

SOAR COLLATED RESPONSES – NHS ORKNEY

**OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS**

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 NHS Board area: NHS Orkney  
 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				Aspects of the Route map that involve local action lies within the remit of the Healthy weight and Nutrition Steering group. The majority of actions within the Route map require activity at a National level.
II. Implementing nutritional standards for the vulnerable elderly in care settings?						???

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III. Action on the Scottish Grocers Federation Healthy living Programme?						???
IV. Award of Healthy Living awards?	x					Balfour Hospital canteen has been awarded the award. Other local cafes/restaurant have obtained the award. Award scheme being promoted by the “Slow Food” group which has recently been set up in the county.
V. Working with small and medium sized food enterprises to find high impact interventions?	x					Slow food initiative recently established in Orkney with growing number of members who encourages everyone to slow down and use their senses to enjoy quality food with awareness, learning to choose good food that is produced in harmony with the environment and the local culture.
VI. Improving access to healthy food in deprived areas, for example through community education?		x				Promotion of Healthy Start scheme especially on the Isles
VII. Community growing or retailing their own food projects?		x				Community Garden being established in Stromness (second largest town in Orkney) where many people do not have gardens. People will have plots of land to grow their own and plan also to donate spare produce to local organisations such as schools. Rousay (Outer Northern Isles of mainland Orkney) has established a community garden with polytunnels.

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VIII. Fast food near schools?		x				With the establishment of Orkney Health and Care we plan to raise this issue via this newly created body.
IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)			x			Would sit within wider Healthy Weight strategy.
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:

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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			Plans to address issues in this section when Orkney Health and Care is established.
II. Any Action on the local economic environment in Public buildings (not just vending machines)?			x			ditto
III. Any Action on the local economic environment in Workplaces (not just vending machines)?			x			ditto
IV. Implementation of national policy (by, for example, food standards officers)?			x			ditto
o labelling clearly identifies ingredients (and is there a traffic light system)?			x			ditto
o Reformulation?			x			ditto

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
o portion sizes?			x			ditto
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:

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**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				Recommendations for amounts of daily activity are integrated into school based programmes for the Child Healthy weight programmes .Importance of activity also stressed within one to one or family interventions with children who are overweight.
II. Media and educational campaigns to encourage physical activity – including mass events?		x				In January 2012 double page spread in local paper about exercise and local venues for exercise
III. Implementation of exercise referral schemes?			x			A small amount of money has been set aside for a pilot via the local leisure trust. No further funding available to provide the

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						exercise on referral scheme via NHS Orkney.
IV. Implementation of social prescribing schemes?						
V. Roll out of counterweight programmes?						
VI. Action on promoting active travel?	x					Promotion of walking to work via new footpaths and highlighting bridle paths around the County. Both NHS Orkney & Orkney Islands Council provide the 'Cycle to Work' Scheme for their staff.
VII. Healthy diet?						
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?						

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II. Is active travel prioritised in planning?	x						There is a dedicated Transport Planner based at the local authority who has allocated time for active travel planning.
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?							
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?							
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 Pickaquoy Centre offers gym sessions for teenagers on Wednesday afternoons.  The teen combat programme SHOKK is offered throughout the community and it youth clubs.
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)							
VIII. Any involvement with 'Paths to health'?	x						A walk leaders training course for members of the public was run in 2011 to establish community based walking groups. A Walk @ Work course has been scheduled to take place in April 2012.
IX. Any involvement with 'Jog Scotland'?	x						There are two established Jog Scotland groups based in Orkney with over 20 jog leaders being trained.

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X. Any involvement with 'Living streets'?	x					The Public Health Team at NHS Orkney has been involved in step challenges through the Living Streets campaigns in the past.
XI. 'Active schools'?	x					There is an Active Schools Team based within Orkney Islands Council with 3 co-ordinators.
XII. 'Play@home'?	x					All Health Visitors are trained and provide families with Play at Home resources.

\*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						
b. school travel plans						
c. facilities for children to be active						
d. supporting young women and families to be active?						
XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)						

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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**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				Action plan and draft referral pathways developed for pre-conception, during pregnancy and post natally. Progress halted due to end of CEL36 funding. Maternal and Infant Nutrition framework funding has just been distributed. Hope that progress will be made in the next financial year.
II. encouraging breastfeeding?	x					NHS Orkney has just been awarded Stage 1 of UNICEF Baby Friendly accreditation. Any additional work again curtailed due to loss of CEL 36 funding from April 11
III. parental education about healthy diets and exercise for children?		x				Health promotion work of Health Visitors with families on a daily basis. Parental booklets with information and advice that are sent home as part of the school based C.H.W programmes.
IV. Broadening tastes in the early years? (including from nursery years onwards)						
V. Food education 'from plough to plate'?						
VI. Child healthy weight intervention programmes?	x					SCOTT trained Dietitians will receive in Feb 12 training to provide SCOTlite to families with children



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						younger than 5 years who are overweight//obese.
VII. 'Active schools'?	x					CHW co-ordinator works closely with Active schools. Active schools provide sessions.
VIII. 'Cooking buses'?	x					Buses came up here last Summer but our local Health promotion department knew nothing about it. Only fund out via Education staff by accident a few days before they came.
IX. 'Play@home'?	x					All health Visitors are trained and provide resources to families.
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				As part of wider Obesity strategy

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

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**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				General awareness raising through HWL awareness raising
II. Are public health and occupational health encouraging healthy weight management partnerships?						

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	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?		x				Walking at work schemes in place in Health Board and local Council.
IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?				x		
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 in local workplaces from your health board area below:

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**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?						
7.3 Prevention in the community?						
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?						

8. Is there anything else you would like to tell us about?						
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**Monitoring and Evaluation**

Question 8: Please describe how you:

a) evaluate the effect of local obesity interventions?	
b) monitor obesity?	