

ENHANCE - Evaluating the NHs englANd Complications of Excess weight clinics for children and young people

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WHY IS THIS STUDY NEEDED?

- 2.9% of 4–5-year-old & 5.8% of 10–11-year-old children live with severe obesity in England
- Obesity significantly impacts on physical and psychosocial health.
- Prevalence varies geographically and is more prevalent in children from deprived areas and certain ethnic groups.
- Providing support to children and young people (CYP) living with obesity and their families can improve quality of life, prevent mortality and morbidity, and reduce ongoing health needs.
- Addressing obesity in CYP is therefore a public health priority.
- Limited evidence on, and provision of, effective Tier 3 weight management for CYP in England.

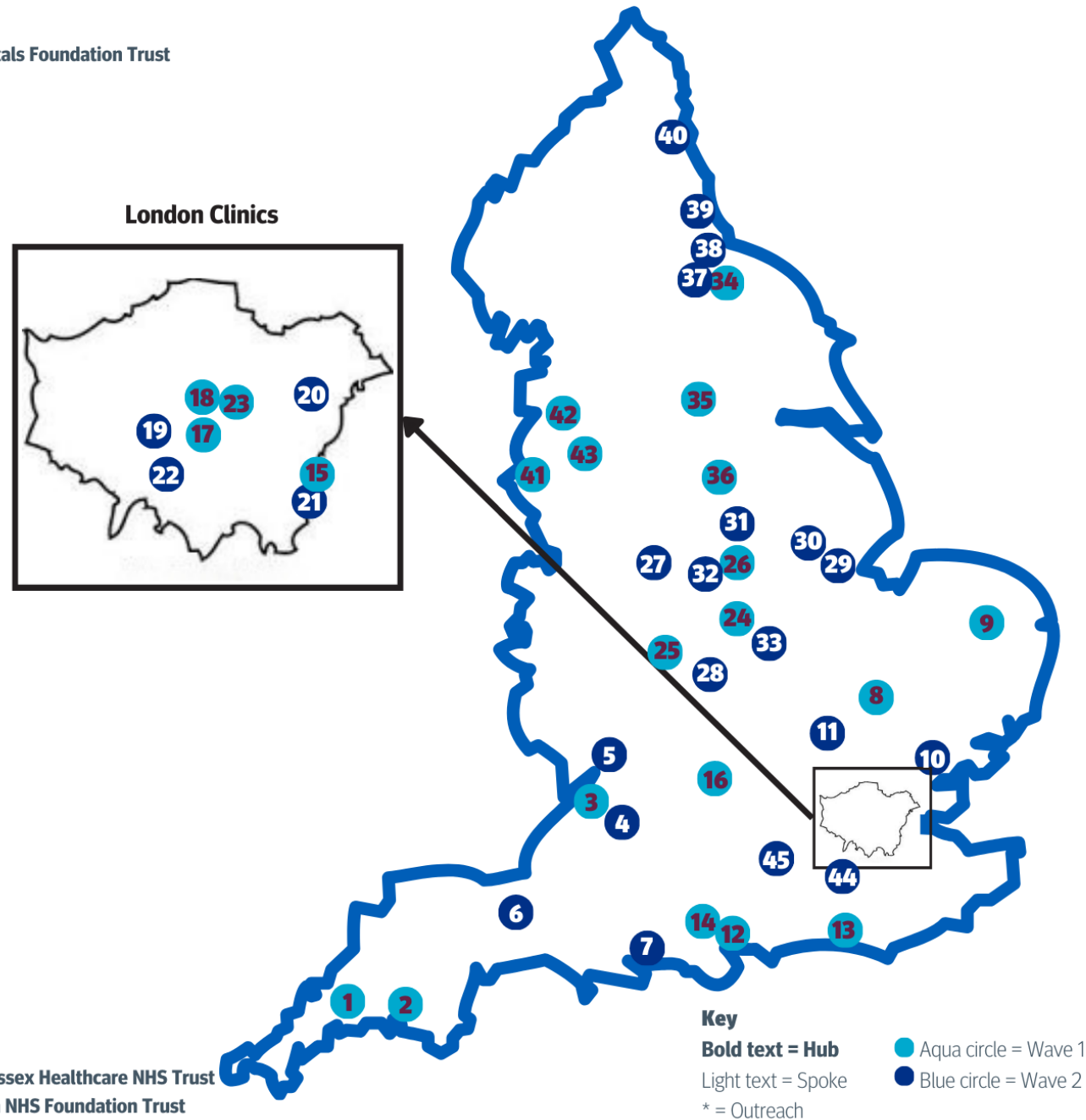
WHAT ARE COMPLICATIONS OF EXCESS WEIGHT (CEW) CLINICS?



