

# Healthy Weight for Children

HSE Action Plan 2021 - 2023

An implementation guide for Level 0, 1a and 1b of the Model of Care for the Management of Overweight and Obesity for Children & Young People.







## INTRODUCTION

The Healthy Weight for Children Framework 0-6 years was developed jointly by HSE Healthy Childhood Programme and Healthy Eating Active Living Programme to give strategic direction for a national and sustainable approach to facilitating healthy weight and prevention of obesity in early childhood. The Framework, launched by the HSE in November 2019, is intended for all institutions, services, groups and personnel who are involved with children and families and those planning to have children. The Framework has informed the approach of the HSE/RCPI Model of Care for the Management of Overweight and Obesity (2021) and the HSE Corporate Plan 2021-2024 commits to prioritising prevention and early intervention services with a focus on children's health, obesity and alcohol harm. Working with partners across the health services, HSE Health and Wellbeing are committed to lead the coordination and monitoring of the Action Plan implementation to strengthen our capacity for childhood obesity prevention.

This Action Plan sets out a suite of agreed priority actions and deliverables for the period 2021-2023 to:

- ensure we have a child health and primary care workforce with the knowledge to intervene early to support families to better prevent and manage childhood overweight and treat childhood obesity and associated diseases aligned with the Model of Care for the Management of Overweight and Obesity;
- work in partnership with the childcare and education sectors (early years to third level) to enable the workforce in these sectors to be better equipped to support children and young adults develop and maintain healthy lifestyles and habits; and
- work with partners at national and local level to embed multisectoral actions on obesity prevention in communities.

Many actions outlined are already in train under different programmes of work across the HSE. The purpose of this Action Plan is to put a lens on their contribution to implementing the Model of Care for the Management of Overweight and Obesity – Children & Young People Appendix 1 (levels of care).

The deliverables are set out under headings reflecting five thematic areas for action from the Healthy Weight for Children Framework. Appendix 3, depicts a logic model with an overview linking inputs, outputs and short-term outcomes to the vision of a national, sustainable approach to facilitating healthy weight and prevention of childhood obesity.

In parallel to this HSE Action Plan, work being progressed by key agencies and stakeholders outside of the health service, particularly in relation to regulation and legislation to address factors contributing to the 'obesogenic environment', will be instrumental in contributing to the whole of society, population-wide approach required to halt and reverse trends in childhood obesity in Ireland. The Department of Health Obesity Policy Implementation Oversight Group (OPIOG) provides strategic oversight, coordination and direction for cross-departmental and cross-sectoral actions in this area.

## **ACTION PLAN INDEX**

The Action Plan is organised in five thematic Action Area Tables, with key outputs identified to be delivered by 2023.

### **HSE Action Area 1**

Addresses three action areas from the Healthy Weight for Children Framework Establish effective governance, implementation and monitoring structures

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- 1 Leadership, policy, regulation and legislation
- 9 Managing, evaluating and supporting successful implementation
- 10 Planning for resource allocation and additional funding

### **HSE Action Area 2**

Addresses three action areas from the Healthy Weight for Children Framework Provide training and supports to enable health professionals intervene at critical points pre-conceptually and as part of the Universal Child Health Programme

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- 1 Leadership, policy, regulation and legislation
- 9 Managing, evaluating and supporting successful implementation
- 10 Planning for resource allocation and additiona funding

### **HSE Action Area 3**

Addresses two action areas from the Healthy Weight for Children Framework Provide consistent information, messaging and communications on healthy weight and lifestyles

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- 3 Communications and social marketing campaigns fo healthy behaviours
- 8 Education and support for parents and caregivers

### **HSE Action Area 4**

Addresses three action areas from the Healthy Weight for Children Framework Work with a range of partners and sectors to support a population approach to creating healthy lifestyles including delivery of sustainable, effective, community based healthy lifestyle interventions Page 10

- 4 Multi-sectoral actions involving a population
- 5 Community-based interventions for healthy lifestyles
- 7 Education and support for parents and caregivers

### **HSE Action Area 5**

Addresses three action areas from the Healthy Weight for Children Framework Improve population level monitoring and data collection

- 6 Population level monitoring of growth and behaviours
- 9 Managing, evaluating and supporting successful
- 10 Planning for resource allocation and additional funding

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Establish effective governance, implementation and monitoring structures.

