



## **18th UKSBM Annual Scientific Meeting**

Tuesday 28th - Wednesday 29th March 2023

### **UKSBM 2023 Child Health Special Interest Group**

**Wednesday 29th March 2023**

**Session title:** Children's weight management: current discussions

**Session Plan:** In this session we will focus on the National Child Measurement Programme and supporting parents to address excess weight in their children. We will have two presentations, each followed by time for questions. Details of these presentations are given below. We will finish the session with a short discussion on the future development of the Child Health SIG, inviting audience members to contribute thoughts on potential areas and topics to cover.

**Presentation 1 title:** The MapMe2 study: testing a web-based tool to improve parental acknowledgement and understanding of childhood overweight and obesity.

**Presenter:** Dr Angela Jones, Newcastle University

**Brief description:** Parents are key to managing children's weight but may not recognise overweight (OW)/obesity (OB). In England, the NCMP measures the weight status of 4-5- and 10-11-year-olds and reports results to parents via letter. Parents are often surprised by and may mistrust the result. More support is required to help parents understand the measures and enable them to take action. The 'Map Me' intervention includes body image scales (images of underweight to very OW children of NCMP age), and web-based information on healthy eating, physical activity, consequences of child OW and further support. MapMe was tested in ~300 OW/OB children who showed improved body mass index Z scores after 1 year. NIHR has funded the on-going MapMe2 study to confirm these findings. This presentation will demonstrate the journey through the MapMe tool and describe the design and progress of the MapMe2 study – a cluster randomised trial involving ~50,000 families across 10 local authorities to investigate the impact of embedding MapMe in the NCMP on child weight outcomes at 1 year.

**Presentation 2 title:** Navigating diverging views of the National Child Measurement Programme; how best to support families to promote both children's wellbeing and a healthy weight

**Presenter:** Professor Fiona Gillison, University of Bath

**Brief description:** Across the UK we are faced with addressing the dual challenges of rising rates of obesity, alongside rising rates of body dissatisfaction and dysfunctional weight control behaviours in children and adolescents. The NCMP, and other national measurement programmes, provide excellent data on the prevalence of childhood obesity, but have attracted criticism and debate regarding the relative potential for benefit versus risk of harm. This talk will reflect on some of the opposing views in the light of the evidence we have to date - some of which is cited by both camps - and on what new research might help to move us forward.