- NHS England have commissioned 30 Complications of Excess Weight (CEW) clinic hubs across England.
- The clinics are led by specialist Multi-Disciplinary Teams
- The clinics support children and young people (aged 2-17years) who have complications related to excess weight. Complications include things like Type 2 diabetes, difficulty breathing whilst asleep, and low self-esteem and emotional wellbeing.
- The clinics are all linked to children's hospitals but are delivered in different ways.
- NHS England want to learn from these clinics to understand how they can be improved in the future.

Complications from Excess Weight (CEW) Clinics

1. Royal Cornwall Hospitals Trust
2. University Hospital Plymouth NHS Trust
- 3. University Hospitals Bristol and Weston NHS Foundation Trust**
4. Bath and North East Somerset, Swindon and Wiltshire ICB
- 5. Gloucestershire Health and Care (GHC) and Gloucestershire Hospitals Foundation Trust**
6. Somerset NHS Foundation Trust
7. University Hospitals Dorset NHS Foundation Trust
- 8. Cambridge University Hospital Foundation Trust**
- 9. Norfolk and Norwich University Hospital NHS Foundation**
10. East Suffolk and North Essex NHS Foundation Trust
11. Bedfordshire Hospitals NHS Foundation Trust
- 12. Portsmouth Hospitals University NHS Trust**
- 13. Brighton and Sussex University Hospitals NHS Trust**
- 14. University Hospital Southampton NHS Foundation Trust**
- 15. Dartford and Gravesham NHS Trust**
- 16. Oxford Health NHS Foundation Trust**
- 17. King's College Hospital NHS Foundation Trust**
- 18. University College Hospital/GOSH**
19. Chelsea and Westminster Hospital NHS Foundation Trust
20. NEL Foundation Trust *
21. TBC Healthcare
22. St George's University Hospitals NHS Foundation Trust
- 23. Barts Health NHS Trust**
- 24. University Hospitals of Leicester NHS Trust**
- 25. Birmingham Women's and Children's NHS Foundation Trust**
- 26. Nottingham University Hospitals**
27. United Hospital of North Midlands NHS Trust
28. University Hospitals Coventry and Warwickshire
29. United Lincolnshire Hospitals NHS Trust
30. United Lincolnshire Hospitals NHS Trust
31. Sherwood Forest Hospitals NHS Foundation Trust
32. University Hospitals of Derby and Burton NHS Trust
33. Kettering General Hospital NHS Foundation Trust
- 34. South Tees Hospitals NHS Foundation Trust**
- 35. Leeds Teaching Hospitals NHS Trust**
- 36. Sheffield Teaching Hospitals NHS Foundation Trust**
37. County Durham and Darlington NHS Foundation Trust
38. North Tees - North Tees and Hartlepool NHS Foundation Trust *
39. Hartlepool - North Tees and Hartlepool NHS Foundation Trust *
40. Newcastle upon Tyne Hospitals NHS Foundation Trust
- 41. Alder Hey Children's NHS Foundation Trust**
42. Lancashire Teaching Hospitals NHS Foundation Trust
- 43. Manchester University NHS Foundation Trust**
- 44. Surrey and Sussex Healthcare NHS Trust**
- 45. Frimley Health NHS Foundation Trust**



