

ACES

Active Children Eating Smart

July 2009 Update



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1. WHAT IS ACES?

ACES (Active Children Eating Smart) is a brand new childhood obesity intervention developed by NHS Greater Glasgow and Clyde in partnership with local authority leisure services. The aim of the initiative is to assist children and young people, in cooperation with their families, to either lose weight or not gain further weight. The programme will initially focus upon the children who most exceed their healthy weight. Programme content for ACES has been finalised and most of the coaches have been recruited and trained in conjunction with local authority partners.

The development of the programme benefited from the contributions, experiences and expertise provided by a range of experts and projects elsewhere in the UK. These included:

- YW8 Project, Telford and Wrekin Primary Care Trust

2. WHO DEVELOPED ACES?

- Professor of Community Health/ Consultant Paediatrician
- Endocrinology Specialist (Women and Children's Services)
- Consultant in Public Health
- Clinical Lead Psychologists (Yorkhill Children's Hospital and Glasgow and Clyde Weight management Service)
- Senior psychologists
Dietician (Yorkhill Children's Hospital)
- Community Dieticians
- Physical Activity Specialists (Education and Culture and Sport Glasgow)
- Health Improvement Specialists
- IT staff
- Child Protection staff
- School Nurses



3. CONTENT

The programme includes diet, physical activity and behaviour change. Healthy eating messages and activities are based on “The Traffic Light Healthy Eating System” and physical activity sessions are based around reducing sedentary behaviour, using “TOP activity” and “Walking to School” programmes as well as activities that are available locally as part of out of school activities.

There are practical food sessions to complement the healthy eating messages providing the opportunity for both children and family members to participate in food preparation.

All sessions are underpinned by behaviour change principles and techniques with specific emphasis on goal setting and rewards. A lifestyle diary is used on a weekly basis to support goal setting.



The programme consists of:

- An initial “one to one” assessment when detailed information about the programme will be provided, data collected and a place on a local programme booked.
- Twelve weekly sessions of 90 minutes incorporating fun, interactive healthy eating, physical activity and behaviour change support activities.
- An additional 12 week maintenance phase with further activities and introductory sessions from local leisure providers.
- Support and follow up will be provided if required for a further 24 weeks through email, text messaging and telephone calls.
- All sessions are group based with additional individual follow up.
- All sessions are delivered by coaches trained and assessed by NHSGGC.
- Literature and resources have been specifically designed to support the service.
- Sessions will be tailored to reflect different genders, ages or physical abilities.

4. DELIVERY AND QUALITY ASSURANCE

The programme is delivered by specially trained coaches, employed by Local Authorities or Culture and Sport trusts. All coaches have completed a 70 hour training programme. A manual for coaches has been developed for each session along with handouts for children, young people and parents.

The training covered the following topics:

- Background, the public health challenge and the evidence base for childhood obesity.
- Behaviour change techniques and how these underpin the delivery of the programme.
- Food, dietary changes and physical activity based on the programme content e.g. Traffic Light System, food labelling, TOP activity, walking and reducing sedentary behaviour.
- How to measure BMI and use growth charts.
- Child protection and identifying support.
- IT systems and data collection.
- Motivational interviewing techniques
- Interactive methods to deliver content and qualitative data collection.
- Three day “Training for Trainers” certificate addressing group facilitation skills.
- A three way assessment (self, peer and facilitator’s), ensuring competency and suitability of coach delivery.



Additional training has also been carried out with 10 food coaches to deliver the practical food sessions of the programme. An additional 10 coaches will be trained for the other Local Authority areas in due course.

The food training consists of:

- Background, the public health challenge and the evidence base for childhood obesity.
- Traffic light system, regular eating patterns and the content of the practical food component.
- Three day Training for Trainers certificate addressing group facilitation skills
- Three way assessment (self, peer and facilitator’s) ensuring competency and suitability of each coach.

5. WHERE, WHEN AND HOW TO CONTACT THE SERVICE

The programme is delivered locally in schools, leisure centres and /or community venues and in the afternoons and evenings. See local update for detail.



To date the programme is up and running in Glasgow's five CHCP areas and assessments are taking place in Renfrewshire CHP. Other areas are anticipated to start in early autumn.

Although the service is promoted at GP practices and through Education individuals wishing to participate in the programme and making an appointment must contact the service free number directly on **0800 027 0291**

PEER REVIEW SESSION – JAN 09

Representatives from all CH(C)P areas attended a peer review session at the Teacher building in Jan 09. The following actions were put in place to address issues identified:

- **Coach recruitment;** Glasgow recruited 12 part time posts from 83 applicants via external advert. Other areas have recruited existing coaches or arranged for backfill within already permanent staff.
- **Coach training;** Additional training was developed following completion of initial 1:1 assessments. Additional opportunities for shadowing have been identified. Further training for new coaches will be partly delivered via a mix of formal sessions and shadowing opportunities.
- **“Coach hotline”;** Individual support and access to “hotline” provided for coaches as required. Local areas are currently identifying contacts and pathways to support coaches in relation to child protection and other issues
- **Session delivery;** A DVD of the coaches delivering a range of the programme sessions was filmed as part of the Training for Trainers assessment. This is available as part of the training for new coaches.
- **Additional training;** Coaches have requested additional training which is currently being arranged to cover:

6. CHALLENGES/ FEEDBACK SO FAR

COACHES

- Coaches are happy with training content, delivery and resources.
- Enthusiastic to get started with the programme.
- Varied experiences, maturity, skills and talents within the group of coaches.
- Felt challenged during training but feel that the training provided will support them in their “daily jobs”.

