

**Open Report on behalf of NHS Lincolnshire and the Lincolnshire Sports Partnership**

Report to:	<b>Children and Young People Scrutiny Committee</b>
Date:	<b>21 October 2011</b>
Subject:	<b>Fit Kids Pilot</b>

**Summary:**

This report sets out to brief the Children and Young People Scrutiny Committee on the Fit Kids project, and gain support at a local level to encourage further family and partner engagement.

**Actions Required:**

The Children and Young People Scrutiny Committee is requested to understand the briefing and be supportive of the childhood obesity agenda. The Committee is requested to develop relationships, and help to raise the profile of Fit Kids and other childhood obesity programmes. The recommendation is that Committee members support Fit Kids by taking ownership at a local level.

**1. Background**

The National Child Measurement Programme has indicated that there are more overweight and obese children aged 5 and 11 in Lincolnshire than the national average, and this trend will continue to increase unless effective interventions are put in place. A full report is attached with this document at Appendix A.

Fit Kids was commissioned to districts via the Lincolnshire Sports Partnership during the two year pilot phase. Performance varied across the county, depending on local support, partnership development and the skills within the delivery team. This fragmented success instigated the development of a 12 week toolkit, which enabled evidence based approaches to be implemented, to improve family engagement and project outcomes. The countywide, more structured approach during year two improved the quality and quality of data collection, so the success of the project could be measured, but local flexibility has remained throughout.

Evaluation has shown that where families are involved, 85% of the children reduce their BMI, and maintain this 3 months after the programme. Fitness levels increase in 100% of cases, and qualitative data indicates that children feel more confident, understand health messages better, and have a significantly improved diet. Parents have told us that behaviour has improved and children are making their own healthier food choices.

Fit Kids is now commissioned through Local Authorities, with the toolkit still in place and around 350 families per year attending the scheme. Current investment is around £95,000 per annum, with Universal proportionism applied. Districts receive between £7,500 and £18,000 depending on capacity and levels of deprivation locally. The Lincolnshire Sports Partnership coordinates the scheme and supports with promotion and best practice.

## 2. Conclusion

Outcomes from the programme are proving effective in the short and medium term. The University of Lincoln will continue to evaluate the long term impact of the scheme. The main challenges are engaging with appropriate families and raising awareness of the scheme.

## 3. Consultation

### a) Policy Proofing Actions Required

No Policy Proofing is required.

## 4. Appendices

These are listed below and attached at the back of the report	
Appendix A	Summary of the 2009/10 National Child Measurement Programme (NCMP)

## 5. Background Papers

The following background papers as defined in the Local Government Act 1972 were relied upon in the writing of this report.

Document Title	Where the document can be viewed
Website for further information	<a href="http://www.lincolnshiresports.com/activity-and-health/keeping-kids-healthy">http://www.lincolnshiresports.com/activity-and-health/keeping-kids-healthy</a>

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