- 1. Leadership capacity within health sector is established through functioning governance and implementation structures.
- 2. Health service capacity to inform and influence policy, regulation and legislation to address 'obesogenic environment' is strengthened.
- 3. HSE workplace policies, guidelines and practice promote environments and culture that supports healthy lifestyles.

202	2021 Priorities			
No	Deliverable	Responsible	Timeframe	
1.a	Establish the HSE governance, leadership & implementation oversight structure, see Appendix 4.	Health & Wellbeing	2021 only	
1.b	Integrate children and young people obesity prevention and treatment into service design for Sláintecare Healthy Communities Initiative and appoint dedicated resources to support implementation.	Health & Wellbeing	2021 only	
1.c	Ensure appropriate representation and input from HSE on cross-government oversight & working groups, including Obesity Policy, Better Outcomes Brighter Futures and First Five, Sláintecare oversight, implementation groups and subgroups.	Health & Wellbeing	2021-23	
1.d	Ensure the development of a child health workforce model by Department of Health & Department of Children and Youth Affairs is informed by Healthy Weight for Children Framework.	Office of Nursing Midwifery Services Director	2021-23	
1.e	Ensure work on public health ethics and commercial determinants of health by Institute of Public Health is informed by Healthy Weight for Children Framework.	Institute of Public Health	2021-23	
1.f	Launch and commence implementation of workplace policies & guidelines:  • HSE Workplace Breastfeeding Policy  • HSE Healthy Meeting Guidelines  • HSE Nutrition standards for provision of food and beverages to staff and visitors in health services  • HSE Healthy Workplace Framework and resources	National Healthy Childhood Programme H&W Staff Health Programme HSE HR	2021-23	
1.g	Agree a suite of key performance indicators to monitor HSE progress in implementing the Action Plan that contribute to the prevention of childhood obesity.	H&W Healthy Eating Active Living Programme and OPIOG Healthcare subgroup	2021-23	
1.h	Annual progress report published.	H&W Healthy Eating Active Living Programme and OPIOG Healthcare subgroup	2021-23	
1.i	Develop business cases for investment in specialist service capacity to support the implementation of the Model of Care for the Management of Overweight and Obesity for children and young people.	Primary Care Strategy & Planning CHO's Hospital Groups National Clinical Programme for Obesity	2021-23	

1.j	Hold annual symposium for sharing best practice & networking.	H&W Healthy Eating Active Living Programme	2021-23
1.k	Collaborate with partners such as RCPI, Faculty of Public Health, Safefood and other stakeholders to develop position papers to inform discourse on policy to address factors contributing to the 'obesogenic environment'.	OPIOG Healthcare subgroup	2021-23

2023	2023 New Priorities				
No	Deliverable	Responsible	Timeframe		
1.m	Prepare a 3-year Action Plan 2024-2027.	H&W Healthy Eating Active Living Programme OPIOG Healthcare subgroup	2023 only		

Provide training and supports to enable health professionals intervene at critical points pre-conceptually and as part of the Universal Child Health Programme.

- 1. A suite of evidence based training and resources are available
- 2. Workforce is equipped with relevant knowledge and skills

2021	Priorities		
No	Deliverable	Responsible	Timeframe
2.a	Launch Antenatal Education Standards and deliver training to antenatal educators.	Nurture Programme	2021-23
2.b	Develop, approve and publish the Model of Care for Diabetes in Pregnancy.	National Clinical Programme for Diabetes	2021-23
2.c	Commence scoping requirements for 'skills to practice' training for child health and primary care staff for promotion of healthy lifestyles.	National Healthy Childhood Programme	2021 only
2.d	Staff working in maternity, child health & primary care to complete HSE elearning modules on Breastfeeding & Infant Nutrition.	Primary Care HoS Heads of Discipline Individual practitioners	2021-23
2.e	Child health and primary care staff to complete HSE nutrition elearning modules including Healthy START for Toddlers and Healthy Weight for Children.	Primary Care HoS Heads of Discipline Individual practitioners	
2.f	PHN, Community Medical Officers, and paediatric staff to complete HSE elearning module on Growth Monitoring.	Primary Care HoS Hospital Groups with Paediatric Services Heads of Discipline Individual practitioners	2021-23
2.g	Promote START key messages, resources & supports with child health and primary care workforce.	H&W Healthy Eating Active Living Programme Child Health Development Officers	2021-23
2.h	Model of Care for the Management of Overweight and Obesity published.	National Clinical Programme for Obesity	2021 only
2.i	Work with RCSI to inform development of Sláintecare funded project to provide training on childhood obesity management to primary care staff and inform HRB funded 'Addressing the challenge of childhood obesity treatment: generating data to facilitate action project'.	H&W Healthy Eating Active Living Programme	2021-23
2.j	Publish and disseminate patient information booklet to support delivery of MECC brief interventions on healthy lifestyle for overweight adults.	H&W Healthy Eating Active Living Programme	2021-23
2.k	Provide RCSI Sláintecare funded Childhood Obesity training to primary care Health and Social Care Professionals.	RCSI Project Team	2021-23

