

SCRUTINY REVIEW

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Healthy Weight

**DRAFT**

Overview & Scrutiny Committee  
September 2011

## **Executive Summary**

This Report sets out the results of a review of Healthy Weight in the Ryedale area. This review has been carried out by Ryedale District Council's Overview and Scrutiny Committee.

Ryedale has had high levels of obesity in all ages but notable in children, for a number of years. The Ryedale Strategic Partnership identified the achievement of a healthy weight as a priority for action in 2006. A number of projects and initiatives have been funded through the RSP and supported by officers of a number of partner organisations. Work to help people to achieve a healthy weight is being led by the Ryedale Healthy Weight Active Lives group.

It was recognised early in the review, that to be successful, the review needed to focus on a particular area and the Committee decided to refine the scope of the review to focus on levels of activity undertaken by young adults.

The review involved presentations from a Health Improvement Manager from NHS North Yorkshire and York and the Council's Sport and Recreation Officer. Research undertaken in other areas of the country was identified and reviewed. Particular questions were added to the Sport & Recreation Survey and the results analysed.

The recommendations of the review focus on influencing the development of the Council's Sport and Active Lives Strategy, forging links with GP practices and commissioning groups, promoting opportunities and routes for walking and cycling in the area and encouraging the RDC workforce to be more active during their working day to promote their health and wellbeing.

The Task Group wishes to thank all those who gave their time in contributing to this review.

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## **Scope of the review**

The terms of reference for the Healthy Weight Review were agreed at the Overview and Scrutiny Committee on the 19<sup>th</sup> August 2010.

The original aim of the review was to find practical ways by which Ryedale District Council and its partners can:

- Improve services aimed at encouraging the prevention of obesity and achievement of a healthy weight for all residents and of all ages across the district.
- Improve responses to existing obesity, helping people to lose weight and live healthier lives
- Achieve improvements within the current challenging public sector funding climate
- Anticipate the role the council can play in improving this aspect of public health and reducing health inequalities in light of changes in legislation which may follow the recent Health White Paper

However, early on in the review it became apparent that to undertake the review thoroughly would be too bigger task and that the scope needed to be refined and to concentrate on one area of the issue.

The aim of the review was to:

- Research levels of activity undertaken by adults aged between 16 and 25 and
- Depending on the outcome of this research, to investigate practical ways the Council can help improve levels of adult participation.

## **Membership of the committee**

Current : S Arnold, D E Cussons, G Hawkins, Mrs A D Hopkinson,  
J R Raper, Mrs E L Shields (Vice Chairman),  
C R Wainwright (Chairman), Ms S Ward, J Windress

Before May 2011: PJ Andrews, J S Clark, B G Cottam,  
D E Cussons (Vice Chairman), J R Raper,  
Mrs E L Shields (Chairman), Mrs J Wilford, J Windress

Meeting dates of the Healthy Weight Task Group:

- 22/11/10 Presentation by Greg McGrath, Health Improvement Manager, NHS North Yorkshire and York.
- 24/01/11 Task Group meeting refining scope and deciding on next steps.
- 08/03/11 Task Group meeting to discuss and debate desktop research & develop questions to add into Sport & Recreation survey. Chris Chatten, the Council's Sport & Recreation Officer was present to inform the group on his work developing the Ryedale Sports Strategy
- 21/07/11 Task Group meeting to discuss results of Sports & Recreation
- 26/09/11 Task Group meeting to discuss results of work-based activity survey and to develop recommendations.
- 06/10/11 Final Report approved by the Committee

Scrutiny Review Task Group supporting officers:  
Clare Slater (Head of Transformation)  
Jane Robinson (Transformation Officer)  
Justine Coates (Transformation Assistant)

## **Methodology**

The Committee/Task Group approached the review through:

- Inviting the Health Improvement Manager from NHS North Yorkshire and York to the first meeting of the task group – to find out current levels of obesity in Ryedale, what are the determinants and what approach was being taken in Ryedale to reduce levels of obesity. Refining the scope to concentrate on young adults and their reasons for lapsing from activity
- Desktop research was undertaken to learn from other areas of the country where similar reviews or research had been undertaken.
- The Group learned about the work of the Council's Sport & Recreation Officer in developing the Ryedale Sports Strategy.
- Questions were added to the Sport & Recreation survey which was available for the public to complete. The Citizen's Panel was also invited to complete the survey to ensure a robust response.
- A work-based activity questionnaire and a Ryedale Sport Club survey were also developed.
- The results from the surveys were analysed and discussed.

