

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

**OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS**

Name:

Role:

NHS Board area: NHS Western Isles

Date of completion:

**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		No specific policy applications are planned by environmental health that go beyond statutory duty and encouragement of active travel through carbon management plan
II. Implementing nutritional standards for the vulnerable elderly in care settings?	x					Local standards guidelines produced. Representatives from various care homes are now on the local Nutritional Care Group
III. Action on the Scottish Grocers Federation Healthy living Programme?				x		
IV. Award of Healthy Living awards?	x					A member of the Health Promotion Department has recently qualified as an assessor for the Healthy Living Awards. At present there are five establishments with the award and the Western Isles hospital is presently working towards the Healthy Living award Plus.

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

<p>V. Working with small and medium sized food enterprises to find high impact interventions?</p>					<p>Several workplaces throughout the Western Isles have achieved the Healthy Living award. Health is a priority for Scotland Food &amp; Drink forum, One example of this is within a local Bakery, where they have sought to reduce salt and fat content in their products, in order to enhance their brand image with their client base. However, few of the F&amp;D businesses in the Innse Gall area have adopted it as a main focus area in their individual strategies. In most cases it has been a secondary consideration</p>
<p>VI. Improving access to healthy food in deprived areas, for example through community education?</p>					<p>Active Schools coordinate deliver of the FSA/SRU programme to 200 P5/6 pupils each year, which includes 6 lessons on food hygiene and healthy eating alongside 6 rugby based activity sessions Under the Healthy Living programme a series of healthy eating on a budget workshops have been run in the community and in particular the larger social housing areas. There have also been budgeting workshops run in the local secondary school</p>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

<p>VII.Community growing or retailing their own food projects?</p>					<p>Fas Fallain and Health Promotion have acted as a catalyst for a number of community growing projects throughout the Western Isles, including the Cearns project, the Habost growing project and Catch 23 project. These projects grow fresh, local fruit and veg, which is either used by clients, sold locally through community shops with the excess produce sold through weekly produce markets in both Stornoway and Tarbert. The Habost project is self sufficient and has created its own market, which takes place weekly during the growing season. Produce is sold either through their local shop or using an 'honesty box' which is placed at the side of the road. All profits go back into the projects and the community. See below</p>
<p>VIII.Fast food near schools?</p>	<p>X</p>	<p>X</p>			<p>All School menus comply with Government Nutritional Standards. In several schools pupils are able to access other food outside the school premises which is not controlled.</p> <p>The Nicolson institute is under reconstruction and development with facilities encouraging all pupils to remain on premises by increased provision</p>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)						
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:

Under Health Promotion the Fas Fallain project created the 'Fas Fallain Friends', which are in the form of matchbooks with a vegetable or fruit seed replacing the explosive tip. Each one is based on a fruit or vegetable character with a Gaelic name – Coinneach the carrot, Seonaid the strawberry, Tarmod the tomato etc. The seeds have been distributed to all nurseries and schools and are available through Health Promotion and the Lewis and Harris Horticultural Producers (LHHP). The next stage of the initiative will be the production of a childrens' bi-lingual book based on the seed characters and giving a health message. The LHHP run an established local produce market two days a week and sell excess fruit and veg from producers throughout the Islands. The number of producers has increased by 400% over the past 5 years

**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					Vending machines are only available in secondary schools food complies with the nutritional guidelines.
II. Any Action on the local economic environment in Public buildings (not just vending machines)?		X				Sports Centre, library, hospital, council offices, league of friends have healthy options
III. Any Action on the local economic environment in Workplaces (not just vending machines)?		X				Cheaper options for staff in NHS premises.
IV. Implementation of national policy (by, for example, food standards officers)?						

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
o labelling clearly identifies ingredients (and is there a traffic light system)?		X				Ongoing as part of food standards
o Reformulation?					X	Officers have informal discussions with businesses
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:

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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					<p>A range of parent information sessions will be provided within each Learning Community area.</p> <p>Active Schools promotes 60 minutes daily activity for children, and supports schools in provision of after school clubs.</p> <p>The roll out of Play@Home and Start to Play are being used as a vehicle to encourage families to play actively with their children</p>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						and spend less time in front of the TV.  As part of the Child Healthy Weight HEAT target a school based programme (Jump Start) is being rolled out throughout the Western Isles, a key part of this programme is encouraging children to reduce their screen time
II. Media and educational campaigns to encourage physical activity – including mass events?	X					Sport and Health section of CNES support mass participation events such as The Womens Cancer Challenge 5K, The Santa Run etc. We are in the process of establishing Facebook pages for Sports Facilities and Active Schools/Sports Development Active Schools/Sports Development delivers Inter School Sports Competitions and Sports Festival Tournaments for a wide range of sports. These are promoted through Glow, CnES web pages and email communication. All NHS activity relating to physical activity is branded as Active Nation .
III. Implementation of exercise referral schemes?	X					GP Exercise Referral scheme established; we also take referrals via the NHS Western Isles 'Well North' screening



