

SHINE Health Academy – Sheffield

Brief Description

SHINE™ stands for Self Help Independence Nutrition and Exercise and is a healthy lifestyle programme which helps obese young people aged 10 to 17 to not only lose weight but to also increase their self esteem and confidence and to like themselves as a person regardless of their size and shape. The aim of the programme is to help young people to understand their weight problem so that they can manage it more effectively in an independent way. This is achieved by not only concentrating on food and eating, but by promoting a complete attitudinal change to lifestyles.

Funding

SHINE Health Academy has received funding from: Sheffield City Council Youth Opportunity Fund, Youth Capital Fund, South Yorkshire Community Fund, and from charities such as Children in Need and Cash for Kids. Awards have been made by The National Youth Agency, First Direct and The National Obesity Forum. SHINE is estimated to cost £234,000 a year to run but currently operates on a maximum of £36,000 annually due to the goodwill of voluntary staff.

Staffing

The SHINE team consists of 18 volunteer staff who include: three child and adolescent counsellors, a school teacher who works with young people with learning disability, a school nurse working with young people with medical conditions and who also facilitates clinical assessments, youth workers, a nutritionist, three exercise instructors and a parent support team. Young people who have completed the courses are trained as buddies and facilitators. This makes SHINE predominantly a programme run for young people, by young people.



Nature of provision

Which groups of young people does the project work with?

SHINE works with young people aged 10 to 17 years with severe levels of obesity. Many have associated medical conditions such as heart problems, high blood pressure, type two diabetes, asthma, anxiety and depression. The project works directly with over 200 young people annually who are referred to the project by a number of local agencies.

What are the main health approaches used and activities offered?

SHINE provides a wide range of activities which includes:

- A 12 week psycho-social intervention programme which encompasses healthy eating, physical activity, behaviour modification and psychological support (including counselling) to enhance emotional well being.
- A 12 week maintenance and lifestyle programme which helps young people challenge unhealthy behaviours such as unsafe sex, smoking, substance misuse such as drinking and drugs and encourages emotional wellbeing looking at stress and anxiety management (including depression and self harming behaviours).
- SHINE also provides after care

programmes which concentrate on working towards outcomes and achievements such as the Duke of Edinburgh Award and Sheffield Lord Mayor's Award.

- SHINE offers a multi dimensional approach to obesity management helping young people not only to lose weight, by educating them about healthy eating and promoting regular physical activity, but also to concentrate on emotional wellbeing, by addressing the psychological issues which often lead to comfort eating.

SHINE's programmes address each of the 'Every Child Matters' outcomes:

Be healthy

SHINE provides opportunities for young people to learn all about how to eat healthily and to make healthier food choices by understanding food groups, how to read nutritional labels and being involved in shopping and cooking activities. Through active learning young people understand about nutrients in foods and how to balance these in the correct food portions.

SHINE also provides opportunities for young people to be involved in a wide variety of physical activities including outdoor pursuits, camping, rounders, cricket, basketball, dancing and football and improves stamina and fitness by working in the gym.

Additionally SHINE concentrates on mental health and emotional well being through sessions which help young people deal with taunting and bullying which some young people face on a daily basis. There is a strong link with depression and obesity. SHINE provides a qualified therapist to help young people work through their traumas. The programme aims to increase confidence and self esteem. The principle of SHINE is to learn how to live healthier lifestyles while having lots of fun.

Enjoy and achieve

Many of the young people on the project have achieved Duke of



Edinburgh awards at bronze and silver level and are going on to complete their gold.

Strong friendships have formed and as a result young people have gained more independence and confidence in participating in activities outside of the group. All achievements are rewarded and celebrated in award ceremonies.

Stay safe

The majority of young people attending SHINE are from deprived areas of the city which experience higher than average levels of crime. SHINE activities provide a safe environment and something to do as an alternative to hanging around on the streets.

Achieve economic wellbeing

If childhood obesity is not addressed there is a high risk of young people becoming ill as adults. Obese adults are less likely to achieve status jobs and more likely to have increased periods of sick leave through illness. Treatment of obesity and the

associated illnesses later in life is also expensive.

Make a positive contribution

Many young people lack the confidence to join a programme like SHINE. Young people designed the Health4Kidz bus which has enabled the project to get the message out to more people in the community and when operating provides both preventative and intervention strategies. The health bus has a nutrition and emotional wellbeing centre on the lower deck and an equipped gym and a Nintendo Wii games console for Wii Fit and Wii Sports games on the upper deck. Health checks are provided in the safety of the bus. Meeting the staff first enables trusting relationships to form.

How are young people involved in shaping the project/programme?

SHINE's Young People's Committee meets every two months. Chair, Vice Chair, Treasurer and Secretary are young people who have a major voice in how SHINE runs. Each cohort of

young people has a representative on the committee and young people also chair the project's Annual General Meeting. As part of a social enterprise initiative SHINE recently became a registered non-profit making company, with one young person appointed as a director of the project.

How does the project respond to the needs of different young people, particularly the most marginalised?

The project responds to the identified needs of young people through their involvement in and development of the SHINE programme and activities. Young people contribute ideas – such as the SHINE Health4Kidz bus initiative which has helped SHINE engage with hard to reach young people all over Sheffield.