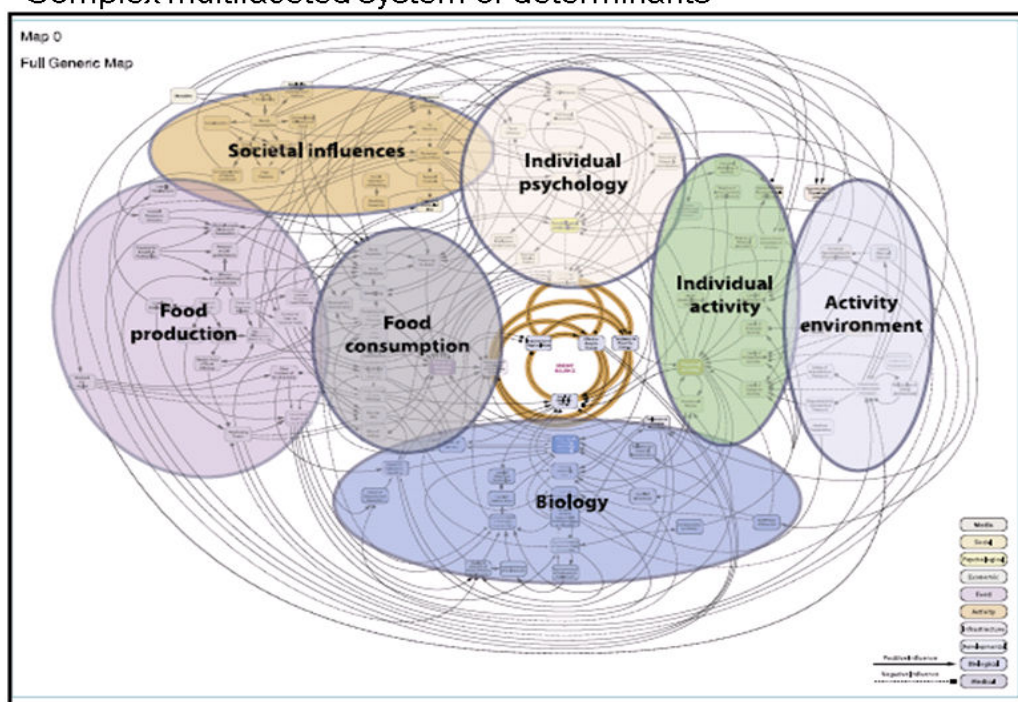
## Findings

The research undertaken highlighted the following key findings: -

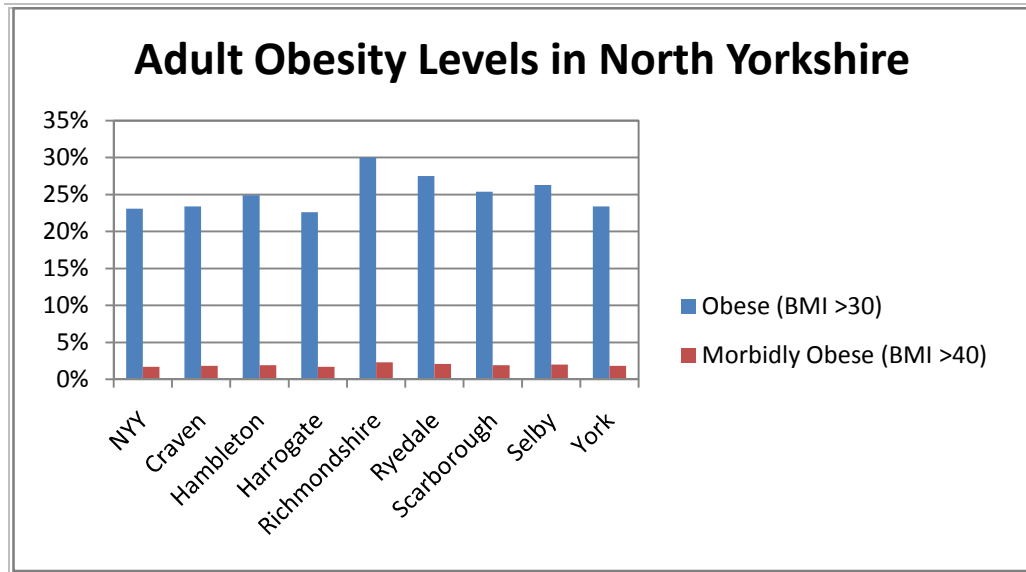
### North Yorkshire & York NHS

- The reasons and contributing factors as to why someone is not a healthy weight are complex and wide ranging – from individual activity, consumption, biology and psychology to more external influences such as food production and social influences.
- The conclusions that can be made from this are that there is only so much the Council can influence. Our areas of Influence are the choices people make and the options available.