Study Aims

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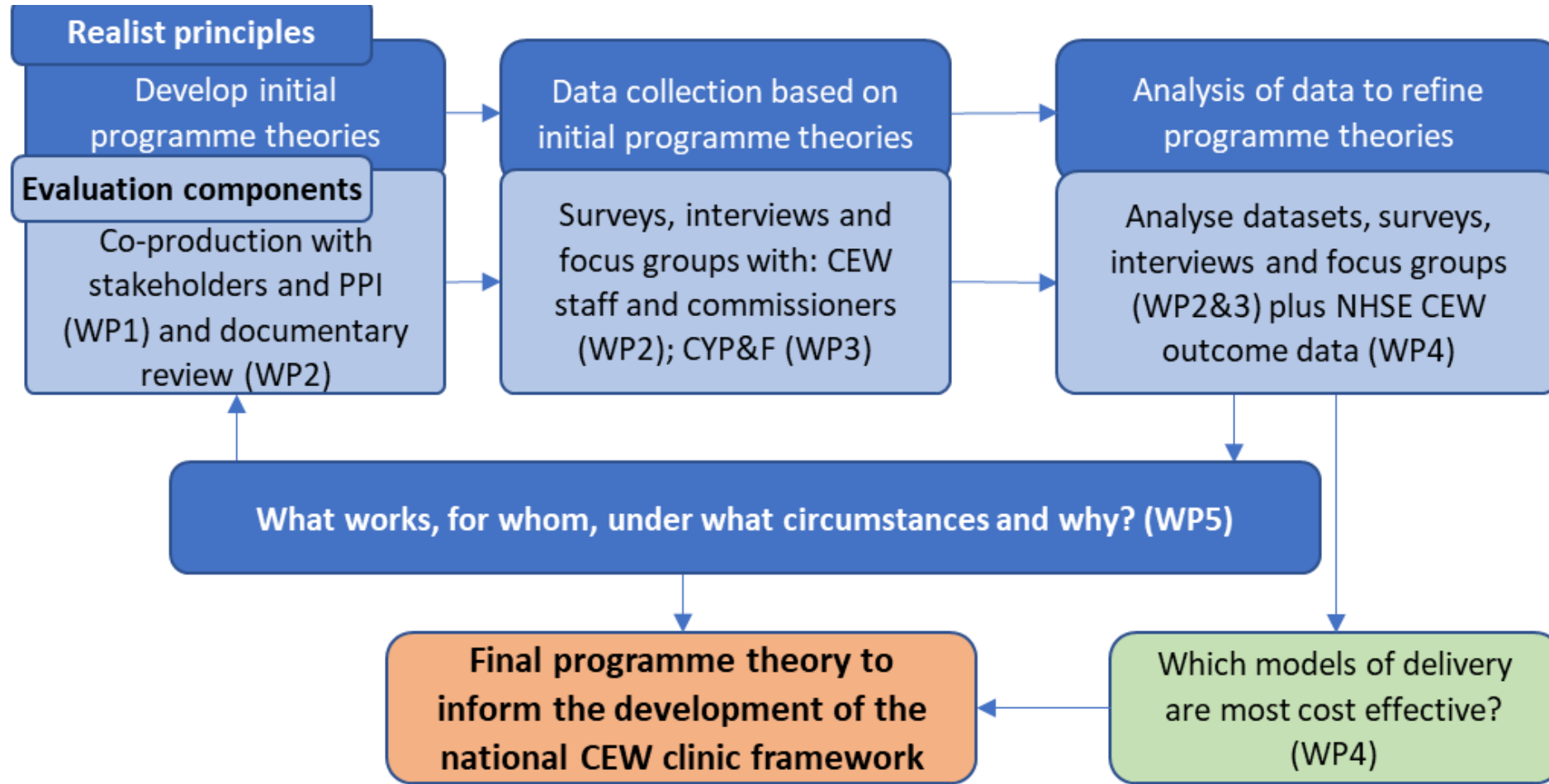
- To undertake a co-produced, comprehensive mixed methods clinical and economic evaluation of the CEW clinics, which develops the evidence base and understanding of optimal models of care
- To contribute to the national CEW clinic framework development to support future roll out and commissioning.

