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 NHS Board area: NHS Ayrshire & Arran
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Food

Question 1: Are there any local plans or activities to improve engagement with healthy food? If not, please state the barriers. For example:

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. Implementation of national policy (route map 2010) by (e.g.) environmental health?		X				Healthy Weight Strategy Group convened February 2012. Remit is to develop an Ayrshire wide Healthy Weight Strategy & Action Plan in partnership with the 3 local authorities. The Government's Route Map Action Plan & NHS Health Scotland's outcomes framework will be used as a starting point.
II. Implementing nutritional standards for the vulnerable elderly in care settings?	X					Nutrition training provided by dietetics to all care homes. MUST screening tool implemented in all in patient settings (including care homes).
III. Action on the Scottish Grocers Federation Healthy living Programme?			X			As part of the requirements for CEL 01 (2012) all hospital settings have to explore the possibility of their retail areas engaging in the SGF Programme. Ayr Hospital now has a fruit stand in operation.

SOAR Collated Response – NHS Ayrshire & Arran

IV. Award of Healthy Living awards?	X					All NHS catering outlets have the HLA or the HLA Plus. North Ayrshire Council (NAC) Food Trolley and Jiffy Vans. Adult Working and Training Centre's/
V. Working with small and medium sized food enterprises to find high impact interventions?	X					Local fruit and vegetable suppliers are working with us to provide produce to NHS staff, visitors, etc.
VI. Improving access to healthy food in deprived areas, for example through community education?		X				Community Learning & Development staff in each of the 3 authorities have been trained by NHS A & A Community Food Workers to deliver practical cooking sessions.
VII. Community growing or retailing their own food projects?		X				Eglinton Growers and the Kilbirnie Allotment Association exist in North Ayrshire.
VIII. Fast food near schools?		X				East Ayrshire Council (EAC) have supported a proposal to restrict fast food vans within a specified distance of schools.
IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)	X					NHS A & A Board approved a Food & Health Action Plan in 2009, however, this requires to be updated, especially in light of the publication of the SG Route Map and the Maternal & Infant Nutrition Framework.
X. Anything else?						

Please give an example of good practice in improving engagement with healthy food for obesity prevention from your health board area below:

We have been working with the Department of Human Nutrition at Glasgow University to conduct a longer term evaluation of our Community Food Work programme. Findings show positive improvements in the knowledge and confidence of participants, as well as changes to food consumption, e.g. increased fruit and vegetable consumption and reduction of ready made meals.

Economic environment

Question 2: Are there any local plans or activities to change the local economic environment? If not, please state the barriers. For example:

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. Vending machines in schools? (Please state the issues if there are any differences in the policies for staff and for children)	X					Vending machines across all schools comply with the Schools Health Promotion and Nutrition Act
II. Any Action on the local economic environment in Public buildings (not just vending machines)?		X				Achievement of Healthy Living Award in public buildings. Pricing policies to encourage uptake of healthier foods and drinks will be considered as part of the Healthy Weight Strategy
III. Any Action on the local economic environment in Workplaces (not just vending machines)?		X				As above
IV. Implementation of national policy (by, for example, food standards officers)?						
o labelling clearly identifies ingredients (and is there a traffic light system)?						
o Reformulation?						
o portion sizes?						
V. Anything else?						

Please give an example of good practice in changing the local economic environment for obesity prevention from your health board area below:

Socio-cultural environment

Question 3: Are there any local plans or activities to change the socio-cultural environment? If not, please state the barriers. For example:

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. Reducing television viewing? (because of marketing of unhealthy food, sedentary time and snacking opportunity),	X					Consistent messaging across children’s physical activity sessions (including child healthy weight programmes) and adult health related programmes to encourage reduced sedentary activity including television viewing.
II. Media and educational campaigns to encourage physical activity – including mass events?		X				<p>‘Everybody’ campaign in NAC and there will be similar in the other two local authorities linked to the commonwealth games legacy.</p> <p>North Ayrshire’s Physical Activity and Sport Strategy will look to increase opportunities for physical activity and will promote these over the next three years.</p> <p>In East Ayrshire schools a variety of activities have taken place e.g. Fun Run days, Health weeks, health and wellbeing topics, input from active schools, walk to school week, Olympics themed events, after school clubs, school meal promotions, whole-school Zumbathon. Also covered in PSE programme and via Home Economics and PE curriculum.</p>