2.1	Commence the formation of two Child & Young People Obesity multidisciplinary teams as outlined in Model of Care for the Management of Overweight & Obesity as part of HSE Healthy Communities Initiative.	National Clinical Programme for Obesity H&W Healthy Eating Active Living Programme Community Operations, Primary Care CHO Primary Care HoS	2021-23
2.m	Review and update existing MECC training content to include key messages on preconception healthy weight where appropriate.	H&W Training, Education and Programme Design Team National Clinical Programme for Obesity	2021 only

2022 New Priorities			
No	Deliverable	Responsible	Timeframe
2.n	Scope out the requirements for training & education to support implementation of Model of Care for Management of Overweight and Obesity in relation to children and young people, including General Practice and Primary Care.as part of Universal Child Health Programme.	National Clinical Programme for Obesity National Healthy Childhood Programme	2022 only
2.0	Deliver Standardised Antenatal Education Programmes.	National Women & Infants Health Programme HG's Maternity Services	2022-23

2023 New Priorities			
No	Deliverable	Responsible	Timeframe
2.p	Commence the development of key training & education resources for General Practice and Primary Care, to support the implementation of the Model of Care for the Management of Overweight and Obesity, in relation to children and young people.	National Healthy Childhood Programme National Clinical Programme for Obesity Academic partners	2023 only
2.q	Review and update the Healthy Weight for Children elearning module.	National Healthy Childhood Programme	2023 only
2.r	Commence planning to establish additional four Child & Young People Obesity multidisciplinary teams, dependent on new funding.	National Clinical Programme for Obesity Community Operations	2023 only

Provide consistent information, messaging and communications on healthy weight and lifestyles

- 1. START campaign delivered and evaluated
- Evidence based information on healthy lifestyles provided to al parents.

202	l Priorities		
No	Deliverable	Responsible	Timeframe
<b>3.</b> a	Continue partnership with Safefood to deliver START campaign.	H&W Healthy Eating Active Living Programme Safefood	2021-23
3.b	Activate START campaign in local communities.	H&W Healthy Eating Active Living Programme CHO Primary Care HoS H&W HP&I	2021-23
3.c	Integrate START messages across HSE internal and external social media & communications campaigns.	H&W Stakeholder Engagement & Comms HSE Communications	2021-23
3.d	Sign off evaluation plan for START campaign.	Safefood H&W Healthy Eating Active Living Programme	2021-23
<b>3.</b> e	Update MyChild.ie preconception section to include content on healthy weight & healthy lifestyles.	National Healthy Childhood Programme	2021-23
3.f	Continue to develop and promote MyChild.ie website and supports in relation to healthy lifestyles - healthy eating, physical activity, screen-time, sleep and mental wellbeing.	National Healthy Childhood Programme HSE Communications Safefood	2021-23
3.g	Provide My Pregnancy & My Child books to all parents.	National Women & Infants Health Programme Midwives Public Health Nurses	2021-23
3.h	Provide Active Play suite of resources to all parents.	H&W Healthy Eating Active Living Programme Public Health Nurses	2021-23
3.i	Integrate START and MyChild campaign messages into HSE workplace wellbeing communications.	H&W Staff H&W Programme H&W Stakeholder Engagement & Comms	2021-23

<b>3.</b> j	Commission the Evaluation of START campaign.	Safefood H&W – Healthy Eating Active Living Programme	2021-23
3.k	Integrate new Department of Health 'Healthy Eating Guidelines for 1-4 Year Olds' content into MyChild.ie and START, promoted to healthcare professionals and parents.	National Healthy Childhood Programme Safefood	2021-23

2022 New Priorities			
No	Deliverable	Responsible	Timeframe
3.1	Commission the evaluation of START campaign.	Safefood H&W Healthy Eating Active Living Programme	2022 only

