

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

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 Role: Health & Wellbeing Specialist, Joint Health & Wellbeing Unit
 NHS Board area: NHS Dumfries and Galloway
 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				Elements being taken forward by range of partners eg to increase % and children meeting physical activity guidelines; note also the increasing PA levels is in our SOA; also work to increase take up of Healthy Living Award and healthy working lives; programmes which address healthy eating and/or physical activity eg Let's Cook, Child Healthy Weight, Healthy Weight Communities.
II. Implementing nutritional standards for the vulnerable elderly in care settings?	X X					Within NHS D&G hospitals there is more than 90% compliance with national catering and nutritional standards. Care homes are regularly monitored by the Care Inspectorate to ensure that they meet the standards laid out in the National Care Standards - Care Homes for Older People.

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

III. Action on the Scottish Grocers Federation Healthy living Programme?	x					SGF have been active in D&G with reported activity in at least 18 outlets
IV. Award of Healthy Living awards?						5 HLA events for caterers held, also meeting with day centre providers held; these were organised by health improvement in conjunction with national HLA team (2 awards gained so far out of this week). Within NHS; HLA is in place in all qualifying units. See also SHAP and JHWU plan re plans for future work. Local Authority also plans to register.
V. Working with small and medium sized food enterprises to find high impact interventions?			X			See SHAP Plan – Annan
VI. Improving access to healthy food in deprived areas, for example through community education?	X					Much work addresses this e.g. Lets Cook programme to targeted groups across Dumfries and Galloway; Building Healthy Communities work; Healthy weight communities project; Child Healthy Weight Programme; Dietetics deliver community based healthy eating talks; Stewartry Eating for Health Project – discounted fruit and vegetable scheme with 2 local businesses in Stewartry (35%) discount.
VII. Community growing or retailing their own food projects?						
VIII. Fast food near schools?			x			Link to HLA through SHAP Plan

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

IX. Does your health board area have a strategic plan for healthy food? (please if possible include a copy with your response)	x					See Joint Health and Wellbeing Unit Plan (JHWU) 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:

<ul style="list-style-type: none"> - Work on menu planning and evaluation within the hospital setting across the region to promote healthy options of patients, staff and visitors - Let's Cook programme - Basic cooking skills, healthy eating advice and budgeting for targeted groups. - Child Healthy Weight 1:1 and Group Programmes running across D&G
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Economic environment

Question 2: Are there any local plans or activities to change the local economic environment? If not, please state the barriers. For example:

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. Vending machines in schools? (Please state the issues if there are any differences in the policies for staff and for children)	x					
II. Any Action on the local economic environment in Public buildings (not just vending machines)?	x					Development of a new-build hospital will provide an opportunity to consider focus of any retail outlets. Through CEL 14, all soft drinks with a sugar content greater than 0.5g per 100ml have been removed from vending machines in hospitals
III. Any Action on the local economic environment in Workplaces (not just vending machines)?					n/a	

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
IV. Implementation of national policy (by, for example, food standards officers)?		x				<p>Environmental Standards officers enforce Food Standards legislation and inspect premises in D&G in accordance with national guidelines. They also subscribe to the national Healthy Living Awards scheme and report on the food hygiene element.</p> <p>They also participate in local, regional and national food sampling surveys though focus is largely on the microbiological safety of foods. However they have taken part in two surveys last year which may be of relevance:</p> <ul style="list-style-type: none"> • Allergen labelling- the declaration of gluten • Healthy Option Foods- the declaration of special health attributes (e.g. Weightwatcher foods)
o labelling clearly identifies ingredients (and is there a traffic light system)?					n/a	
o Reformulation?					n/a	
o portion sizes?					n/a	
V. Anything else?	X					Stewartry Eating for Health Project – discounted fruit and vegetable scheme with 2 local businesses in Stewartry (35%) discount.
	X					Pilot veg box scheme in Wigtownshire

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
	x		x			Savour the Flavours helping to support and develop the Farmers Market network, and have seen a FM association grow out of that. Also planning to develop workshops to encourage small business start ups, e.g fruit and veg

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					Through CHW Programmes
II. Media and educational campaigns to encourage physical activity – including mass events?	X	x	x			NHS Active Nation Communication Strategy in place – promote e.g. Sport Your Trainers, Olympic Torch etc. Also locality events and plans e.g., in Annandale and Eskdale Active Nation local events, Local plans for Olympics, Sports Academy, Sport Relief Mile.

