

Did we break the childhood obesity trend in Jönköping County Council?

Linda Frank

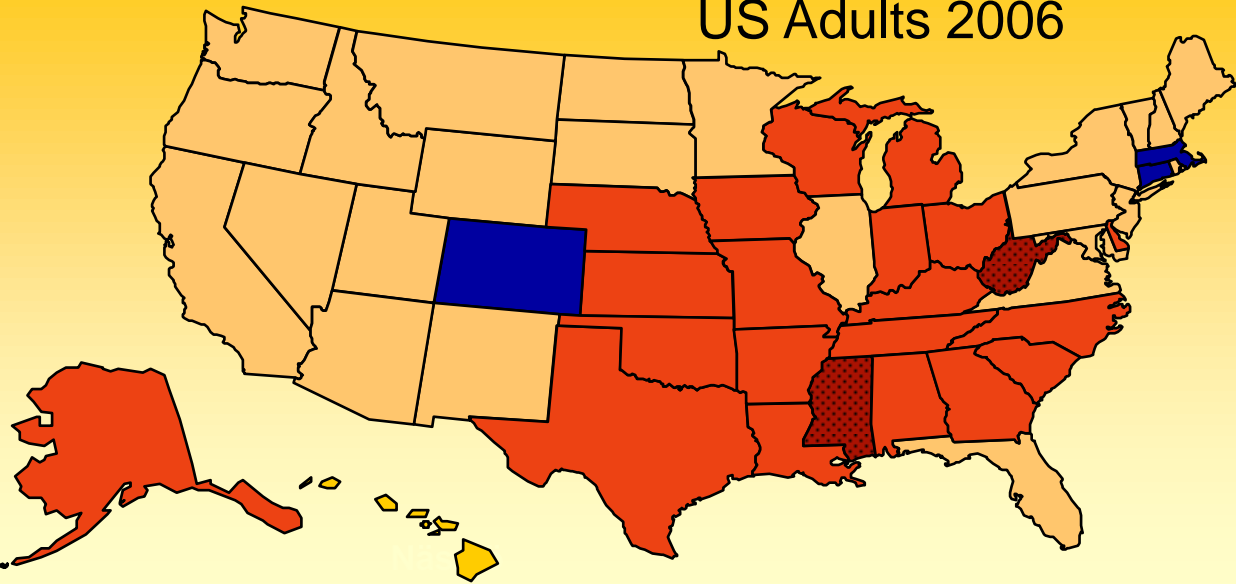
Boel Andersson Gäre

Obesity

a global and
a local problem

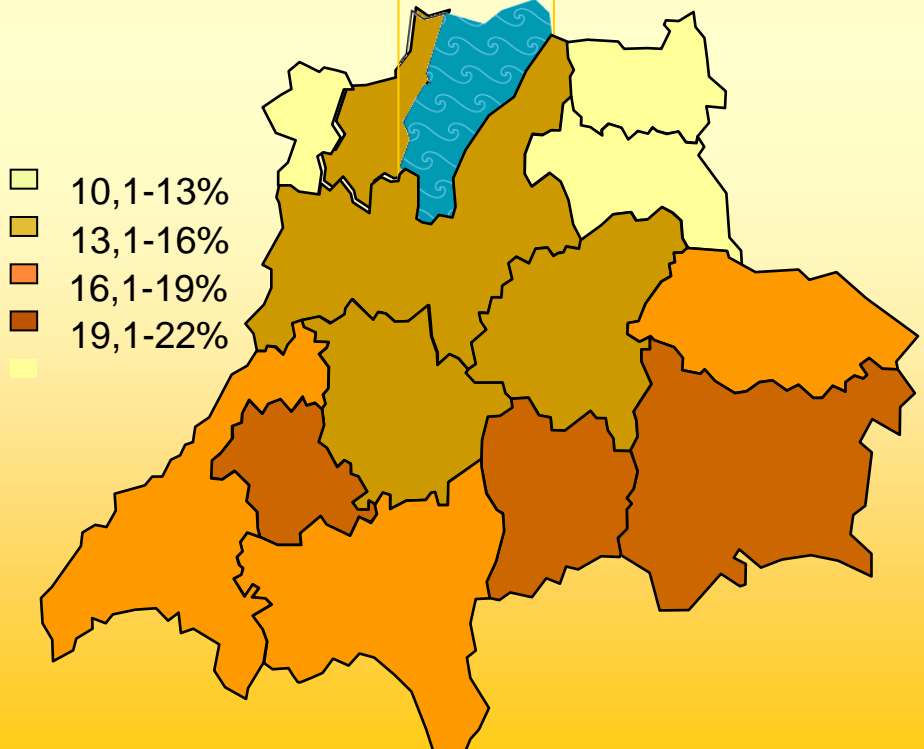
Two examples

US Adults 2006



- 15 -19%
- 20-24%
- 25-30%
- >30%

Jönköping County
Preschool Children 2007



- 10,1-13%
- 13,1-16%
- 16,1-19%
- 19,1-22%

Childhood obesity is
a complex problem which needs
complex solutions

Study Question

Can an integrated, multilevel intervention built on theories and available evidens create sustainable change?

Overall aims

- A reduction in overweight and obesity among children and youth of 50 percent
- Maintain or increase quality of life



Bringing generalizable scientific evidence into practice requires multiple knowledge systems

Choosing the best plan

- Nat. recommendations
- Guidelines
- Education
- The Child Dialogue
- Media involvement
- EU-network

Executing locally

- Leadership
- Involvement
- Bottom-up
- Top-down
- Learning series

Generalizable
Scientific
Evidence

+

Particular
Context



Measured
Performance
