

# Supporting Healthy Weight in Knowsley

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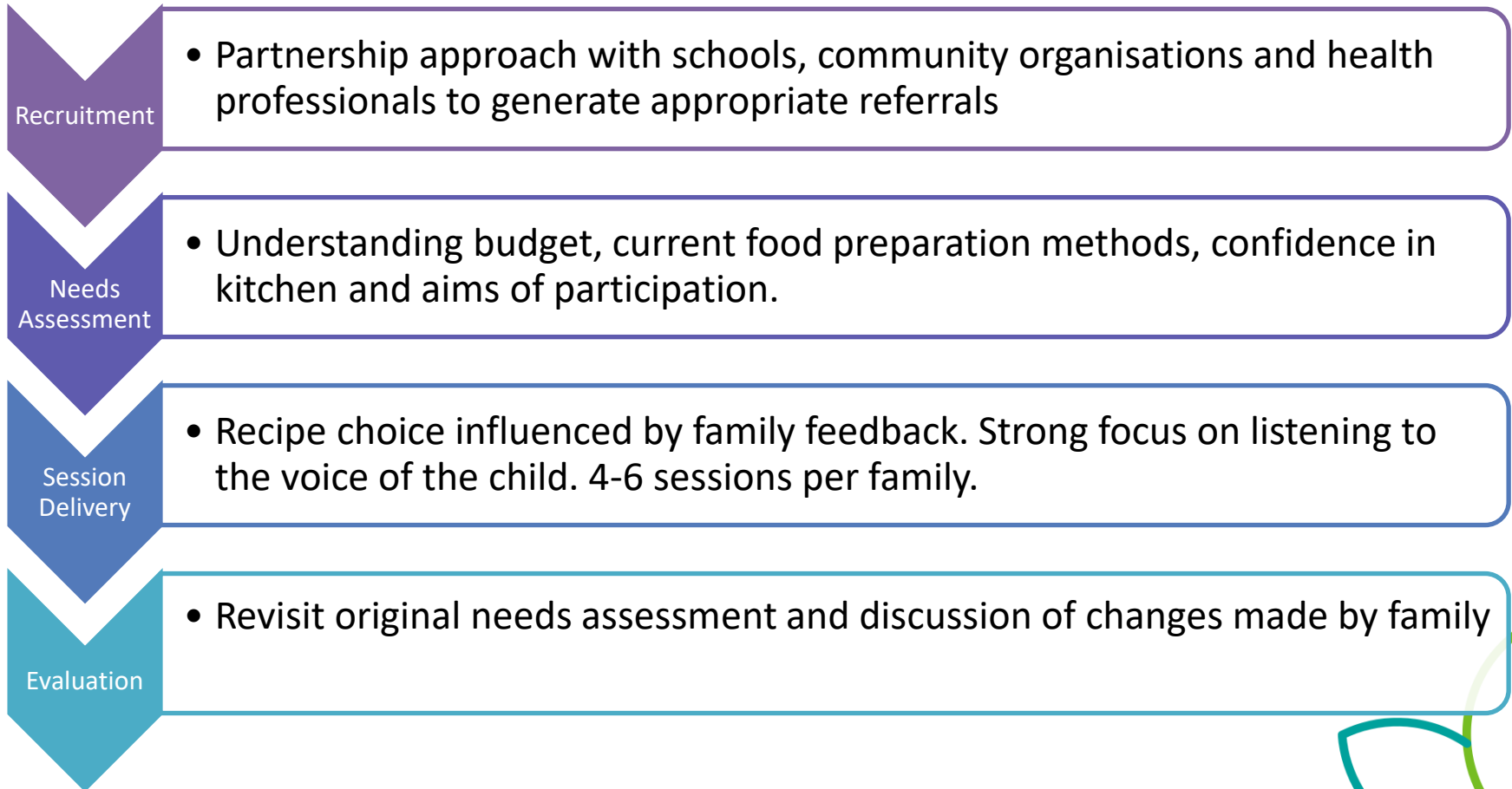
# Supporting Families

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- 19/20 NCMP
  - Reception – 14.6% obese (3<sup>rd</sup> highest rate out of 150 Local Authority Areas)
  - Year 6- 28.7% obese (2<sup>nd</sup> highest rate out of 150 Local Authority Areas)
- Healthy Knowsley Service deliver a family healthy lifestyle course focusing on delivery of key healthy lifestyle messages through physical activity. This is delivered as after school provision either on site at school or in community venues.
- Covid-19 restrictions meant that from March 2019 delivery was suspended



