

SOAR COLLATED RESPONSES – NHS GRAMPIAN

**OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS**

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 Role: Nutrition Coordinator  
 NHS Board area: NHS Grampian  
 Date of completion: 05.2012

**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				Through 3 x CHP areas and Community Planning process. Moray has an established Obesity Route Map group, chaired by the local authority Strategic Manager (Health Improvement); a local plan is currently being developed. Planning an obesity prevention event in Aberdeenshire in September 2012. Community Planning partners and third sector to be invited. Environmental issues around obesity prevention will be looked at.
II. Implementing nutritional standards for the vulnerable elderly in care settings?	x					Dietetic Services continue to provide inputs to support this area.

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III. Action on the Scottish Grocers Federation Healthy living Programme?						
IV. Award of Healthy Living awards?	x					Coordinated nationally. Part of the delivery of CEL (1) 2012
V. Working with small and medium sized food enterprises to find high impact interventions?	x					Coordinated through Health at Work. In the final planning stage of establishing a Moray Food Network, LEADER funding secured by REAP. Stakeholder meeting to be held in near future.
VI. Improving access to healthy food in deprived areas, for example through community education?	x					Through Community Food Initiatives North East. Working in partnership with local authority to develop a network of community based kitchens and a network of trained trainers to implement a food skills programme in Aberdeen City. Via Community Food Moray (CFM). Includes Homeless, Women`s Aid initiatives. Hotspot Cafe in Peterhead (CLD) provides subsidised meals, occasionally health themed, e.g. Fruity Friday. Peterhead Central School Breakfast Club (Baptist Church). Confidence to Cook practical food skills programme works with vulnerable groups throughout Grampian.

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VII. Community growing or retailing their own food projects?	x					<p>Huntly Food and Health Group allotment project lead by Huntly Mental Health.</p> <p>Expanding project (Incredible Edibles) through accessing funding through Lottery, possible whole community approach (accessing funding for a development worker).</p> <p>Inverurie Health Improvement group planning a community allotment within hospital grounds.</p> <p>Longside Community allotment (CLD Mintlaw).</p> <p>Friends of Aden Park consultation on community allotments.</p> <p>Fraserburgh Community Garden in early planning stages.</p> <p>Health improvement funding in Aberdeen City has been used to fund community groups to establish allotment projects.</p> <p>Moray, via Greenfingers.</p>
VIII. Fast food near schools?	x					<p>Individual schools in Aberdeen City have been working with local food van proprietors to offer healthier options. ***</p>
IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)		x				<p>Currently developing a Healthy Eating Active Living Strategy.</p>
X. Anything else?	x					<p>Community Kitchen in Huntly – teaching food skills to disadvantaged groups.</p>

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

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**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 compliant with Schools HP and Nutrition Act. Aberdeen City policy in place to support Act. Food taken into schools by staff not covered by Act, however good practice encouraged through health promoting schools. Moray Obesity Routemap plan.
II. Any Action on the local economic environment in Public buildings (not just vending machines)?		X				In hospital settings through CEL1 (2012).
III. Any Action on the local economic environment in Workplaces (not just vending machines)?		x				In hospital settings through CEL1 (2012).
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					Grow Well Choices child healthy weight intervention delivered in schools throughout Grampian addresses inactivity. TV viewing referred to in pupil booklet.
II. Media and educational campaigns to encourage physical activity – including mass events?						An Associated School Group in an area of deprivation undertakes a 'going for gold' challenge each year as a transition project for primary pupils (involving S3, S2, S1 and P7 pupils)
III. Implementation of exercise referral schemes?		x				Exploring development of a Grampian-wide 'generic exercise' pathway. Maud Resource Centre co-ordinates exercise referrals from local healthcare staff. Central Buchan Sports Hub has plans to implement a scheme in co-operation with Mintlaw Practice. Banff GPs have exercise referral in place for patients to Princess Royal Sports Trust.
IV. Implementation of social prescribing schemes?			x			In early stages of discussion with local GP practice in Aberdeen City.