SOAR Collated Response – NHS Ayrshire & Arran

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
	X		X			<p>Special events in school to publicise major events e.g. Olympics Active Schools Extra Curriculum Activities. Tree planting activity involving the whole school. Information provided via leaflets and Ayrshire Paths Website.</p> <p>Distribution of quarterly Be Active Guides targeting early years to later years.</p> <p>NHS campaign planned.</p>
III. Implementation of exercise referral schemes?	X					KA Leisure's Active North Ayrshire Scheme.
	X					Activity on Prescription programme in place in East Ayrshire since 1999, and in South Ayrshire Council.
IV. Implementation of social prescribing schemes?				X		
V. Roll out of counterweight programmes?	X		X			<p>Various NHS staff groups have been trained to deliver Counterweight, e.g. physiotherapists, occupational health staff and Keep Well health & wellbeing advisers.</p> <p>Also an intervention is planned for the female cancers clinic in 2012.</p>
VI. Action on promoting active travel?	X					North Ayrshire Council has an Access Officer and a School Travel

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
	X					Co-ordinator. Active Travel comes under their remit. Travel Plans, cycle scheme, cycle lockers and showers, evens & training, leaflets, I-Travel information on Intranet, Cycle Mileage. Cycle to work scheme is well established within NHS A & A.
VII. Healthy diet?						
VIII. Anything else?		X				Paths upgrades, signage on road cycle provision, Community Outdoor Access Grant Scheme in NAC.

Please give an example of good practice changing the socio-cultural environment for obesity prevention from your health board area below:

Physical activity

Question 4: Are there any local plans or activities to increase physical activity levels for children, adults and adults in later life? If not, please state the barriers. For example:

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response

SOAR Collated Response – NHS Ayrshire & Arran

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. Are integrated impact assessments built in to planning procedures around improvements to cycling and walking routes?	X					In North, strategies/plans from which improvements identified are assessed (no formal IIA process)
II. Is active travel prioritised in planning?	X X					Yes, shower and changing facilities are also looked at to enable and encourage NHS staff to take part. Policies within NAC local plan & Local Development Plan.
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?		X X		X		The Transport and Access post within NHS Ayrshire & Arran was lost to efficiency savings – no plans to progress the work. Path network improvements and cycle training in NAC. In East Ayrshire Big Pedal participation, Cycling proficiency & scooter skills programme
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?	X	X X				Implementing Central Scotland Green Network, Play Strategy, Open Space Strategy – improving green space in NAC. Green Space is utilised as part of rotational outreach programmes delivering activities such as StreetSport Express within the heart of EA communities. Bids submitted to Green Network and NHS Endowments Fund for

SOAR Collated Response – NHS Ayrshire & Arran

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						funding to undertake work to 'green the NHS estate', e.g. signed and graded walks.
V. Has there been any action on the creation of pathways connecting the encouragement of the use of local leisure services by children at school to their continued use after they leave school and by the wider community?	X					All secondary schools in EAC are accessible by the community as are a number of primary schools. 3 secondary schools are operated as leisure centres in the evening and weekend and there are plans for another 2 to be added to this in the second half of 2012.
VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards	X					In East, Active Accreditation Health & Physical Activity Recognition Programme – " <i>in Recognition of Innovation and good practice using physical activity to improve public health</i> ".
VII. Have you implemented a healthy Weight Community Project?* (Please comment on your sustainability plan)	X					Healthy Futures Stevenson, contact is Heather McCann (heathermccann@north-ayrshire.gov.uk) NHS A&A is a steering group member C'mon Catrine, contact is Linda Chisholm (Linda.Chisholm@east-ayrshire.gsx.gov.uk) NHS A & A is a steering group member. As a result of East's healthy weight community a redesign of the leisure development service was undertaken to allow for a similar community driven
	X					