Complex multifaceted system of determinants



- Nationally, for women and children, the prevalence of obesity increases with increased levels of deprivation. Obesity is also linked to educational attainment. Obesity is prevalent in both men and women who have fewer qualifications.
- Adult obesity statistics are based on modelling estimates where as child obesity is calculated through a structured measurement programme.
- Primary Care Trusts will be abolished from March 2013.
- Although Childhood obesity has been above average in Ryedale, this is improving and measures and actions are in place.



Source: Data Source: 2003-05 synthetic estimates, 2007 HSE, Exeter registered population May 2009, ONS Mid-year estimates resident population 2007

- The recently published Regional Health Profile 2010 which compares levels with the National Average summarises the following for Ryedale:

Obese Children	Not significantly different from the national average
Obese Adults	Not significantly different from the national average
Physically Active Children	Significantly better than the National Average
Physically Active Adults	Not significantly different from the national average

- From the Acxiom Lifestyle Data, the proportion of people taking part in activities such as hiking/walking, cycling and gardening etc is higher in Ryedale than the national average. Participation in more active sports in Ryedale is below the national average.

## **Ampleforth GP Surgery Healthy Weight Pilot**

Ampleforth Surgery in partnership with Greg Mcgrath have undertaken a healthy weight pilot which had previously been rolled out in a practice in Ripon. Although, the Ripon pilot is a group scheme and has not been fully evaluated yet, early indications show that although some weight loss has been achieved there has been the additional benefit of a reduction in doctors' appointments.

Previous healthy weight clinics had been run which gave advice on healthy eating and offered weight measurement. The new pilot was offered after staff had been given training and was a more structured approach. The surgery plans to offer group work in the future although currently participants are seen on a one to one basis. Nurses running the scheme have found that some participants have struggled with the complexities of the structured approach but hope to introduce these elements as people become more confident with the system.

Patients with a BMI of over 35 were invited to join the scheme although other patients who had heard about the pilot and expressed an interest are welcome to take part.

The pilot has been running for 3 months and results are due to be evaluated. Therefore, it is not possible to draw any conclusions as to whether the scheme has made a difference at present.



## **Sport England Research –Project Experience of Sport – Understanding the lapsed target 2008**

The Sport England research looked at sports played before lapsing, the reasons why people lapsed and made recommendations as to how people could be encouraged back to sport.

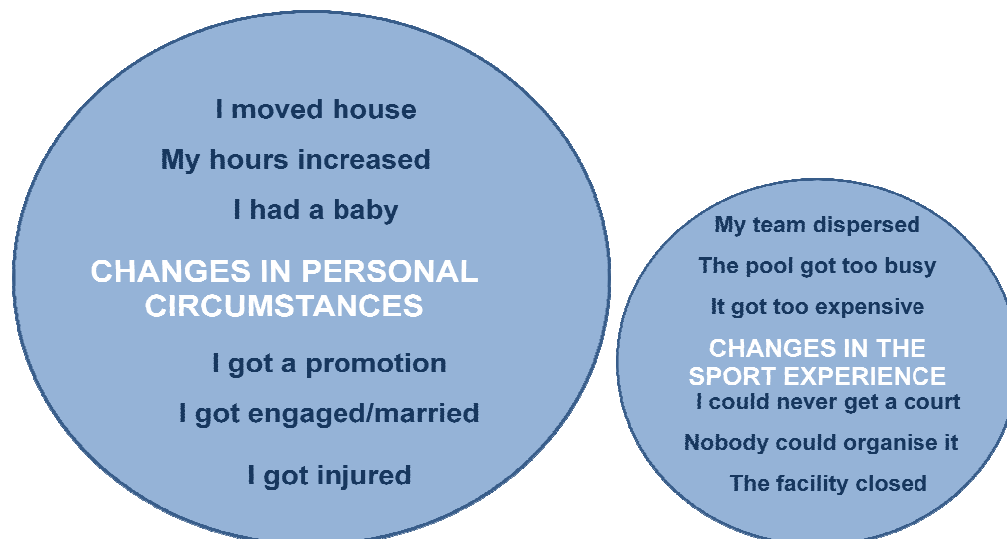
Before lapsing

- People were involved in a wide range of sports which were typically mainstream and largely team or club-orientated
- They had, had an involvement stretching back to childhood
- Their commitment to sport varied. Those who were less committed tended to view it as a social activity or habit and were typically female. Those who were more committed felt it was an integral part of their lives taking a more disciplined approach and were typically male.

The benefits experienced by existing participants were the same as those benefits that people felt they had lost when they lapsed.