2023	2023 New Priorities			
No	Deliverable	Responsible	Timeframe	
3.m	Update MyChild.ie healthy development & physical activity content to align with new Department of Health Guidelines on Physical Activity when published.	National Healthy Childhood Programme	2023 only	

Work with a range of partners and sectors to support a population approach to creating healthy lifestyles including delivery of sustainable, effective, community based healthy lifestyle interventions

- 1. Early years and education sectors are appropriately supported by HSE to promote healthy lifestyles.
- 2. Local partners across sectors supported to implement a population approach to healthy lifestyles
- 3. Children and Young People obesity prevention initiative implemented, targeting areas of high deprivation and high child population aligned to 3 Community Health Networks.

2021 Priorities			
No	Deliverable	Responsible	Timeframe
4.a	Provide Healthy Ireland SMART Start training to preschool sector and prepare recommendations for implementation plan of SMART Start policy level review.	H&W Education, Training & Programme Design	2021 only
4.b	Revise and launch Healthy Food Made Easy training and programme resources.	H&W Healthy Eating Active Living Programme	2021 only
4.c	Commence the development of CHO level plans to strengthen the sustainable delivery of Healthy Food Made Easy programme with local partners.	CHO H&W HoS H&W/HP&I Manager	2021-23
4.d	Provide training & classroom resources to support the implementation of Wellbeing Framework in schools.	H&W Education, Training & Programme Design CHO H&W/HP&I	2021-23
4.e	Support Local Sports Partnerships to promote and provide opportunities for physical activity & sport.	H&W National Office CHO H&W/HP&I	2021-23

2022 New Priorities				
No	Deliverables	Responsible	Timeframe	
4.f	Scope out and develop a standardised approach to delivery of weaning workshops.	Nurture programme Healthy Eating Active Living Programme CHO Child Health Programme Development Officers	2022-23	
4.g	Commence the implementation of recommendations for Smart START policy level review.	H&W Education & Training Programme Design	2022-23	
4.h	Collaborate with the Community Mothers Programme Development project and other partners to implement the standardised model.	National Healthy Childhood Programme	2022-23	
4.i	Collaborate with local partners to implement CHO level plans to strengthen sustainable delivery of Healthy Food Made Easy programme.	CHO HoS H&W CHO H&W/HP&I Manager	2022-23	

Improve population level monitoring and data collection

Key Outputs by 2023 1. Strengthen capacity to collect data for population level growth monitoring and surveillance.

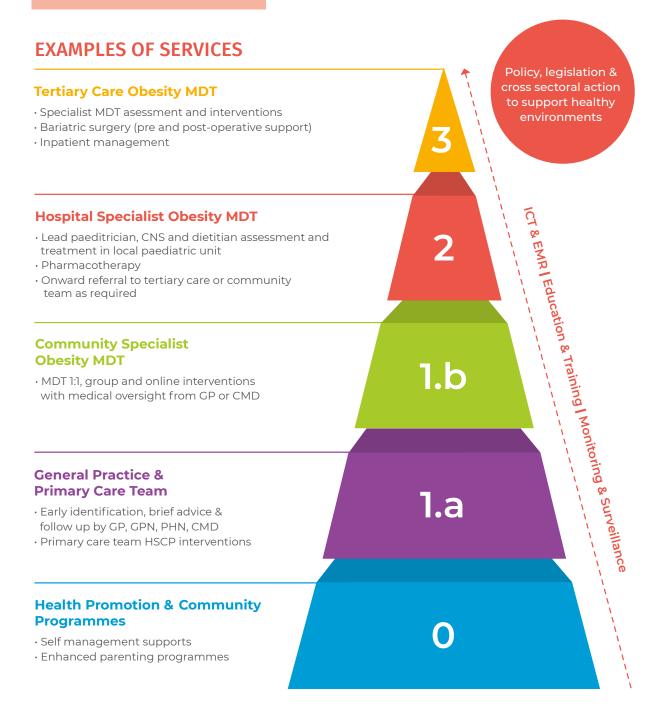
2021 Priorities				
No	Deliverables	Responsible	Timeframe	
5.a	Implement growth monitoring at 9-11 months, 21-24 months, 26-28 months, child health and development assessments.	Healthy Childhood Team Director PHN Individual practitioner	2021-23	
5.b	Implement growth monitoring as standard part of 2&5 years' H&W check in GP practices.	GP's Practice Nurses PCRS	2021-23	
5.c	Implement standardised child health record for Public Health Nurses and Community Medical Doctors.	National Healthy Childhood Programme Heads of Discipline Individual practitioners	2021-23	
5.d	Agree data governance and processes to enable access to and use of anonymised datasets from growth monitoring component of child health & wellbeing check and weight monitoring component of Chronic Disease Management in GP practices.	Primary Care Strategy & Planning & Transformation H&W Healthy Eating Active Living Programme National Clinical Programme for Obesity PCRS	2021-23	