SOAR Collated Response – NHS Ayrshire & Arran

						approach to be implemented across East Ayrshire. This has resulted in the appointment of three Neighbourhood sports officers one of home will sustain elements of the healthy weight community work alongside the local community.
VIII. Any involvement with 'Paths to health'?	X					Local Walking Initiatives in NAC linked to Paths to Health.
IX. Any involvement with 'Jog Scotland'?		X				Currently providing the walking group leader training for NHS staff through the HWL award. There is some ad hoc delivery of jog scotland networks in EAC.
X. Any involvement with 'Living streets'?	X		X			Regular Liaison in NAC. In EAC, we will be adapting the Great British Walk Challenge from Living Streets to accommodate our older frailer residents in supported accommodation – their challenge is to walk the distance from John O'Groats to Gretna as a unit. This will take place over a couple of months rather than one month.
XI. 'Active schools'? XII.	X					Active Schools Programme is established in all three areas with varying levels of partnership working.
XII. 'Play@home'?	X					Play @home is integrated within current health visiting practice. Resources are issued and discussed at set timescales in line

						<p>with the Early Years, Children and Families Community Nursing Service Universal Pathway of Care for all children.</p> <p>Led by KA Leisure in North Ayrshire and delivered through Community Nursing.</p> <p>In East, Play at Home is being implemented via Play Development Staff who are also training front line Social work staff.</p>
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*HWC based on the EPODE model and piloted by the Scottish Government ending March 2012

XIII. Any involvement with BTCV led 'Green Gyms' programme?	X					<p>Healthy North Ayrshire commissioned BTCV Scotland to develop six Green Gyms in North Ayrshire following a successful pilot, between 2009 and 2011.</p> <p>One of these groups is still running under the name "Breaking Ground" and is led fully by NAC Country Park Ranger Service. BTCV Scotland no longer has any involvement. Green Gyms have been based at Eglinton (Irvine), Ardeer and Kilbirnie.</p> <p>In East, there is one BTCV Green Gym within the community of Auchinleck – following several operational difficulties mainly around Health & Safety this is now available for use by the community.</p>
	X					

SOAR Collated Response – NHS Ayrshire & Arran

XIV. Other action on:						
a. local transport plans				X		
b. school travel plans	X					Go On get out there Grant Scheme
c. facilities for children to be active	X					North Ayrshire has a Play Strategy, part of which looks at facilities for children to be active. Since the last SOAR report, a state of the art inclusive play area has been built in Eglinton Country Park which enables children of all ages and abilities to be active.
d. supporting young women and families to be active?	X					In East, extensive programme of early years active play in the community, and a focus on whole family play during holiday periods.
XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)						All three local authority areas have physical activity strategies and this is where the NHS involvement lies.

Please give an example of good practice to increase physical activity levels for children, adults and adults in later life from your health board area below:

East Ayrshire’s CHIP (Community Health Improvement Partnership) Team have a bespoke health and activity programme in place to supporter older adults via the Older People’s Change Fund. This includes specific activities in and directly connected to supported accommodation units, home based exercise support, level one exercise classes, and a drive to recruit volunteers from the older population.

Early years

Question 5: Are there any local plans or activities to reduce obesity/establish obesity preventing behaviours in infants and young children? If not, please state the barriers. For example, has there been any local action on:

SOAR Collated Response – NHS Ayrshire & Arran

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. maternal obesity?		X				Pregnant women with a BMI>30 as part of routine care are offered a group session with input from midwife, physiotherapist and community food worker.
II. encouraging breastfeeding?	X					Maternal & Infant Nutrition action plan in place.
III. parental education about healthy diets and exercise for children?						Nursery staff trained to deliver practical cooking workshops to parents. Community Food Workers also deliver weaning sessions directly to parents.
IV. Broadening tastes in the early years? (including from nursery years onwards)	X					A lot of work has taken place in regards to the nutritional guidance for early years and with nursery staff and linking to Curriculum for Excellence.
V. Food education 'from plough to plate'?						See various examples above.
VI. Child healthy weight intervention programmes?	X					Jumpstart evening programme Jumpstart Choices programme (whole class approach) MEND & Mini MEND (EAC) Kick Start (SAC)
VII. 'Active schools'?	X					Active School Co-ordinators are in place covering all primary and secondary schools in the 3 authorities.
VIII. 'Cooking buses'?	X					Cooking bus came to North Ayrshire as part of the Healthy Futures

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
	X					(Community Healthy Weight) Initiative. No follow-up activity planned. In East, one visit as part of HWC to launch 'Cook With Catrine'.
IX. 'Play@home'?	X					See previous response
X. Does your health board area have a strategic plan for obesity prevention in children and young people? (please if possible include a copy with your response)		X				Our Healthy Weight Strategy will include prevention of obesity in children.

