



Lindsay Graham APSE Associate 28th February 2010



'BUILDING MINDS THAT LEARN FOR LIFE'

TALK ABOUT.....

- × Obesity Challenge
- × Are school meals the only approach
- × Where next for catering

SQUARE SOCIETY



HEALTH ?

Obesity



Childhood obesity brings health problems and an increased risk of becoming an obese adult

Health risks to children

Physical health consequences

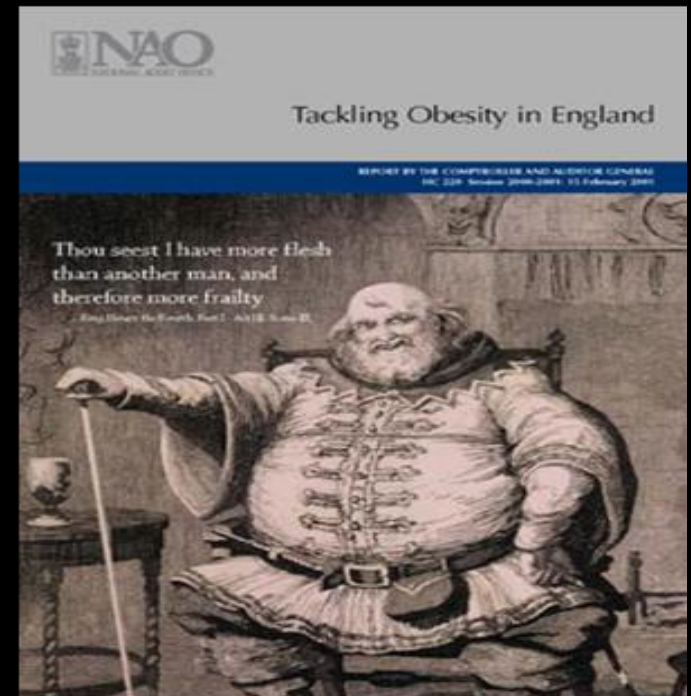
- Respiratory disorders
- Gastro-intestinal disorders
- Endocrinology disorders
- Orthopaedic disorders
- Cardiovascular disorders
- Increased risk of some cancers
- Reduced life expectancy

Psychological health consequences

- Stigmatisation from an early age onwards into adulthood
- Poor self esteem
- Depression
- Poor social functioning
- Bullying
- Social exclusion
- Lowered academic achievement is common

