Meeting: Adult Health and Social Care Scrutiny Sub-Committee  
Date: 12 December 2006  
Subject: Scope for Review of Obesity  
Responsible Officer: Paul Najsarek, Director, People Performance and Policy  
Contact Officer: Nahreen Matlib, Senior Scrutiny Officer  
Portfolio Holder: Business Development  
Key Decision: No  
Status: Part I

Section 1: Summary

Decision Required

That the Sub-Committee:

- Considers the draft scope for a review of obesity.
- Agrees the scope, pending comments from either Children and Young People Scrutiny Sub-Committee (the other sub-committee commissioning this joint review) or the Overview and Scrutiny Committee in its place.
- Identifies members for this review and an appropriate timeframe.

Reason for report

At its meeting on 21 June 2006, the Sub-Committee received a report outlining suggested topics for its work programme 2006-10. This report provides a draft scope for a review that members prioritised within this year’s work programme, building information received at the 31 October meeting on Harrow PCT’s work in tackling obesity and diabetes. Members are asked to agree the scope and methodology.
**Benefits**

Committee consideration and agreement of the scope and methodology ensures that there is accountability in the delivery of the Sub-Committee’s work programme.

**Cost of Proposals**

This project will be managed within the scrutiny budget. No additional funding will be sought. The scrutiny budget for 2006/07 is £340,400 which is made up of £266,050 for salaries and £74,350 for projects and other expenditure. This review will be delivered within this provision.

**Risks**

As the first joint review between scrutiny sub-committees, this new way of working may encounter problems associated with such cross-cutting work. To alleviate this risk, the review’s draft scope ensures that there is a balance of workstreams between adult, childhood and more general obesity measures. Furthermore, membership for the Review Group will be drawn from both of the sub-committees in the first instance.

A potential risk associated with the proposed methodology of an in-depth review is that a longer timeframes can encourage review scopes to be too broad. Members are therefore asked to prioritise and focus on key areas of impact for investigation within a topic as vast as obesity.

**Implications if recommendations rejected**

Not agreeing the scope for this review may mean that the project is delayed or that accountability for its delivery is undermined.

**Section 2: Report**

2.1 **Brief History**

2.1.1 In compiling the scrutiny work programme for 2006-10, it was suggested by Harrow Primary Care Trust that scrutinising local strategies by which to tackle obesity in the borough could be a valuable piece of work.

2.1.2 At its meeting in June 2006, the Adult Health and Social Care Scrutiny Sub-Committee considered a preliminary version of a work programme for 2006-2010 and discussed the topics within it. This report provides a draft scope for a review that members prioritised within this year’s work programme, that of exploring strategies and actions to address the growing problem of obesity within the borough.
2.1.3 Obesity is one of the biggest public health challenges within the UK today. It is a major contributing cause of diabetes and heart disease, and also increases the likelihood of developing cancer. Preventing childhood obesity also features prominently in local actions and has hit the national news recently.

2.1.4 The Harrow Obesity Strategy takes a life-course approach to the prevention of obesity. The topic of tackling obesity is therefore a cross-cutting issue within the remits of the scrutiny sub-committees concerned with both children’s and adult’s health.

2.1.5 Uniquely, this is the first review to be commissioned and conducted jointly by two scrutiny sub-committees. The review of obesity will report back to both the Adult Health and Social Care and Children and Young People Scrutiny Sub-Committees.

2.1.6 Scrutiny procedures direct that each review commissioned by a scrutiny sub-committee should have its scope and methodology agreed by the commissioning body in order that to secure accountability.

2.2 Consultation
In putting together the draft scope for the review of obesity, the Scrutiny Team liaised with colleagues within Harrow Primary Care Trust.

2.3 Financial Implications
This project will be managed within the scrutiny budget. No additional funding will be sought. The scrutiny budget for 2006/07 is £340,400 which is made up of £266,050 for salaries and £74,350 for projects and other expenditure. This review will be delivered within this provision.

2.5 Legal Implications
There are no legal implications in this report.

2.6 Equalities Impact
Scrutiny reviews make a significant contribution to the improvement of services for Harrow’s multicultural community. The scope of this review includes considering in particular the impact of changes concerning the most vulnerable in the community and how best to meet their needs.

2.7 Section 17 Crime and Disorder Act 1998 Considerations
There are none specific to this report.

Section 3: Supporting Information/Background Documents
Appendix A: Draft scope for review of obesity
### APPENDIX A: DRAFT SCOPE DOCUMENT

**ADULT HEALTH & SOCIAL CARE AND CHILDREN & YOUNG PEOPLE SCRUTINY SUB-COMMITTEES 2007**

**REVIEW OF OBESITY**

<table>
<thead>
<tr>
<th>1</th>
<th>SUBJECT</th>
<th>Healthy Choices in Harrow – Review of Obesity</th>
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</table>
| 2 | COMMITTEE | Adult Health and Social Care Scrutiny Sub-Committee  
Children and Young People Scrutiny Sub-Committee |
| 3 | REVIEW GROUP | Members: to be confirmed  
Co-optees: to be confirmed |
| 4 | AIMS/ OBJECTIVES | • To assess the impact of obesity on the people of Harrow and how well local agencies are responding to the growing challenge of obesity.  
• To add value to the development of local policy surrounding obesity and the implementation of actions around obesity prevention and treatment.  
• To inform multi-agency working in obesity prevention and treatment.  
• To promote key messages about measures to tackle obesity and ensure that raising awareness addresses all communities in a diverse borough as Harrow. |
| 5 | MEASURES OF SUCCESS OF REVIEW | • Scrutiny able to contribute to a dialogue between the council and partners in addressing public health issues.  
• Scrutiny able to demonstrate a robust challenge and added value to existing and developing policy around obesity measures.  
• Increased investment and effort into tackling obesity. |
| 6 | SCOPE | • To examine, analyse and make proposals on the way Harrow Primary Care Trust, Harrow Council and their partners are addressing obesity in the borough.  
• In doing so, promote better awareness of the roles and responsibilities in tackling obesity and inform local actions.  