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						Exploring social prescribing in Aberdeenshire, working closely with Aberdeen City. WalkMoray - prescribing in place.
V. Roll out of counterweight programmes?	x					Adult weight management programme 'Healthy Helpings' delivered through our Integrated Weight Management Pathway. In one area of the city we have been piloting a roll out of the Healthy Helpings adult weight management programme. With the recommendations from this we plan to implement across the rest of the city. Counterweight is currently delivered in a small number of Grampian GP practices. Established and very well attended weight management service in Moray led by our Healthpoint team for Dr Grays Hospital and community hospital personnel.
VI. Action on promoting active travel?	x	x				Annual active travel 'hands up' survey in schools in the city. NHS Grampian signed up to bike to work scheme. Individual schools in city engaged in own active travel activities. Moray - Local Authority initiative led by Chris Thompson. MCHSCP (NHS) has joint funded active travel programme in schools. Peterhead as a cycling

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						demonstration town.
VII. Healthy diet?	x					<p>Practical food skills training and sessions.</p> <p>Practical food skills training and sessions at Huntly Community Kitchen – linked to Healthy Helpings weight management course, Walks to Health, Gardening and Growing project. Development of Scolty Kitchen, Banchory – for people with learning challenges and the wider community.</p> <p>Grow Well Choices child healthy weight programme has a healthy eating component.</p>
VIII. Anything else?						

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

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**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

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	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					A Rapid Health Impact Assessment was conducted on the NESTRANS regional transport strategy 2012.
II. Is active travel prioritised in planning?	x					Importance of active travel is outlined in local strategy documents.
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?	x	x				Cycle Friendly Huntly plans – cycle friendly week being planned this June 2012. Cycling/walking actions appearing in some local action plans e.g. Aboyne. Peterhead as a Cycling Demonstration Town.
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?		x				Initial meetings with estates department to consider how the NHS estate can be more conducive to physical activity for staff, visitors and patients. Links to Woodland Developments in schools using outside woodland space. Through EL&L.
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	x				Work being carried out by Active Schools team, schools and local clubs. Moray - As part of the active travel in schools programme rewards family passes to local sports and leisure facilities are provided, this has been funded by NHS G. Much of this has come through linking School Travel Planning with Path Development through the



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						<p>Council in Aberdeenshire. Aboyne community developed path that linked school and was also available for the community. School Travel Plan Coordinator for Aberdeenshire Council would have more of this information.</p> <p>Linking Huntly F&amp;H projects – linking Healthy Helpings, cycling/walking, Battlehill project, Gardening and Grwoing/drop in at Linden Centre for people after HH course.</p>
VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards						
VII. Have you implemented a Healthy Weight Community Project?* (Please comment on your sustainability plan)		x				Path network being developed in Huntly through Huntly Development Trust.
VIII. Any involvement with 'Paths to health'?	x					<p>Health walks in Aberdeen City.</p> <p>Moray -NHS G WalkMoray programme joint funded by Paths to Health – although funding ceased end March 2012 the Health Walk Co-ordinator post and Walk Moray programme will be sustained via partnership working with Paths for All, The Moray Council, NHS G, Walk Jog Run Moray and Scottish Athletics. The Co-ordinator post is to evolve to include all three disciplines (walk, jog and run).</p> <p>Peterhead Jog Scotland Walking Group.</p> <p>Health walk leader training held</p>

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						locally on an occasional basis. Health walks available in various locations across Aberdeenshire supported by volunteers who have attended Paths for All training. Grampian 50+ network successful in funding application for Grampian Walking Strategy.
IX. Any involvement with 'Jog Scotland'?	x					Established Walk Jog Run Moray group and action plan. NHS G and Jog Scotland are active members of the group. Please see VIII for relevant info. We have approximately 8 Jog Scotland groups across Moray, which are led by Moray Walk, Jog, Run Leaders. Training is delivered by Jog Scotland – however locally we are in the process of securing a Walk, Jog Run Co-ordinator who will be a trainer for trainers/leaders. Peterhead Jog Scotland Group in Partnership with Healthpoint Peterhead. Healthpoint staff regularly support Jog Scotland events in Fraserburgh & Peterhead.
X. Any involvement with 'Living streets'?		x				'Walkable communities' project. One area assessed with involvement of sheltered housing residents.
XI. 'Active schools'?	x					Large Aberdeen City wide programme in place throughout the year including holiday camps. Healthy Wednesdays programme with Gordon Primary School Huntly

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												- Active Schools major player – 10 week programme around healthy living. Various programmes in place regarding Active Schools.
XII. 'Play@home'?	x											City HVs providing the relevant leaflets. All three P@H programmes in Moray have been fully implemented for no less than four years. So to further support attachment, bonding, speech and language development and parenting we have linked the Before Words programme to the Play@Home programmes. Play@home booklets distributed by Health Visitors across Aberdeenshire.
*HWC based on the EPODE model and piloted by the Scottish Government ending March 2012												
XIII. Any involvement with BTCV led 'Green Gyms' programme?												BCTV @ Cornhill Hospital
XIV. Other action on:												
a. local transport plans												
b. school travel plans	x											All schools in Aberdeen City encouraged to develop school travel plans
c. facilities for children to be active												
d. supporting young women and families to be active?	x	x										Mothers and daughters physical activity programmes supported through Health Improvement Fund in Aberdeen City. Alford Early Years Forum setting up Walks to Health programme for young mums.