Improvement

Intervention on:

- Nutrition
- Eating habits
- Physical activity
- Sedentary lifestyle
 - Motivating interviews
- Environment

- Day care
- Schools
- After school centers
- Dental clinics
- Sports clubs
- Churches
- NGO.s

- BMI
- Questionnaires
- GRID
- Matrix
(a frame to control targets)

Methods

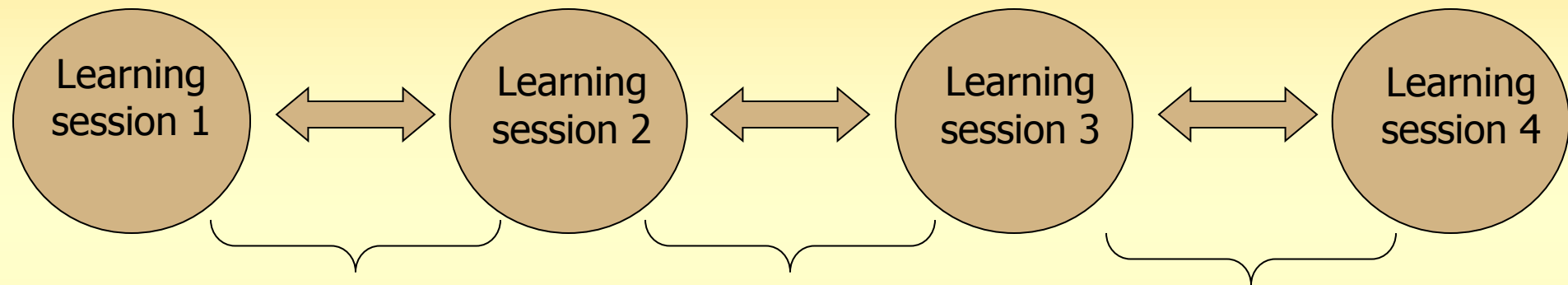
Theoretical underpinnings:

- Dialogue as Change Agent *The Child Dialogue*
- Change as Learning *Collaborative series*
- Public Health Theory *Arena building* (Swinburn)
- Social Movement Theory (Bate)
- Continuous Quality Improvement (Nolan)

Child Health Care - a Complex System?



Breakthrough series in childhood obesity 2005



Teams from 10 of 13 municipalities

Collaborative partners

Public health officers, nutritionists, doctors and nurses at the child health care, school health care and outpatient pediatric clinics, dentists and dental nurses, physiotherapists, midwives, managers and teachers at the university, compulsory schools, leisure time centres and day care centres, adult educational associations, athletic clubs NGO.s, churches.....

