

SOAR COLLATED RESPONSES – NHS TAYSIDE

OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

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 NHS Board area: NHS Tayside
 Date of completion: 07.03.2012

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	N/A	Details and Comments on response
I. Implementation of national policy (route map 2010) by (e.g.) environmental health?		x				This is an explicit driver for the NHS Tayside nutrition/obesity delivery plan. We have initiated discussions with the three local authorities and other partners.
II. Implementing nutritional standards for the vulnerable elderly in care settings?		X				25 Care homes in Tayside which are part of the LES (Local Enhanced Services) group are being provided with the Nutmeg computer nutritional analysis programme which analyses menus against the Caroline Walker Trust Standards. 46 care homes are part of the LES group of which 3 declined to have the Nutmeg programme. The remainder have their menus analysed by a nutritionist or by a computer analysis programme. Additional work involves rolling out 'MUST' in the community.

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III. Action on the Scottish Grocers Federation Healthy living Programme?				x		Recognise that this is part of CEL01 and requires to be addressed.
IV. Award of Healthy Living awards?	x					All NHS Tayside catering establishments have the HLA and are working towards the HLA+. The HLA is actively promoted through the work of the Healthy Working Lives team. Perth & Kinross - Food Safety Team support the Healthy Living Award team in assessing applications.
V. Working with small and medium sized food enterprises to find high impact interventions?			x			Perth & Kinross - Information on Healthy Living Award criteria and application process to be introduced into current programme of Food/health and safety seminars for local food businesses.
VI. Improving access to healthy food in deprived areas, for example through community education?		X				Angus – some examples in place.
VII. Community growing or retailing their own food projects?		X				Angus - Healthy Happy Communities allotment project.

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VIII.Fast food near schools?	x			x	<p>Perth & Kinross – no plans - see commentary below.</p> <p>Angus – In place - Mobile vans, Bye Laws, Angus.</p> <p>Dundee - Close working with our trading standards & Environmental Health departments. Tayside Contracts and schools appear to have the positive effect on us having no 'mobile fast food' being served near our schools (that we are aware of). The trading restrictions set by Dundee City Council are quite strict for mobile vendors and as long as the traders comply with the restrictions it appears to be more hassle to set up near a school than they deem worthy. We do however have some major issues with local shops providing fast food. In these hard financial times there appears to be many more local businesses willing to provide fast food for our school children. The Environmental Health department is more involved with this area but some 'fast food' can be sold without the need for Environmental Health authorisation e.g. Pot Noodle.</p>
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IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)						NHS Tayside has: A Healthy Weight Strategy A Food, Fluid & Nutritional Care Policy (currently under review)
X.Anything else?	x					Healthy Working Lives promote raising awareness of healthy eating principles and practices in workplaces. Healthy Working Lives promote uptake of Healthy Living Awards to workplaces with canteens.

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

Dundee Healthy Living Initiative –

- Deliver cookery classes when requested from local communities including targeting groups such as people with learning difficulties and drug users.
- Provide 6 Weight Management group classes
- Offer advice at Health Information Points
- Provide REHIS training for local volunteers
- Manager participates in a national group on Food Knowledge and Practical Food Skills
- Provide health talks on nutrition

Perth & Kinross - 1(viii) - Under current legislation, there is no right to restrict street traders around schools. Perth & Kinross Council has sought QC opinion on a variety of potential conditions that could be attached to licenses, but this, along with the loss of a case to the appeal court (House of Lords) some years ago under the same legislation, advises against doing so. Councils that have attached such conditions we have discovered have not given consideration to the *Stewart* case. They are perhaps fortunate that to date they haven't received legal challenge.

