



# HEALTHY LIFESTYLES PATHWAY SERVICE

Summary of evaluation findings for parents

## What is the Healthy Lifestyles Pathway (HLP)?

The HLP service supports families in Nottingham by providing early help to prevent childhood obesity.

The programme offers tailored one-to-one, group sessions, and up to 6 home visits with an interpreter, where needed, focused on:

- Healthy eating (e.g., reducing sugar, reading food labels)
- Physical activity (e.g. ideas for increasing playtime)
- Parenting support (e.g. advice for improving sleeping, reducing screen time).

This is a summary of the findings of an evaluation of the Healthy Lifestyles Pathway Service conducted by the Royal Society for Public Health (RSPH). The evaluation was commissioned to assess how the service works and its impact on supporting families to adopt healthier lifestyles.

# Key Findings

## 1. Service Design and Delivery

- ✓ Meets an important public health need
- ✓ Follows national guidelines and best practices
- ✓ Families liked the one-to-one sessions
- ✓ Families valued the expertise and non-judgmental approach of staff
- ✓ Useful, interactive resources helped families engage.

**“I've lost 11 kg because I have learned about portion sizes and the importance of eating more fruit and vegetables” – Mother from participating family**

## 2. Challenges Faced by Families

- 🚧 Low income and fuel poverty
- 🚧 Limited access to healthy food and outdoor spaces
- 🚧 Language and cultural barriers
- 🚧 First-time parents needed more guidance on weaning and child development.

## 3. Impact on Families

Despite challenges, the evaluation found significant achievements for families:

- 📈 Healthier Eating – More fruits/vegetables, better portion control, fewer sugary drinks/snacks
- 📈 More Activity – 72% of children were active for 3+ hours weekly (up from 42%)
- 📈 Parental Confidence – Increased from 61% to 93% three months after the programme.



## 4. Long-Term Changes

- ✓ Families continued to eat healthier and cook more at home
- ✓ 76% of children stopped drinking sugary drinks (up from 54%)
- ✓ 90% of parents were motivated to maintain positive changes.

**“My diabetes symptoms have improved considerably because I am eating a much healthier diet, and this has had an impact on my sleep, too” – Grandmother from participating family**

## Final Conclusion

The HLP programme significantly improved families' health behaviours through tailored, supportive interventions. Parents valued the service's flexible and non-judgmental approach, leading to sustained positive changes. Addressing cultural barriers, strengthening referrals, and expanding access could further enhance its impact.