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
	X					Scottish National Heritage undertakes annual campaigns on educating walkers and also encouraging outdoor exercise (e.g. 'Simple pleasures easily found' campaign)
	X					D&G Council Spring Walks Programme led by the council's ranger team and aimed at primary school children and indirectly their families
III. Implementation of exercise referral schemes?	x		x			Leisure and Sport have scheme in place. Currently looking to standardise this, and then re-promote to practices later this year, together with info on Leisure & Sport mainstream programmes and facilities for those for whom ER not appropriate Localities may also have in place informally, e.g. in Annandale and Eskdale have Gardening/ Women with BMI over 30 etc
IV. Implementation of social prescribing schemes?			x			Formal scheme in development Localities may also have in place informally, e.g. in Annandale and Eskdale have Gardening/ Women with BMI over 30 etc

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

V. Roll out of counterweight programmes?		x				Counterweight and similar clinical weight management programmes will continue to be rolled out across the region, led by dietetics.
VI. Action on promoting active travel?	X	X	X			<p>Go Smart (sustainable travel project) travel advisors in Dumfries & Lockerbie); GO Smart in SHAP Action Plan for Annandale and Eskdale . Our Council is delivering sustainable travel advice through the GoSmart website. Also cycling/walking infrastructure projects</p> <p>A new Local Transport Strategy 2011-2015 for the council is nearing completion. It is likely that this will include increased emphasis on sustainable travel. The Council continues to provide 20mph speed limits around schools, to facilitate increased walking and cycling activities. The Council continues to provide cycle racks and waiting shelters at schools, as requested by them. There is very limited available funding to enable physical works.</p> <p>All primary and secondary pupils will be encouraged to participate in a healthy lifestyle award card which will promote the benefits of</p>
	X	X				

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

						Active Travel NHS Active Nation plan addresses promotion of active travel, and cycle to work scheme operational; promotional events held with GO Smart
VII. Healthy diet?	X			X		<p>a. E.g. Let's Cook , CHW, Healthy Weight Communities, Building Healthy Communities programmes and activities</p> <p>b. schools HWB learning experiences;</p> <p>c. other locality activities – see SHAP action plan for Annandale and Eskdale for examples</p> <p>d. Promoting healthy diet is integral part of dietetic service</p> <p>e. Food, fluid and nutritional care work in hospitals also targets</p> <p>•NHS plan to establish a comprehensive weight management pathway</p>
VIII. Anything else?						

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

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

<p>Public bike scheme 'Bike2Go' in Dumfries. See leaflet attached, also links for</p> <p>Go bike info http://www.gosmartdumfries.co.uk/index.aspx?articleid=8958</p> <p>Cycle Challenge http://www.gosmartdumfries.co.uk/index.aspx?articleid=9727</p> <p>Walking Challenge http://www.gosmartdumfries.co.uk/index.aspx?articleid=10065</p> <p>63 of 103 Primary Schools now have 20mph speed limits, with 84% of Primary children attending these schools. 11 of 16 Secondary Schools have 20mph speed limits with 64% of Secondary children attending these schools. This therefore is making the areas around these schools safer and therefore encouraging and facilitating more active travel. (Source: Report to July 2011 PH&E Committee).</p>
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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					In Single Outcome Agreement
	X					The Council's sustainable travel team input into strategic physical activity and locality groups
		X				New walking policies to be integrated into the new