Parental groups in Child Health Care



Cooking training for parents



The walking bus safe sidewalks, playgrounds and green areas



Free school lunch an important feature of public health



Peer leadership - Improvement in practice



The healthiest school café – a bottom up strategy



Young employers



The Dentists – VIP Collaborators



The Church of "KungSPORTen"

Aim – Relation - Attraction



Visit at the supermarket with the dietician



After school activities – Just for fun



A Health Dialogue with the School Nurse



The Health Curve

A pedagogic tool for lifestyle dialogues

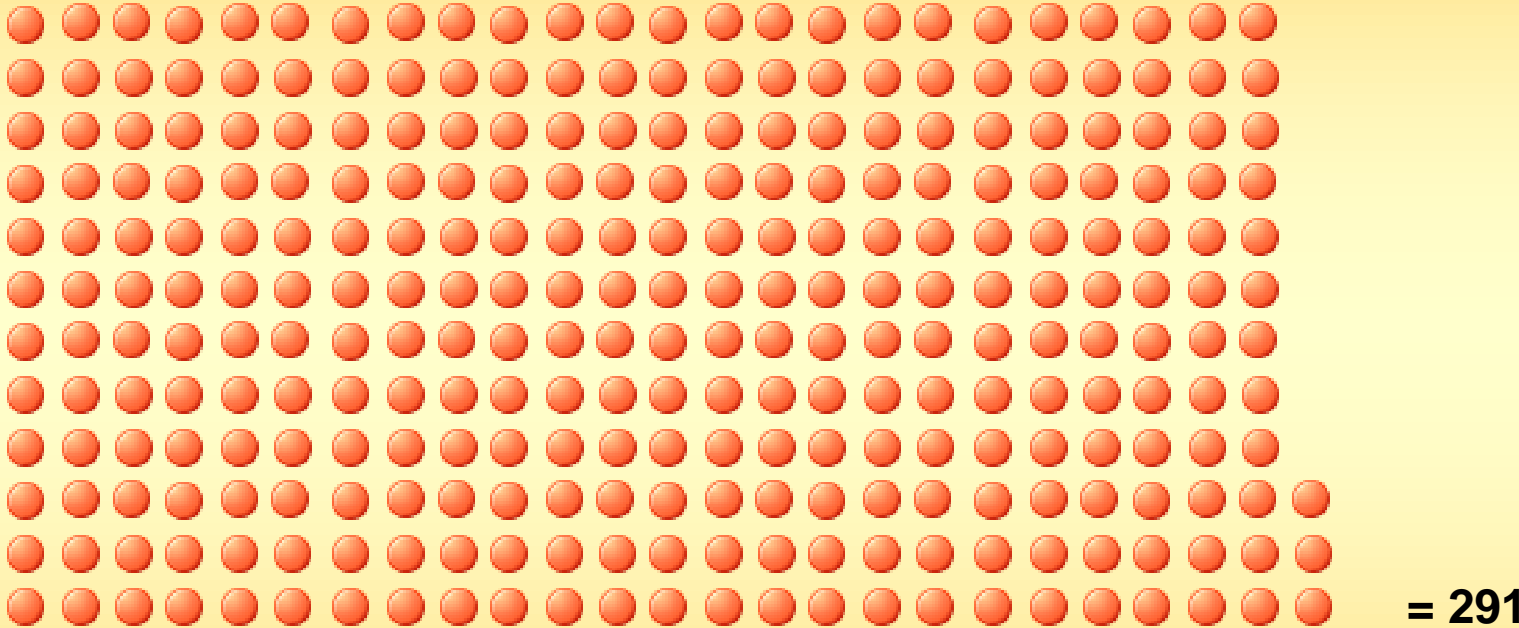
- The school situation
- Relations
- Physical activity/inactivity
- Food and eating habits
- Tobacco (>12 years)
- Alcoholic "
- Drugs (> 16 years)
- Experienced health

