

# Publication Summary



## Child Healthy Weight Interventions

2012/13

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### About this Release

This publication presents figures on the total number of Child Healthy Weight 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.

### 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.

### Background

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 HEAT 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).

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](#).

### Contact

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### Further Information

Further information can be found in the [Full Publication Report](#) or on the [ISD website](#)

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