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

	X	X	x		<p>developments under the new Development plan. The council is just about to publish an Outdoor Access strategy which promotes integration of active travel within new development</p> <p>Re localities, Go Smart now linked to SHAP so will be considered within all planning</p> <p>New Local Transport Strategy 2011-2015 should support.</p> <p>Active Travel objectives are being delivered by Active Schools Co-ordinators through the School & Community Sport Plan Bikeability 1-2 co-ordinated through the Active Schools network</p> <p>Bikeability 3 pilot delivered in one site. Evaluation of programme and potential role out being evaluated.</p> <p>Some work with Cycle Friendly Schools Award</p> <p>Active Travel promoted through School Travel Plan Co-ordinator (e.g. Walk to School Weeks).</p>
<p>III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?</p>		X			<p>The Council is represented on the CAPS delivery forum and Dumfries is to be subject to a “Give Me Space” marketing campaign. A number of other aspects are also</p>

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

		x				<p>promoted through GoSmart</p> <p>Delivering Bikeability I, II, and III training in various Primaries and a Secondary School. Encouraging and assisting schools to achieve Cycle Friendly School Awards. Promoting Bike Week activities annually to schools. Encouraging and promoting participation in the Annual Hands Up Survey.</p> <p>Planned e.g. Go Smart now linked to SHAP so will be considered within all planning</p>
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?	x					<p>GoSmart funding provided a link between the Caledonian Cycleway and Heathhall Forest</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>Through the core path network and the safe routes to school scheme effort is placed on children walking to school and accessing the environment round their school and community. This is backed up by ranger led walks offered to primary school to encourage the use of walks within easy reach of a school</p> <p>In terms of a physical pathway, Meuse Lane in Annan has been upgraded to encourage more active travel for all of the community, including access to adjacent tennis courts, putting green, bowling green and nearby park at one end of the path.</p>

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

	x					<p>One community sport hub established with four more anticipated by March 2013 School club links focussed within Leisure and Sport School Community Sport Plans.</p> <p>Baseline figures for number of children progressing from school to community sport established – March 2012</p> <p>Pathway document for priority sports produced</p> <p>Club accreditation process established</p> <p>SOA indicator - All school pupils have access to a sustainable volunteer led extra-curricular physical activity or sport opportunity</p>
VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards	x					D&G regional physical activity group gained in 2011
VII. Have you implemented a Healthy Weight Community Project?* (Please comment on your sustainability plan)	X					One in place. The HWC project completed in North West Dumfries, & the Healthy Eating/Active Living Working group of Nithsdale Health and Wellbeing Partnership are now tasked with taking forward the learning from HWC. All members of the group have access to promotional materials.

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

			X			Plans to Roll out HWC Pilot in other localities - see SHAP Plan for example
VIII. Any involvement with 'Paths to health'?	X	X X				Through past involvement with Paths to Health, a number of health walks now in place across the region and volunteers trained e.g. Better 4 Walking Project, Galloway Strollers, Walking Works (Nithsdale CVS) and walks in Stewarty In terms of paths and access, greater emphasis through core paths and new access strategy on engaging with paths for health Promoted through GoSmart
IX. Any involvement with 'Jog Scotland'?	x	x				Various tutors trained across region Promoted through GoSmart
X. Any involvement with 'Living streets'?		X x				Promoted through GoSmart. Purchased Walk to School Week incentives from them. Helped them promote Free your Feet campaign to some Secondary Schools. Concern about formal engagement of Council possibly suggesting formal support for their broader campaigns. i.e. not a member.
XI. 'Active schools'?	X					Active Schools established and embedded locally. Involvement in projects such as

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

		x				CHW, Small World, FIT MAD etc Some partnership working to promote walking and cycling
XII. 'Play@home'?	x					Promotion of Play@ home resources across the region through partnership working between health visiting /public health nursing and Scottish Pre- school Play Association (SPPA) and Active Schools Co-ordinators. This includes delivery of baby massage sessions. Some delivery of 'train the trainers' course for Play @home. Play @home baby and toddler packs currently distributed. Due pre-school pack from March 2012.
*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	Had contact with BTCV at one point but have now left the area
XIV. Other action on:						
a. local transport plans		x				A new Local Transport Strategy 2011-2015 for the council is nearing completion. A Cycling and walking strategy is to be developed
b. school travel plans		x		x		School Travel Plans Co-ordinator works with schools to encourage them to produce travel plans. More than 60% of Primary Schools have produced