2022 New Priorities				
No	Deliverables	Responsible	Timeframe	
5.e	Scope out the integration of growth monitoring into Universal Child Health school contacts, including resource and implementation schedule, as part of the review of school health programme.	National Healthy Childhood Programme	2022 only	
5.f	Commence data collection for sixth round of Childhood Obesity Surveillance Initiative (COSI).	H&W Healthy Eating Active Living Programme National Nutrition Surveillance Centre DCU	2022 only	

2023 New Priorities				
No	Deliverables	Responsible	Timeframe	
5.g	Publish progress report on the integration of standardised child health record data fields 'growth monitoring' into electronic Child Health Immunisation & Information system.	National Healthy Childhood Programme OPIOG Healthcare subgroup	2022 only	
5.h	Publish report on growth monitoring via child health & wellbeing checks in GP u-6 contract.	National Healthy Childhood Programme OPIOG Healthcare subgroup PCRS	2023 only	
5.i	Publish sixth round Childhood Obesity Surveillance Initiative (COSI) report.	H&W Healthy Eating Active Living Programme National Nutrition Surveillance Centre DCU	2023 only	

## The Model of Care for **Children and Young People**

## **4 LEVELS OF CARE**



The model of care for children and young people aligns to the Paediatric Model of Care.

Glossary of Abbreviations: MDT Multi-Disciplinary Team HSCP Health And Social Care Professional GP General Practitioner CMD Community Medical Doctor CNS Clinical Nurse Specialist GPN General Practice Nurse PHN Public Health Nurse

### Population reach and levels of intensity in prevention and treatment of childhood obesity

For wide reach within a population, it is essential to offer interventions at several levels with increasing intensity of support, so parents and families may select from what suits their needs (Figure 8).

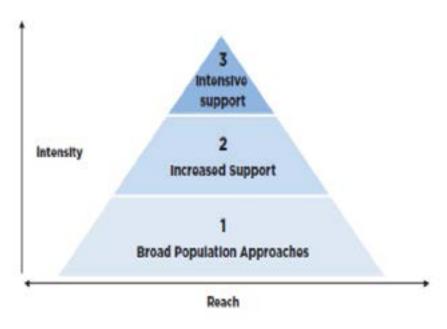


Figure 8: Population-based intervention levels by reach and intensity.

### Level 1

Consists of broad-based messages for healthy behaviours that are available to the whole population. Examples of this in Ireland in relation to childhood obesity are key messages and education in relation to healthy environments, behaviours and parenting provided through the National Healthy Childhood Programme, safefood/HSE social marketing campaigns. Aligns to Level 0 in Model of Care for Management of Overweight and Obesity

### Level 2

Provides additional support for those who require it through the provision of skill building in addition to education. Examples include programmes which develop cooking, physical activity or parenting skills and programmes that use motivational interviewing or counselling in addition to providing information. Examples of programmes at this level include Community Mothers Programme, Triple P - Healthy Meals Made Easy workshop, Triple P - Hassle Free Mealtimes workshop, Parents Plus-Healthy Families programme.

Aligns to Level 0 in Model of Care for Management of Overweight and Obesity

### Level 3

Provides intensive support for high-risk populations, for example, programmes targeted at lower socio-economic groups. As well as clinical intervention either individually or through group programmes for those who seek more intensive help, either because of greater risk, greater need or existing obesity.