SOAR COLLATED RESPONSES – NHS WESTERN ISLES

						from the NHS has developed cycle lanes that connect outlying areas of Stornoway together to promote Active Travel.
VII. Healthy diet?	X					<p>All nurseries adopt a health eating policy. Through the Early Level Curriculum all children learn about diet and health. This information is shared with parents</p> <p>The Food for Tots pilot project ran within communities throughout Lewis. It is planned to operate family information sessions within each Learning Community, some of the sessions from the food for tots project will be re-run within the LC sessions.</p> <p>Active Schools coordinate delivery of the Food Standards Agency/Scottish Rugby Union programme. 6 lessons on food hygiene and healthy eating alongside 6 rugby based activity sessions.</p> <p>Fas Fallain regularly run workshops on Healthy Eating on a budget and deliver the sessions to schools, Lews Castle College, and groups with learning</p>



SOAR COLLATED RESPONSES – NHS WESTERN ISLES

						difficulties. The project also runs counterweight group sessions.
VIII. Anything else?						

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

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**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		
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?			x			Work is being planned to develop the Hebridean Way a series of cycle tracks and walking pathways that will cover the length of the islands and connect to the Core path network
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?		x				There has been significant investment in upgrading grass areas to enhance physical activity opportunities – these have taken place in Barra, Lionacleit, Harris, Stornoway etc.  The Council has invested heavily in the last 4 years in street lighting to

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

						<p>ensure that both the built and natural environment are safer to be in.</p> <p>The NHS has invested in the infrastructure of the Eorpie play park and in the provision of a mobile ice rink.</p> <p>Several EU Funding bids are currently progressing to enhance local green space to make it more accessible to people, these include the Hebridean Way and the Stornoway Town Park</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?	X					<p>The development of the Hebridean Way will involve schools and ubusinesses in its development and the planning of paths.</p> <p>As part of Slainte Mhath community groups have been able to submit bids to get older equipment in community halls to increase the equity of access across the islands Sports leadership award</p> <p>The NHS has supported the Harris Kayaking society to purchase new equipment. This group works closely with the local schools and school leavers continue to be involved in kayaking.</p>
VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity					x	

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

accreditation awards						
VII. Have you implemented a Healthy Weight Community Project?* (Please comment on your sustainability plan)					x	
VIII. Any involvement with 'Paths to health'?	X					Paths for All has been running for 6 years and NHS Western Isles is developing plans for the long term sustainability of the project.
IX. Any involvement with 'Jog Scotland'?	X					We have three Jog Scotland groups established in the Outer Hebrides; two based at Lewis Sports Centre in Stornoway and one in Daliburgh in South Uist. All schools have been issued a junior Jogscotland activity pack and received training on its use within PE and as an extracurricular activity
X. Any involvement with 'Living streets'?					x	
XI. 'Active schools'?	X					The Active Schools team deliver against an annual action plan prepared along sportscotland guidelines and approved by partners in Education and NHS WI
XII. 'Play@home'?	X					A member of staff from the NHS and one from the Early Years Partnership have been trained to deliver Play@Home training. Health Visitors distribute the baby books. The Toddler book will be launched this year.  Early Years Support Officers and some Parant is Paiste coordinators have been trained to deliver Play @

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

						Home to parents. This will be rolled out through family information sessions within the LC and through Parant is Paiste groups.
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\*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	X					Active School Coordinators encouraged all schools to complete a school travel plan, providing advice and materials
c. facilities for children to be active	X					<p>Significant investment has been made over the last eight years in new sports centres in Stornoway and Tarbert, Harris, at Lionacleit in Benbecula and Castlebay in Barra</p> <p>New schools programme is providing additional sports facilities for schools including gyms, all weather pitches and mugga's</p> <p>All nursery staff have been trained in Start to Play and have been provided with the resources to deliver this. This physical activity programme is delivered to groups of children within the nursery. This programme will also be delivered to parents with their children at the planned parenting information sessions.</p>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

<p>d. supporting young women and families to be active?</p>	<p>X</p>				<p>Active Schools support secondary schools in delivery of the Fit for Girls programme</p> <p>NHS has supported local dance providers to expand the current provision for cheerleading. The NHS is working with partners to develop dance development officer posts for islands in order to increase the opportunities for participation</p>
<p>XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)</p>					<p>CnES has invested heavily in establishing an island wide sports facility access scheme which we believe is the cheapest of its kind in Scotland. Through the 'Slainte Mhath' scheme, Individuals pay £15 per month and Families pay £20 per month for unlimited use of all sports facilities across the Outer Hebrides; this also includes free swimming lessons, free access to adult and children's activity classes and 50% discount on summer programme activities in the 'Motiv8' scheme. There are also Concession rates for individuals and families who meet specific criteria and those over 65.</p> <p>The current strategy is being reviewed along with existing services in order to maximise resources.</p>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

