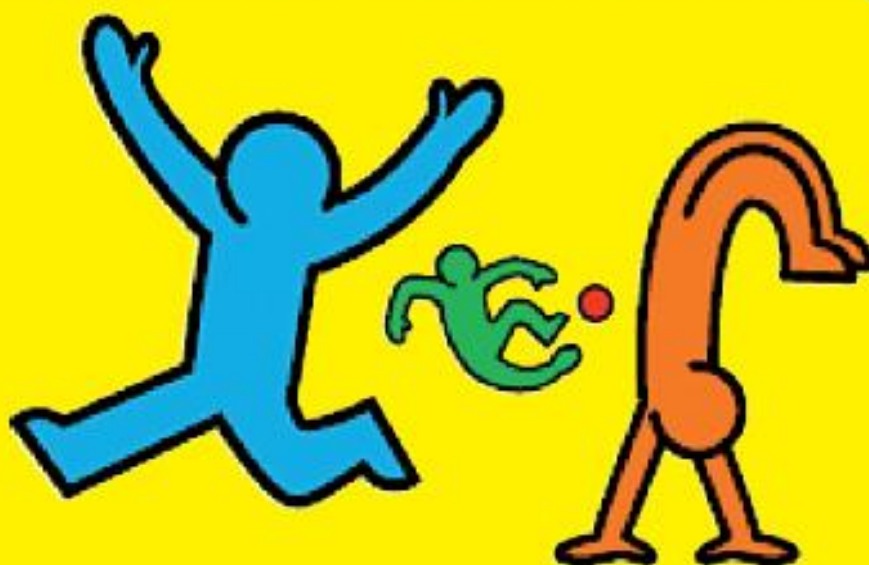


Inspiring Healthier Families across Adur & Worthing



Who feels like feeling better?

Family focused help for children and young people who are over the recommended weight for their age and height

- ✓ **fun**
- ✓ **boys and girls aged 6 to 16**
- ✓ **free**
- ✓ **friendly staff**
- ✓ **one-to-one individual sessions**
- ✓ **advice on eating well and being active**
- ✓ **non judgemental**
- ✓ **at a location near you**
- ✓ **at a time to suit you**



adur & worthing wellbeing



Inspiring Healthier Families in Adur and Worthing
– Snapshot of results as at 25.09.2012 (19 weeks after launch)

No	Indicator	Target	Actual	Comment
KPI 1	Number of overweight & obese * children recruited	24	20**	10 male & 10 female. 9 from Adur & 11 from Worthing. 15 are 11+. 18 obese. 2 overweight.
KPI 2	Number of children who fail to turn up to first session	16%	0%	
KPI 3	Number of children who drop out	16%	15%	
KPI 4	Reduction/stabilisation of Weight and Waist Circumference	85%	83% & 100%	100% of individuals who have completed (4) have lost weight & reduced waist circumference. 75% of those currently doing the programme for whom there are meaningful measurements at this moment (8) have lost weight and 100% have reduced waist circumference.
KPI 5	Reduction/stabilisation of BMI	85%	100%	
KPI 6	Increase in cardiovascular fitness levels	80%	100%	Results based on individuals who have completed
KPI 7	Self-reported Improvement in eating behaviour/quality of family diet	80%	100%	Results based on individuals who have completed
KPI 8	Self-reported Improved emotional wellbeing	80%	50%	Results based on individuals who have completed. 2 participants were confidence score was high at the start
KPI 9	Patient satisfaction with service	80%	100%	No formal survey but all informal feedback is very positive.
KPI10	Any other observed changes ie relationship between child and carers/sleep pattern/behaviour		Most families report knock-on benefits to other members in terms of healthy eating & physical activity levels.	

* Based on results using BMI Calculator on NHS Choices website:
<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

** 4 completed as at 25.09.2012. It takes between 3 to 4 months to complete)
 13 in progress
 0 about to start
 3 dropped out

Appendix 1 – Family Feedback

“M's self confidence is getting a tremendous boost and he is becoming more aware of how he can influence his own health and wellbeing. It makes so much difference when the advice is coming from a knowledgeable and professional third party voice, rather than his parents!”

“H has made fabulous progress working with Jean, he has lost a few pounds and inches. He now needs a belt for his trousers! He hasn't had to make too many changes to his diet-cut down on bread and biscuits - but we have upped the exercise.”

“After one session with Jean we quickly established that by me giving in and giving her large portions (as her brother also eats well) was the key to her and my problem; quickly within the first few weeks C started to look better and have more energy, It has made such a difference to her and she enjoys getting complimented on how good she looks and her ability to cope with out getting disheartened.”

“I have had a weight problem my whole life until I had my stomach stapled 5 years ago. I so didn't want M to go down the same path as me and I am delighted at the progress he has made and the help and inspiration you have given him. I only wish that the help you have given him had been available to me when I was his age.”

Appendix 2 - Case Study

M is a 14 year old boy, who attends a Worthing high school and was a self referral. When the Wellbeing Leader first met M he came over as very self-assured but he had a BMI of 31.3, a waist measurement of 41” and he was very unfit suggesting that motivation was more of a barrier rather than confidence although some of this might have been bluster as his mother reported he had been teased at school about his weight. The key issues for him were bad diet, lack of exercise and portion size. M was on the programme for 3 months and in that time he managed to reduce his BMI to 29.2 and his waist measurement to 37”, which are still above the recommended levels but good improvements nonetheless. The significant impact that the scheme had was in turning around completely M's attitude to nutrition and exercise. The Wellbeing Leader stated that his fitness score had gone from 1 to 6 and nutrition from 2 to 7. M reported feeling happier and fitter and felt he had significantly reduced his snacking on crisps and chocolate. He commented that the most important thing he had learned was to read the label on food items and his whole family now eat the correct portion sizes and are aware of the little and often rule. They exercise more and work as a team because of the success of M. His mother wrote a long email highlighting the benefits that attending the scheme has had on him including his attention to what he eats and his improved overall sense of wellbeing. The Leader is still in contact with M and there is every indication that the changes he has made will be long lasting as he continues to exercise regularly at an appropriate intensity and eat more healthily.