Hälsokurva för gymnasiet
Underlag för hälsosamtal

KÖN ÅLDER KOMMUN SKOLA
KLASS NR DATUM
BESÖK NR SKOLSKÖTERSKA

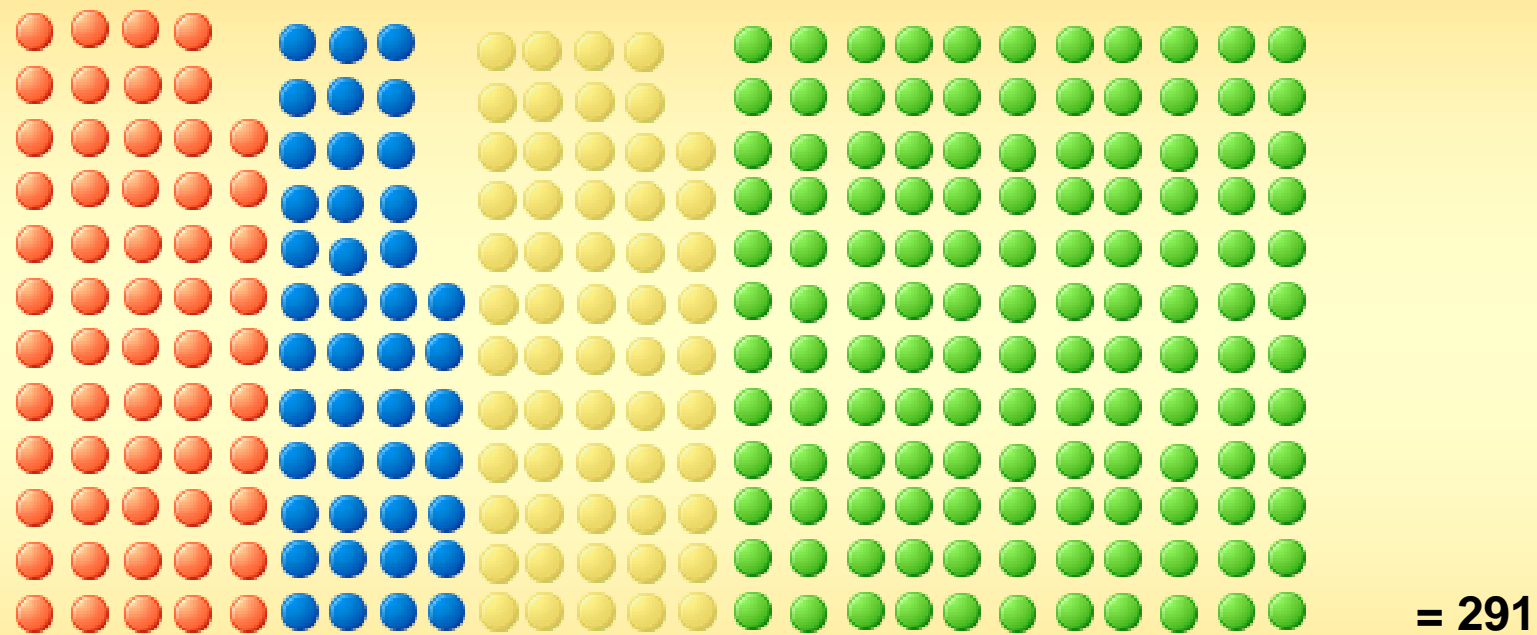
	Låg risk			Hög risk
	1	2	3	4
1 Skolsituation	21 - 16	15 - 11	10 - 6	5 - 0
2 Relationer	9 - 7	6 - 5	4 - 3	2 - 0
3 Fysisk aktivitet	≥ 21	20 - 14	13 - 7	6 - 0
4 Fysisk inaktivitet	≤ 21	22 - 27	28 - 35	> 35
5 Matvanor	36 - 28	27 - 19	18 - 10	9 - 0
6 Tobak	9 - 7	6		5 - 0
7 Alkohol	6 - 5	4 - 3	2 - 1	0
8 Upplevd hälsa	15 - 12	11 - 9	8 - 5	4 - 0
9 iso-BMI	18,5-24,9	25,0-29,9	≥ 30,0 < 18,5	
10				
11 Vikt, kg				
12 Längd, meter				
13 Midja, cm				
14				
15				
16				