Outcomes

How do young people benefit from their involvement in the project?

Young people benefit through the programme's main aims of getting fitter and healthier and improving their self-esteem and confidence. This is offered through personalised advice, support and information and involvement in fun and healthy activities such as music, arts, sport and other outdoor activities.

How do others benefit from the project?

The project offers its expertise in the field of weight management to partners and organisations, both locally and nationally. In Sheffield the Health4Kidz bus initiative enables SHINE to visit schools and communities across the city allowing young people to access its services.

Does the project contribute to local health priorities?

SHINE achieves all the recommendations outlined in the National Institute for Clinical Excellence (NICE) obesity guidelines and links closely with the Department of Health and Local Health Authorities. The project has an impact through its promotion of healthy eating, increasing physical activity and weight loss which leads to healthier young people. This has an impact across the board from less GP consultation time and reduced use of prescription drugs, to reported improvement in school attendance through increased confidence and emotional wellbeing.

How are young people's progress and achievements captured/measured and recorded?

SHINE undertakes assessments of young people's progress both physically and psychologically at weeks one, six and twelve and then monthly thereafter. This includes measurements of height and weight to monitor Body Mass Index (BMI), body fat, waist circumference, peak flow for fitness, blood pressure and psychological measures which includes self esteem scores, and anxiety and depression scores

In addition young people involved in the programme have the opportunity to take part in activities which offer recorded and accredited outcomes such as the Duke of Edinburgh's Award.

Measuring effectiveness

How is the project's work assessed or evaluated? What are the findings of any evaluations to date?

An 18 month study undertaken by health professionals based at Sheffield University and Sheffield Children's Hospital in 2008 found that SHINE intervention programmes are successful in achieving a significant reduction in BMI, waist circumference, percentage fat mass and peak flow, within the 12 week programme. Research showed improvement in all levels of assessment, sustainable for the duration of the 18 month study:

The SHINE Health4Kidz bus pilot project was also evaluated, Funded by The National Youth Agency, the pilot programme involved visits to three secondary schools over a six week period and offered a programme of fun health promotion to students visiting the bus. Health assessments were offered to the 428 young people who visited the bus. The programme was found to be successful in highlighting potential health implications to the schools. All the schools involved received feedback and have developed a 'whole school approach' to tackling some of the problems highlighted in the study.

What factors help the delivery of healthy youth work?

A main factor in the success of the delivery is the good partnership working and networking that the project enjoys. This has been key to the success of SHINE. Additionally the willingness of volunteer staff, young people and parents must also be acknowledged as a major success factor.

What factors hinder this work?

SHINE's Project Leader Kath Sharman comments 'that lack of funding holds us back, we could do much more with guaranteed funding. SHINE staff undertake their work with the project as well as doing full-time jobs. Currently the project has no funding available to employ full-time workers to develop work'.

Partnership/ multidisciplinary working

What other agencies do you work with on a regular basis?

SHINE engages actively with a range of partners in Sheffield such as schools, social services, educational welfare officers, GPs, Nurses, Sheffield Children's Hospital and local PCTs.

SHINE also works with local sports and leisure centres, has good relationships with local supermarkets and promote its work in the local media (in print, radio and on local and national TV).

SHINE is also working with other PCTs around the country to offer the programme in their areas. The aim is for the projects new social enterprise initiative to expand SHINE's services to roll out the programme nationally.

When working in partnership, what is the distinctive contribution

of your organisation/project?

SHINE offers consultation to partners and leads in the field on the management of adolescent obesity. It offers experience and has learnt a great deal from both young people that have been involved in programmes and from its staff. All facilitators at SHINE have experienced weight problems.

Has this partnership resulted in greater collaboration or increased understanding between partners?

Kath Sharman feels that SHINE is held in 'high regard and has become a focal point as experts in the field of weight management with young people'. The project is also a national award winner and was awarded the National Obesity Forum's 'Primary Care Award for Excellence in Weight Management for Children and Young People' and The National Youth Agency Award for Young People in 2007. SHINE also won best project award for Dragon's Den Yorkshire Region in 2008.

Strategic impact

Do you consider this project to be innovative, in terms of healthy youth work?

Kath Sharman says 'Absolutely, for example SHINE has produced research on adolescent obesity and our success is because we use the experience of young people and

listen to what works for them. We involve them in all the planning and we train them up to feedback into the project by becoming buddies, facilitators, sports leaders. We encourage peer involvement.'

How do you disseminate the learning from the project?

The project has also produced a number of academic papers and reports and has published two useful resources appropriate as self care booklets for young people, 'Health4 Kidz' and 'Fighting Fat'. The website provides the facilities for young people to calculate their own BMI and work out their own health risks. It contains useful information for young people, parents and professionals. However, further funding would enable more resources to be published and the website to be updated.

Kath added that 'SHINE is asked to take part at national conferences. Our young people are invited to give presentations to health professionals. They have delivered talks at the National Obesity Conference and at the Department of Health's Self Care Conference. We are hoping our young people can run a youth conference next year, sharing their personal life experiences with other young people and the people who care for them. This would be our biggest achievement yet. Maybe then the government will really understand what childhood obesity is about.'

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