# Virtual Cooking Sessions



# Engagement

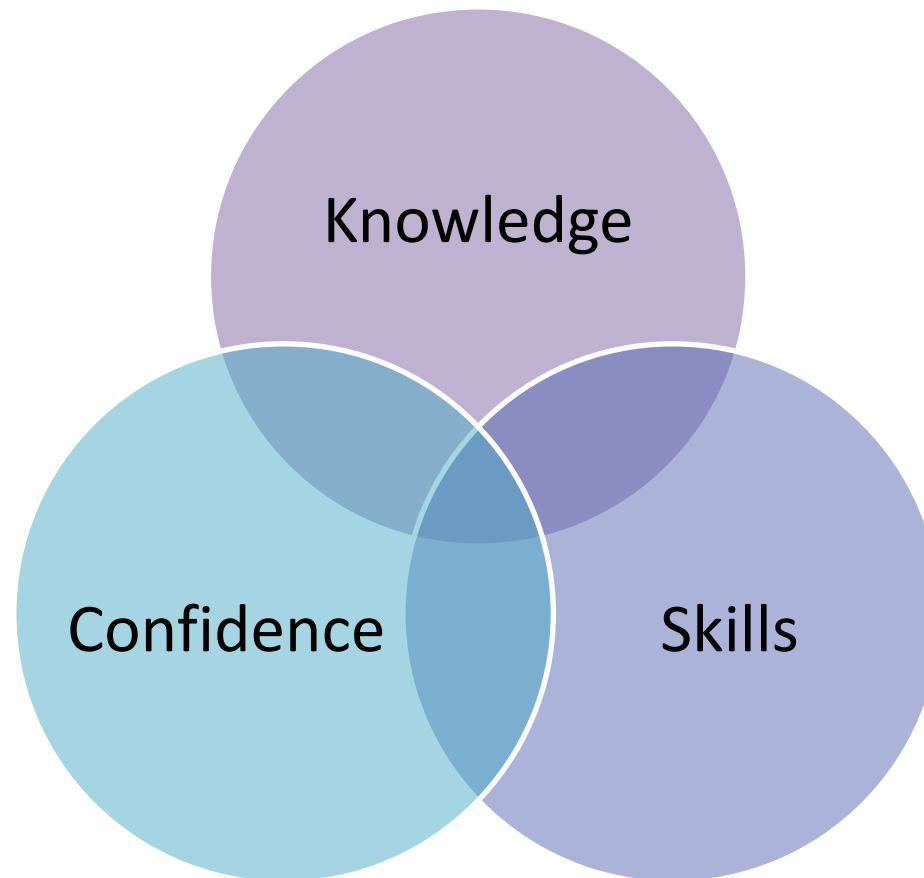
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- Targeted engagement of families who are at risk of overweight/obesity
- Partnership approach to identify most appropriate families for participation
- Partners supported to identify families for referral
- Digital exclusion barrier to participation



# Needs Assessment

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Supporting **Knowsley** to **live life well**



# Needs Assessment

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## Social/Environment

- Family members
- Participants for session
- Cooking facilities
- Cooking equipment

## Shopping Habits

- Weekly food budget
- Shops utilised
- Frequency

## Cooking Habits

- Meal preferences
- Cooking Methods
- Who cooks
- Takeaway consumption

## Confidence

- In creating family meals
- In involving family in cooking



# Family A

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- Mum and 6 year old son. Referred as mum concerned about fussy eating and limited food choices
- Family needed support to use technology
- Son disengaged at time throughout sessions but 1:1 approach allowed reassurance of mum. Simple reward system encouraged engagement.
- Cooked healthier alternatives of takeaway foods (burgers, chicken nuggets) and classic family meals (curry, cottage pie).
- Mum reported increased confidence, cooking more and involving son in food preparation.
- Mum selected recipes that she would learn independently at the end of the course



## Family B

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- Mum and 6 year old son referred by school. Son has additional needs and limited diet.
- Recipes included bread, pizza and apple crumble
- Voice of the Child feedback – his favourite food was fruit and wanted to cook with that
- Mum reported that her knowledge had increased as a result of the course and she is more confident doing activities in the kitchen with her son.
- Mum reported observing increased independence in her son with him now preparing his own cereal in the morning – even putting the box away!!!!





## Family C

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- Mum and 3 children referred by GP concerned about children's weight. Eldest child has additional needs.
- Swapped current family meals for healthier versions
  - Quorn mince in Bolognese
  - Passata instead of jarred sauce
  - Lower fat carbonara
- Introduced family to Change 4 Life recipe app
- Mum reported a change to their shopping habits and eating habits
- Mum reported that children are now more involved in cooking and more open to trying new foods.



# Lessons Learned

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- Advantages to cooking in participants home
  - More open about skills and resources
  - Tailored sessions
- Limitations of technology
  - Digital exclusion
- Resource
  - 1:1 approach resource intensive
  - Digital sessions allow back to back session delivery
  - Opportunity to run group sessions of multiple families



# Supporting Adults

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- Specialist Weight Management Service
- Identified need to provide opportunity for weight.
  - Patients reporting that they don't have scales in the house as they have identified an unhealthy relationship with scales but miss the accountability of a monthly weight
  - Recent weight required to complete bariatric pathway and surgery referral



# Doorstep Weight Check

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- Wellbeing Coaches attend patient's home with scales to weight on doorstep/inside door
- Full risk assessment completed to adhere to social distancing.
- Patients reporting really helpful to be weighed and have the feedback from the scales to reflect the changes implemented following support from Weight Management Dietitian.



# Future Plans

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- Extend online sessions to incorporate physical activity
- Incorporate home cooking sessions into standard course delivery.

