

Publication Report



Child Healthy Weight Interventions

2012/13

Publication date – 27 August 2013

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Introduction

There is continued concern over the levels of overweight and obesity among children in Scotland. Obesity during childhood is a health concern in itself, but can also lead to physical and mental health problems in later life, such as heart disease, diabetes, osteoarthritis, back pain, increased risk of certain cancers, low self-esteem and depression.

In April 2008, the Scottish Government introduced an NHS Health, Efficiency, Access and Treatment (HEAT) target for NHS Boards to deliver a prescribed number of child healthy weight interventions to eligible children, aged between 5 and 15, in their Board area by March 2011. The target was to achieve 6,317 completed interventions over the three years to the end of March 2011. By March 2011 8,406 interventions had been completed.

In April 2011 a successor HEAT¹ target was introduced: to achieve 14,910 completed child healthy weight interventions over the three years ending March 2014. The target has also been extended to include pre-school aged children and now covers children aged between 2 and 15. Guidance from the Scottish Government requires that at least 40% of interventions completed should be delivered to children/families from the two most deprived local Scottish Index of Multiple Deprivation (SIMD) quintiles (1 and 2).

The Scottish Government produced guidance for NHS Boards on the core components these interventions must include. There are a range of types of interventions Boards deliver including one-to-one clinical interventions and school-based interventions often delivered to whole classes of children. To qualify as a HEAT target intervention, and therefore count towards the target numbers, there are certain criteria which need to be met. These include that children must have a Body Mass Index (BMI) centile in the clinically overweight, obese and severely obese combined category (i.e. BMI at or greater than the 91st centile) and attend a certain proportion of sessions. See the 'Measuring obesity in children' section of [the Primary 1 Body Mass Index \(BMI\) Statistics 2011/12](#) publication for information of the use of BMI in measuring obesity.

This release presents figures on the total number of interventions undertaken by NHS Boards between 1 April 2012 and 31 March 2013, and updates the previously published figures on interventions undertaken between 1 April 2011 and 31 March 2012. Previously, these child healthy weight interventions statistics were published by the Scottish Government and can be found on the Scottish Government website in the [publications for the Health and Community Care theme section](#).

¹<http://www.scotland.gov.uk/About/Performance/scotPerforms/partnerstories/NHSScotlandperformance/childhealthyweight>

Key points

- The Scottish Government HEAT target is to achieve 14,910 completed child healthy weight interventions in Scotland over the three years ending March 2014. By 31 March 2013, there were 10,183 child healthy weight interventions completed across Scotland.

Results and Commentary

Completed Child Healthy Weight Interventions

The Scottish Government HEAT target is to achieve 14,910 completed child healthy weight interventions (CHW) in Scotland over the three years ending March 2014. By 31 March 2013, there were 10,183 interventions completed across Scotland.

Table 1 shows the target number of completed interventions to be delivered in each NHS Board by 31 March 2014 and the number and percentage of interventions completed by 31 March 2013. The previously published figures on the number of interventions completed in Scotland in the period 1 April 2011 to 31 March 2012 have been revised to include data previously not available for this period. This means the reported number of interventions completed in 2011/12 has increased by 180 interventions in Scotland from 5,052 to 5,232.

Table 1: Number and percentage of completed CHW interventions by 31 March 2013¹, by NHS Board

NHS Board	Number of completed CHW interventions April 2011 – March 2012 ^r	Number of completed CHW interventions April 2012 – March 2013	Number of completed CHW interventions April 2011 – March 2013	Target number of completed interventions to be delivered April 2011 - March 2014	Percentage of target number of completed interventions by March 2013
NHS Ayrshire & Arran	411	352	763	1,057	72.2%
NHS Borders	121	135	256	331	77.3%
NHS Dumfries & Galloway	121	147	268	413	64.9%
NHS Fife	419	349	768	1,060	72.5%
NHS Forth Valley	162	458	620	883	70.2%
NHS Grampian	451	705	1,156	1,556	74.3%
NHS Greater Glasgow & Clyde	1,134	1,187	2,321	3,389	68.5%
NHS Highland	82	306	388	887	43.7%
NHS Lanarkshire	1,140	307	1,447	1,745	82.9%
NHS Lothian	679	500	1,179	2,268	52.0%
NHS Orkney	21	16	37	58	63.8%
NHS Shetland	29	17	46	70	65.7%
NHS Tayside	407	390	797	1,118	71.3%
NHS Western Isles	55	82	137	75	>100%
Scotland	5,232	4,951	10,183	14,910	68.3%

