

OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

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 Role: **Public Health Consultant**
 NHS Board area: **NHS Forth Valley**
 Date of completion: **13th April 2012**

Red = Stirling Council Black NHS FV Blue - Falkirk and Clackmannanshire Councils

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

| | 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? | | | | | | Representation from Stirling Council on COSLA National Obesity Route Map group – feeding into discussions within Healthy Weight Strategy Group |
| II. Implementing nutritional standards for the vulnerable elderly in care settings? | yes | yes | | | | Dev of Nutritional guidelines for Nursing/residential homes |
| III. Action on the Scottish Grocers Federation Healthy living Programme? | | | yes | | | Part of the local development of Health Promoting Health Service CEL 01 (2012) |
| IV. Award of Healthy Living awards? | yes | yes | | | | Ongoing as part of HPHS development |
| V. Working with small and medium sized food enterprises to find high impact interventions? | | | | | | Don't know |

| | | | | | | |
|--|-----|------------|--|--|--|---|
| VI. Improving access to healthy food in deprived areas, for example through community education? | yes | Yes Yes | | | | Community food development networks in all three council areas Fruit and Vegetable barras in Stirling and Sauchie <u>Land Services</u> Yes and encouragement of Community Food growing and changing certain key sites from traditional ornamental planting to edible borders to champion the use of home grown produce, and the known benefits to health. |
| VII. Community growing or retailing their own food projects? | Yes | | | | | <u>Land Services</u> As above <u>Education</u> Schools growing food plants in school grounds, planting of orchards. |
| VIII. Fast food near schools? | Yes | | | | | Exclusion zones in place and implemented. Also similar for Falkirk Council |
| IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response) | | | | | | Range of strategies exist - Healthy Weight ,Breast feeding, Early Years etc also intrinsic in all three CHP health plans |
| X. Anything else? | | | | | | Much of the work describe in SOAR in 2007 has been sustained |

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

Food development work within NHS FV working in collaboration with three council
Community Food Growing - changing certain key sites from traditional ornamental planting to edible borders to champion the use of home grown produce, and the known benefits to health.

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) | yes | | | | | Policy of no vending machines in schools. Change to vending policies in both Falkirk and Clackmannanshire since 2007 to support healthier vending or no vending |
| II. Any Action on the local economic environment in Public buildings (not just vending machines)? | | yes | | | | Health at work award Health Promoting Health Service |
| III. Any Action on the local economic environment in Workplaces (not just vending machines)? | | yes | | | | Health at work award Health Promoting Health Service |
| IV. Implementation of national policy (by, for example, food standards officers)? | yes | | | | | Education In place – regulated by Service Manager with responsibility for provision of school meals Same for both Falkirk and Clackmannanshire councils |
| 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), | | yes | | | | Part of YUFF – youth under focus - first work - Leaflets/ posters to all GP practices and primary care services highlighting 10 changes families should make including reducing TV viewing. Advice on an individual basis Pilot of CWT families to 6 local families |
| II. Media and educational campaigns to encourage physical activity – including mass events? | | Transport and planning | Active Stirling | | | Transport and Planning Ad-hoc campaigns as opportunities and resources allow to promote walking / cycling and walking/cycling to school Active Stirling Plan to launch Active Stirling physical activity guidelines to encourage adherence in 1 st quarter 2012. |
| III. Implementation of exercise referral schemes? | | | yes | | | Active Stirling Citywide Exercise Referral scheme funding proposal sent and awaiting decision from Government. |
| IV. Implementation of social prescribing schemes? | | | | | | |
| V. Roll out of counterweight programmes? | yes | yes | | | | 18 sites delivering CWT programme 600 patients have already been thro the programme. Dietetic involvement in further rollout. Concerns re losing national drive for this and national evaluation both will disappear April |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|--|------------------------------|-------------------------|---------|----------|-----|--|
| | | | yes | | | 2012 Also delivered to womens groups within three anticipatory care sites Active Stirling In consultation with Counterweight initiative to rollout further programmes within a physical activity setting |
| VI. Action on promoting active travel? | Yes Yes – active Stirling | Yes Trans / planning | yes | | | Education – yes all three councils Part of plan for HPHS Transport and Planning (i) Infrastructure: ongoing programmes to improve facilities for walking and cycling (ii) Promotion: Ad-hoc campaigns as opportunities and resources allow Active Stirling Training opportunities offered for teachers/ parent volunteers to roll out cycle education in local schools |
| VII. Healthy diet? | yes | yes | | | | Active Stirling Staff trained in weight management to prescribe nutritional advice through Personal Training and Gym Instruction. Education Within Curriculum for Excellence experiences and outcomes 7 health promoting schools accreditation – Similar in both Falkirk and Clackmannanshire council areas with support from public health dietitians and health promotion staff Food development work led by community dietetics food dev officers |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|----------------------|----------|-------------|---------|----------|-----|---|
| | | | | | | across FV Input to prisons linked with oral health work |
| VIII. Anything else? | YES | | | | | <ul style="list-style-type: none"> • Education/ NHSFV Max in the Middle: within schools targeting P6 children looking at health choices children can make caught in middle of parents/ teachers etc, drama, dance, food prep – experiential learning • Stirling council 2012: Bridge of Allan, Braehead & Drymen2011: St Ninian's, Cowie, East Plean and Doune. • Falkirk and Clackmannanshire council both involved with this initiative • Men's health within three anticipatory care sites have been very effective in delivering men's wgt mgt groups since 2002 in all three chp areas • Health promotion colleagues developing generic behaviour change training which includes raising awareness of obesity for NHS staff in first instance to support lifestyle changes for alcohol, smoking healthy eating PA and weight mgt. • Development of a generic health passport to trial in one of healthy community areas (Cultenhove) |