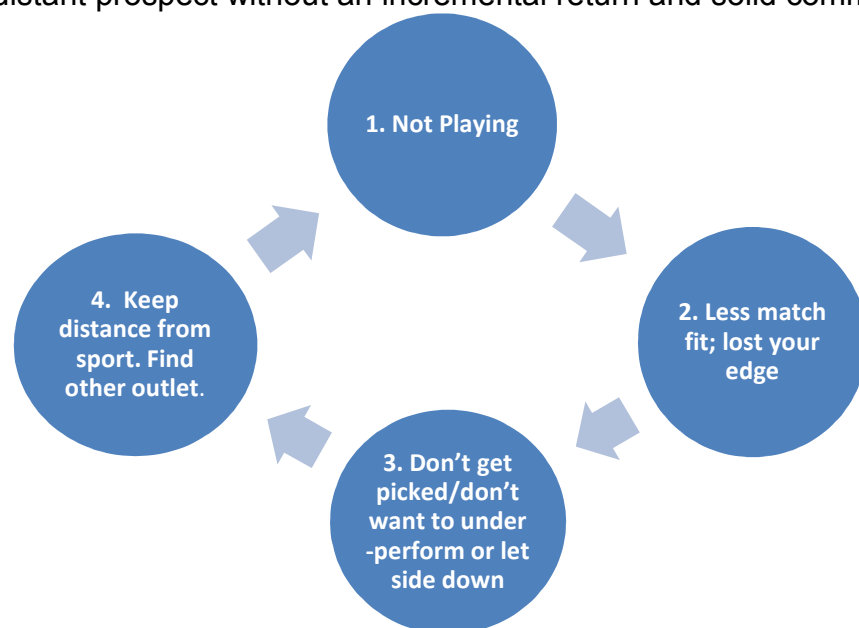
People who have lapsed have a tendency to look back on sport with a nostalgic eye. People felt that organised sport gave them a sense of escapism and release and became an important part of their social lives. Much of that emotional capital and goodwill remains.

Triggers that cause people to lapse can be identified as falling into two categories. In practice, people lapse from sport more due to changes in their personal circumstances rather than changes in their sport experience.



## The Lapsing Cycle

From a small trigger, a return to organised sport at former levels can quickly seem a distant prospect without an incremental return and solid commitment.



## Ryedale Sport & Recreation developments and initiatives

The Committee met the Community Projects Officer (Sport & Recreation), Chris Chatten, who informed the Councillors of the work he is involved in across various areas including Sport/Play development, physical activity and the overall remit of Active Ryedale.

## Ryedale Sport & Active Leisure Strategy

The strategy is being developed due to the requirement for more strategic direction regarding sport & recreation in Ryedale along with the following drivers:

- The current strategy was outdated
- High levels of obesity in all ages though notably in children and young people
- Outward facing satisfaction surveys involving users and non users indicating that RDC performance was slipping by comparison with other local authority areas, both nationally and within Yorkshire. By comparison inward facing surveys (actual service users) reported high levels of satisfaction with the service provided by Community Leisure Ltd, but highlighted the poorer quality facilities at Derwent Pool, reflecting the age of the facility.

The community consultation phase in developing the new strategy for Ryedale has just been completed.

The Council has also been involved in the following schemes/projects:

**Active Ryedale Festival** – is an event organised by Active Ryedale in partnership with Ryedale District Council and Malton Community Sports Centre and is free of charge to all Ryedale residents. The event involves a wide range of local sports providers keen to give people the opportunity to have a go at a new sport or activity with a view to gaining new members for the local sport clubs/groups

Active Ryedale is the local community sport network and the committee is made up of representatives from the council, school sports partnership and the voluntary sector.

**Malton Community Sports Centre (Malton School)** - Ryedale District Council contributed £1.5m to the capital build of the new sports centre at Malton School.

**Ryedale Aquatics Strategy/Action Plan** RDC officers working with North Yorkshire Sport , Amateur Swimming Association, Blue Sky Consultants and pool providers to develop a strategy for the development of the sport in the area.

**Mountain Bike World Cup – Pro Sprint Eliminator Event, Pickering 2010 & 2011**

Ryedale hosted the Mountain Bike World Cup, following the success of last year's event. Pickering hosted the street racing pro sprint eliminator on the Friday evening with the cross country rounds held in Dalby Forest over the weekend.

**Rugby League World Cup 2013 – Training/Base Camp Bid**

RDC officers working with Ampleforth College have submitted an initial expression of interest bid to host a training/base camp at the college for the duration of the Rugby League World cup tournament in October/November 2013 for one of the participating teams. If the bid is successful it is hoped it will lead to stimulating interest in rugby league within Ryedale.

**Ryedale Grand Prix & Ryedale Rumble Cycling Events**

For a number of years RDC Officers have supported British Cycling Yorkshire Region in marketing, promoting and delivering these events. The Ryedale Grand Prix takes place starting and finishing at Duncombe Park, Helmsley. The Ryedale Rumble is a participation ride where riders can chose to ride three different routes from 48 miles been the shortest and 110 miles the longest.

