

Task and Finish Specification

**To increase levels of physical activity amongst children and adults and;
improve positive nutrition choices and promote healthy eating**

Accountable Organisation	PCT/TBC
Descriptive Title	To increase levels of physical activity amongst children and adults and; improve positive nutrition choices and promote healthy eating
Statement of purpose	<p>The Tamworth Strategic Board identified 10 areas which were of most concern to public agencies. Two of these are to:</p> <ol style="list-style-type: none"> 1. Increase levels of physical activity amongst children and adults. 2. Improve positive nutrition choices and promote healthy eating. <p>Following discussions with the Lead Officers it was agreed that as the above topics were very closely interlinked, and one task and finish group could look at the gaps in service provision and identify additional work streams to improve health outcomes for children and adults.</p>
Background	<p>This brief is to focus on improving the lifestyles (nutrition and physical activity) of Young people, especially between the ages of 12-19.</p> <p>Most of the activities and information on nutrition is available for school aged children within the PSHE & PE curriculum. The uptake of physical activity by teenagers in schools is variable and dependent on the types/ choices of activities available to the older child. After school activities are targeted at the younger age group. Feedback from Physical Activity instructors and Community Leisure service providers identifies a gap in service provision for the 12—19 age group. The project will aim to manage the transition period between school based information and activities by acting as a gateway to improving access to lifestyle information and services.</p> <p>The National Diet and Nutrition Survey of Young People Aged 4-18 Years (2009) provides detailed information on the nutritional intake and physical activity levels of young people in the UK. The findings reveal average consumption of saturated fat, sugar and salt is too high, and while that of starchy carbohydrates and fibre is low. The British Heart Foundation statistics shows that from the age of 16, girls' levels of physical activity begins to decrease. There is also evidence to demonstrate that patterns of behavior that starts in the teenage years tend to persist into adulthood.</p> <p>Research studies have reported that the majority of teenagers, (male and females), are dissatisfied with their weight, have low self-esteem and a distorted view of their body image. The teenage years are a time when eating disorders can develop. This has serious consequences for the young persons' physical and mental health and wellbeing now and in the future. Evidence also demonstrates that for this age group it is important to emphasise the emotional benefits of exercise rather than highlighting the health effects. A contributory factor for addressing this age group is the higher rate of teenage pregnancy in Tamworth, which is greater than both</p>

Accountable Organisation	PCT/TBC
	Staffordshire and England. Improving the lifestyles of the above cohort will help to influence, if appropriate, the future parenting knowledge and skills attributable to the health and wellbeing of children.
Objectives	<ul style="list-style-type: none"> • To re define the role of the Play and Positive Activities Group to include the functions of the Task and Finish Group, • To scope what is currently on offer in Tamworth for young people aged 12—19,(physical activities, nutritional information) • To identify the areas or gaps where a partnership approach can make a real difference, • To increase awareness of services currently available to 12—19 year olds. • To develop and promote information on positive nutrition appropriate and friendly to 12—19 year olds, • To deliver accessible and cost effective activities targeting 12—19 in appropriate venues, • To evaluate all activities and information developed.
Business Case/Plan	<p>Much of the time, being overweight stems from a combination of poor eating habits and a sedentary lifestyle. That means a lifestyle with too much time spent in front of the computer or TV screen and too little time being physically active.</p> <p>Teenagers often underestimate how much they really eat. Teenagers who are overweight or obese can develop health problems such as type 2 diabetes, high blood pressure, fatty liver disease, gallstones and signs of heart disease because of their weight.</p> <p>A child/teenager who is overweight or obese also has an increased risk of:</p> <ul style="list-style-type: none"> • Joint problems, including osteoarthritis and slipped capital femoral epiphysis. • Going through puberty early. • Breathing problems, including worsening of asthma, obstructive sleep apnoea and feeling out-of-breath easily when they are exercising. • Developing iron deficiency and vitamin D deficiency. • Being overweight or obese as an adult (more than half of children who are obese will grow up to be obese as adults). <p>Being overweight or obese as a child or teenager can also have psychological effects for some. It can lead to low self-esteem and a lack of confidence. A child may be subject to bullying because of their weight. They may become withdrawn and avoid social contact. It may lead to low mood and in severe cases, depression.</p> <p>The plan:</p> <ul style="list-style-type: none"> • At a meeting of the Play and Positive Activities Group in May 2011 it was agreed that the role of the existing group will be redefined to incorporate the functions and the remit of this task and finish group.

Accountable Organisation	PCT/TBC
	<ul style="list-style-type: none"> • A scoping exercise to be conducted to identify the gaps in information (healthy eating) and service provision (physical activity) for 12-19 year olds. • A partnership approach/model to be developed to promote and provide positive nutrition messages and access to affordable community based activities. • Engage with young people (college, schools, and young parents) to critique all information (nutrition) and new activities prior to implementation. • Access locality based events to increase awareness of available activities and teenage friendly healthy eating messages. • Monitor and evaluate the accessibility and affordability of the new activities. • Monitor and evaluate the response to the new teenage friendly dietary information. <p>The actions described above will be finalised following the completion of objective 2.</p>
Implications for other workstreams	<ul style="list-style-type: none"> • Links to health inequalities • Links to alcohol and smoking • Links to capacity and skills of parents
Measures of Success Sponsor/ Champion on TSP Accountable Officer	<ul style="list-style-type: none"> • Increase in the availability of affordable activities in community settings targeting 12—19 year olds, • Increase in the uptake of activities by 12—19 year olds • Improved mental and physical health and well being • Improved partnership working to promote and deliver positive nutrition and physical activity messages, • Improved lifestyles and health and well being of 12—19 year olds • Establish sustainability of successful information (healthy diets) and activities. <p>Dr Suzanne Jones is the sponsor/champion on the TSP Board</p> <p>Rob Barnes – Lalitha Webb and Neil Mason will facilitate and support the work of the task and finish group.</p>