Study Objectives

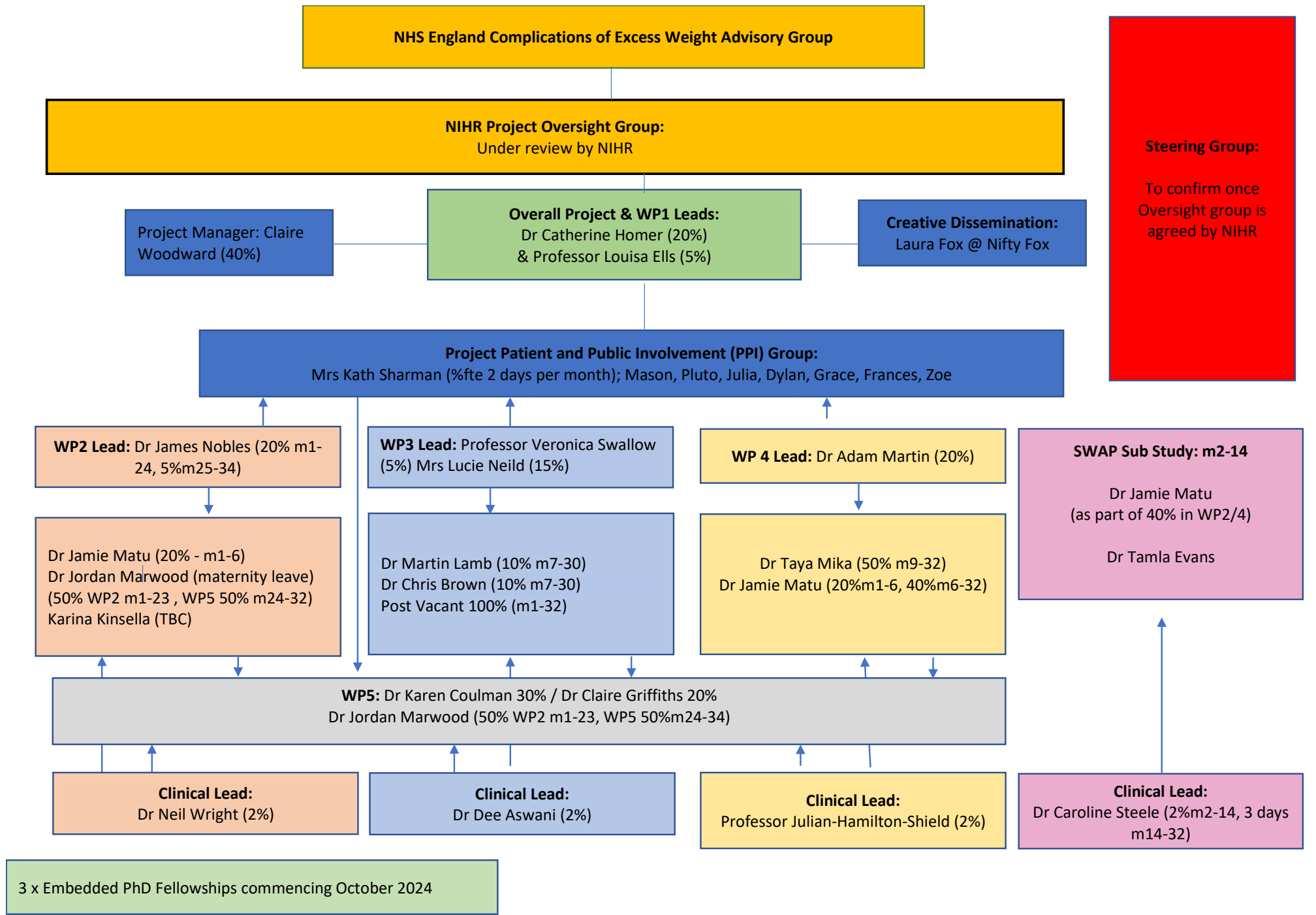
- A. Work with NHSE to co-produce an evaluation and share emerging learning to inform the development of the National CEW Clinic Framework, and future commissioning (WP1).
- B. Map and evaluate different CEW clinic delivery models, including a focus on the CEW workforce and local delivery pathways (WP2).
- C. Explore the perspectives of CYP and their families, engaged or not, in the different CEW delivery models (WP3).
- D. Examine service user demographics, analyse clinical, quality-of-life and cost outcomes over time, and conduct an economic evaluation for the different CEW delivery models and how these vary by population groups (WP4).
- E. Triangulate learning from objectives A-D to understand what worked, what did not, for whom, in what context and why, and how the programme could be improved in the future (WP5).