Spread of activities over time 2004



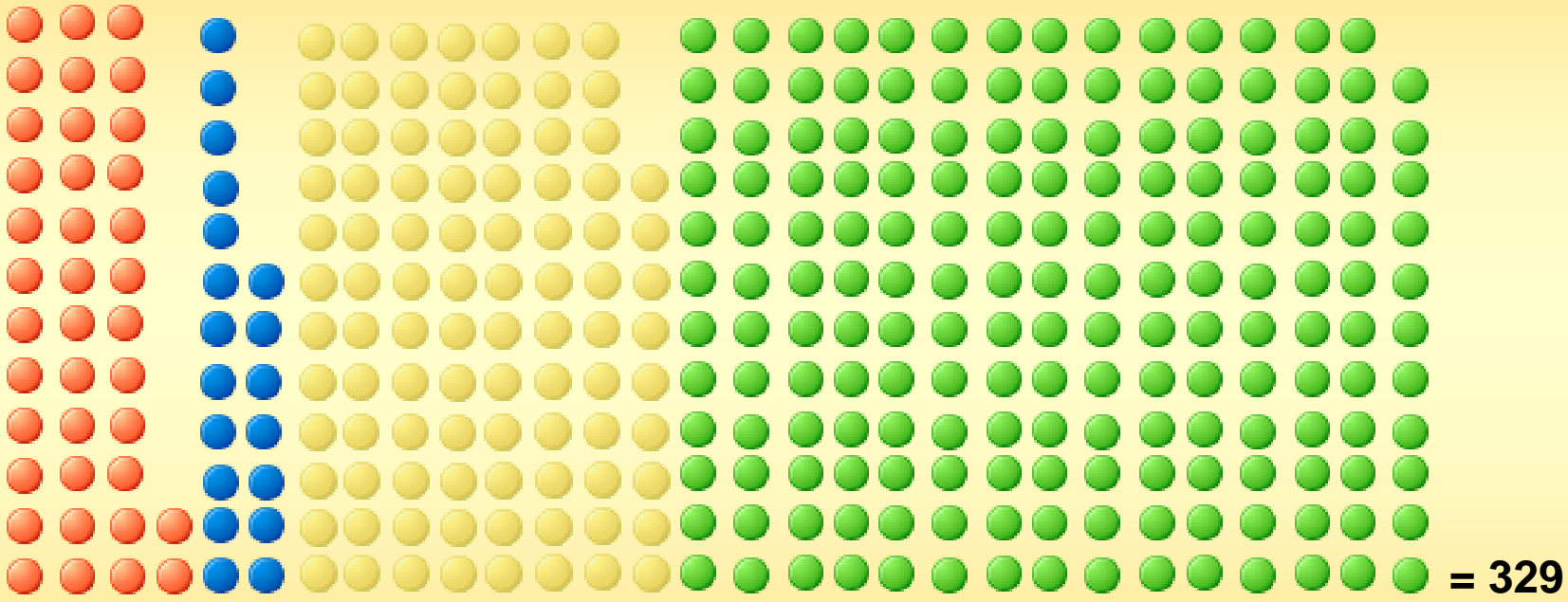
● No activity ● Planned ● Ongoing (25-75%) ● Ongoing (>75%)

Spread of activities over time 2005



● No activity ● Planned ● Ongoing (25-75%) ● Ongoing (>75%)

