

## OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

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 Role: Joint Head of Health Improvement  
 NHS Board area: NHS Borders  
 Date of completion: 02.03.2012

### 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	NA	Details and Comments on response
i) Implementation of national policy (route map 2010) by (e.g.) environmental health?		X				Local Obesity Route Map action plan in development, through multiagency group led by Public Health
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					The only two eligible outlets in Scottish Borders Council, Burnfoot community café and SBC staff restaurant

						hold HLA Award. Environmental health encourage suitable businesses to pursue the Healthy Living award. In NHS Borders the Borders General Hospital has the HLA .All soft drinks vending machines in NHS Borders comply with CEL 14.Hospitality Guidelines promote healthy choices.
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?	Range of community based activities through Healthy Living Network: P7 Transition Lunch Clubs, Drop-In Lunches and Community Lunches; Back to Basics Cooking Skills Programme, HLN Grants Scheme, Healthy Eating Groups that offer weigh in facility & peer support. Generic cooking skills programmes for parents and children including afterschool sessions and weaning					Low Cost food provision to develop community capacity for health improvement and address poverty
vii) Community growing or retailing	Walkerburn Allotment Society and Community Garden	Recruitment of Community				Food Co-Operative Pilot, Local Action to

their own food projects?	Project. Fishwick Gardening Project. Participatory appraisal work in Eyemouth to establish need for community growing project and associated development work. Healthy Living Group – Vegetable distribution project. Work with education and other partner agencies through school health events and curriculum based opportunities focusing on fats/sugars/salts, marketing and the media/understanding food labelling/what constitutes a healthier choice /cooking from scratch and cooking skills	Health Volunteers, Basic & Intermediate Horticulture Training, Seasonal Food & Health Cooking Programme, Participatory Appraisal Work	address poverty and employability issues by distributing fresh produce to those who need it most and working with Job Centre Plus to recruit unemployed people into volunteering opportunities.			
viii) Fast food near schools?						These retail outlets are present near all schools and openly sell unhealthy food at discounted prices to school children.
ix) Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)			X			Aspects of this will be covered within the local obesity route map action plan
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:

Healthy Living Network activity as above

**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	NA	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)	20 in schools 6 in SBC staff buildings					There are no differences for adults or pupils in schools. Healthy options are available in all machines outwith the school environment e.g Council HQ
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					NHS Borders introduced Cycle To Work Scheme in 2011 and has had 2 open windows in that time with 102 members of staff taking up the offer. A number of businesses including NHS Borders and Scottish Borders Council have participated in Walk To Work Week. Both schemes above are increasing physical activity levels while reducing transport costs.
iv) Implementation of national policy (by, for example, food standards officers)?				X		
- labelling clearly identifies ingredients (and is there a traffic light system)?				X		
- Reformulation?				X		
- portion sizes?				X		

V) Anything else?						
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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	NA	Details and Comments on response
i) Reducing television viewing? (because of marketing of unhealthy food, sedentary time and snacking opportunity),				✓		
ii) Media and educational campaigns to encourage physical activity – including mass events?				✓		
iii) Implementation of exercise referral schemes?	Yes					Lifestyle Adviser Support Service (LASS) can facilitate / refer access to physical activity
iv) Implementation of social prescribing schemes?						Elements of such schemes in place though not formalised
v) Roll out of counterweight programmes?	yes					Through LASS in Health centres across Borders
vi) Action on promoting active travel?	yes					School Travel Plans in place at 86% of schools and remainder are in progress. Also promote Cycle/Walk to School Days/Weeks.
vii) Healthy diet?						All schools offer healthy/compliant foods to encourage healthy eating.
viii) Anything else?						

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


Local Physical Activity, Sports and PE strategy has a well developed action plan to promote health and wellbeing through physical activity for those groups who are most likely to be inactive. Fairer Borders funding has been used to support a range of projects to open up access to opportunities and reduce / eliminate costs for those on low income.