Underpinned by a Realist Informed Approach



Our Team





Research Questions.....

- **RQ1. What care is being delivered across the clinics and what services are provided at each clinic (medical, dietary, behavioural, physical, psychological and social)? (WP2)**
- **RQ2. What different workforce models are used (including leadership, multidisciplinary team configuration and skill set / training of team members)? (WP2)**
- **RQ3. What are the cross-organisational or integrated models of care across the patient pathways (examining CEW clinics as part of a networked model of care including the impact of availability of existing community weight management services on efficacy and demand at CEW clinics)? (WP2)**



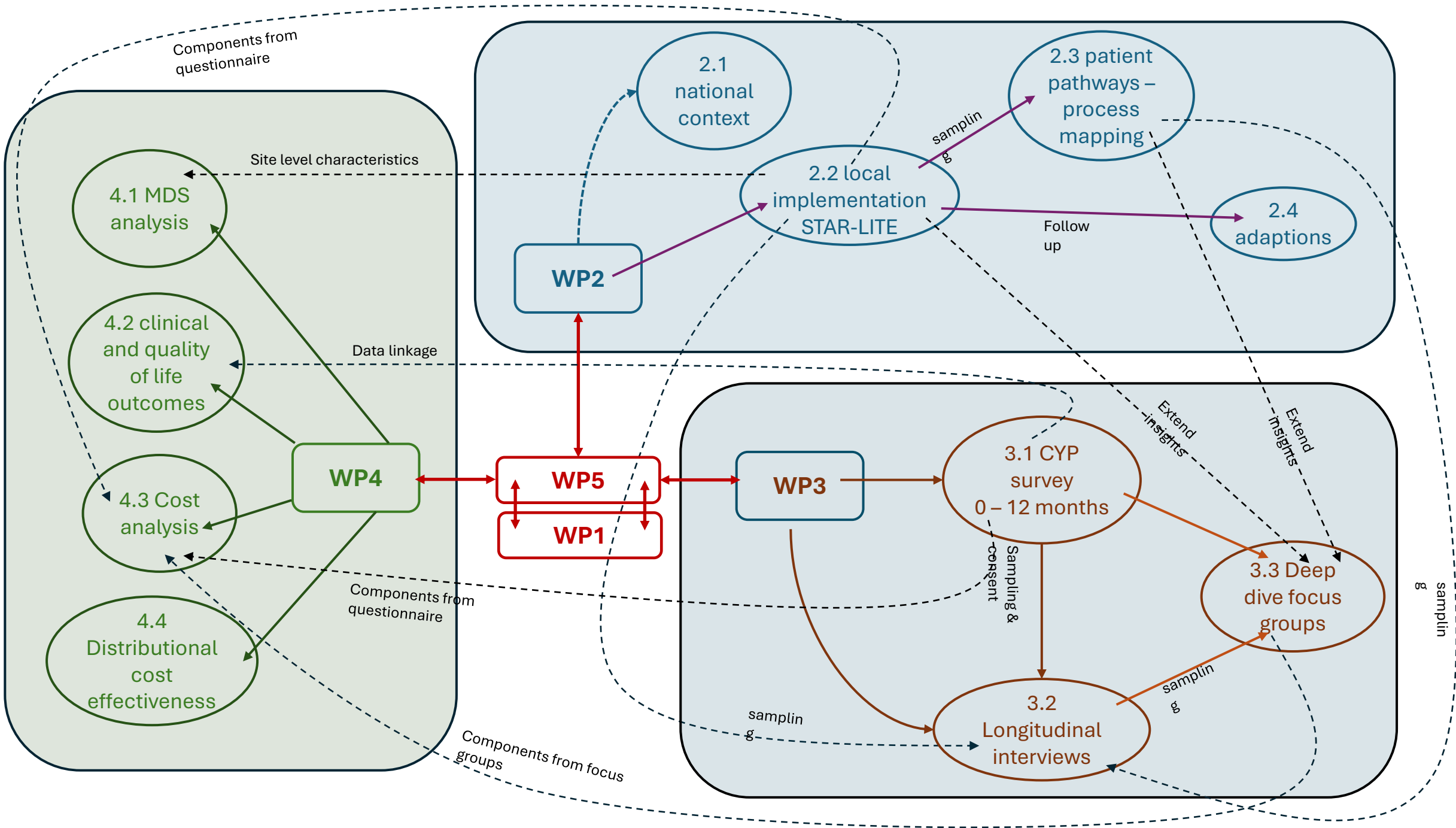
Research Questions (cont)