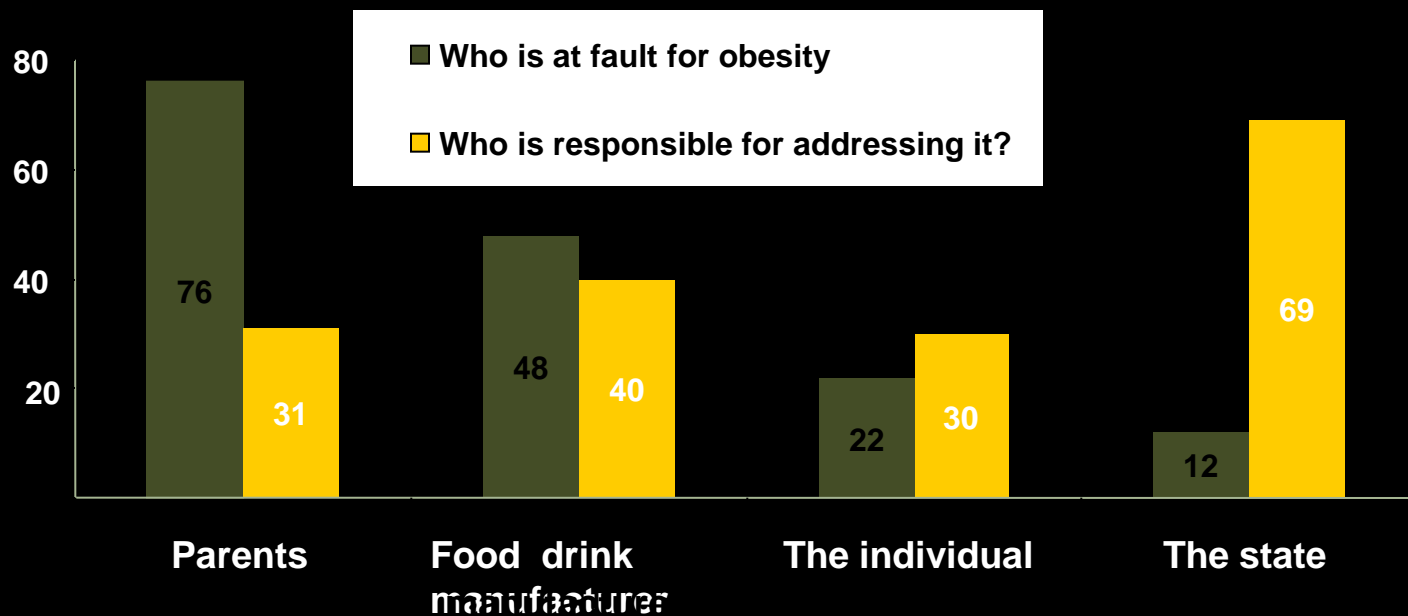
The economic cost of obesity in England

- £1 bil in additional treatment costs for disease brought on by obesity
- £4 bil in loss of production from associated sickness absence
- Evidence suggests obese people, particularly women, less likely to be in work
- Annual lost production range from £4 bil - £40 bil
- Resulting state benefits, eg. incapacity and unemployment ~ £1 bil - £6 bil/year



Source: NAO report, 2001; Health Select Committee, 2004

The public think that we should be doing something about it!



Source: Henley Centre (2005)

Note: HCHLV is soon to release up to datedata. Early cuts of which show broadly similar trends

POLICY AND STRATEGY

- × **Healthy Weight Healthy Lives**
- × **Child Health Promotion Programme**
- × **Education and Inspections Act**
- × **Every Child Matters**
- × **The Children's Plan**
- × **Extended Schools**
- × **Pupil consultation/involvement**
- × **BSFF**
- × **Healthy schools**
- × **Healthy Lives Brighter Futures**



THE COMPLEX NATURE OF POLICY AND STRATEGY

BODIES
MINDS

MENTAL HEALTH
HELPING PEOPLE
THRIVE

FORESIGHT
Tackling Obesity:
Future Choices - Modelling
Future Trends in Obesity &
Their Impact on Health
2nd Edition
Government Office for Science