### 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	NA	Details and Comments on response
i) Are integrated impact assessments built in to planning procedures around improvements to cycling and walking routes?						Scottish Borders Council have conducted a Strategic Environmental Assessment to identify any impact positive or negative, that the Core Paths plan might have on the natural or historic environment, so that any ill effects can be recognised and avoided.
ii) Is active travel prioritised in planning?	✓					Within the Scottish Borders Physical Activity, Sport and PE Strategy action plan there is a specific action to “encourage sustainable active travel”. One way of doing this at present is through the Healthy Working Lives Scheme which has 58 registered businesses in the Borders including the regions 2 largest employers, NHS Borders and Scottish Borders Council. Both Scottish Borders Council AND nhs Borders run cycle to work schemes.
iii) Has there been any action locally to progress the delivery of the cycle action plan for Scotland?			✓			Working towards targets but constrained by lack of budget. This is not in currently an action within the local physical activity strategy but is planned to be included.
iv) Has there been action on making green space						<i>See final section below</i>

	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?	✓					The Active Schools programme currently has 56 school- community club links developed. The Borders Sport and Leisure Trust are the main provider of leisure services and facilities in the Scottish Borders and the Sports Development Unit and Active Schools team have recently become integrated with the trust.. There are many examples of pathways linking school children and the wider community to using these services after school. This has been embedded at all levels through partnership working.
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'?	✓					Walk it is the local Paths to Health group in the Scottish Borders with 21 established groups in towns and villages. In 2010/11 there were 300 health walks with 2000 walkers. In the first 6 months of 2011/12 there were 338 organised walks with 3000 walkers.
ix)	Any involvement with 'Jog Scotland'?	✓					There are 6 Jog Scotland Groups in the Scottish Borders
x)	Any involvement with 'Living streets'?	✓					NHS Borders and Scottish Borders Council participate in Living Streets` Walk to Work Week on an annual basis.
xi)	'Active schools'?	✓					5100 children and young people have been involved in active schools activities in the

						Scottish Borders in the last year. This represents 33% of all Primary School children and 34% of all High School pupils.
xii) Play@home'?	✓					play@home books are given to all parents of new born children in the Borders and all 1 year olds. Books are distributed by health visitors. Plans to deliver third play@home book- pre-school book in 2013
*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:						
b. local transport plans	✓					SBC Local Transport Strategy promotes and encourages active travel and sustainable travel modes
c. school travel plans	✓					School Travel Plans in place at 86% of schools and remainder are in progress. Also promote Cycle/Walk to School Days/Weeks
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)	✓					 C:\Documents and Settings\kevins\My D

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:

The Walk it Project runs health walks across the Scottish Borders in 21 towns and villages. It targets inactive people, people with disabilities and areas of socio-economic deprivation. Last year the project ran 21 health walks for the Borders Disability Forum and is currently delivering walks for people with dementia and learning disabilities. In 2010/11 it ran 300 health walks with 2000 participants and in the first 6 months of 2011/12 has run 338 walks with 3000 Participants.



## 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	NA	Details and Comments on response
i) maternal obesity?			Scoping work to identify need			Plan to review as part of adult healthy weight management pathway. Challenges lie in identifying effective interventions as counterweight does not have a module for pregnant women.
ii) encouraging breastfeeding?	✓					NHS Borders began work towards UNICEF BFI programme accreditation in early 2012 in both maternity and community services. Targeted support from midwives working with vulnerable families shown to achieve good breastfeeding outcomes.
iii) parental education about healthy diets and exercise for children?	✓					Refresh of antenatal education prog
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?	✓					Fit4fun whole school programme in primary schools with supporting progs. In community
vii) 'Active schools'?	✓					
viii) 'Cooking buses'?	✓					
ix) 'Play@home'?	✓					play@home books are given to all parents

						of new born children in the Borders and all 1 year olds. Books are distributed by health visitors. Plans to deliver third play@home book- pre-school book in 2013
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)					Child healthy weight (CHW) strategy is out of date. Work is being taken forward and overseen by CHW steering group that reports through the CYP Health Improvement Group to the Children and Young People's Planning Partnership. Childhood obesity has been identified as a key risk factor by Scottish Borders Council in recent Strategic Assessment that is informing the new SOA.

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	NA	Details and Comments on response
i) How is participation in the Healthy Living Award being encouraged locally?	✓					All businesses registered for the Healthy Working Lives Award programme with staff canteen facilities are encouraged to work towards the Healthy Living Award. 5 Workplaces currently hold award.
ii) Are public health and occupational health encouraging healthy weight management partnerships?	✓		✓			Workplace Lifestyle Adviser Service is hosted by Occupational Health. This works with workplaces to offer individuals health checks and advice including weight, height and BMI and onwards referral pathways. Borders Sports and Leisure Trust, in partnership with the Scottish Centre For Healthy Working Lives, are running an initiative called My Active Fit Club which involves a 12 week heavily subsidised membership giving access to the Trust facilities, personal trainer, exercise classes, dietary advice and goal setting. Weight management is a major motivator for accessing the project. The Scottish Centre For Healthy Working Lives has been developing partnership agreements with Scottish Slimmers, Counterweight and Weight watchers to make it easier for workplaces to access their services.