### **Raising Cycling in Ryedale**

This is a new group of organisations and individuals working together to increase levels of cycling in the Ryedale area. The group is developing a network of safe and attractive cycle routes (both on and off-road), which links communities with local facilities and services, outdoor places and places of interest. The group wants to encourage more businesses to be welcoming to cyclists, to provide and promote cycle rides, events and activities that will attract both local residents and new visitors to Ryedale. By developing and promoting cycling people's physical and mental health will be improved, the local and visitor economies will be boosted, and Ryedale will become a 'greener' place to live, work and visit. The group is currently chaired and facilitated by RDC Officers.

### **Lunchtime Activities Pack**

RDC worked with North Yorkshire Sport and the Department of Health to develop lunchtime activity packs to promote opportunities for staff to be physically active during lunch breaks. These packs include a number of suggested running, walking and cycling routes, along with details of the local swimming pool and gym facilities. It is hoped that further inserts can be included as more routes are developed in other areas of Ryedale such as Helmsley, Kirkbymoorside and Pickering.

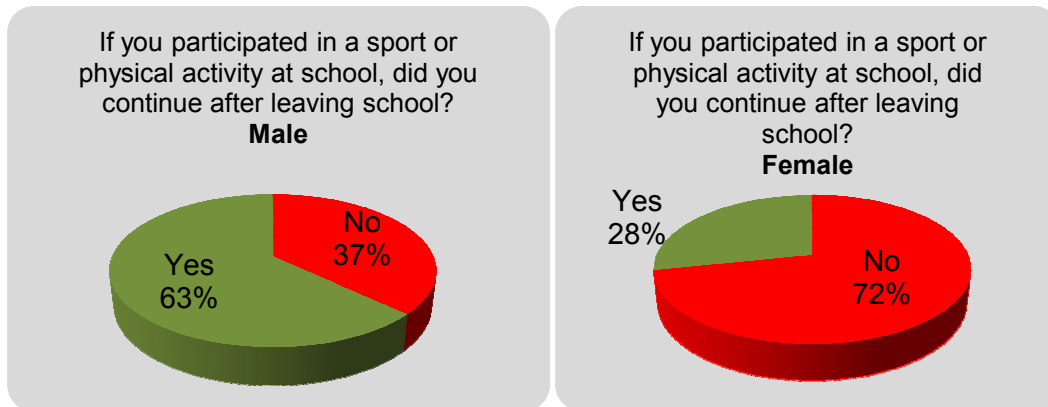
### **North Yorkshire Physical Activity Forum**

RDC secured funding attached to this group to enable Ryedale In-Touch to deliver a visually impaired walking project to offer fortnightly walks throughout the Ryedale area over a 9-month period. £4820 was secured for this project.

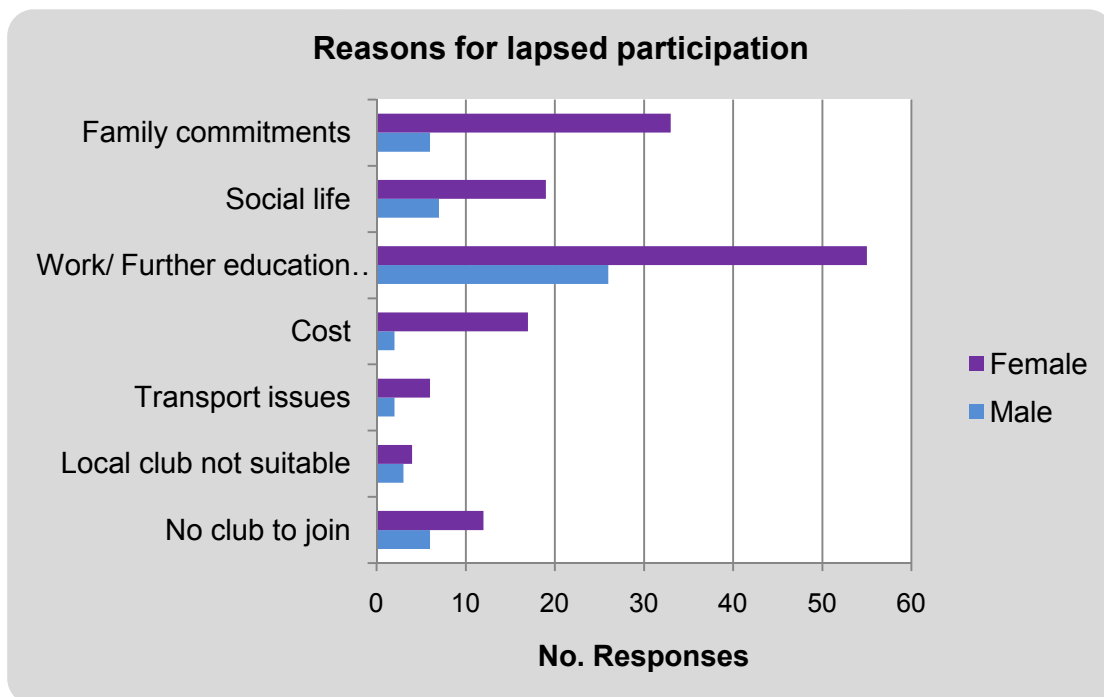
## Findings from the results of Ryedale surveys