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

Food development work within CHPs,
 Collaborative working with councils –
 Roll out of cwt
 Mens health groups

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 |
|---|----------|------------------------|---------|----------|-----------------|--|
| I. Are integrated impact assessments built in to planning procedures around improvements to cycling and walking routes? | | | | | Active Stirling | Transport and Planning Sorry – don't understand the question. Assume it is land use planning which is being referred to? See response below. If the question is asking whether we have a programme of auditing walking and cycling routes to identify improvements, then yes. |
| II. Is active travel prioritised in planning? | | Transport and planning | | | | Transport and Planning (again, assuming it is land use planning which is referred to) Guidance has been produced (currently in draft form, to be adopted with the Local Development Plan), which requires all new development to ensure that it is realistically accessible by all modes. This will include the provision of any necessary infrastructure to facilitate walking or cycling to the site, plus any necessary promotion. This may be via Travel Plans if appropriate. |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|--|-----------------|--------------------------------|---------|----------|-----------------|--|
| III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland? | Active Stirling | <u>Transport and Planning</u> | | | | <p><u>Transport and Planning</u> Hopefully the infrastructure and promotional actions we are taking progress delivery of the CAP</p> <p>Active Stirling Local training opportunities offered for teachers/ parent volunteers to roll out cycle education in local schools: Level 1 & 2 Bikeability</p> |
| IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity? | yes | yes | yes | | Active Stirling | <p>Active Stirling We are consulted as part of Stirling Council's open space strategy for green (&blue) space development.</p> <p>Land Services Development of an Open Space Strategy in partnership with Communities, ensuring open space is relevant to the needs of people taking account of the need for leisure and physical activity, being aware of the relationship between physical activity and health. In addition working on identified core path plans to encourage walking as connectivity between areas.</p> <p>NHSFV - Undertaking research with the University of Highlands & Islands and the Forestry Commission on social return on investment in relation to use of green space at Forth Valley Royal Hospital</p> |
| 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 | Active Stirling | Active Stirling Transport & | | | | <p>Transport and Planning If the question is asking whether we provide new paths to</p> |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|---|-----------------|-----------------|-----------------|----------|-----------------|---|
| to their continued use after they leave school and by the wider community? | | planning | | | | <p>schools/leisure facilities:</p> <p>(i) Open space audit has identified access to informal leisure facilities and any need to improvements</p> <p>(ii) New development will be required to provide new links where this is applicable</p> <p>Active Stirling Safe routes to School Programme embedded across 5 primary schools: Killin, Balfron, St Ninians, Bridge of Allan, Newton Secondary Active Schools Team to encourage engagement with Active Living Express & the Peak activities</p> |
| VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards | | | | | Active Stirling | Active Stirling No but we are a member of ISPAL and hosted a conference in 2011. |
| VII. Have you implemented a healthy Weight Community Project?* (Please comment on your sustainability plan) | | | Active Stirling | | | Active Stirling Healthy Weight 'boot camps' planned for second quarter 2012. Targeted weight loss programme utilising state of the art technology. |
| VIII. Any involvement with 'Paths to health'? | Active Stirling | | | | | Active Stirling Paths For All are a primary partner for our Stirling Walkirk Network project and provide support for training, advice, equipment and funding. |
| IX. Any involvement with 'Jog Scotland'? | Active Stirling | Active Stirling | | | | Active Stirling We run three weekly Jog Scotland classes from beginner to advanced creating pathways into running events. Hosted Jog Scotland seminar in |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|---|--|-------------|---------|----------------------|-----------------|---|
| | | | | | | February 2012 at Forthbank Performance Sports Centre. Jog Scotland training programme for volunteers to be offered next academic year to secondary and primary schools. |
| X. Any involvement with 'Living streets'? | | | | Transport & planning | Active Stirling | Transport and Planning Why has just 'Living streets' (formally the Pedestrian Association) been identified? There has been no work with LS, but we do work with those organisations that have part or wholly funded projects in the Stirling area such as SUSTRANS, Cycle Scotland, Paths for All and the Fieldfare Trust |
| XI. 'Active schools'? XII. | Active Stirling Education Yes yes | | | | | Active Stirling Active Schools team is embedded with Active Stirling working across all nurseries, primary and secondary establishments promoting sustainable opportunities in school and community sport. Education Active Schools Co-ordinators in all EY, Primary and Secondary Schools Active school coordinators working similarly in Falkirk and Clackmannanshire Close links/ joint working with Health promotion and dietetics Falkirk Council area |
| XII. 'Play@home'? | | | | | | Falkirk Council area |

