

Publication Report



Child Healthy Weight Interventions

2013/14

Publication date – 29 July 2014

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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 was also extended to include pre-school aged children and covered children aged between 2 and 15. Guidance from the Scottish Government stated 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 2012/13](#) publication for information of the use of BMI in measuring obesity.

This final release presents figures on the total number of interventions undertaken by NHS Boards between 1 April 2012 and 31 March 2014, and illustrates final performance against the HEAT target. As the target is now complete this is the last update of this publication.

Child healthy weight interventions statistics for time periods before 1st April 2012 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 was to achieve 14,910 completed child healthy weight interventions in Scotland over the three years ending March 2014. By 31 March 2014, there were 16,820 child healthy weight interventions completed across Scotland with all fourteen health boards meeting their individual targets.
- Information on deprivation is available for the two year period 1 April 2012 to 31 March 2014. Of the 9,450 completed interventions across Scotland with deprivation status recorded, nearly half (49.0%) were provided to children/families from the two most deprived (local) deprivation quintiles.

Results and Commentary

Completed Child Healthy Weight Interventions

The Scottish Government HEAT target was to achieve 14,910 completed child healthy weight interventions in Scotland over the three years ending March 2014. By 31 March 2014, there were 16,820 child healthy weight interventions completed across Scotland with all fourteen health boards meeting their individual targets.

Table 1 shows the target number of completed interventions that were to be delivered in each NHS Board by 31 March 2014 and the number and percentage of interventions completed. The previously published figures on the number of interventions completed in Scotland in the period 1 April 2012 to 31 March 2013 have been revised to include data previously not available for this period. This means the reported number of interventions completed in 2012/13 has increased by 345 interventions in Scotland from 4,951 to 5,296.

Table 1: Number of completed CHW interventions by 31 March 2014, by NHS Board

NHS Board	Number of completed CHW interventions				Target number of completed Interventions to be delivered April 2011 - March 2014	Target Achieved
	April 2011 – March 2012	April 2012 – March 2013 ^r	April 2013 – March 2014	April 2011 – March 2014		
NHS Ayrshire & Arran	411	354	431	1,196	1,057	Yes
NHS Borders	121	135	104	360	331	Yes
NHS Dumfries & Galloway	121	147	145	413	413	Yes
NHS Fife	419	384	320	1,123	1,060	Yes
NHS Forth Valley	162	458	528	1,148	883	Yes
NHS Grampian	451	715	540	1,706	1,556	Yes
NHS Greater Glasgow & Clyde	1,134	1,377	1,361	3,872	3,389	Yes
NHS Highland	82	372	461	915	887	Yes
NHS Lanarkshire	1,140	309	410	1,859	1,745	Yes
NHS Lothian	679	524	1,429	2,632	2,268	Yes
NHS Orkney	21	18	20	59	58	Yes
NHS Shetland	29	17	26	72	70	Yes
NHS Tayside	407	404	452	1,263	1,118	Yes
NHS Western Isles	55	82	65	202	75	Yes
Scotland	5,232	5,296	6,292	16,820	14,910	Yes

r – Revised. The previously published figures on the number of interventions completed in the period 1 April 2012 to 31 March 2013 have been revised to include data previously not available for this period. This means the reported number of interventions completed in 2012/13 has increased by 345 interventions in Scotland (4,951 to 5,296). NHS Greater Glasgow and Clyde and NHS Highland account for a large proportion of the increase in completed interventions with an additional 190 and 66 interventions respectively. Other NHS Boards have also seen smaller increases in the number of completed interventions: NHS Fife increased by 35, NHS Lothian by 24, NHS Tayside by 14, NHS Grampian by 10 and NHS Ayrshire & Arran, NHS Lanarkshire and NHS Orkney each increased by 2.