**Workstream - General:**
- Leisure opportunities – e.g. increasing levels of physical activity including the development of neighbourhood based schemes (e.g. work on estates, walking schemes, dance classes, encouraging local food growing), use of ‘exercise on prescription’
- Roles and responsibilities of the Primary Care Trust (e.g. in
identifying those at increased risk) and Harrow Council (e.g. housing, planning, leisure and children’s services)

**Workstream - Adult obesity:**
- Links to management of diabetes and other chronic illnesses in Harrow
- Workplace initiatives – employers leading by example, links to preventing chronic illnesses, stress management, maintaining work/life balance
- Addressing the needs of specific groups e.g. older, BME’s and other socially excluded groups.

**Workstream - Childhood obesity:**
- Early years 0-5years - links to pre-schools, supporting breastfeeding, food policies within nurseries
- Working with schools – food/water provision in schools, walking to school schemes
- Ensuring a seamless local service for obese children

<table>
<thead>
<tr>
<th>7</th>
<th>SERVICE PRIORITIES (Corporate/Dept)</th>
<th>Harrow Council:</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Make Harrow safe, sound and supportive</td>
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<tr>
<td></td>
<td></td>
<td>Empowering Harrow youth</td>
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<tr>
<td></td>
<td></td>
<td>Giving more choice in sport, leisure and amenities</td>
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Harrow PCT:
- Create the right psycho-social environment in Harrow where healthy choices become the “norm”
- Opportunities for young people to socialise, positive leisure

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<tr>
<th>8</th>
<th>REVIEW SPONSOR</th>
<th>Lynne McAdam, Service Manager Scrutiny</th>
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<tbody>
<tr>
<td>9</td>
<td>ACCOUNTABLE MANAGER</td>
<td>Paul Najsarek, Director People, Performance and Policy</td>
</tr>
<tr>
<td>10</td>
<td>SUPPORT OFFICER</td>
<td>Nahreen Matlib, Senior Scrutiny Officer</td>
</tr>
<tr>
<td>11</td>
<td>ADMINISTRATIVE SUPPORT</td>
<td>Betty Mdoe, Scrutiny Review Administrator</td>
</tr>
<tr>
<td>12</td>
<td>EXTERNAL INPUT</td>
<td>Stakeholders: Schools, Association of Harrow Governing Bodies, Harrow Obesity Strategy Group, Pre-School Learning Alliance, other local authorities, local employers, retailers</td>
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<td></td>
<td></td>
<td>Partners: Harrow Primary Care Trust, Harrow Strategic Partnership</td>
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<td></td>
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<td>Experts/Advisers: Representative interest groups, Centre for Public Scrutiny, academic experts</td>
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<tr>
<td>13</td>
<td>METHODOLOGY</td>
<td>To be determined when discussing scope of review.</td>
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Methodologies open to the Review Group include: Written evidence, oral evidence, research, questionnaires, surveys, focus groups, presentations, questioning senior managers and members, inspections, site visits, expert witnesses, public meetings etc.

Suggested stages for reviews as appropriate:
- population data analysis
- identify current policies, - e.g. review draft obesity strategy to offer scrutiny’s perspective
- examine how performance matches policies,
- benchmark against other authorities,
- identify issues arising,
- seek external input, - e.g. hold a public event (healthy lifestyles/eating) to promote multi-agency working and raise awareness within the community
- determine how to inform policies

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<tr>
<th>14</th>
<th><strong>EQUALITY IMPLICATIONS</strong></th>
<th>Obesity has a disproportionate impact upon the health and well-being of the most vulnerable in society e.g. those from the more deprived wards in the borough, the elderly, less mobile members of the community or those from BME backgrounds (in particular Asian communities).</th>
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<tr>
<td>15</td>
<td><strong>ASSUMPTIONS/CONSTRAINTS</strong></td>
<td>That Harrow PCT will be willing to engage in this review and have adequate time and resources to work in liaison with the Scrutiny Team to support the work of this review.</td>
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<tr>
<td>16</td>
<td><strong>SECTION 17 IMPLICATIONS</strong></td>
<td>There are none.</td>
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<td>17</td>
<td><strong>TIMESCALE</strong></td>
<td>In-depth review of about six months in 2007.</td>
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<td>18</td>
<td><strong>RESOURCE COMMITMENTS</strong></td>
<td>Scrutiny Officer, with administrative support where required. Support from Harrow Primary Care Trust.</td>
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</table>
| 19 | **REPORT AUTHOR** | Review Group members
Senior Scrutiny Officer |
| 20 | **REPORTING ARRANGEMENTS** | Outline of formal reporting process:
To Service Director [✔] When…………………
To Portfolio Holder [✔] When…………………
To CMT [✔] When…………………
To Cabinet [✔] When………………… |
| 21 | **FOLLOW UP ARRANGEMENTS (proposals)** | To be confirmed.
Project plan to be produced upon agreement of scope document. |