### Sports, Recreation and Open Space Survey

A disproportionate number of females stopped participating in sport after leaving school compared to men, as shown below:



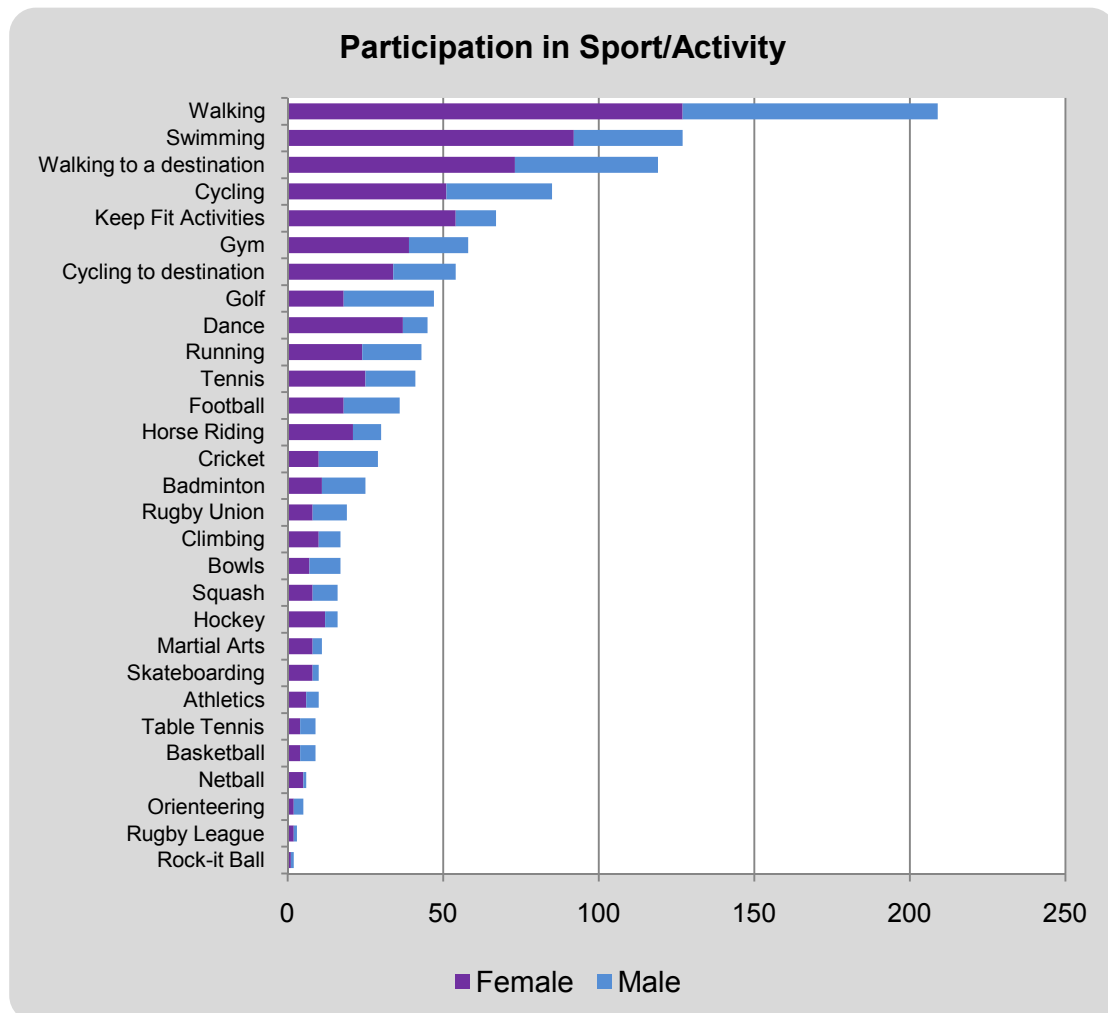
Whilst men and women cite family, work and further education commitments and social life as their 'top 3' reasons for lapsed participation in sport, women cite 'cost' as a close 4<sup>th</sup> reason compared to men who cite it last.



