

OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

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 Role: Assistant Health Promotion Manager
 NHS Board area: NHS Lanarkshire
 Date of completion: 28/2/2012

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				
II. Implementing nutritional standards for the vulnerable elderly in care settings?		X				Training pack for home care staff in place and developed with QMUC
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		I was unable to find examples
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					
VIII. Fast food near schools?		X				Both LA's have tried to state a distance the level to which it is adhered to is not recorded
IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)	X					Healthy Eating Policy for NHSL being updated will be done by June
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:

The three HLI's all run healthy eating weight management programmes that involve input from Foods Coops and cookery tutors.

The 2 CEL 36 funded nutritionists have done a range of resource development that supports healthy eating and shared it with partners for delivery.

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					The HFS brought a move to remove form schools
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		Hard to impact on locally
o labelling clearly identifies ingredients (and is there a traffic light system)?				X		Hard to impact on locally
o Reformulation?				X		Hard to impact on locally
o portion sizes?				X		Hard to impact on locally
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:

- We are Supporting Food Co-ops across NHSL area
- NHSL has piloted the subsidising of food at Leisure outlets for over 2 years to favourably price healthy food it impacted positively on choices – sustainability is the issue

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					This is part of Child Healthy Weight educational delivery
II. Media and educational campaigns to encourage physical activity – including mass events?		X				In conjunction with Leisure colleagues
III. Implementation of exercise referral schemes?	X					
IV. Implementation of social prescribing schemes?	X					Well connected Launched in February
V. Roll out of counterweight programmes?				X		Scottish Government review of CW in place and we are awaiting guidance on new money to be allocated to Boards
VI. Action on promoting active travel?	X					Via Child Healthy Weight programme/Active Schools and NHS Lanarkshire as an employer
VII. Healthy diet?	X					
VIII. Anything else?						

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

Struggled here with an example but felt that Responsibility of All as in Curriculum for Excellence provides an opportunity to do this and in NHSL we feel that as a partnership approach to promoting HWB in schools this is one approach?

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				(But not prioritised)
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?	X					
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?	X					
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				
VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards	X					In 2012 SLL was awarded by ISPAL for Innovation around the promotion and participation in PA. NLL has still to confirm this status.
VII. Have you implemented a healthy Weight Community Project?* (Please comment on your sustainability plan)	X					Sustainability Via Partners and new Adult and Child Weight money
VIII. Any involvement with 'Paths to health'?	X					

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
IX. Any involvement with 'Jog Scotland'?	X					
X. Any involvement with 'Living streets'?				X		There might be but I did not find any....
XI. 'Active schools'?						
XII.	X					
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?		X				
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		

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:

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| <ul style="list-style-type: none"> • Free pitch use indoor and outdoor for under 16's at various times • Free access to leisure for over 60's • A range of jointly funded programmes for all ages and stages and conditions and abilities |
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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					
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					
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					

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

- Weaning workshops and training for staff
- Cookery and healthy eating programmes with various partners
- Promotion of outdoor play in nurseries and subsidising outdoor wear in nurseries
- Maternal obesity management programme CEL 36
- Range of programmes developed to support the CHW target with partners

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				
II. Are public health and occupational health encouraging healthy weight management partnerships?		X				
III. How is access to public sector land being encouraged locally for walking and cycling?		X				
IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?		X				Awaiting National Guidance
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? (please if possible include a copy with your response)			X			

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

Via HWL staff are offered screening and health checks from OH
 Various programmes to encourage walking at lunchtime and with colleagues and the STEP counter challenge (attached)
 Another example is during the cel 36 work a number of midwives had fed back that they felt uncomfortable raising the issue of obesity with women when they were overweight or obese themselves. Whilst carrying out training to midwives to promote our Improving Maternal Health Resource Pack, we discussed this issue and by updating their nutrition knowledge for use with women, some reported it would help with their own issues surrounding diet. In the resource pack, it signposts staff who are overweight or obese themselves to either attend Salus for a health check or if BMI over 40, to ask their GP for referral to a Dietitian.

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					
7.2 Prevention in nurseries?	X					
7.3 Prevention in the community?	X					
7.4 Prevention in public buildings and workplaces?		X				
7.5 Prevention in other workplaces?		X				
7.6 Has anything else happened on obesity prevention activity in the local health board area since mid 2007?						
CEL 36 Workplan	X					
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?	There is a brief evaluation of Counterweight locally that I will seek permission to share We are undertaking secondary analysis of all the data collected on nearly 12000 children via the CHW programmes pre and post intervention We are undertaking an evaluation of the CHW programme with the UWS
b) monitor obesity?	Broadly : Look at the P1 surveillance data The Health survey data In 2011- 14 we will have data on children of all ages that we have not had before