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					<p>Perth & Kinross - Healthy vending operates in our secondary schools and is not adjusted for staff (or public use where applicable).</p> <p>Angus – Food & Drink in schools Regulations 2008 are in place.</p> <p>Dundee - In regards to pupil access to vending machines within schools - there is only 1 secondary with an operating vending machine. This is run by Tayside Contracts as an additional service point and is fully compliant with the Nutritional Act. I am not aware of the extent of vending machines in schools for staff.</p> <p>Although there have been tentative discussions going on in regards to the further development of the food service delivered within schools i.e. taking the service to the pupils within the school environment and not restricting it to the dining room, requires a more proactive approach to ensure the positive promotion of the meal service provided by Tayside Contracts and is developed in line with The Schools</p>

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						(Health Promotion and Nutrition) (Scotland) Act guidelines. The creation of new service points internally and/or externally, which provide the same service as found in the dining room, can reduce the number of pupils going to the shops for fast food.
II. Any Action on the local economic environment in Public buildings (not just vending machines)?						No response
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)?						See below.
o labelling clearly identifies ingredients (and is there a traffic light system)?	x					Food Shopping Card. Perth & Kinross - Checked during food standards inspections by food safety staff.
o Reformulation?					x	
o portion sizes?	x					Leaflet – ‘Your Guide to Healthy Eating’. Healthy Working Lives - Workplace activities and information available on portion sizes made available.
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					Paediatric Overweight Service Tayside - Part of general 'child healthy weight' message on posters & within intervention etc.
II. Media and educational campaigns to encourage physical activity – including mass events?	x	A review of the previous communications plan for legacy				<p>Healthy Working Lives - Physical activity encouraged.</p> <p>Full page spread in the 'Courier' in relation to hospital green space at Ninewells Hospital.</p> <p>Press and TV coverage of a cycling initiative for people with mental health problems.</p> <p>Recent patient story related to cardiac rehab in the 'Courier'. Plans to participate in 'Take life On' national campaign.</p>
III. Implementation of exercise referral schemes?	x					<p>Paediatric Overweight Service Tayside - In Perth & Kinross and Dundee for those attending Paediatric Overweight Service Tayside service.</p> <p>There are three adult Exercise Referral schemes in Tayside, established since 2003.</p>

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IV. Implementation of social prescribing schemes?		x	Green exercise & therapeutic gardening.		Dundee Healthy Living Initiative is piloting a social prescribing scheme in one GP practice in Dundee.
V. Roll out of counterweight programmes?	x	x			The rollout of the Counterweight is variable throughout Tayside. Angus – in place. The barriers to full implementation of this programme are different, short-term funding streams targeted at various populations which does not allow for an equitable roll out across the region.
VI. Action on promoting active travel?	x				NHS Tayside has an active travel plan. Pool bikes and cars are available to encourage people to travel to work actively. A regular bus is available for inter hospital travel. Improved facilities for bikes.

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VII. Healthy diet?	x					Paediatric Overweight Service Tayside - Part of Paediatric Overweight Service Tayside general message and on posters etc. Healthy Working Lives - Healthy diet encouraged for people in work through HWL. Promotion of Scottish Slimmers groups and Winning Weigh groups.
VIII. Anything else?						

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

<p>Dundee Healthy Living Initiative</p> <ul style="list-style-type: none"> ▪ Family cookery group <p>Dundee Healthy Weight Community Project</p>

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					Through the outdoor access strategy groups.

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<p>II. Is active travel prioritised in planning?</p>		<p>x</p>				<p>Dundee - through the Smarter Choices Smarter Places 3 year funding active travel was prioritised and infrastructure was developed and improved. It is prioritised in the NHS as part of the Good Corporate Citizenship Assessment.</p>
<p>III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?</p>	<p>x</p>					<p>Cycle to work schemes. Improved cycle paths. Cycling proficiency in schools. Paediatric Overweight Service Tayside - Dundee active families.</p>
<p>IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?</p>		<p>x</p>				<p>Dundee - At Ninewells Hospital, 23 hectares of woodland and green space has new all ability paths, signage, maps seating and information boards to encourage staff, patients and visitors to use the space for physical activity, recreation and rehabilitation. All of the local Community Planning Partners have in their local community plans an emphasis on creating sustainable green space.</p>
<p>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?</p>						<p>Don't know.</p>