iii) How is access to public sector land being encouraged locally for walking and cycling?		✓			NHS Borders has a Commonwealth legacy group and action plan aimed at encouraging staff, patients and visitors to become more active and includes the use of NHS Borders estate.
iv) How are local businesses being encouraged to support employees' participation in 'Active Nation'?	✓				Through the Healthy Working Lives team, businesses are receiving regular information on physical activity opportunities and information on Active Nation. A monthly newsletter is produced by the team and disseminated to workplaces across the Scottish Borders. At the very least one section is always dedicated to physical activity. National campaigns and initiatives such as Paths For Health, Walk To Work Week, Jog Scotland, Stepcount Challenge and discounted rates to leisure facilities are all promoted over and above the newsletter.
v) Are interactive employee-use weight tracking tools in use in any local workplace?	✓				All individuals receiving a lifestyle health check receive a record booklet which they can continue to use to monitor their weight. Waist measurement tapes with the Healthy Working Lives Logo are available as resources for workplaces.
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)	✓				The Scottish Borders Physical Activity Sport and Physical Education Strategy Theme 1 Action Plan contains workplace actions including health checks carried out through the Workplace Lifestyle Adviser Service,

						and Healthy Working Lives Registration and awards.
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Please give an example of good practice in obesity prevention obesity prevention in local workplaces from your health board area below:

WLAS offers an accessible intervention (health check) to all employees in the host workplace. This intervention includes height and weight measurement with BMI, diet, exercise and alcohol screening and if BMI plus 32 referral to weight management. This service has been an important and successful tool in engaging with businesses and helping them to think about the wider health context. Borders Sports and Leisure Trust in partnership with the Scottish Centre For Healthy Working Lives are running an initiative called My Active Fit Club which involves a 12 week heavily subsidised membership giving access to the Trust facilities, personal trainer, exercise classes, dietary advice and goal setting. Weight management is a major motivator for accessing the project.

## 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	NA	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?					✓	
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?						<p>Scottish Borders Council has recently (26 Jan 2012) approved the Main Issues Report (MIR), intended to inform the production of the new Local Development Plan for the Scottish Borders. Formal consultation on this will take place in the spring of 2012.</p> <p>The MIR identifies a number of green spaces which it is proposed will be included within the new Local Development Plan. Due to the sheer coverage of the Scottish Borders it is considered that only the most important green spaces within settlements will be identified and safeguarded through the Plan. In addition, the MIR also identifies a number of Green</p>

					<p>Networks – both Strategic and local/key, as well as a further one focused on the former railway routes.</p> <p>With the Strategic Green Networks, it is proposed that the strategic green networks will be made up of various components that will attract and encourage participation from the greatest number of people. The Strategic Networks proposed focus on an areas that will assist the greatest in supporting sustainable economic growth, tourism, recreation, the creation of an environment that promotes a healthier-living lifestyle, and the protection and enhancement of biodiversity; as well as have the potential to improve water quality, promote flood protection and reduce pollution.</p> <p>It is considered that these key networks will enhance the biodiversity, quality of life, and sense of place of each of these settlements; and will assist in supporting sustainable economic growth, tourism, recreation, the creation of an environment that promotes a healthier-living lifestyle, and the protection and enhancement of biodiversity, and have the potential to improve water quality, promote flood protection and reduce pollution.</p> <p>The former railway lines represent a network of over 125 miles of former track-bed which links many of the larger towns, and as such offers considerable potential</p>
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					<p>for alternative uses mainly walking and cycling. It is intended that the Local Development Plan will safeguard the routes of the former railway lines as they have the potential to be used for walking, cycling, and recreation.</p> <p>It is considered that if the preferred options above are taken through to the new Local Development Plan, the new Plan will safeguard green spaces more than they currently are. It is also considered that through this identification and protection through the new Plan, these spaces may well assist in focusing resources to assist in their enhancement.</p>
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8. Is there anything else you would like to tell us about?

a) evaluate the effect of local obesity interventions?	Looking to identify relevant local indicators to match national indicators, in support of local obesity route map action plan.
b) monitor obesity?	