Source: CHSP School (May 2014), 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 required 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. This section details the number of CHW interventions completed in the two most deprived local SIMD quintiles during 2012/13 and 2013/14. 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 to March 2014. Of the 11,588 interventions completed across Scotland during financial years 2012/13 and 2013/14, there were 1,591 interventions (13.7%) where SIMD data was not available. These relate to NHS Greater Glasgow and Clyde (138 of 2,738 completed interventions, 5.0%), NHS Lothian (1,406 of 1,953 completed interventions, 72.0%), NHS Dumfries and Galloway (46 of 292 completed interventions, 15.8%) and NHS Shetland (1 of 43 completed interventions, 2.3%). 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 1,591 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 (95.0%), NHS Dumfries and Galloway (84.2%) and NHS Shetland (97.7%). 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 28.0% (547) 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. NHS Lothian have indicated that the majority of their school interventions were delivered to schools situated within the two most deprived local SIMD quintiles (1 or 2).

Table 2 shows in the period 1 April 2012 to 31 March 2014, of the 9,450 completed interventions across Scotland with SIMD data recorded, nearly half (49.0%) 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 2014¹

NHS Board	Total Number of completed CHW interventions 1 April 2012 – 31 March 2014	Number of completed CHW interventions where SIMD (2012) quintile is available (1 April 2012 to 31 March 2014)	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	785	785	355	45.2
NHS Borders	239	239	139	58.2
NHS Dumfries & Galloway ¹	292	246	143	58.1
NHS Fife	704	704	429	60.9
NHS Forth Valley	986	986	427	43.3
NHS Grampian	1,255	1,255	615	49.0
NHS Greater Glasgow & Clyde ¹	2,738	2,600	1,340	51.5
NHS Highland	833	833	419	50.3
NHS Lanarkshire	719	719	293	40.8
NHS Lothian ¹	(1,953)	(547)	(378)	..
NHS Orkney	38	38	21	55.3
NHS Shetland ¹	43	42	15	35.7
NHS Tayside	856	856	382	44.6
NHS Western Isles	147	147	55	37.4
Scotland (excluding Lothian)¹	9,635	9,450	4,633	49.0

1. Of the 11,588 interventions completed across Scotland (including Lothian) during the period 1 April 2012 to 31 March 2014, there were 1,591 records (13.7%) where SIMD data was not available. These records relate to NHS Greater Glasgow and Clyde (138 records), NHS Lothian (1,406 records), NHS Dumfries and Galloway (46 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 1,591 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 28.0% (547) 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.

.. Not available

Source: CHSP School (May 2014), 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 recorded 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 are 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	12 th May 2014
Release date	29 th July 2014
Frequency	Annual
Timeframe of data and timeliness	Data on interventions completed by 31 March 2014. Data are extracted from CHSP School on 12 May 2014.
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 2013/14 are produced from the latest data extract from CHSP School which is a dynamic system, with ongoing updating of records.
Revisions relevant to this publication	The previously published figures on the number of interventions completed in the period 1 April 2012 to 31 March 2013 have been revised to include data previously not available for this period. This means the reported number of interventions completed in 2012/13 has increased by 345 interventions in Scotland (4,951 to 5,296). NHS Greater Glasgow and Clyde and NHS Highland account for a large proportion of the increase in completed interventions with an additional 190 and 66 interventions respectively. Other NHS Boards have also seen smaller increases in the number of completed interventions: NHS Fife increased by 35, NHS Lothian by 24, NHS Tayside by 14, NHS Grampian by 10 and NHS Ayrshire & Arran, NHS Lanarkshire and NHS Orkney each increased by 2.
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	No issues reported.
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	August 2013
Next published	As the HEAT target is now complete this is the last update to this publication.
Date of first publication	Information on target ending March 2014 first published in August 2012
Help email	NSS.isdchildhealth@nhs.net
Date form completed	07/07/2014

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)

Early Access for Management Information

These statistics will also have been made available to those who needed access to 'management information', ie as part of the delivery of health and care:

- NHS Board Child Healthy Weight Leads

Early Access for Quality Assurance

These statistics will also have been made available to those who needed access to help quality assure the publication:

- NHS Board Child Healthy Weight Leads

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.

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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](#).