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VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards	x					Yes.
VII. Have you implemented a Healthy Weight Community Project?* (Please comment on your sustainability plan)			x			Dundee Healthy Weight Community Programme was agreed by partners during February/March 2012 and an initial 5 year implementation plan will start soon.
VIII. Any involvement with 'Paths to health'?	x					Dundee - A Health Walks Leader is part funded by Paths To Health. Volunteers are receiving walk leader training. Healthy Working Lives - Promotion of Walk at Work campaigns across Healthy Working Lives workplaces in 2011 and 2012.
IX. Any involvement with 'Jog Scotland'?	x					Established local groups.
X. Any involvement with 'Living streets'?	x					Dundee - in Fintry there is work happening between Living Streets and some members of the walking groups.
XI. 'Active schools'?	x					The links are mainly through Integrated Children's Services and through the Sport and Physical Activity Strategy Implementation group. Links also with Health Promotion staff and Active Schools.

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XII. 'Play@home'?	x					Established in all 3 areas of Tayside through Partnership working. Training is given from the Play@home team and then they work with parents and carers. From June 2011 to date, the trainers have delivered 11 events and have returned 128 evaluation forms.
*HWC based on the EPODE model and piloted by the Scottish Government ending March 2012						
XIII. Any involvement with BTCV led 'Green Gyms' programme?						Unsure, not aware.
XIV. Other action on:						
a. local transport plans						Don't know
b. school travel plans						Don't know
c. facilities for children to be active	x					Paediatric Overweight Service Tayside - As above re Paediatric Overweight Service Tayside and exercise referral. Active Families is a targeted programme in Dundee. Uses facilities already established but at a discounted price.
d. supporting young women and families to be active?						Unsure.
XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)	x					The Community Planning Partnership in each area has either a strategy or a Framework for physical activity (or physical activity and sport). NHS Tayside has a Healthy Weight Strategy.

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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 Working Lives - Within NHS Tayside the Wellbeing Challenge Fund has funded purchase of a number of pedometers. These have been used to support virtual walking challenges through Healthy Working Lives for NHS Tayside staff e.g. Walk the West Highland Way. Teams have been entered in 2011 and 2012 for Paths for All Walk at Work Challenge. Some pedometers have been provided free by Paths for All and others through the Challenge Fund. The Walk at Work Challenge was also available to workplaces across Scotland. Another virtual challenge created for NHS Tayside staff in 2011 was "Climb Ben Nevis ". This involved encouraging staff to use the stairs. The challenge fund was also used to provide a healthy picnic lunch for a staff walking group at Whitehills Health & Community Care Centre, Forfar in 2010.

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				In Perth a postnatal 'MumsWeigh' group tested the feasibility of offering weight management and physical activity sessions to postnatal women. As part of CEL 36 initiatives two 8-week programmes were piloted in partnership with Perth & Kinross's Live Active, between September 2010 and June 2011. Mums with a baby <12 months and with a BMI > 25 self referred themselves to the group. 'Mums Weigh' was based on 'Winning Weigh', a community based weight management programme. Each session lasted 2 hours and included one hour of physical exercise and one hour of dietary information. Mums attended with babies.
		x				Tayside - 'optiMum', a weight management service for pregnant women is being tested. Two test sites were identified to deliver the antenatal service with women with a BMI > 30 kg/m ² in Montrose and women with a BMI > 40 kg/m ² in Ninewells, Dundee being given additional support and advice to

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						manage their weight in pregnancy. Midwives, Obstetrician and Nutritionist support women to manage their weight and make healthy lifestyle changes during their pregnancy.
II. encouraging breastfeeding?	x					Breastfeeding is an explicit priority for NHS Tayside and improvement plans are being implemented across the region. Healthy Working Lives - Breastfeeding supported in workplaces through Healthy Working Lives programmes.
III. parental education about healthy diets and exercise for children?		x				Through work on Maternal & Infant Nutrition (CEL36 & Maternal & Infant Nutrition Framework & Child Healthy Weight programmes.
IV.		x				Perth & Kinross - As part of CEL 36 the Family Food Project runs a number of practical food sessions for vulnerable parents in Perthshire. The majority of work focuses on 'hard to reach families' in Perth City and Rattary. Most programmes run for 6-8 weeks, topics covered include budgeting, label reading, Eat Well Plate. Programmes aim to improve confidence to cook, nutritional knowledge using practical cooking, and interactive activities. Programmes are developed in consultation with individual groups.