PHONE CENTRE

- Parents calling are positive and grateful to gain access to service
- All children but one have had a BMI percentile >98.
- Many families want to enrol siblings, which at times presents problems if children can't participate in the same age group.
- Very few of those contacting the service have declined an assessment.
- High percentage contacting the service after GP suggestion.

PARENTAL LETTER

- Generally parents contacted the phone centre for appointment.
- Labour intense distribution via school exercise on the part of ACES staff.

ASSESSMENTS

- Assessments have provided the coaches with additional information relating to issues for participants. Additional training has been provided to support coaches.
- Assessments have re-assured coaches that parents and children welcomed the programme.

VENUES

- Venues are often fully booked. Difficulty in seeking both cooking and gym facilities.
- Availability doesn't always match coaches' availability for evening work requires careful scheduling.
- Storage is hard to find but desperately needed in participating venues.

- "Setting professional boundaries"
- How to engage unwilling participants.

FEEDBACK FROM PARENTS/CHILDREN

- "The diary makes you think about what you're having"
- "Works better as a family."
- "It's better as Rachel can be with children in a similar situation."
- "Gives me some really good quality time with my daughter" – Dad
- "I'm never frying food again!"
- "It's great to be able to share your worries etc and get help from people in the same situation."
- "Helping to show us to be more active as a family"
- Staff make you feel at ease and don't judge you."
- "I really like the programme. I see some changes already after 3 weeks. My son craves sweets/chocolate but not as much."

- Teenage participants expressed preference for physical activity as part of the weekly sessions.



8. LOCAL UPDATES

Glasgow

CHCP	Local Contacts	Telephone Number	Venue	Completed 1:1 Assessments	No. of programmes underway
SW	Daniel Maher	0141 276 4665	St Pauls Academy	17	1
SE	Ann Duffy	0141 531 8306	Shawlands Academy	22	1
N	Megan Hagger	0141 201 9711	Springburn Academy	22	2
W	Julie McCarthy	0141 314 6221	Hillhead Academy	20	1
E	Jennifer Johnstone	0141 272 0171	St Andrews Academy	27	2

Staff

Within Glasgow 12 ACES coaches have been trained and are employed by Culture and Sport Glasgow. 10 food coaches have been trained and are employed by CORDIA.

Recruitment

- All children have taken a general letter home via the schoolbag
- All GPs have been notified of the service

Renfrewshire CHP

Local Contact	Telephone Number	Venue	Completing 1:1 Assessments	No. of programmes underway
Fiona McKay	0141 842 6216	Lagoon Leisure Centre	8	n/a

Within Renfrewshire 4coaches have been trained and are employed by Renfrewshire Leisure Ltd and 6 food coaches have been trained and employed by Renfrewshire Council.

Recruitment

- All children have taken a general letter home via the schoolbag
- All GPs have been notified of the service

East Renfrewshire CHP

Local Contact	Telephone Number	Venue	Completing 1:1 Assessments	No. of programmes underway
Carol Whitelaw	0141 300 1216	St Ninian's School Woodfarm Secondary	Starting 7 st September 09	n/a

Staff

Within East Renfrewshire 2 food coaches have been trained and are employed by Facilities Management East Renfrewshire Education Department.

Recruitment

- All GPs have been notified of the service

Inverclyde CHP

Local Contact	Telephone Number	Venue	Completing 1:1 Assessments	No. of programmes underway
Andrina Hunter	01475 558 864	Wellington High School Auchmountain Community Centre	Starting 31 st August 09	n/a

Staff

Within Inverclyde 3 ACES coaches have been trained and are employed by Inverclyde Leisure 1 food coaches have also been trained and are employed by Step Well Consultancy.

Recruitment

- All GPs have been notified of the service

West Dunbartonshire CHP

Local Contact	Telephone Number	Venue	Completing 1:1 Assessments	No. of programmes underway
Jacqui McGinn	0141 435 7515	Meadow Centre Vale of Leven Swimming Pool Playdrome	0	n/a

Staff

Within West Dunbartonshire 3 ACES coaches have been trained and are employed by Culture and Sport Glasgow. 3 food coaches have been trained and based within the Health Improvement Team.

Recruitment**East Dunbartonshire CHP**

Local Contact	Telephone Number	Venue	Completing 1:1 Assessments	No. of programmes underway
Kathleen McGill	0141 201 4217	Not yet confirmed	0	n/a

Recruitment