Aligns to Level 1 & 2 in Model of Care for Management of Overweight and Obesity

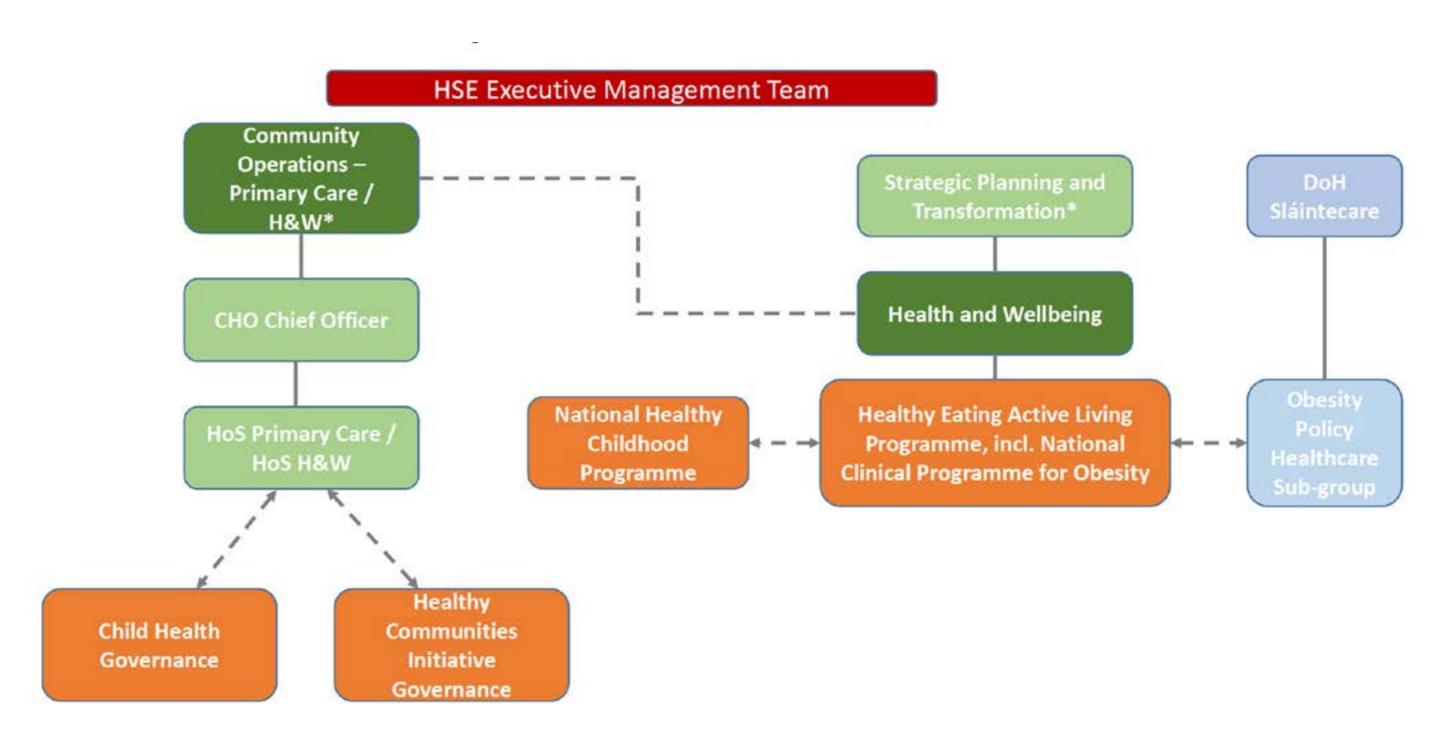
Logic Model for Facilitating Healthy Weight and the Prevention of Obesity in Ireland

Vision: A national and sustainable approach to facilitating healthy weight and the prevention of obesity in children in Ireland