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						The Family Food Project is also involved in providing information about weaning. The approach to weaning is dependant on the individual i.e. one to one, & in groups. Milk to Mashed groups run in Letham and Rattray; parents are invited to attend two 2-hour sessions. Sessions are very informal and include practical cookery, label reading, taste and try.
			x			<p>Nutrition training programme developed and being delivered to midwives and community nursing staff to increase their knowledge and skills around the subject to enable them to support women and their families make healthy food choices.</p> <p>New antenatal parent education programme being developed which includes an increased focus on nutritional information.</p> <p>Healthy Start Scheme being widely promoted.</p>
V. Broadening tastes in the early years? (including from nursery years onwards)						
VI.		x				Perth & Kinross - Please see above. All Family Food Project sessions provide families with the opportunity to try new foods. Parents often have

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						<p>the opportunity to take home the food they have cooked and try it with their family.</p> <p>Some groups run by the Family food project allow parents and children to create the recipes together. This provides children with the opportunity to experience new foods.</p>
						<p>It is known that some individual schools have been involved in growing their own produce but this is not council wide - healthy snack is served in nurseries as per guidance - healthy lunches are served to children attending full time provision.</p>
						<p>Weaning groups being delivered across Tayside, enabling women to make healthier choice for weaning foods.</p> <p>Cooking skills groups being delivered across Tayside which encourage women to cook with their children and introduce new foods to them.</p>

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VII. Food education 'from plough to plate'?	x					Angus – as part of Curriculum for Excellence, Royal Highland Educational Trust & ACI.
		x				Perth & Kinross - Please see above. The Family Food Project aims to provide parents and children with the opportunity to prepare recipes from 'scratch' – this allows them to experience individual ingredients instead of the a readymade product.
						Dundee - Some early years' establishments have participated in plough to plate activities - in partnership with Co-operative society.
						Perth & Kinross - Early Years Development Teachers attended training re Infant and maternal nutrition and will use information to highlight in their localities at appropriate opportunities.
VIII. Child healthy weight intervention programmes?	x					Paediatric Overweight Service Tayside Team in partnership with local authority colleagues deliver on the Scottish Government 'Child Healthy Weight' HEAT target.

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IX. 'Active schools'?	x				Perception is that Active Schools are concentrating on sport and pathways into sport.
X. 'Cooking buses'?			x		Angus – Application in from Whitehills Primary School in Forfar.
XI. 'Play@home'?	x				Perth & Kinross - All ECPs and partner providers have been trained in play@home. The Early Years Team and Early Years Development teachers have received an input from the public health dietitian. A future early years' network has been designated for input from the public health dietitian.
XII. 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)					Tayside Healthy Weight Strategy 2005 (previously shared) Current work in schools is really only at pilot stage therefore no strategic plan for roll out/spread i.e. Fun Fit Tayside.

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

Perth & Kinross

The Family Food Project runs teatime cooking group in Rio House, a hostel for homeless families. The sessions include;

- Cooking - aims to improve cooking skill and confidence to cook.
- Nutrition information - presented using interactive activities, for example guess how many teaspoons sugar are contained in a variety of foods
- Eating together

The Family food Project team work closely with the support staff at Rio House. All residents are encouraged to attend the sessions, their progress is recorded and forms part of the personal development plan, which is undertaken as part of their assessment for readiness to take over a tenancy.

The majority of the families who reside in Rio House are young parents with children under five years. Some of the women are pregnant. Opportunistic work focussing on weaning, snacks etc is often undertaken.

Dundee Healthy Living Initiative

- Deliver Family Cookery Sessions.
- Plan a physical activities programme for families.

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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					Healthy Working Lives - Workplaces with canteen facilities for staff are encouraged to participate in HLA.
II. Are public health and occupational health encouraging healthy weight management partnerships?						Don't know
III. How is access to public sector land being encouraged locally for walking and cycling?	x					Dundee - The green space in Ninewells Hospital has a cycle route which connects with the Green circular route and is open to everyone to use. Walking in this area is encouraged by making 3 new exit routes from the back of the hospital building leading to the green space, there are leaflets available, there are maps, way marking signs and the local community are encouraged to use the area. The parks also facilitate group activities.