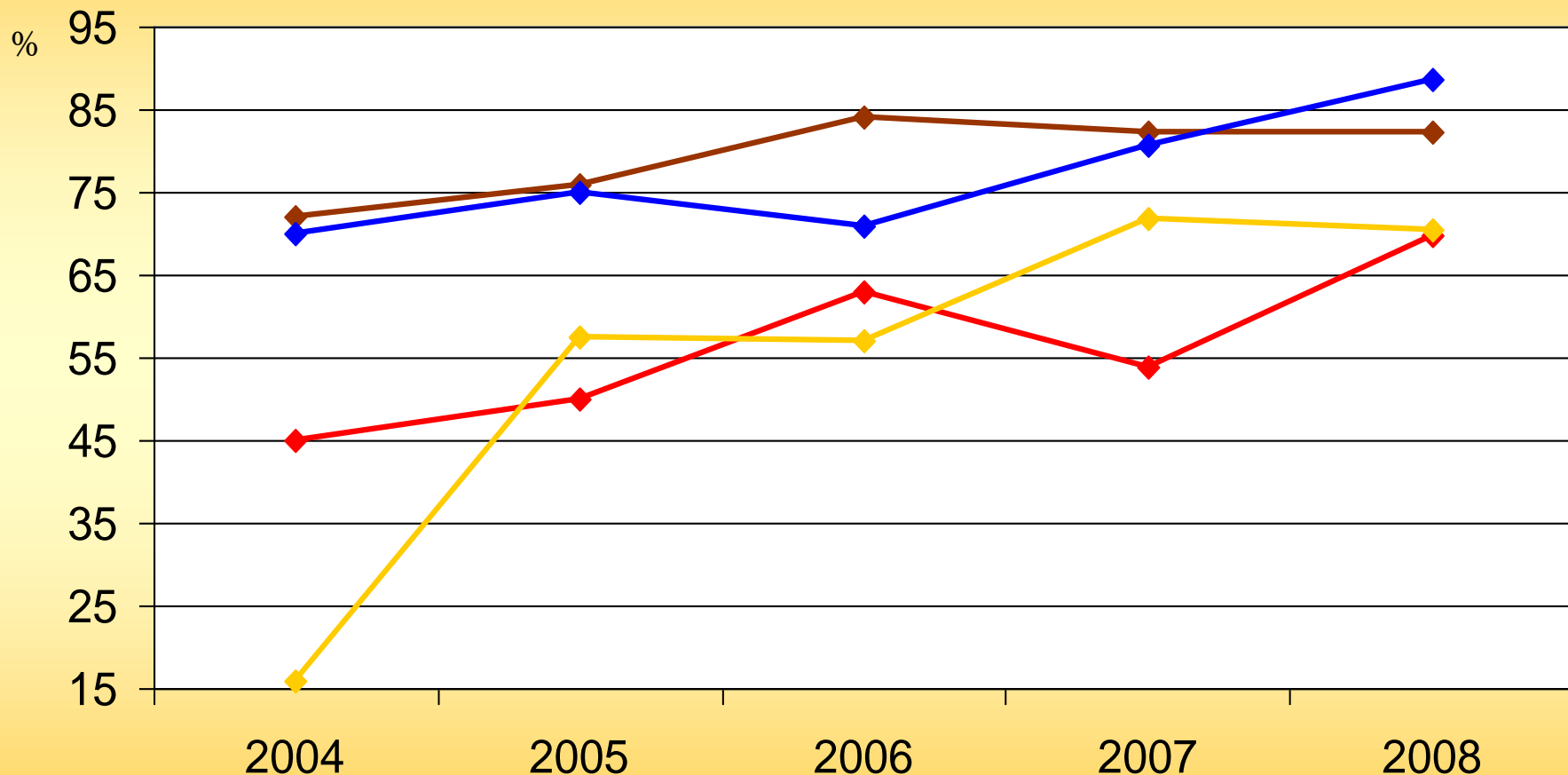
Spread of activities over time 2008



● No activity ● Planned ● Ongoing (25-75%) ● Ongoing (>75%)

Increased adherence to healthy food and body movement recommendations.

