

OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

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 NHS Board area: Greater Glasgow & Clyde
 Date of completion: 16/02/12

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 | | |
| II. Implementing nutritional standards for the vulnerable elderly in care settings? | | | | X | | |
| III. Action on the Scottish Grocers Federation Healthy living Programme? | | X | | | | |
| IV. Award of Healthy Living awards? | X | | | | | |
| V. Working with small and medium sized food enterprises to find high impact interventions? | | | | X | | |
| VI. Improving access to healthy food in deprived areas, for example through community education? | | | X | | | |
| VII. Community growing or retailing their own food projects? | X | | | | | Some local areas have successful allotment programmes in place. |
| VIII. Fast food near schools? | | | | x | | |
| IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response) | x | | X | | | Hospital food is progressing in accordance with QIS recommendations. A supporting strategy for community food activities is currently being developed, to be consulted on. |
| 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:

Waistwinner is a dietetic led 8 weeks programme delivered in 2 local areas, delivering to approx 11 groups/8 weeks.
 Shape Up is a weight management programme delivered by local leisure services which participants are signposted to from GP practices.
 Eat Up is a healthy eating programme delivered by dietetic services.
 Weigh In @ Work is an NHS weight management programme for staff delivered through patient Information centres as part of the Staff health Action Plan
 Plans underway to provide pre & post pregnancy weight management programme as well as additional signposting at 30 months Health Visitor checks

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 | |
| II. Any Action on the local economic environment in Public buildings (not just vending machines)? | | | | | X | |
| III. Any Action on the local economic environment in Workplaces (not just vending machines)? | | | | | X | |
| IV. Implementation of national policy (by, for example, food standards officers)? | | | | | X | |
| o labelling clearly identifies ingredients (and is there a traffic light system)? | | | | | X | |
| o Reformulation? | | | | | X | |
| o portion sizes? | | | | | X | |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|-------------------|----------|-------------|---------|----------|-----|----------------------------------|
| V. Anything else? | | | | | X | |

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 | | | | Through the H3 school based model |
| II. Media and educational campaigns to encourage physical activity – including mass events? | | | | X | | H@W support many national campaigns through their promotional and marketing networks |
| III. Implementation of exercise referral schemes? | X | | | | | |
| IV. Implementation of social prescribing schemes? | | | | | X | |
| V. Roll out of counterweight programmes? | | | | | X | |
| VI. Action on promoting active travel? | | | X | | | Development of activities and associated promotional activities |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|----------------------|----------|-------------|---------|----------|-----|---|
| VII. Healthy diet? | | | X | | | Strategic context paper for addressing healthy eating in all local areas are currently being consulted on |
| VIII. Anything else? | | | | | | |

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 |
|--|----------|-------------|---------|----------|-----|---|
| I. Are integrated impact assessments built in to planning procedures around improvements to cycling and walking routes? | | | | | X | |
| II. Is active travel prioritised in planning? | | X | | | | |
| III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland? | | X | | | | Explorative planning through the Active Travel plan |
| IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity? | | | | | X | |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|---|----------|-------------|---------|----------|-----|--|
| 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 | The H3 intervention is in many places delivered at local leisure services where children and parents are introduced to both environment and activities |
| VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards | | | | | X | |
| VII. Have you implemented a healthy Weight Community Project?* (Please comment on your sustainability plan) | X | | | | | Two local areas Glasgow South & East Renfrewshire |
| VIII. Any involvement with 'Paths to health'? | X | | | | | |
| IX. Any involvement with 'Jog Scotland'? | | | | | X | |
| X. Any involvement with 'Living streets'? | | | | | X | |
| XI. 'Active schools'? | X | | | | | |
| XII. | | | | | | |
| XII. 'Play@home'? | X | | | | | |

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

XIII. Any involvement with BTCV led 'Green Gyms' programme?

XIV. Other action on:

- a. local transport plans X
- b. school travel plans X
- c. facilities for children to be active X
- d. supporting young women and families to be active? X

XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response) X

East Renfrewshire Council have a PA policy developed as part of Healthy Working Lives

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:

Glasgow City have walking group network delivered by Glasgow Life in conjunction with NHSGGC and path for All.