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IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?			x			This will be explored in the revised Communication Plan for Legacy.
V. Are interactive employee-use weight tracking tools in use in any local workplace?				x		No resources available to do this.
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		Workplaces are encouraged at Silver level through HWL to have a Healthy Eating Statement of Intent.

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

<p>Healthy Working Lives</p> <ul style="list-style-type: none"> ▪ Winning Weigh groups can be delivered in work places across Tayside by the healthy Working Lives team. ▪ Scottish Centre for Healthy Working Lives has negotiated a preferential rate for Scottish Slimmers to deliver work place groups in Scotland. ▪ Scottish Centre for Healthy Working Lives is providing a grant to SMEs (small & medium enterprises) to help fund Scottish Slimmers groups in work places.
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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?		x				Dundee - Paediatric Overweight Service Tayside – 'Fun Fit Tayside' and 'Fit Club' in progress.

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						<p>Perth & Kinross - Introducing the Paediatric Overweight Service Tayside programme in schools. Health Promoting Schools' standards involve healthy eating and school travel plans. Delivering the Curriculum for Excellence outcomes on food and nutrition and physical activity. A number of schools are going through the healthy working lives bronze award. We are not evaluating obesity measures but we are in the process of devising a monitoring and evaluation/assessment programme for the Curriculum for Excellence experiences and outcomes.</p>
						<p>Dundee - Health & Wellbeing Assistants support/encourage healthier eating e.g. through formal/informal education and discussion on portion sizes, nutritional balance, energy 'intake vs output' etc. We have also provided all schools with resources from Food Standards Agency – e.g. Eat Well Plate.</p>

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7.2 Prevention in nurseries?			x			Dundee - Obesity actions to raise awareness as part of the Dundee Healthy Weight Community programme.
		x				Dundee - Healthy Food – Health Promoting Schools
		x				Dundee - Physical Activity – play, walk to nursery
		x				Dundee - Early Years
7.3 Prevention in the community?	x					Dundee Healthy Living Initiative - physical activity programme.
7.4 Prevention in public buildings and workplaces?	x					Healthy Working Lives - Placements of dietetic students within Healthy Working Lives team allow students to provide up to date knowledge to Healthy Working Lives team and input to workplaces through delivering workshops
7.5 Prevention in other workplaces?	x					Healthy Working Lives - Placements of dietetic students within Healthy Working Lives team allow students to provide up to date knowledge to Healthy Working Lives team and input to workplaces through delivering workshops. Health Checks including BMI, cholesterol and blood glucose tests offered to staff from selected SMEs.

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7.6 Has anything else happened on obesity prevention activity in the local health board area since mid 2007?						
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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:

<p>a) evaluate the effect of local obesity interventions?</p>	<p>Dundee Healthy Living Initiative – electronic database for data relating to the impact of weight management intervention; feedback questionnaires for activities.</p> <p>Paediatric Overweight Service – As part of ‘Child Healthy Weight’ HEAT target data recorded on the CHSP (Child Health Surveillance Programme) - changes in BMI SD and QOL using pedsqI. In schools it is harder to do but looking at acceptance of programme with kids and teachers.</p> <p>Maternal obesity - The introduction of ‘optiMum’ weight management service in pregnancy has been welcomed by both midwifery and obstetric staff and has resulted in the ‘NHS Tayside Guideline for the Management of Pregnancy in Obese Women’ being developed.</p> <ul style="list-style-type: none"> ▪ 170 women have been seen by the optiMum service since it began in November 2010. Data is currently being analysed. ▪ Women have welcomed this new service; an example of the positive feedback received <i>‘the time spent with me whilst I have been at optiMum has meant a lot to me. I have been able to discuss my diet in detail and have continued to make changes in my diet whilst attending the clinic’</i>. <p>Future – applying ‘results planning’ to the development of explicit service improvement plans and measurement plans as part of NHS Tayside’s strategic approach to nutrition/obesity.</p>
<p>b) monitor obesity?</p>	<p>Angus - Tracking P1 & P7 weights, activity and BMI.</p>