Every Child
Change for Children

National
Schools
Physical Education

**HEALTHY WEIGHT, HEALTHY LIVES:
GUIDANCE FOR LOCAL AREAS**



POLICY

HEALTHY SCHOOLS

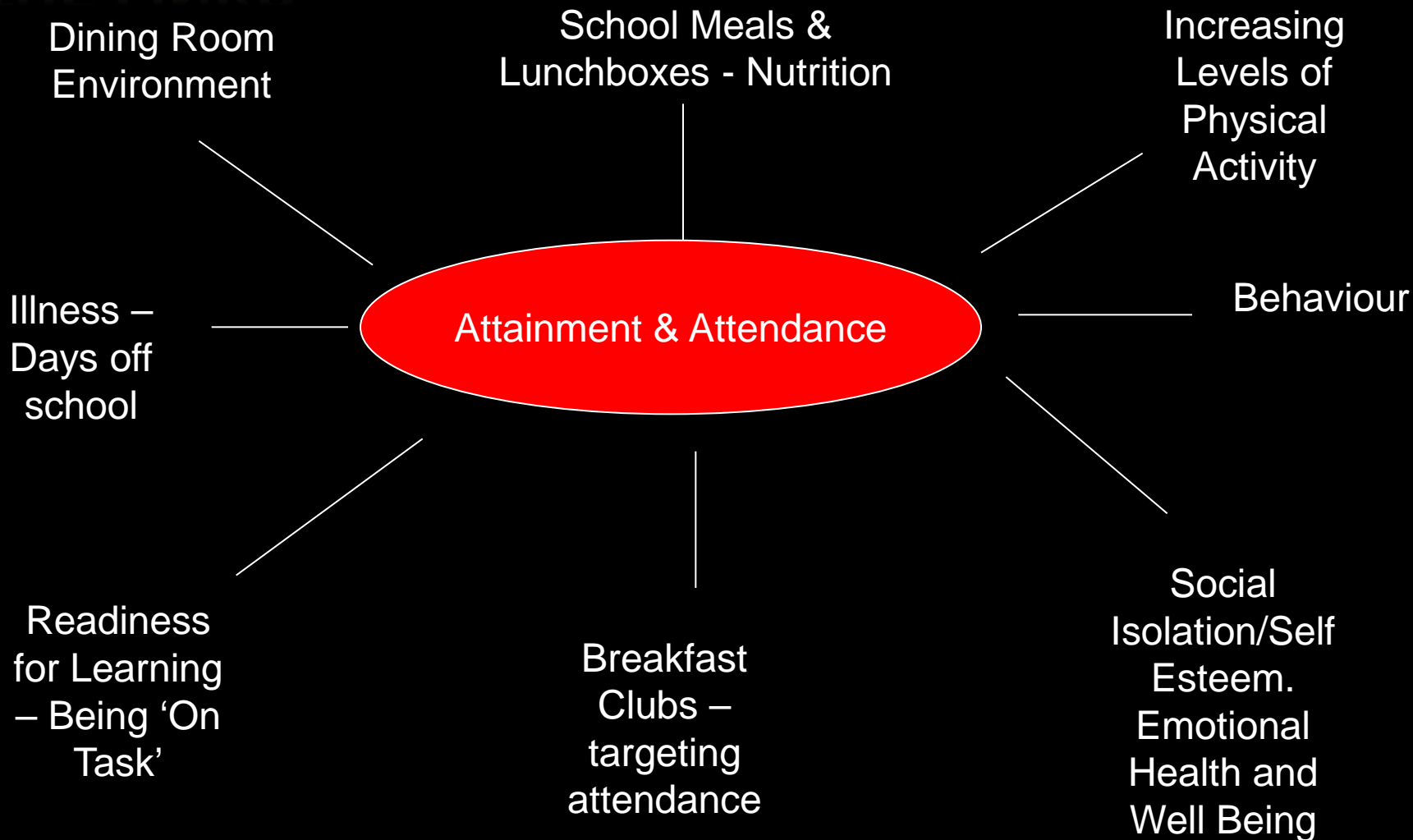


Support children and young people in developing healthy behaviours; help raise pupil achievement; help reduce health inequalities; and help promote social inclusion.

NATIONAL INDICATORS CHILD HEALTH

- × NI 50 Emotional health of children
- × NI 51 Effectiveness of child and adolescent mental health (CAMHs) services
- × NI 52 Take up of school lunches
- × NI 54 Services for disabled children
- × NI 55 Obesity among primary school age children in reception
- × NI 56 Obesity among primary school age children in year 6
- × NI 69 Percentage of children who have experienced bullying
- × NI 110 Young people engaging in positive activities

ATTAINMENT/ATTENDANCE & OBESITY. THE LINKS:



SPACE TO LEARN

- × Dining rooms
- × Toilets
- × Corridors
- × Medical rooms
- × Social areas
- × Entrance and exit
- × School grounds
- × Staff rooms
- × Kitchens



WHERE NEXT FOR CATERING

8 – 6 provision

Early years

Connect Digitally

Delivering on Obesity programmes

Sustainably practices

Innovation

WHERE NEXT FOR CATERING

Trends

Tastes

Trouble shooting

Technology

Time

Targets

Take up



INNOVATION

**"It's easy to come up with new ideas; the hard part is letting go of what worked for you two years ago, but will soon be out of date."
— Roger von Oech**

**"To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks real advance in science."
— Albert Einstein**

**"If there's a way to do it better—find it."
— Thomas Edison**

TOMORROW

What National Indicator does your service link to?

Does your service demonstrate child health improvement?

What will you do differently tomorrow?

THANK-YOU

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