

November 2010

Preventing and managing childhood obesity

The Centre for Excellence and Outcomes in Children and Young People's Services (C4EO) has been commissioned by the East Midlands RIEP (Regional Improvement and Efficiency Partnership) to examine effective multi-agency approaches to tackling childhood obesity. C4EO is completing a rapid review of available literature to produce an anthology of effective whole system approaches to preventing and managing childhood obesity.

C4EO recognises, however, that not all useful knowledge about what works and why is to be found in research reports and papers. We believe that there are many examples of good local practice which will add to the research evidence, and that is why we are inviting you to submit examples of excellent local practice which is leading to significantly improved outcomes for children, young people and their families. In sharing this practice with us, you will be helping others in the sector working with young people by providing evidence of service improvements which really work, as well as showcasing your and colleagues' successes. The examples that you submit will be taken through a validation process by C4EO – the reasons for this, and the process itself, are set out below.

We are interested in receiving examples of whole area, multi-agency strategies to prevent and manage childhood obesity – for two- to 16-year-olds - that have worked to improve outcomes for young people. We will need information on the type of intervention(s) introduced; the services provided; who delivered the services; who the target group was; what the key outcomes were; and any evidence you might have on the sustainability and replicability of the intervention. We are also particularly interested in:

- The types of data on childhood obesity local areas are collecting to inform strategies and interventions, and measure impact and outcomes.
- Any information on short- and longer-term impacts/outcomes.
- Multi-agency practice that includes GPs, early interventions (including pre-natal health), and environmental modifications (such as better cycling routes).
- Any information on cost effectiveness/social return on investment/value for money.
- Details of the types of partnership working involved (including roles and responsibilities) and on any joint commissioning arrangements.

Why use validated local practice examples?

C4EO believes that there is invaluable evidence based in experience and practice in local authorities and in their partner organisations working in the young people's sector. Moreover, local knowledge and practice on 'what works' is often ahead of that contained in research reports, which can take months or years to publish. C4EO wishes to mobilise and share this valuable local resource and use it to complement and extend the formal research evidence available to the sector.

We need, however, to ensure that the local examples of what works used by C4EO can demonstrate the achievements (outcomes; results) of effective practice. This is where 'validation' comes in. It is a two-stage process:

- The self-validation stage, when local areas set out their examples in a consistent format.
- The external validation stage, when practice examples are received and evaluated by C4EO, before moving on to a panel of C4EO sector specialists who assess that sufficient and appropriate detail is provided by the practice account.

To be validated, practice examples need to be supported by some evidence which shows the outcomes and changes that have been achieved.

How do I submit an example of effective practice?

Either by:

- Completing the online submission form on the C4EO website
- Downloading a submission form from the C4EO website and emailing it to C4EOteam@nfer.ac.uk

Forms are available at:

<http://www.c4eo.org.uk/themes/general/localpracticeexamples.aspx?themeid=10>

and are designed to enable you to describe your practice and tell us why you believe it is successful. We really want examples where there is good evidence and some documentation on how and why the practice has worked to improve outcomes, so the more that you can tell us about this, the better. Also, if you have it, do send us any other substantiating evidence such as an internal or external review, assessment or evaluation report. We do not, however, need lots of detailed paperwork. Please do not be put off if you do not have this; just complete the form as fully as possible.

Guidance on completing your submission is also available on the above web page but, if you have any queries or need support filling in the form, please do not hesitate to contact the C4EO Team at NFER on 01753 637178 or C4EOteam@nfer.ac.uk

What will we do with the examples?

The validated local practice examples of initiatives to prevent and manage childhood obesity will be published alongside the research evidence on the C4EO website so that they can be shared with other decision-makers in the sector.

We will advise you of the outcome of the validation process and how we plan to use the material.

Many thanks for your support.

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