1. NHS Fife and NHS Forth Valley have both indicated that there are a small number of qualifying interventions missing from their total due to data input issues.

r – Revised. The previously published figures on the number of interventions completed in the period 1 April 2011 to 31 March 2012 have been revised to include data previously not available for this period. This means the reported number of interventions completed in 2011/12 has increased by 180 interventions in Scotland (5,052 to 5,232). NHS Forth Valley accounts for most of the increase as no data for 2011/12 was available at the time of publication in May 2012. The data now available shows that 162 interventions were completed in NHS Forth Valley during 2011/12. Note that NHS Forth Valley recorded data on CHW interventions for 2011/12 on CHSP School rather than submitting aggregate returns to the Scottish Government. NHS Highland's reported figures for 2011/12 have increased from 72 to 82 completed interventions and NHS Shetland's figures have increased from 21 to 29 completed interventions.

Source: CHSP School (May 2013), Scottish Government CHW aggregate returns

Completed Child Healthy Weight Interventions and Deprivation

In Scotland the Scottish Index of Multiple Deprivation (SIMD) is used to measure area deprivation. It is a measurement of multiple deprivation which combines information on income, employment, education, housing, health, crime and geographical access. More information is provided in the [glossary](#).

Scottish Government guidance for the target requires that at least 40% of interventions completed should be delivered to children/families from the two most deprived local SIMD quintiles (1 and 2). Local (NHS board level) SIMD quintiles are defined such that every NHS Board would expect 40% of their population to live in the local SIMD quintiles 1 and 2. The percentage of interventions delivered to children/families in the two most deprived quintiles will be measured against the final three-year target in 2014. This section details the number of CHW interventions completed in the two most deprived local SIMD quintiles during 2012/13. In 2011/12 only aggregate numbers of completed interventions were submitted by NHS Boards to the Scottish Government for the purpose of monitoring the target and therefore figures by SIMD are not available for the period April 2011 to March 2012.

Table 2 shows the number and percentage of interventions completed in local SIMD quintiles 1 and 2 by NHS Board for the period April 2012 and March 2013. Of the 4,951 interventions completed across Scotland during financial year 2012/13, there were 462 interventions (9.3%) where SIMD data was not available. These relate to NHS Greater Glasgow and Clyde (138 of 1187 completed interventions, 11.6%), NHS Lothian (323 of 500 completed interventions, 64.6%) and NHS Shetland (1 of 17 completed interventions, 5.9%). The reason for the missing SIMD data is these NHS Boards had a number of qualifying interventions that they were unable to record on CHSP School which have been approved for inclusion in the number of completed interventions. Local SIMD quintile is not available for these 462 records as this information is derived from the child's postcode of residence as recorded on CHSP School.

Although the SIMD data are not fully complete, the proportion of interventions with local SIMD quintile recorded is high in NHS Greater Glasgow & Clyde (88.4%) and NHS Shetland (94.1%). This means the derived percentage of interventions completed in local SIMD quintiles 1 and 2 for these boards, based on the data recorded, are likely to be representative of all qualifying interventions delivered in these board areas. As local SIMD quintile is recorded for only 35.4% (177) of completed interventions in NHS Lothian, the SIMD data recorded may not be representative of all qualifying interventions in the board area. Therefore the percentage of completed CHW interventions in the two most deprived local SIMD quintiles is not available for NHS Lothian and data for NHS Lothian are excluded from the Scotland 'total' figures presented in Table 2.

Table 2 shows in the period 1 April 2012 to 31 March 2013, of the 4,312 completed interventions across Scotland with SIMD data recorded, nearly half (49.3%) were delivered to children/families from the two most deprived local SIMD quintiles (1 or 2).