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XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)		x				Currently developing a Healthy Eating Active Living Strategy. Moray Physical Activity and Sports Health Strategy, NHS G is a lead partner. The strategy is currently under review, the PHL chairs the group.
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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?		x				Maternal Health Helpings Pilot & Evaluation in Moray.
II. encouraging breastfeeding?	x					UNICEF Baby Friendly - Commitment and working towards Stage 1 (Grampian). <ul style="list-style-type: none"> <li>- 2 day training workshops for Health Visitors and Midwives on UNICEF Breastfeeding management.</li> <li>- Refresher training for Health Visitors and Midwives.</li> </ul> You Can Breastfeed Here In North Aberdeenshire. PeterFest – provides pro-active

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						telephone support mothers to continue to breastfeed. This is in conjunction with Aberdeen University.
III. parental education about healthy diets and exercise for children?		x				Confidence to Cook – practical food skills for parents Community Dietetics undertaking research into suitable guidance and possible intervention for healthy weight in the 2-5 age group. GWC week 4 of programme invites parents to attend session. Eat Play and Grow Well family programme for overweight children looks at healthy eating and physical activity. Parent & child cooking sessions held in 3 Fraserburgh primary schools during 11/12 school session. Food skills workshops and presentations to groups of Mums in regeneration area of Kincardine and Mearns. Funding for Homestart worker post in Aberdeen City to work with vulnerable families through CEL36.
IV. Broadening tastes in the early years? (including from nursery years onwards)	x					Implementation of Nutritional Guidance for Early Years through Child Care Partnerships. Aberdeen City 'Early Years Health and Well being' award encompasses food and physical activity.

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V. Food education 'from plough to plate'?	x					Rowett Research Institute and Aberdeen Environmental Education Centre developed a primary school educational resource 'Getting in Shape'. Part of this programme was devised to develop a pupil's knowledge and understanding of working farms, food production and the countryside. Distributed throughout primary schools in the City and Shire Grampian food in schools framework developed to provide a whole school approach to food and health activity (hard copy and GLOW) - supported by CPD.
VI. Child healthy weight intervention programmes?	x					School based (Grow Well Choices) and one to one (Eat Play and Grow Well) programmes being delivered. Healthy Wednesdays Project for P5s in Huntly
VII. 'Active schools'?						Active Schools is focused on school-aged children and does not appear to have a specific remit for pre-school children.
VIII. 'Cooking buses'?		x				Cooking bus visited local schools
IX. 'Play@home'?	x					As per 4. xii Books are distributed throughout Grampian. Multi-agency training offered through public health team in 2011.
X. Does your health board area have a strategic plan for obesity prevention in children and young		x				Currently developing a Healthy Eating Active Living Strategy.

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people? (please if possible include a copy with your response)						
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Please give an example of good practice in obesity prevention in infants or young children from your health board area below:

Healthy Wednesdays Project in Huntly – P5 children attend 5 sessions – cooking in the community kitchen, gardening and growing – schools & community allotments and physical activity – either with Active Schools for forest walks  
 Numerous local schools in Aberdeen City have developed productive gardens (eg Cornhill Primary, St Peters RC), produce is grown and cooked in school.

**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?	x					Organisations registered for HWL award, which have catering facilities on site are encouraged to work towards the award.
II. Are public health and occupational health encouraging healthy weight management partnerships?		x				SCHWL working in partnership with 'Scottish Slimmers'
III. How is access to public sector land being encouraged locally for walking and cycling?	x					Mapped walking routes. Aden Park linked with Chest Heart and Stroke and Peterhead Cycling project to promote use of Buchan Line and Aden Park. Working with Aberdeenshire Council to develop new walking maps for identified areas in Aberdeenshire.
IV. How are local businesses being encouraged to support employees' participation in 'Active	x					Advised that the 'Active Nation' brand was being discontinued.

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Nation'?						H&W team distribute a bi-monthly e-newsletter which covers links to healthy eating and physical activity events, campaigns and websites e.g. take on life one step at a time, Cycling Scotland, Sustrans, BHF.
V. Are interactive employee-use weight tracking tools in use in any local workplace?	x					Fitnut (a local consultancy firm) market web based programme 'Health Manger' to workplaces. The programme covers nutrition, fitness, stress, anxiety, insomnia and depression.
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)		x				Currently developing a Healthy Eating Active Living Strategy.