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:


Aline is a community run estate, which has been awarded funding to develop a large growing project, which will provide locally grown produce for that area. It is also piloting a berry growing scheme, which will grow a number of different types of berries. The Green gym concept is encouraged in all Fas Fallain projects and involves all ages including the local schools. The Habost growing project is now self sufficient, after 3 years, and grows crops in 2 large polytunnels, which provide their local shop with fresh, affordable, local produce. The produce is also sold at a mini market on the site, which is run at the height of the season. The project is run by volunteers and the local school visits once a week. The Dun Eisdean care home also has a growing project, which will include a large polytunnel and outside growing area. The home caters for dementia patients who are encouraged to use the project as a form of exercise (green gym), but also for the therapeutic benefits of working with the soil. Another therapeutic project is situated within the largest social housing estate on the Western Isles. It is run by WI Occupational Therapy and will be used by clients under supervision by a member of staff at all times. The Western Isles hospital has also created a therapeutic garden for patients from their Clisham ward who use it frequently.

**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					<p>Local resources have been developed, referral pathway in place to manage maternal obesity</p> <p>Education and Children’s Staff are on the maternal health group and have worked with health to support with this.</p> <p>The maternal health group works to ensure that all expectant mothers get dietary advice and additional support if needed as part of their prenatal checks.</p>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
II. encouraging breastfeeding?	X					<p>Breastfeeding policy in operation</p>  <p>C:\Documents and Settings\francek\Desl</p> <p>NHS Western Isles is currently going through the Baby Friendly process – certificate of commitment and stage 1 have been completed, yet to do stages 2 &amp;3 Breastfeeding support groups in place Peer support will be delivered in Uist and In Lewis by NCT in the next few months Education and Children’s Staff are on the maternal health group and have worked with health to support with this.</p> <p>Health and Education are working together to build breast feeding and positive parenting as part of Curriculum for Excellance.</p> <p>There are a range of support mechanisms for new mums to encourage breastfeeding such as mums groups like Bosum buddies. There have also been local campaigns and an assessment of local provision to ensure it is fit for purpose.</p>
III. parental education about healthy diets and exercise for children?	X					<p>Food is Fun roadshows took place throughout the Western Isles in the</p>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						<p>summer of 2010, this covered a range of topics and included cooking demonstrations. Recipe books and bags with information, seed sticks, t shirts and healthy eating based colouring books were given out at the roadshows. A number of professionals were involved in this – health visitors, dietitians, dental, etc. and the importance of a healthy lifestyle from a young age was promoted. From this a Food for Tots programme was developed which focussed on children from 18 months onwards – resources were developed and a programme was run in various communities. The health visitors run a successful drop in clinic, M'Ulaidh, and they invite health professionals, such as dietetics, to the sessions on a regular basis to be on hand for parental education as required. All nurseries adopt a health eating policy.</p> <p>Through the Early Level Curriculum all children learn about diet and the importance of exercise. This information is shared with parents.</p>
IV. Broadening tastes in the early years? (including from nursery years onwards)	X					All nurseries adopt a health eating policy. Through the Early Level Curriculum all children learn about



SOAR COLLATED RESPONSES – NHS WESTERN ISLES

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						food and are provided the opportunity to taste new foods
V. Food education 'from plough to plate'?	X					Through the Early Level Curriculum all children learn about food and are provided the opportunity to taste new foods. They are also taught about the where food comes from and some have the opportunity to grow their own food
VI. Child healthy weight intervention programmes?	X					In the Western Isles there are 3 interventions as part of the child healthy weight programme: School Based – Jump Start, based on the model used in NHS Ayrshire and Arran, delivered by Child Healthy Weight Support Workers in schools. 8 week programme consisting of a 20 minute interactive healthy lifestyle discussion and 40 minute physical activity session. One to One for 2-7 year olds (plus those with learning disabilities) – SCOTTLite One to One for 8-15 year olds – SCOTT Both SCOTT and SCOTTLite are evidence based programmes delivered by trained dietitians (based on the Scottish Childhood Obesity Treatment Trial)
VII. 'Active schools'?	X					Sports Development staff support

