's service needs to engage this audience more. PFPL is currently scoping a male-only weight management programme in collaboration with Rotherham United to target fans and taxi drivers in Rotherham.