*HWC based on the EPODE model and piloted by the Scottish Government ending March 2012

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|---|-----------------|------------------------|---------|----------|-----|--|
| XIII. Any involvement with BTCV led 'Green Gyms' programme? | | | | | | |
| XIV. Other action on: | | | | | | |
| a. local transport plans | | Transport and planning | | | | Transport and Planning LTPs exist in England. Local Transport Strategies exist in Scotland. NB they are not just different in name. Stirling has a LTS which seeks support walking and cycling. |
| b. school travel plans | | Transport and planning | | | | Transport and Planning Progress on School Travel Plans is 'patchy'. |
| c. facilities for children to be active | Active Stirling | | | | | Active Stirling Active Stirling has a 2020 vision to ensure that all of Stirling's communities are physically active and engaged in healthy lifestyles. This is facilitated through a wide-ranging provision of formal and informal opportunities to participate through school, club and community environments. We provide opportunities for pre school and primary school aged children, young people, adults and the older population across a range of venues in the Stirling Council area. |
| d. supporting young women and families to be active? | Active Stirling | | | | | Active Stirling Active Schools Team (primary and secondary) have girls/ young women as a target group to work within schools. Coordinators develop bespoke programmes that will target girls within their communities. |
| XV. Does your health board area have a strategic | | | | | | Transport and Planning |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|--|----------|-------------|---------|----------|-----|--|
| plan for physical activity? (please if possible include a copy with your response) | | | | | | Don't know. BUT the Regional transport Partnership have development a Health and Transport Framework with NHS Forth Valley and NHS Tayside |

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:

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:

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|--|-------------------------------|-------------|---------|----------|-----|---|
| I. maternal obesity? | | | yes | | | Resources produced to support obese pregnant women . |
| II. encouraging breastfeeding? | | yes | | | | Breast feeding strategy |
| III. parental education about healthy diets and exercise for children? | | yes | | | | Health Visitors , family support workers |
| IV. Broadening tastes in the early years? (including from nursery years onwards) | Active Stirling | | | | | Active Stirling Community programme offered from 6 months- 5 yrs developing gross and fine motor skills through variety of sports and dance. This links to primary school programmes to allow children to continue to develop. |
| V. Food education ‘from plough to plate’? | | Yes yes | | | | Some developmental work Schools in three LAs Also resources re food waste – food dev officers (dietetics) working with NHS fife |
| VI. Child healthy weight intervention programmes? | | | | | | YUFF, Max in the middle, Counterweight families |
| VII. ‘Active schools’? | Active Stirling yes | | | | | Active Stirling Active Nursery Programme in place to promote activity within the nursery environment. Training for staff and support offered locally through the School Sport Team. Clackmannanshire Active nursery prog |
| VIII. ‘Cooking buses’? | | | | | | no |
| IX. ‘Play@home’? | | yes | | | | Falkirk Council |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on 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) | | | | | | Not yet Plans to sustain implementation of Max in the middle within curriculum |