- **RQ4. What measures and data sources are required to assess programme outcomes and impacts at different levels and timelines (including patient experience, engagement rates, range of health and wellbeing outcomes, reduction of medical complications related to excess weight, social measures and other impacts such as school attendance/attainment?) (WP2 & 3)**
- **RQ5. How do the CEW clinics influence and contribute to inequalities in access, experience and outcomes? This will include factors such as (but not limited to) economic deprivation, autism and special educational needs and disabilities, ethnic minority communities, and digital exclusion? (WP2,3 & 4)**
- **RQ6. What do children and families perceive to be the barriers and facilitators to service engagement and commitment over time (including perceptions of new models of care, strategies to improve access and uptake of services and following up those not engaging with services)? (WP3)**



Research Questions (cont)

- **RQ7. What are the demographic and clinical characteristics of CYP referred to CEW clinics and how do they compare to the general population of children living with obesity? (MDS data and general population data) (WP4)**
- **RQ8. What is the cost-effectiveness of the programmes of care? (NHSE cost data and data from WP2 and WP3)**
- **RQ9. What models of care work (or don't work) for whom, why and in what context? (WP5)**



Embedded SWAP study CEW clinics (Matu)

- **Aim:** To analyse pre-existing quantitative data and collect new qualitative data to explore disordered eating prevalence, provision, changes over time, and available assessment tools in CEW clinics.
- **Research questions:**
 - RQ1. What is the prevalence of disordered eating in children in CEW clinics, and is this influenced by key demographics?
 - RQ2. What help is currently offered in CEW clinics for disordered eating?
 - RQ3. Does disordered eating change over time with attendance at CEW clinics?
 - RQ4. Are the current assessment tools appropriate for the target population?

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ARROWS



“We aim to make sure these clinics meet the needs of children and young people like us living with excess weight and we hope to pave the way for a brighter future.”

Dissemination

- Final report Autumn (2026), NIHR update reports (six monthly), CRN CPMS recruitment reports.
- Short update reports to all stakeholders NHSE, CEW clinics and PPIE team.
- Plain English summary and short talking head film to accompany every report, co-developed with our PPIE team and Nifty Fox Creative.
- Presentations at local, national and international seminars and conferences (co-presented by the research team and PPIE members).
- A study website will host all outputs and have a section to specifically designed for CYP and families taking part in the study.
- Open access peer reviewed journal publications.
- An animated study overview / information film to be shared with CEW clinics and to encourage engagement of CYP and families in the study.
- An illustrated journal-style summary of the final report for patients and the public.
- A ~10 min film about the patient journey, and short 1–2-minute white board animation to overview study findings.
- End of year blogs provided by our PPIE team.

Thank you

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