Additionally, females that indicated that they took part in some form of activity during the week but less than the recommended '1 to 2 hours' also cited cost and childcare as preventative reasons for not doing more. Males cited physical disability as their top reason.

The lowest levels of participation in Ryedale are found in team sports and organised activities. The highest levels of participation are found in Walking, Cycling and Swimming. This data, along with additional information supplied, indicates that:

- people with other commitments tend to choose activities that can be fitted in to a busy schedule with few time constraints.
- people choose non-team sports/activities because they have lapsed immediately following school and don't feel they can return once levels of skill and fitness have fallen.
- people that did not enjoy team sports/activities at school take up activities that were not offered at school as a preference for keeping fit/exercise e.g. Pilates, dance, golf.



Local research suggests that people who have lapsed from organised sport are not necessarily inactive, they are participating in other things that fit in with their lifestyle such as walking, cycling and swimming.

### **Activity during the working day survey**

The aim of the survey was to research levels of activity during the working day. This included any activity undertaken before and after work. The overwhelming number of responses came from employees of the Council itself.

The top 3 reasons for not participating in any physical activity during the working day were time constraints, pressure of work and lack of changing facilities/showers.

People said that motivations for taking more activity during the working day would be:

- activities offered by the workplace
- a gym at work
- to lose weight

Many people commented, however, that their preference for physical activity was to exercise in the evening or at the weekend.

Other comments made include:

*“Earlier opening of the swimming pools – Norton & Pickering pools have recently stopped opening at 7.30am and moved their opening time to 8am, meaning there is insufficient time to swim before work”*

*“Dedicated cycle path between Malton & Pickering as the main road is too dangerous for safe cycling”*

### **Sport Club Survey**

The aim of the Scutiny Task group was to find out specific information about 16-25 year olds in relation to participating in Sport club activities in Ryedale. Additional questions were added to the Sport Club survey to aid this research.

83% of the Sports clubs that responded to the survey stated that they catered for Young Adults aged 16-25 years.

However, of the clubs that responded, 11% of their membership is made up of young males and 4% of young females. The highest proportion of members are Males aged 26+, which makes up 46%.


Half of the clubs offered initiatives to encourage people back into sport who have lapsed or to encourage new participants.

Those that didn't offer initiatives cited the following reasons:

- lack of facilities
- lack of volunteers/time
- difficulty promoting sessions to a large rural area

## **What does Ryedale DC do to encourage it's employees to lead healthy lifestyles?**

The Council encourages it's employees to follow healthy and active lifestyles through the following initiatives:

- The Wellbeing programme is a group of employees, who have developed a programme of events and fitness classes for employees to participate in either at lunchtime or before and after work.
  - Lunchtime Pilates
  - Reiki Massage Sessions
  - Changing Facilities – cyclists, runners
  - Five a side teams
  - | 
- Unison Sports and Social Programme
- Local Discounts at swimming pools



## Recommendations

The recommendations agreed by the task group are:

That the Commissioning Board should include consideration of the following items in the preparation of the Sport and Active Lives Strategy:

- Review the policy for the scheduling of activities and sessions held at the Councils sport and leisure facilities to encourage residents to more easily access opportunities to participate eg for those with young families explore scheduling activities for children at the same time as those which appeal to parents or carers, reinstating early bird sessions for those who work.
- Review pricing policies to encourage people to return to exercise or activities, particularly team activities, eg discounted taster sessions, discounted multi-buy tickets
- To encourage people to re-engage with activities through the use of introductory sessions at council facilities and encourage community facilities to offer similar sessions eg. Free or discounted taster or 'come and try it' sessions.
- That further research be undertaken with sports clubs and providers to make sure their views and experiences are fully represented in the new strategy, as concern was expressed over the low response rate to this particular survey. Perhaps through the use of focus groups or by visiting some of the clubs and interviewing key people.  
And that the Council more generally should:
- Extend the availability of walks and cycle routes through GP surgeries eg promote the AONB circular walks guides in the local practices
- Promote walking and cycling routes to residents through the Councils website
- Make the most of any future opportunities to influence GP commissioning groups to offer exercise on prescription and patient referral to sports centres
- Promote the Lunchtime Activity Packs supplied to local businesses within the council for the benefit of staff and linking to the Health and Wellbeing programme.

## **Existing Policy Framework**

### **Ryedale District Council Plan**

Aim 4: To help all residents to achieve a healthy weight by encouraging an active lifestyle, in communities where everyone feels welcome and safe.