### Situation Analysis Monitoring and evaluation: Child health information system supporting monitoring of population-based data; core set of standardised evaluation measures; KPIs; evaluations of impact of family, workforce and systeminterventions The problem 4 in 5 children are healthy weight currently, but likely that majority will **HSEInputs HSE Activities / Outputs** Short-term Outcomes (3 years) Long-term Outcomes (4 yrs+) be overweight as adults when reach Stakeholder engagement and co-ordination People & structures Population-level System-level Map stakeholders and existing structures and develop a stakeholder engagement Higher prevalence of overweight & Healthy Weight for Population receive more evidence-based, Partnership and life-course plan focusing on alignment of relevant national policies obesity in children attending DEIS Children Group consistent messages about healthy behaviours approach to healthy weight Influence and support internal and external structures to recognise their role in, and schools Progressing Reduction in inequities across socioembedded develop their capacity to, support healthy weight /lifestyles for children Approx. 25% of population in each Disability Services demographic groups Parents more enabled to support Develop and roll-out a communication plan to raise visibility and promote the work. CHO are children Social Inclusion Increased number of parents accessing Identify appropriate tools to 'health-proof' / 'obesity-proof' policies and liaise with healthy lifestyles Each CHO has ~26,000 overweight **HSE Programmes** policy developers in their use parenting supports and programmes Communities have better access to children o Healthy Eating Agree consistent, non-stigmatising language and messaging across stakeholder local facilities to support healthier Lifetime cost of childhood obesity is Practice-level Active Living groups behaviours (food, physical activity) €4.6 billion. More consistent delivery of growth monitoring Implementation planning and resourcing Programme Cost savings to exchequer Changing socio-demographics and Identify roles and responsibilities for stakeholders and brief intervention by all relevant health o National Healthy significant health inequities -Identify resources required for implementation and include in service plans Childhood professionals Organisational-level Prevalence of overweight and obesity Establish a clear governance and implementation infrastructure in context of Programme Antenatal healthcare professionals have CHO Child Health Committees are 6% higher in schools in disadvantaged national healthy childhood programme and paediatric clinical programme (and o Clinical adopted the national antenatal education the key structure for driving areas National Women and Infants Health Programme) Programmes standards implementation at local level 5% BMI reduction would generate Agree best practice for service delivery Obesity Mgt / Increased proportion of frontline staff have savings of €1.1 billion and save 9,269 Agree weight monitoring procedures for pregnant women and children at relevant increased numbers of health service Paediatric / completed relevant training premature deaths contact points workforce dedicated to child health Diabetes Agree a national model of care for children with obesity, including early More delivery of parenting programmes that Sustainable access to equipment System strengths External collaborators intervention and treatment services embed skills to support healthy weight required for growth monitoring for Wide range of services have potential Safefood Increase investment in service delivery for breastfeeding and infant nutrition in line More consistent delivery of key messages to to make a difference all relevant healthcare staff (PHNs, Tusla with Breastfeeding Action Plan support healthy nutrition, growth, Släintecare implementation and focus CMDs, paediatrics) Build skills and capacity to promote healthy lifestyles in families Interagency development, physical activity, sleep and on embedding services to prevent Identify/establish a national multidisciplinary education and training group and Agreed model of care embedded in networks/structures chronic disease work with this group to build skills and capacity to promote healthy lifestyles screen time practice , ind. CYPSCs, LCDCs, Good enabling policy context, e.g. Deliver standardised training e.g. Nurture, MECC for all families HI Network, All-Organisational-level Practice-level Healthy Ireland, Better Outcomes Identify requirements and opportunities to embed training and skills development Island Obesity CHO Child Health Committees are embedded Growth monitoring is standardised for HSE and non-HSE health and social care professionals Brighter Futures, First 5, Healthy Action Form, CHO Implement existing programmes and strategies and Healthy Weight for Children Framework is Weight for Ireland practice nationally Child Health Scope potential for implementing and evaluating a child and adolescent obesity Good national foundations for included in terms of reference Health and social care professionals Committees, prevention and treatment model in a number of communities supporting implementation, e.g. All relevant HSE staff have access to and early years practitioners Healthy Cities Deliver national HSE programmes and policies including National Healthy Childhood Healthy Eating Active Living, Making standardised equipment for growth monitoring delivering consistent messages on Health and Programme, Start campaign, MECC, Breastfeeding Action Plan, Health and Every Contact Count, Nurture, Start Earlier identification and use of agreed referral healthy weight education service Wellbeing Curriculum in Schools (pre-conception). National Maternity Strategy campaign, National Healthy Childhood processes for children who are overweight and providers Support and implement key relevant cross-sectoral strategies, e.g., First 5 Programme, paediatric model of care, Population-level their families to access relevant support Children and Parenting supports Increased proportion of children of integrated care programme for Engage with parenting programme/support deliverers to ensure that skills to families services chronic disease healthier weight, particularly in support healthy weight/lifestyles are embedded Non-governmental Child health implementation System-level disadvantaged areas Use contact points of National Healthy Childhood Programme to promote and organisations structures at local level currently being Greater clarity on roles and responsibilities for support healthy weight More women going into pregnancy Policies & procedures developed Seek to extend evidence-based parenting programmes to a population basis to implementation, leadership and governance are at a healthier weight increase acceptability and uptake All HSE policies enabling healthier environment System challenges Increased duration of breastfeeding Släintecare Parents and public engagement No clear ownership - need for for children's weight and proportion of children who Healthy Weight for Encourage parents to take 'whole-of-family' approach to healthy living and healthy strengthening/clarity on leadership, More skilled workforce enabled to deliver receive breastmilk Ireland 2016-2025 homes, e.g. START campaign governance and coordination at evidence-based approaches for healthy weight Reduction in preventable chronic First Five Develop data and information systems national and local levels for children Identify and map current systems and electronic health records in use that collate diseases & mental health conditions Systems No standardised / universal national Greater emphasis on delivering and sustaining data on weight and child health outcomes Data and monitoring or local good quality data, e.g. heights Identify data needs and opportunities to influence data collection in HSE and services and supports that work for systems and weights, relevant health external systems disadvantaged areas and target groups Resources for behaviours, intervention data Progress development and implementation of electronic child health records specialist services Funding for initiatives to support

