

OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

Name: Fiona Clarke
 Role: Senior Health Promotion Specialist
 NHS Board area: NHS Highland
 Date of completion: 16/04/12

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				All hospitals as per CEL 1; other sites ad hoc.
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				Some activity through initiatives like Black Isle Transition, Crofters commission, RHS, New Start etc

VII. Community growing or retailing their own food projects?	X				As above The Highland council allotment policy review increases focus on allotments in deprived areas, working with community groups to promote allotments & facilitate their set-up in those areas. Allotment policy includes explicit permission (via the Council's power to advance wellbeing) for groups to sell produce which is otherwise prevented by legislation
VIII. Fast food near schools?			X		We have once again looked into mobile food vans around schools, but legislation seems to prevent us from taking action.
IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)		X			Included within NHS Healthy Weight Strategy
X. Anything else?		X			Work around Maternal and infant nutrition and improving uptake and use of Healthy start vouchers

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

Commissioned a community needs assessment around Healthy Start; this has been run and reported by community groups.

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					Some secondary schools use vending to promote uptake and reduce queuing; all comply with Schools Nutrition and Health Promotion Act.
II. Any Action on the local economic environment in Public buildings (not just vending machines)?		X				Food access and physical activity promotion in hospitals and leisure centres.
III. Any Action on the local economic environment in Workplaces (not just vending machines)?		X				Through Healthy Working Lives
IV. Implementation of national policy (by, for example, food standards officers)?						
o labelling clearly identifies ingredients (and is there a traffic light system)?				X		
o Reformulation?				X		
o portion sizes?				X		
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				Only as part of healthy weight interventions with individuals/families.
II. Media and educational campaigns to encourage physical activity – including mass events?		X				As part of national campaigns
III. Implementation of exercise referral schemes?	X					We have an active referral scheme for the homeless in place.
IV. Implementation of social prescribing schemes?					X	
V. Roll out of counterweight programmes?	X					40 practices in Highland use CW.
VI. Action on promoting active travel?		X				As part of the Health Actions Transports Strategy. Provision of showers & lockers at some Council offices, promotion of Walk To Work Week, Safe walking routes to schools
VII. Healthy diet?		X				All the work around the Healthyliving award, CEL 1, Healthy Working lives and food in schools aims to influence food culture.
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				In certain sectors – The Highland Council as part of their Carbon targets.
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?			X			In partnership with Highland Cycle Campaign and HITRANS
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?		X				Using hospital green space for promotion of physical activity Also activities run by the Countryside Rangers, making safe use of the natural environment
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		
VII. Have you implemented a healthy Weight Community Project?* (Please comment on your sustainability plan)					X	
VIII. Any involvement with 'Paths to health'?	X					Partnership approach to supporting health walk groups throughout NHS Highland
IX. Any involvement with 'Jog Scotland'?			X			
X. Any involvement with 'Living streets'?		X				Currently only through promotion of

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						Walk to Work week across NHSH and through Healthy working lives
XI. 'Active schools'? XII.	X					
XII. 'Play@home'?	X					Booklets have been given to new parents in Highland area since 2002, with promotional activities to encourage use

*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			Encouraging links through child and family healthy weight programmes Highland Council funded the pilot Mental Health Green Gym in 2011/12 and has agreed part funding for the following 3 years
XIV. Other action on:						
a. local transport plans				X		
b. school travel plans				X		This work taken forward by Active Schools
c. facilities for children to be active				X		Out of school clubs encourage active play and practitioner skills are being developed through a 'Go Play' award.
d. supporting young women and families to be active?		X				Through child and family healthy weight programmes
XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)		X				NHS Highland works alongside our 2 local authorities which each have a Physical activity and sport strategy, and each of which is undergoing review at this time

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:

Healthy Weight Well North was a 2 year community development project for healthy weight (2009-2011) in south Skye and Lochalsh

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				Developed a maternal obesity pathway and information for use by midwives.
II. encouraging breastfeeding?	X					Fully engaged with UNICEF BFI and implementation of Maternal and infant nutrition framework
III. parental education about healthy diets and exercise for children?		X				Modelling via supported toddler groups and pre-school education centres; also see play @ home above.
IV. Broadening tastes in the early years? (including from nursery years onwards)	X					Several initiatives which are encompassed in Highland Early Years Guidance for preschool settings.
V. Food education 'from plough to plate'?		X				
VI. Child healthy weight intervention programmes?		X				As part of the child Healthy Weight target.

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
VII. 'Active schools'?	X					See example below
VIII. 'Cooking buses'?				X		The Family Centre in Inverness runs 'Confidence to Cook' sessions
IX. 'Play@home'?	X					See above
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)						As part of the Healthy Weight Strategy

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

As part of promoting active play and learning and to complement the play @ home programme, all pre-school education centres are equipped with waterproof suits and wellies. This means that:

- All children can play outside in most weathers, regardless of how they are dressed. This encourages physical activity and removes inequalities;
- The red suits are a visible sign to parents and the wider public , highlighting the importance accorded to active outdoor play;
- The ability to use outdoor space contributes to pre-schools' addressing the CfE Health & Wellbeing Early Level Experiences and Outcomes

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	Through national work
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?						Through Countryside Ranger Service (guided walks etc), Long-Distance Routes (EG Great Glen Way, West Highland Way)
IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?						
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)						As part of the Healthy Weight strategy

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

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?						
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?						

Monitoring and Evaluation

Question 8: Please describe how you:

a) evaluate the effect of local obesity interventions?	We are in the process of bringing together a Healthy Weight steering group to monitor and evaluate the Healthy Weight strategy and related work.
b) monitor obesity?	Through national data: the P1 and P7 records in schools SHS.

--	--