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

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:

| | 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? | Active Stirling nhsfv | | | | | Active Stirling We run a Healthy Working Lives scheme offering membership reductions for local business who affiliate to Healthy Working Lives called activity works NHSFV All organisations engaged with HWL with catering facilities are encouraged to register for the healthy living award as this meets our Core Criteria at Silver level. Within FV only organisation has not registered but has to meet a criteria tool check which is matched the healthy living award standard. |
| II. Are public health and occupational health encouraging healthy weight management partnerships? | NHSFV | | | | | Weight management programmes being delivered by Occupational health Department - Scottish slimmers |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|---|----------|-------------|------------------------|----------|-----|--|
| III. How is access to public sector land being encouraged locally for walking and cycling? | yes | yes | Active Stirling | | | Walking routes established within green space at FVRH; cycle routes at early stage of planning Transport and Planning An Open Space audit has been conducted to identify the level of accessibility to open space. Active Stirling River Loop development at Stirling Sports Village is being developed. |
| IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'? | | | | | | Nhsfv - Partnership Agreements have been signed between SCHWL (Scottish Centre for Healthy Working Lives) and Active Stirling and Falkirk Council to offer an 8 week half price introduction to gym membership. Uptake in Falkirk was poor (little interest from workplaces and packages on offer were still expensive) 12 employees registered interest but part of the funding was returned to SCHWL last year. The package offered through Active Stirling engaged positively with 104 employees to date expressing interest. 69 employees registered and a further discount was offered to continue for 6 months. Further funding of £2000 was negotiated in September 2011 and a further 50 spaces are still available. (Flyer attached for info) Promotion of physical activity |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|--|----------|-------------|------------------------|----------|-----|---|
| | | | | | | through the award criteria continues to be strong and includes; participation in Big Fit Walk, Cycle Week, Walk to Work, Stair Climbing Campaign and Active Travel. |
| V. Are interactive employee-use weight tracking tools in use in any local workplace? | | | Active Stirling | | | Active Stirling Plan to launch 'Myzone' monitoring system for Peak members in 2012. Can track weight and calories on an on-going basis. The workplace team offer a range of range of delivery methods of weight management programmes locally. |
| VI. Does your health board area have a strategic plan for obesity prevention in local workplaces? (please if possible include a copy with your response) | | | | | | Healthy working lives team action plan for employability and workplace setting |

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

Workplace Step Challenge currently underway in partnership with Paths to Health. Organisations in FV have been over subscribed and the local HWL team have supported with pedometers. Figures will be available May 2011, however within NHS FV we have 37 teams of 5 participating representing a broad range of the organisations services/departments.

In partnership with SCHWL, signpost to 'Scottish Slimmers' workplace programme. Partnership agreement currently being negotiated with Counterweight. (Cost to workplaces/individual) Within NHS Forth Valley the team offer 3 options for delivery of weight management (no cost):

- **Option 1** Companies can access the weight management pack online and download a copy for their workplace. Using the comprehensive pack, anyone within the workplace who has an interest in weight management can run the 8-week programme.
- The workplace team also has a number of weight management packs made up which can be borrowed and returned at the end of the 8-week sessions.
- **Option 2** Support can be given initially by the workplace team to facilitate and plan group sessions. After the initial training the workplace co-ordinator would manage the group sessions.
- **Option 3** The 'healthy lifestyle' programme, as detailed above, would be co-ordinated and delivered by a member of the workplace team. This adapted programme would consist of an initial 1:1 appointment where participants would have their height, weight, BMI and waist measurement recorded. The format and content of the group sessions would also be explained at this time. 6 no. weekly (or fortnightly) sessions would then follow.

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? | yes | | | | | Continues to progress thro health promoting schools and curriculum for excellence. Public health dietitian, oral health and health promotion colleagues work with partners from 3 LAss to sustain this work. |
| 7.2 Prevention in nurseries? | yes | | | | | Public health dietitian, colleagues from oral health and health promotion and three LA's progress with work in this area as part overall early years strategy |
| 7.3 Prevention in the community? | yes | | | | | |
| 7.4 Prevention in public buildings and workplaces? | yes | | | | | |
| 7.5 Prevention in other workplaces? | yes | | | | | Transport and Planning Stirling Council, Forth Valley College and |

| | | | | | | |
|--|-----|--|--|--|--|---|
| | | | | | | Stirling University all have travel plans which promote walking and cycling to the respective locations |
| 7.6 Has anything else happened on obesity prevention activity in the local health board area since mid 2007? | yes | | | | | Obesity prevention is included in action plans for healthy within three cHPs. Partnership work with three LAs continue to support prevention activity |
| 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? | Counterweight national data collection and analysis Encourage common format for local evaluation of all wgt mgt interventions including community wgt mgt groups (Community pack), occupational health wgt mgt groups (Scottish Slimmer's) prison groups Audit of dietetic provision Data collected on bariatric patients Qualitative evaluation of some groups |
| b) Monitor obesity? | Scottish Health Survey GMS obesity registers |