Evidence Relevant policy from Department of Health, EU and WHO; Royal College of Physicians of Ireland (RCPI) policy document; UK framework for tackling obesity; National and international research, including Growing UP in Ireland (GUI) study; Consultation with experts and relevant stakeholders

## Governance Map - CHO and National



\*subject to change pending outcome of Centre Review 2021

## Membership of Healthy Weight for Children working group who informed development of the Action Plan

Dr Fionnuala Cooney, Public Health Specialist, National Healthy Childhood Programme & Lead for Healthy Weight for Children [Co-chair]

Sarah O'Brien, National Lead Healthy Eating Active Living Programme [Co-chair]

Carmel Brennan, National Healthy Childhood Programme Manager

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Anne McAteer, H&W/HP&I Manager, CHO 1

Eilish Whelan, Asst Director PHN, CHO 5

Claire McNamara, Senior Community Development Officer, TUSLA

Margaret O'Neill, National Nutrition Advisor

Dr Catherine Conlon (Director Human Health & Nutrition, Safefood) – replacing Dr Cliodhna Foley-Nolan & Dr Marian O'Reilly

Dr Marita Hennessey, Researcher, NUIG & UCC

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- Aishling Sheridan, Centre for Effectives Services, for facilitating workshops to inform LOGIC model and development of Action Plan.
- Caroline Peppard (Project Manager) and Megan Hanley (Gradlink Intern) who contributed to the early development of the Action Plan.
- · Paul Hickey (Project Manager) who contributed to the final stages of development.

### Key programmes involved in the Healthy Weight For Children Action Plan

### **Healthy Eating Active Living Programme**

The Healthy Eating Active Living Programme is one of a number of Policy Priority Programmes established by HSE Health & Wellbeing to co-ordinate and lead activity across the health services to ensure implementation of priority government policies in the context of Healthy Ireland – A Framework for Improved Health and Wellbeing. The key policies the programme focuses on are Healthy Weight for Ireland: Obesity Policy and Action Plan and Get Ireland Active: National Physical Activity Plan.

The Healthy Eating Active Living Programme has a remit to mobilise the health services to improve health and wellbeing by increasing the levels of physical activity, healthy diet and healthier weight across service users, staff and the population as a whole, with a focus on families and children.

### **National Clinical Programme for Obesity**

The National Clinical Programme for Obesity was set up as a joint initiative by the HSE Health and Wellbeing and the Royal College of Physicians of Ireland (RCPI) to develop a Model of Care for the Management of Overweight and Obesity. The Model of Care, approved by the HSE Clinical Forum in 2020, sets out how health services should be designed and developed to ensure that across the lifespan, an end-to-end approach is adopted for children, young people and adults.

The implementation of the Model of Care for the Management of Overweight and Obesity is a joint initiative between HSE Health & Wellbeing and Clinical Strategy and Innovation.

### **Healthy Childhood Programme**

The Healthy Childhood Programme is one of a number of Policy Priority Programmes established by HSE Health & Wellbeing to co-ordinate and lead activity across the health services to ensure implementation of priority government policies. The key policies the programme focuses on are Better Outcomes Brighter Futures and National Maternity Strategy policies in the context of Healthy Ireland – A Framework for Improved Health and Wellbeing.

The Healthy Childhood Programme is informed by the:

- acknowledgement that the wider determinants of health play a significant part in child and adult health;
- benefits of a child health programme based on a model of progressive universalism help for all and more help for those who need it;
- · impact of the antenatal period on the development of the foetus;
- · importance of maternal mental health and infant mental health and development.
- · pivotal role of the parents in child development; and
- early identification of issues can enable early intervention to occur thus improving the outcomes for the child.