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

						Early Years Officers with Start to Play delivery in nurseries. Support schools with transition events for nursery to P1.
VIII. 'Cooking buses'?			x			The Food Standards Agency had their cooking bus on the Island 2 yrs ago and ran classes for schools. It proved so popular that plans are being made by Fas Fallain to bring the bus back.
IX. 'Play@home'?	X					<p>The NHS is leading the roll out of Play@Home in the Western Isles. A member of staff from the NHS and one from the Early Years Partnership have been trained to deliver Play@Home training. Health Visitors distribute the baby books. The Toddler book will be launched this year</p> <p>Early Years Support Officers and some Parant is Paiste coordinators have been trained to deliver Play @ Home to parents. This will be rolled out through family information sessions within the LC and through Parant is Paiste groups.</p>
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				The existing policy is currently being reviewed so that it better reflects the current situation with regard to physical activity

## SOAR COLLATED RESPONSES – NHS WESTERN ISLES

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				Part of the Healthy Living Award Assessor remit will include promoting the award, distributing information and ensuring establishments are aware of what the award entails.
II. Are public health and occupational health encouraging healthy weight management partnerships?		X		X		Well North and Health Promotion currently deliver Counterweight in community settings and currently developing ways to expand this provision to workplaces.  No Partnerships with CNES planned. The CNES OH section offers in-house advice and monitoring on weight management to all employees who request information and support.
III. How is access to public sector land being encouraged locally for walking and cycling?		X				The development of the Hebridean Way will identify walking and cycling routes on the public sector land. Paths for locally has also held health walks for staff and visitors at

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						NHS premises as part of Health Working Lives.
IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?		X				We encourage local businesses to get involved through schemes such as the Paths for All Step Count Challenge and local events such as the BHF walks
V. Are interactive employee-use weight tracking tools in use in any local workplace?		X				Employees within certain workplaces are taking part in Step Count Challenge.
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			No specific plan, however links to workplaces will be explicit in the overall revised strategy. Workplaces promote weight awareness and require a statement on their approach through the Healthy Working Lives programme

Please give an example of good practice in obesity prevention 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.						

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

7.1 Prevention in schools?	X					<ul style="list-style-type: none"> <li>▪ Curriculum for Excellence has been developed and implemented on all aspects of health, including nutrition</li> <li>▪ Schools Health and Nutrition Act has been implemented in the Western Isles</li> <li>▪ Active Schools continues</li> <li>▪ Jump Start (Child Healthy Weight school based intervention) in place</li> <li>▪ All major policies in place</li> <li>▪ See sections 1-6 for further detail</li> </ul>
7.2 Prevention in nurseries?	X					<ul style="list-style-type: none"> <li>▪ All major policies in place</li> <li>▪ See main section</li> <li>▪ Food is Fun and Food for Tots programmes targeted at this age group</li> </ul>
7.3 Prevention in the community?	X					<ul style="list-style-type: none"> <li>▪ Counterweight is in place – offered by smoking cessation, some GP practices and Well North (well north also refer to dietetics)</li> <li>▪ “Healthy Weighs” weight management group run by sports centre along with dietetics continues to run – 6 week programme with option for long term weight checks</li> <li>▪ Other items remain the same</li> </ul>
7.4 Prevention in public buildings and workplaces?	X					<ul style="list-style-type: none"> <li>▪ Most activity from 2007 report continues</li> <li>▪ Local healthy living awards assessor is now in place</li> </ul>

SOAR COLLATED RESPONSES – NHS WESTERN ISLES

						<ul style="list-style-type: none"> <li>See information on Healthy Working Lives in main body of report</li> </ul>
7.5 Prevention in other workplaces?	X					<ul style="list-style-type: none"> <li>As above</li> </ul>
7.6 Has anything else happened on obesity prevention activity in the local health board area since mid 2007?						All changes have been noted within sections 1-6
8. Is there anything else you would like to tell us about?						<p>An obesity treatment pathway which includes criteria for referral for bariatric surgery has been developed and implemented</p>  <p>G:\Dietary Information Leaflets :</p>

**Monitoring and Evaluation**

Question 8: Please describe how you:

a) evaluate the effect of local obesity interventions?	<p>Most of our interventions are on a relatively small scale and therefore do not have large or costly evaluations e.g. Healthy Working Lives, Active Schools etc but each of these interventions have internal evaluation processes, and reporting mechanisms into national outcomes.</p> <p>Counterweight is evaluated nationally</p> <p>Jump Start in schools – evaluated through changes in BMI (national data collection) however evaluations are also carried out locally and quarterly reports are written.</p> <p>All education sessions include client feedback</p> <p>Dietetic intervention and Healthy Weighs are evaluated though weight/BMI changes, changes to lifestyle and patient satisfaction surveys – this is on a small scale</p>
b) monitor obesity?	<p>Obesity is monitored on an annual basis through QOF data, Well North database for age 40+, P1 health check results, updates through Scottish Health Survey as available. More recently the Jump Start programme which includes 2 measures of BMI could be used to both evaluate the effectiveness of the intervention and also to help monitor child obesity levels</p>