Table 2: Number of completed interventions delivered to children/families living in local SIMD (2012) quintiles 1 and 2, by NHS Board: April 2012 to March 2013^{1,2}

NHS Board	Total Number of completed CHW interventions 1 April 2012 – 31 March 2013	Number of completed CHW interventions where SIMD (2012) quintile is available (1 April 2012 to 31 March 2013)	Number of completed CHW Interventions from local SIMD (2012) quintiles 1 & 2	Percentage completed CHW Interventions from local SIMD (2012) quintiles 1 & 2
NHS Ayrshire & Arran	352	352	168	47.7
NHS Borders	135	135	102	75.6
NHS Dumfries & Galloway	147	147	84	57.1
NHS Fife	349	349	211	60.5
NHS Forth Valley	458	458	197	43.0
NHS Grampian	705	705	384	54.5
NHS Greater Glasgow & Clyde ¹	1,187	1,049	502	47.9
NHS Highland	306	306	145	47.4
NHS Lanarkshire	307	307	120	39.1
NHS Lothian ¹	(500)	(177)	(140)	..
NHS Orkney	16	16	6	37.5
NHS Shetland ¹	17	16	4	25.0
NHS Tayside	390	390	165	42.3
NHS Western Isles	82	82	38	46.3
Scotland (excluding Lothian)¹	4,451	4,312	2,126	49.3

1. Of the 4,951 interventions completed across Scotland (including Lothian) during the period 1 April 2012 to 31 March 2013, there were 462 records (9.3%) where SIMD data was not available. These records relate to NHS Greater Glasgow and Clyde (138 records), NHS Lothian (323 records) and NHS Shetland (1 record). The reason for this is these NHS Boards had a number of qualifying interventions that they were unable to record on CHSP School which have been approved for inclusion in the number of completed interventions. Local SIMD quintile is not available for these 462 records as this information is derived from the child's postcode of residence as recorded on CHSP School. As local SIMD quintile is recorded for only 35.4% (177) of completed interventions in NHS Lothian, the SIMD data recorded may not be representative of all qualifying interventions in the board area. Therefore the percentage of completed CHW interventions in the two most deprived local SIMD quintiles is not available for NHS Lothian and data for Lothian are excluded from the Scotland 'total' figures.
2. NHS Fife and NHS Forth Valley have both indicated that there are a small number of qualifying interventions missing from their total due to data input issues.

.. Not available

Source: CHSP School (May 2013), Scottish Government CHW aggregate returns

Glossary

CHW	Child Healthy Weight
BMI	Body Mass Index [weight (in Kg) divided by height squared (in m ²)]
SIMD	Scottish Index of Multiple Deprivation. Deprivation for individuals is estimated from aggregate data derived from the census and other routine sources. These are used to estimate the deprivation of individuals in small geographical areas. The Scottish Index of Multiple Deprivation (SIMD) has seven domains (income, employment, education, housing, health, crime, and geographical access) at datazone level, which have been combined into an overall index to pick out area concentrations of multiple deprivation.
HEAT	Health improvement, Efficiency, Access, Treatment
CHSP-S	Child Health Systems Programme School

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Further Information

Further information can be found on the [ISD website](#)

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Appendix

A1 – Background Information

Data Sources

During the first year of the new target (1 April 2011 to 31 March 2012) the number of completed interventions were returned to the Scottish Government in aggregate form by NHS Boards.

From 1 April 2012 NHS Boards record information on child healthy weight interventions for school-aged children on the Child Health Systems Programme School (CHSP School) database. ISD receive data extracts from CHSP School for the purpose of producing and publishing these statistics. Aggregate data on the number of completed interventions among pre-school aged children continue to be submitted to the Scottish Government.

A2 – Publication Metadata (including revisions details)