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 | | | | |
| II. encouraging breastfeeding? | X | | | | | |
| III. parental education about healthy diets and exercise for children? | X | | | | | |
| IV. Broadening tastes in the early years? (including from nursery years onwards) | X | | | | | In some local areas |
| V. Food education 'from plough to plate'? | | | | | X | |
| VI. Child healthy weight intervention programmes? | X | | | | | |
| VII. 'Active schools'? | X | | | | | |
| VIII. 'Cooking buses'? | | | | | X | |
| IX. 'Play@home'? | X | | | | | |

| | 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) | | | X | | | In progress |

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? | x | X | | | | <ul style="list-style-type: none"> Promotion of HLA to those workplaces with caterers. Progress is at an advanced level within Scottish Centre for HWL to incorporate elements of HLA into Healthy Working Lives Award. |
| II. Are public health and occupational health encouraging healthy weight management partnerships? | X | | | | | Health at Work lead on a comprehensive workplace Obesity programme that was developed in partnership with local and national colleagues and stakeholders. For detail see page 41 of Health at Work Strategic Plan 2011-14. |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|---|----------|-------------|---------|----------|-----|--|
| | | | | | | <ul style="list-style-type: none"> NHSGGC Occupational Health service is a key partner in the Staff Health Strategy – Obesity is a key priority. National partnership to implement workplace obesity programmes in NHSGGC with Paths for all, Sustrans, Jog Scotland, SPT |
| III. How is access to public sector land being encouraged locally for walking and cycling? | X | | | | | <ul style="list-style-type: none"> Workplaces in NHSGGC are encouraged to have an active travel plan – this is part of the HWL Award. It may include season ticket loan, cycle to work schemes and car share schemes. Partnership work with the Walk Glasgow Project, Cycling agencies and Walk It .com – these are promoted to workplaces NHSGGC & Glasgow City Council have developed and implemented Active travel plans through the HWL and both organisation have a cycle to work scheme |
| IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'? | X | | | | | <p>This is now the Games Legacy for Scotland. However in the past we have done the following:</p> <ul style="list-style-type: none"> Promoted through website – news items & links Promoted through Health at Work and HWL e-bulletins Promoted to workplaces at one |

| | In place | In progress | Planned | No Plans | N/A | Details and Comments on response |
|--|----------|-------------|---------|----------|-----|---|
| | | | | | | to one HWL Advisor visits |
| V. Are interactive employee-use weight tracking tools in use in any local workplace? | X | | | | | <ul style="list-style-type: none"> • Through NHSGG employee webtool Check my Lifestyle • HAW five pilot sites for newly developed NHSGGC Weigh In At Work Pack – roll out planned in 2012 |
| 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 | | | | | Health at Work Strategic Plan 2011-14 For NHSGGC and Glasgow City Council employees: Staff Health Strategy The Glasgow City Healthy Weight Action Plan (has a workplace element) |

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

Health at Work have developed 'Weigh in at Work', a new weight management resource pack to support the independent delivery of healthy weight management groups in workplaces throughout Greater Glasgow and Clyde. The pack consists of healthy eating and physical activity information and signposting for associated advice and support. It is designed for use by identified workplace 'champions' who could facilitate informal, in-house weight management groups.

Funded Eat Up and Shape Up and Waist winner taster sessions in workplaces

Pedometer competition with over 1,000 employees in 52 workplaces

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? | X | | | | | The H3 target is primarily delivered in school setting. |
| 7.2 Prevention in nurseries? | X | | | | | Through the oral health programmes |
| 7.3 Prevention in the community? | | | X | | | |
| 7.4 Prevention in public buildings and workplaces? | X | | | | | Strong implementation beyond requirements outlined in CEL 14 |
| 7.5 Prevention in other workplaces? | | | | | | Health at Work Strategic Plan 2011-14 |
| 7.6 Has anything else happened on obesity prevention activity in the local health board area since mid 2007? | | | | | | |
| 8. Is there anything else you would like to tell us about? | | | | | | |

Monitoring and Evaluation

Question 8: Please describe how you:

| | |
|---|---|
| <p>a) evaluate the effect of local obesity interventions?</p> | <p>The effect of the school based programme in relation to H3 is monitored and evaluated through BMI centiles before & after as well as level of engagement in programme.</p> <p>We are currently evaluating the effect of Waistwinner</p> <p>We are exploring the development of a NHSGGC performance management framework against the Obesity Route Map</p> |
| <p>b) monitor obesity?</p> | <p>BMI is regularly taken at GP practice level and at various point of contacts in the Acute. It is also taken at P1.</p> |