Compulsory schools in Jonkoping county



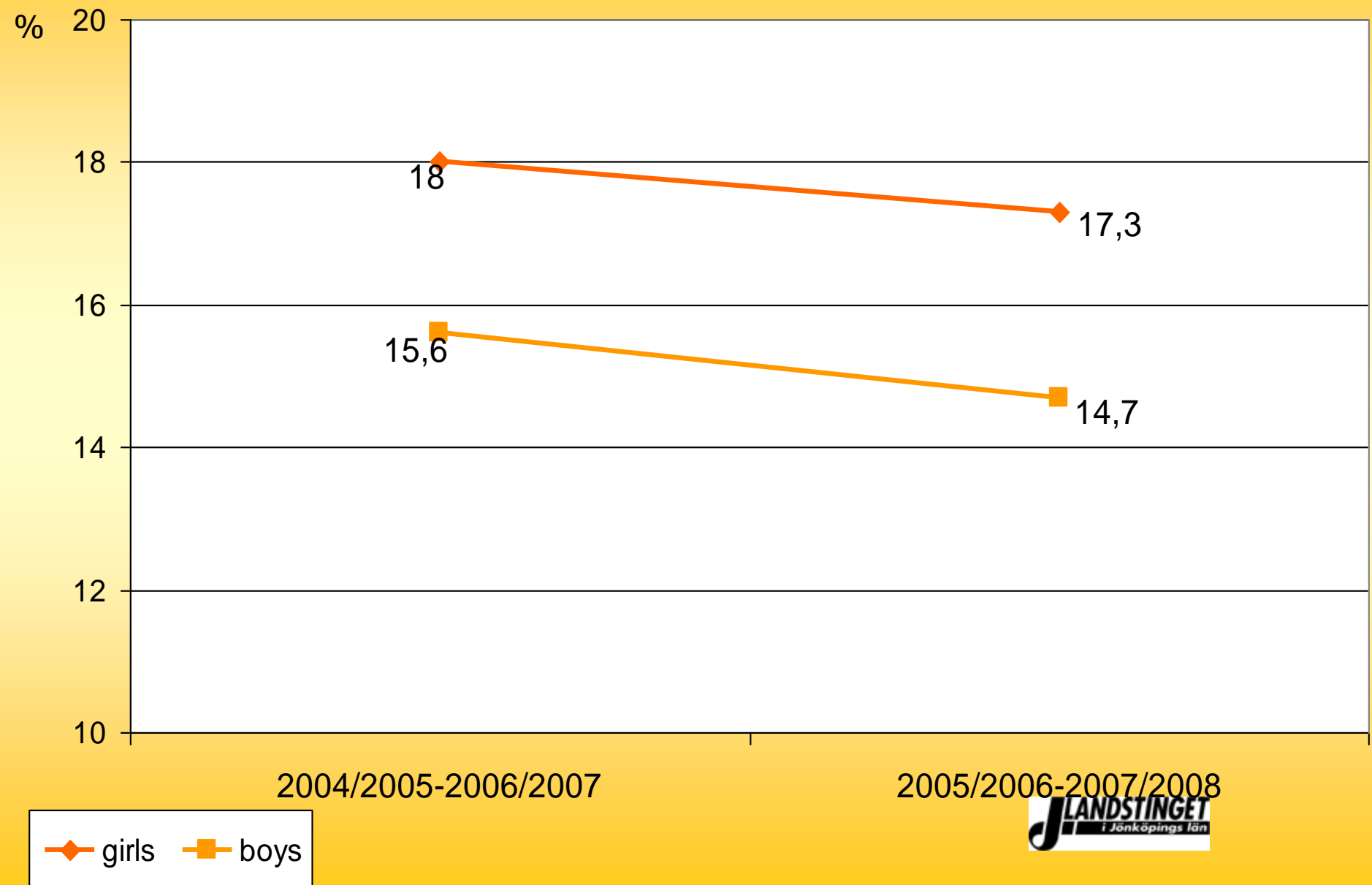
◆ Daily org physical activity

◆ Plans for phys activ

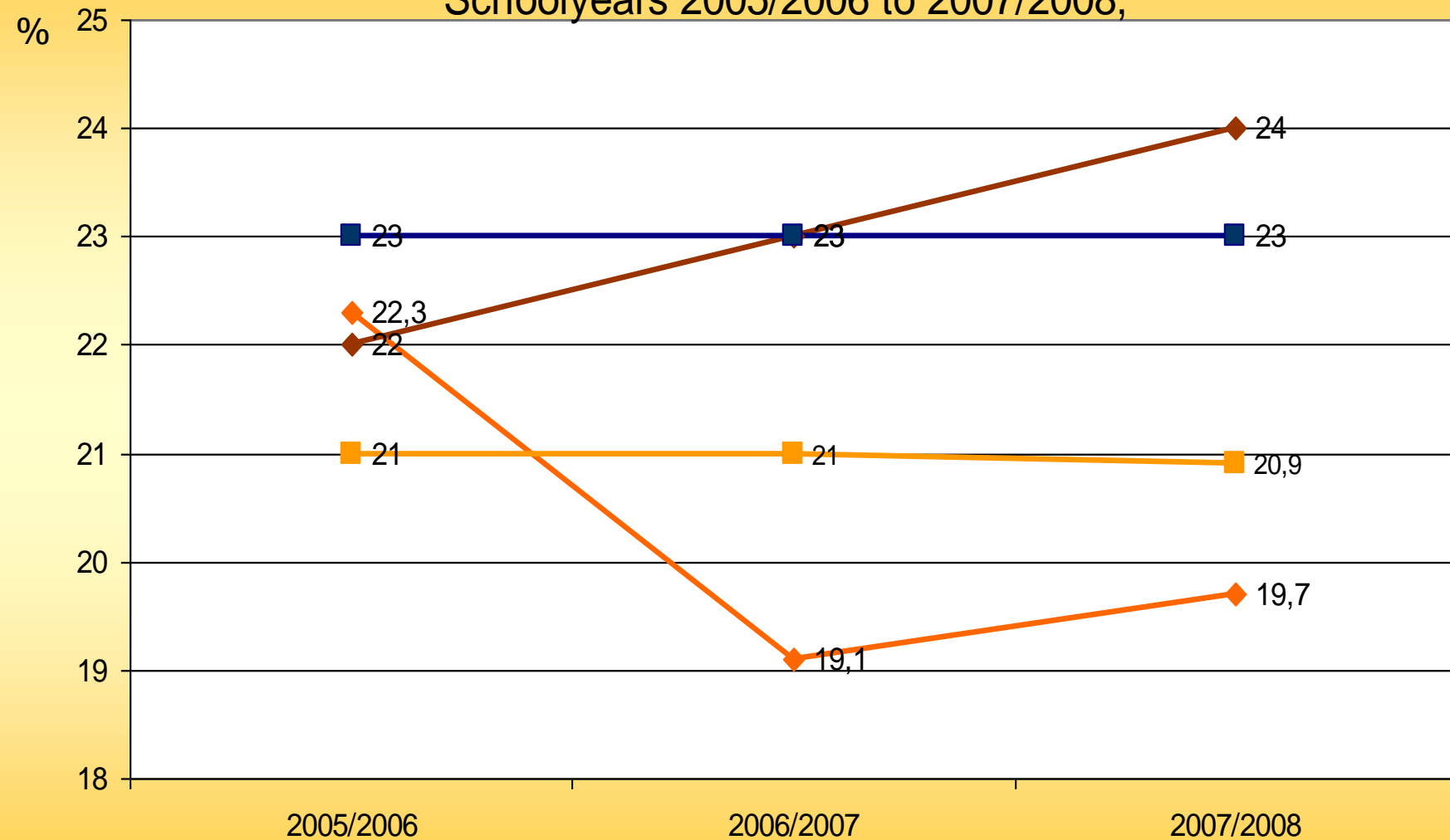
◆ milk/water to lunch

◆ no sweets for sale in school

3-years moving average of overweight and obesity. All 6 years old girls and boys in Jonkoping county.



Overweight and obesity among 10 years old girls and boys.
Jonkoping county and part of Malmo city
Schoolyears 2005/2006 to 2007/2008,



Jonkoping girls
Malmo girls
Jonkoping boys
Malmo boys

Did we break the obesity trend in Jönköping county council?

Yes - BMI decreased; all children in age groups 6,10, and boys 4 years old

Yes - No further increase girls gymnasium

No - a slight continued increased teenage boys and girls 4 years old (increase < 1%)

Taking the work further

- Use the results for learning and further improvement
- Kids and parents as co-designers
- Health economy analysis
- IT-support-registry
- National and international collaboration
- Research and action;
 - how it works
 - for whom
 - when
 - where