Metadata Indicator	Description
Publication title	Child Healthy Weight Interventions
Description	Annual statistics on the number of child healthy weight interventions completed as part of the HEAT H3 target.
Theme	Health and Social Care
Topic	Child Health
Format	PDF document
Data source(s)	Child Health Systems Programme School (CHSP School) and aggregate returns.
Date that data are acquired	13 th May 2013
Release date	27 th August 2013
Frequency	Annual
Timeframe of data and timeliness	Data on interventions completed by 31 March 2013. Data are extracted from CHSP School on 13 May 2013.
Continuity of data	Data from the 2011/12 financial year was collected by the Scottish Government in the form of aggregate returns from NHS Boards. From 1 April 2012 record information on Child Healthy Weight interventions for school aged children on the Child Health Systems Programme School (CHSP School) database.
Revisions statement	The figures for 2012/13 are produced from the latest data extract from CHSP School which is a dynamic system, with ongoing updating of records. Data for the previous financial year will be updated in the next release and it is therefore expected that there will be a small increase in the number of interventions reported for 2012/13 when the figures are updated in 2014.
Revisions relevant to this publication	The previously published figures on the number of interventions completed in the period April 2011 to March 2012 have been revised to include data previously not available for this period. This means the number of interventions completed in 2011/12 has increased by 180 interventions in Scotland (5,052 to 5,232). NHS Forth Valley accounts for most of the increase as no data for 2011/12 was available at the time of publication in May 2012. The data now available shows that 162 interventions were completed in NHS Forth Valley during 2011/12. Note that NHS Forth Valley recorded data on CHW interventions for 2011/12 on CHSP School rather than submitting aggregate returns to the Scottish Government. NHS Highland's reported figures for 2011/12 have increased from 72 to 82 completed interventions and NHS Shetland's figures have increased from 21 to 29 completed interventions.

Concepts and definitions	For more information please see NHS Health Scotland website .
Relevance and key uses of the statistics	Making information publicly available for planning and provision of services and monitoring performance against the H3 HEAT target.
Accuracy	Data are provided to NHS Boards by ISD for data quality assurance purposes and ISD invite boards to report any data issues affecting the figures to ISD.
Completeness	NHS Fife and NHS Forth Valley have both indicated that there are a small number of qualifying interventions missing from their total due to data input issues.
Comparability	N/A
Accessibility	It is the policy of ISD Scotland to make its web sites and products accessible according to published guidelines .
Coherence and clarity	Tables and charts are accessible via the ISD website .
Value type and unit of measurement	Numbers and percentages
Disclosure	The ISD protocol on Statistical Disclosure Protocol is followed.
Official Statistics designation	Official Statistics
UK Statistics Authority Assessment	Awaiting assessment by UK Statistics Authority
Last published	Published by the Scottish Government August 2012
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A3 – Early Access details (including Pre-Release Access)

Pre-Release Access

Under terms of the "Pre-Release Access to Official Statistics (Scotland) Order 2008", ISD are obliged to publish information on those receiving Pre-Release Access ("Pre-Release Access" refers to statistics in their final form prior to publication). The standard maximum Pre-Release Access is five working days. Shown below are details of those receiving standard Pre-Release Access and, separately, those receiving extended Pre-Release Access.

Standard Pre-Release Access:

Scottish Government Health Department
NHS Board Chief Executives
NHS Board Communication leads

Extended Pre-Release Access

Extended Pre-Release Access of 8 working days is given to a small number of named individuals in the Scottish Government Health Department (Analytical Services Division). This Pre-Release Access is for the sole purpose of enabling that department to gain an understanding of the statistics prior to briefing others in Scottish Government (during the period of standard Pre-Release Access).

Scottish Government Health Department (Analytical Services Division)

A4 – ISD and Official Statistics

About ISD

Scotland has some of the best health service data in the world combining high quality, consistency, national coverage and the ability to link data to allow patient based analysis and follow up.

Information Services Division (ISD) is a business operating unit of NHS National Services Scotland and has been in existence for over 40 years. We are an essential support service to NHSScotland and the Scottish Government and others, responsive to the needs of NHSScotland as the delivery of health and social care evolves.

Purpose: To deliver effective national and specialist intelligence services to improve the health and wellbeing of people in Scotland.

Mission: Better Information, Better Decisions, Better Health

Vision: To be a valued partner in improving health and wellbeing in Scotland by providing a world class intelligence service.

Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. The Code of Practice is produced and monitored by the UK Statistics Authority which is independent of Government. Under the Code of Practice, the format, content and timing of statistics publications are the responsibility of professional staff working within ISD.

ISD's statistical publications are currently classified as one of the following:

- National Statistics (ie assessed by the UK Statistics Authority as complying with the Code of Practice)
- National Statistics (ie legacy, still to be assessed by the UK Statistics Authority)
- Official Statistics (ie still to be assessed by the UK Statistics Authority)
- other (not Official Statistics)

Further information on ISD's statistics, including compliance with the Code of Practice for Official Statistics, and on the UK Statistics Authority, is available on the [ISD website](#).