

A Family Approach to Managing Childhood Obesity: A Case Study

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SCOTT and SCOTTLite Programmes

- ▶ Evidence based family programmes
- ▶ Uses behavioural change and motivational tools
- ▶ Structured programme with participants setting their individual change targets
- ▶ Delivered in NHS Tayside, NHS Western Isles, NHS Shetland and NHS Orkney



Stewart et al JADA 2005; doi: 10.1016/j.jada.2005.08.006

Hughes et al Pediatrics 2008; <http://www.pediatrics.org/cgi/content/full/121/3/e539>

SCOTT and SCOTTLite Programmes

SCOTT	SCOTTLite
Age 8 – 15 years	Up to 7 years or with special needs
10 sessions over 5-6 months	6 sessions over 3 months
Every 2 weeks, until session 8 then every 4 weeks	Every 2 weeks
Parent only sessions - 1 st & 5 th	Parent only sessions - 1 st , 3 rd & 5 th
Behavioural change aimed at both young person & parent	Behavioural change aimed at the parent
Sessions 1 & 2 – 1 hour in length, then 30 minutes	Sessions 1 -1 hour in length, session 2 – 45 minutes, then 30 minutes
Uses Traffic Light healthy eating scheme	Uses Traffic Light healthy eating scheme
Uses behavioural change techniques	Uses behavioural change techniques
Ongoing follow up every 3 months	Ongoing follow up every 3 months

SCOTT & SCOTTLite -

Demographics of all children referred 2009 - 2014

Variable	SCOTT n= 474	SCOTTLite n= 253
Age in years Mean (SD)	11.8 (2.1)	7.0 (3.3)
Male/female	200 / 274	153 / 100
BMI SD score Mean (SD)	2.94 (0.52) n= 414	3.42 (0.90) n= 234
SIMD Quintile	1 – 134 2 – 106 3 – 68 4 – 113 5 – 41 No info – 12	1 – 85 2 – 50 3 – 38 4 – 53 5 – 22 No info – 5
Disability	No - 444 Yes - 30	No - 146 Yes - 107
Opted in/out	353 / 121 (74%)	168 / 85 (66%)

SCOTT & SCOTTlite Clinical Outcomes

Programme	N	Change in BMI SD (z score)	P value
SCOTT	120	-0.14 (CI 95%:-0.17,-0.10)	<0.001
SCOTTlite	83	-0.24 (CI 95%:-0.36,-0.12)	<0.001