Please give an example of good practice in obesity prevention in infants or young children from your health board area below:

The Mend programme in East Ayrshire has been hugely successful not only in reducing obesity – (As at January 2012, 63 children and young adults had participated in MEND. There is a 100% retention rate and over 97% of participants reduced their BMI after the programme, alongside other positive measures including improved cardiovascular fitness, reduced sedentary behaviour and increased physical activity.) – but also in respect of building assets/ capacity – 25 participants or family members have become volunteers and now lead a range of other programmes. Also the MEND Graduates club is now a constituted stand alone organisation and recently gained an award of over £5,000 from the Healthy Communities Programme at the People's Health Trust to enable the development of an allotment and delivery of MEND Masterchef classes amongst other things.

Since October 2009 we have delivered 31 Jumpstart Choices programmes, therefore, in total 1113 children across Ayrshire have benefited. Similar positive measures described above have been achieved e.g. reduced sedentary behaviour, increased physical activity, reduced BMI.

Working lives

Question 6: Are there any local plans or activities happening around obesity prevention in local workplaces? If not, please state the barriers. For example:

SOAR Collated Response – NHS Ayrshire & Arran

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. How is participation in the Healthy Living Award being encouraged locally?	X					Free food items are available to NHS staff on the first Wednesday of each month to encourage staff to take the healthy choice – this is funded by Health Promoting Hospitals Unit.
	X					NAC has the HWL Bronze Award and is working towards the Silver Award.
	X					In East, through focus groups and communication with staff through intranet site and emails.
II. Are public health and occupational health encouraging healthy weight management partnerships?	X					Counterweight programme is available to all members of staff who want this, both through Public Health and Occupational Health. Staff at Biggart Hospital are working with Scottish Slimmers.
III. How is access to public sector land being encouraged locally for walking and cycling?	X					In North Path Network Improvements & Signage/greenspace improvements. See previous example on 'greening the NHS estate'.
IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?		X				Through Healthy Working Lives award.
V. Are interactive employee-use weight tracking tools in use in any local workplace?				X		
VI. Does your health board area have a strategic plan for obesity prevention in local workplaces?						Workplace will be considered as part of Healthy Weight Strategy.

SOAR Collated Response – NHS Ayrshire & Arran

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
(please if possible include a copy with your response)						

Please give an example of good practice in obesity prevention obesity prevention in local workplaces from your health board area below:

Other activity updates

Question 7: What other local obesity prevention plans or activities are there in the health board area? If not, please state the barriers.

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
Has any existing obesity prevention activity mentioned in the local health board area in the response to SOAR 2007 progressed further or ceased? Please refer to the response from your board to be found on the weblink below, naming each changed activity in a separate row within the relevant one of the five sections from the 2007 questionnaire below, and giving the new status. Please add rows within each section as necessary.						
7.1 Prevention in schools?						Work to improve health and wellbeing via food and physical activity etc, has become embedded in schools since the Schools Health Promotion and Nutrition Act.
7.2 Prevention in nurseries?						Work has taken place to promote and support breastfeeding in all

						early years establishments across Ayrshire.
7.3 Prevention in the community?						Healthy North Ayrshire delivered a community based, gender specific weight management programme for three years called Slimmin' Withoot Wimmin and Slimmin' Fir Wimmin. The programme was very successful but stopped in March 2011 due to the end of funding.
7.4 Prevention in public buildings and workplaces?						
7.5 Prevention in other workplaces?						
7.6 Has anything else happened on obesity prevention activity in the local health board area since mid 2007?						We are working in partnership with Scottish Slimmers to offer obese women of childbearing age vouchers to attend a 12 week block of classes. Obese patients identified via the Keep Well programme are also offered vouchers to attend Scottish Slimmers.
8. Is there anything else you would like to tell us about?						

Monitoring and Evaluation

Question 8: Please describe how you:

a) evaluate the effect of local obesity interventions?	At the moment evaluation takes place of individual programmes. Ongoing monitoring and evaluation of interventions will be considered as part of the Healthy Weight Strategy.
b) monitor obesity?	For Primary 1 children, via CHSP-S We have weight, height and BMI data on children who have taken part in our Jumpstart and Jumpstart Choices programmes. Some data available for adults via GP data We will be re-introducing the 24-30 month assessment and all children will be weighed and measured so BMI data will be recorded on an electronic record.