### **Community Strategy**

#### **Health and wellbeing**

Ryedale is a place where people enjoy life, work and leisure at their own pace. Freed from stress, they can take care of themselves and others.

#### **Priority**

To achieve obesity prevention and weight management, promoting healthier and more active lifestyles, for people living in Ryedale.

#### **Objectives**

- To reduce the prevalence of obesity in Ryedale
- To halt the year on year rise in obesity among children under 11 years by 2010
- To increase the levels of physical activity undertaken by the population of Ryedale

### **North Yorkshire County Council**

Aim to improve health and wellbeing and give people effective support when they need it

#### **Active Ryedale**

Active Ryedale is the local community sport network (CSN) and the committee is made up of representatives from the council, school sports partnership and the voluntary sector. The current role of Active Ryedale is to:

- “To promote sport and active recreation in Ryedale and ensure that quality sport development occurs through the development of volunteers and coaches.
- To act as a representative body for Ryedale on regional sporting issues and to share information and provide advice to sports organisations in Ryedale.
- Play an advocacy role ensuring that sport and recreation is consulted for the other parts of the corporate agenda e.g. crime and disorder, health and cultural strategies.”

The key objective of Active Ryedale is to deliver a range of sports development opportunities by:

- Monitoring and managing the Sports Volunteer Support Scheme which offers residents the opportunity to subsidise the cost of attending coach education courses and return for voluntary coaching hours at their local club.
- Providing an annual club and coach education programme
- The Development of an online sports directory
- Continuously updating the Active Ryedale website
- Organising a community sports festival to promote local sports clubs to encourage greater participation and membership

# APPENDICES

[Insert links to full results of surveys](#)

## **Supporting Documents**

NYorks & York Adult Obesity Estimates 2007

Cfps child obesity report – Centre for Public Scrutiny

North Yorkshire Health Profile 2010

Scrutiny Review Obesity – Harrow Council

Tackling Obesities – Sheffield Hallam University study

Social determinants of health and the role of local government - IDEA

National Child Measurement Programme – 2008-09 results NYorks & York

Tackling Childhood Obesity – First Steps – study by NAO, Healthcare Commission & AC

National Obesity Observatory - % 4-5 year olds healthy weight

Obesity: understanding and challenging the global epidemic – IASO

Childhood Obesity Inquiry Day - Staffordshire Health Scrutiny Committee

What determines sports participation among 15-19 year old women? – Sport England

Increasing Participation in Sport Research Debrief – Sport England

## Healthy Weight Scrutiny Review – Terms of Reference

<b>Aim of the Review</b>	<p>That Ryedale DC and its partners:</p> <ul style="list-style-type: none"> <li>• Research levels of activity undertaken by adults aged between 16 and 25 and</li> <li>• Depending on the outcome of this research, to investigate practical ways the Council can help improve levels of adult participation.</li> </ul>
<b>Why has this review been selected?</b>	<p>Ryedale has had high levels of obesity in all ages but notable in children, for a number of years. The Ryedale Strategic Partnership identified the achievement of a healthy weight as a priority for action in 2006. A number of projects and initiatives have been funded through the RSP and supported by officers of a number of partner organisations. Work to help people to achieve a healthy weight is being led by the Ryedale Healthy Weight Active Lives group.</p>
<b>Who will undertake the review?</b>	<p>The review will be carried out by a task group including:</p> <ul style="list-style-type: none"> <li>• A minimum of 2 members of the O and S committee (but open to all)</li> <li>• The Head of Transformation</li> <li>• A representative of the Ryedale Healthy Weight Active Lives group</li> <li>• A representative from the Primary Care Trust.</li> <li>• Support will be provided by members of the Transformation Team</li> </ul>
<b>How will the review be undertaken?</b>	<p>The task group will consider the arrangements that have been and need to be put in place across local partnerships to maximise the prevention of and response to obesity in Ryedale. Key to this will be contributing to the development of the Ryedale Healthy Weight Strategy. There will be a two stage scrutiny process:</p> <ul style="list-style-type: none"> <li>• An initial desktop review of existing evidence will consider key academic and government documents, the current picture of 'healthy weight' across Ryedale, and activity on-going in Ryedale to achieve healthier lifestyles.</li> <li>• The second stage will involve an in-depth review of key issues and evidence gathering in order to inform the task group recommendations.</li> </ul> <p>Evidence gathering sessions will be open to the public.</p>
<b>What are the expected outputs?</b>	<p>It is expected that the task group will produce a report, summarising the evidence they have gathered and containing specific recommendations for the Council, the Primary Care Trust, and other partner organisations as appropriate.</p>
<b>Timescale</b>	<p>It is anticipated that the group will report the first phase of the review in November 2010. The deadline for the second stage of the review will be established at this time.</p>