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

Paths for all Walk at work training rolled out to local organisations 26/5/11

RAF Lossiemouth held a Civilian health and wellbeing event which kicked off walking Wednesday initiative

NHSG Acute sector HWL award steering group have set up 'Scottish Slimmers for staff – to date 100 stone has been lost

### Baker Oil Tools-

- participate in Cycle to Work Scheme
- participate in several local physical activity events

### Technip-

-Scottish Slimmers classes in the workplace

-Physical Activity day- dietician, Zumba dance class, pilates, stability ball class, boxercise class, nordic walking session, chester step test, stamina testing, flexibility test, strength test, blood pressure test.

- Lifestyle checks bi-annually

### University of Aberdeen-

- Free off-peak Sports Village membership for staff

- JogScotland group

- walking groups

- Free staff only exercise classes

### Aberdeen and Grampian Chamber of Commerce-

- walking groups

### Milltimber School-

- participated in 2011 12 week Walk at Work Step Count Challenge

- Fruit bowl in staff canteen (rota system)

- Green space on site – opportunity to grow veggies/fruit/herbs in school garden/ greenhouse

- participated in Bling Fling walk

- in house dancing classes and karate taster session

### BIS Salamis-

- monthly nutrition newsletter

- on site gym and aerobic and yoga classes

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FMC Technologies-

- free fresh fruit
- healthy breakfast day
- smoothie day
- participated in Paths to Health pedometer challenge
- reduced gym membership at local gym

Flowerpots Childcare-

- Juicy Tuesday promoting 5 a day message
- Lunchtime walking group
- Running group

Conoco Phillips do an Annual Health Challenge throughout the organisation, which always includes HE and PA incentives - good results in overall weight loss, increased activities etc

Sulzerwood did a Weight Loss Challenge in 2010 and repeated it in 2011 as it was so successful; also a Stepcount Challenge and Fitnut Challenge. Capita participated in a Global Corporate challenge - step count initiative; also in Nat. Soup month, Feb.11, and various fundraising activities featuring healthy foods; Castlehill Housing also did the P4A Walk at Work challenge in 2011 and an in-house Weigh-in club with good outcomes.

MHLD (RCH)  
Scottish Slimmers has commenced their second six week block with just over 20 members. The first block lost 9stone 2lbs in 5 weeks.

Wood Group Hummingbird Offshore Installation  
Pedometer "Walk at Work" challenge over a three week period totaling steps **535,346**.

**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?						

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7.2 Prevention in nurseries?					Awaiting national review of Nutritional Guidance for Early Years and Adventures in Foodland.
7.3 Prevention in the community?					<p>Healthy Helpings adult weight management programme roll out in GP clusters in city (using GP practice premises and local amenities). Programme has expanded significantly.</p> <p>Food skills / C2C classes delivered locally. 2 additional training kitchens opened (Aberdeenshire), 1 closed (Aberdeen City). Option appraisal and scoping document produced to inform future food and health work in Aberdeen City following City kitchen closure.</p> <p>NHS Grampian Healthpoints continue to provide health information and support. 7 additional Healthpoints have been opened and 1 has been closed. Coverage has been extended to Aberdeenshire.</p> <p>NHS Grampian Health Information Services continues to provide leaflets and health information to professionals and the public.</p>
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?					Significant focus on delivery of the H3/CHW target interventions which has diverted limited capacity but also provided welcome resource and a Board-wide performance

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						focus for obesity work.
8. Is there anything else you would like to tell us about?						<p>Healthy Eating Active Living Strategy will be consulted on this year and then presented to NHS Grampian Board in early 2013. It has already been approved in principle and has support from senior strategic and operational management teams. Includes integration of food and health, physical activity and breastfeeding into a single strategic approach. Integrated Care Pathway for Young People aged 2-18 years in development. Smoking Advice Service working with Scottish Slimmers.</p>

**Monitoring and Evaluation**

Question 8: Please describe how you:

a) evaluate the effect of local obesity interventions?	<p>HEAT 3 evaluation report/research available.                  Grow Well Choices and Eat Play and Grow Well child healthy weight programme pilots evaluated and in line with Scottish Government CHW guidance. Process evaluations in Aberdeenshire for children, staff and parents for school-based programme.                  Fest study published (Aberdeen University).                  Training needs analysis carried out for maternal and infant nutrition.                  It is planned that the effect of breastfeeding support in Peterhead (PeterFest) will be evaluated by University of Aberdeen.</p>
b) monitor obesity?	<p>P1 routine screening through CHSP-S.                  Grow Well Choices and Eat Play and Grow Well child healthy weight programmes record height and weight of children and young people taking part in programmes. Data is entered into CHSP-S.                  STONES longitudinal research projects (Aberdeen University).</p>