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

						School Travel Plans.
c. facilities for children to be active	X x	x				CHW Community Sport Hubs After school clubs, events and various projects making a positive difference to health and well-being.
d. supporting young women and families to be active?	X x x	x				e.g. projects such as CHW, FIT MAD targeted as part of GoSmart Girls Allowed – HWB commissioned programmed Fit For Girls funding Girls on the Move funding Girls only targets through Leisure and Sport
XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)	X					Expired 2011 - key outcomes now transplanted into JHWU plan (attached)

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

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 majority of Primary Schools take part in “Walk to School Weeks” and two Annual Surveys of child travel mode. This is particularly useful in monitoring active travel modes. Other travel activities that schools are asked to participate in are “Bike Week”, “The Big Pedal”, “Cycle Friendly School Awards”, “Travelling Green Project”, Walking Buses, Park and Stride and other active travel initiatives

Locality project examples: Annandale and Eskdale

Children - Children under five years old have been getting more active with the introduction of a new Active Start Sports Academy programme in November. It is widely recognised how important it is to introduce children to physical activity from a young age and the new Active Start programme which is aligned with the Council’s Key priority of a good start in life for our children was certainly achieving this aim. Numbers booking on the programme far outstripped available spaces and children aged Under 5 had the opportunity to try strictly mini (ballroom dancing), mini masters (golf), mini kickers (football), start2swim, start2dance, mini-gym (gymnastics), tots-tennis and olympi-kidz which was a fantastic fun session themed with Olympic teams, flags, stickers, music and certificates.

Adults – FIT MAD – Thanks to funding from 2014 Communities, 2 new Mums and Daughters clubs were established in both Annan and Lockerbie. The Fit MAD (Mums and Daughters) clubs enabled girls aged from Primary 6 up to S6 and their female relatives to come together every week in a bid to get more active and consider a healthier lifestyle. Activities included; archery, basketball, Zumba, lacrosse, badminton, indoor curling and cheerleading. The programmes proved very popular with over 200 mums and daughters attending the sessions to date.

Adults in Later Life –

Let’s Motivate - Physical Activity Training for Care Homes - A new Free Physical Activity training course has been developed called Let’s Motivate! which has proved very successful with over 100 people having completed the training to date. The course was developed and delivered by Leisure & Sport in partnership with the Health Improvement and Falls Awareness teams. The course was originally intended to build capacity of staff working with older people in Care homes/Day Centres to allow them to deliver regular physical activity sessions within their own settings/groups, however the course has proven so popular that it has been extended to include staff and volunteers working with various groups who would like to increase the physical activity levels of their clients. Examples include staff and volunteers working with people

with disabilities, sheltered housing, women’s groups, mental health support groups and various others. The course content is appropriate for delivery to people of all abilities and covers the benefits of physical activity, falls awareness session, practical sessions with games and ideas and adaptations to games. The course evaluations have been extremely positive and feedback suggests activities are now being delivered regularly in settings and making a real difference to physical activity levels.

To help ensure that groups can make a positive difference to raising physical activity levels the SHAP received funding from Awards for All to offer a new Physical Activity Equipment Loan Scheme which can be used by people who have completed the Let’s Motivate training. The loan scheme offers curling kits, boccia kits, skittles and much more and is proving very popular and is helping to make a positive difference to the health and well-being of a wide range of people in the local area.

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

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		X			Funding currently being sought for dietetics to manage this target group Guidance for maternity management for women with obesity
II. encouraging breastfeeding?	x		X			Guidance resource for school staff highlighting curriculum opportunities for promoting breastfeeding Paediatric dieticians participate in this as part of their everyday work Provision of breast feeding peer support service and breast feeding support groups available in locations across Dumfries and Galloway ; breast feeding management training provided Bump Baby and Beyond Community Event Planned for 31 st March 2012 in Dumfries
III. parental education about healthy diets and exercise for children?	X					Through CHW programmes. Provision of parent education sessions
IV. Broadening tastes in the early years? (including from nursery years onwards)		x				Development of maternal and infant nutrition action plan for D&G will

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						address this
V. Food education 'from plough to plate'?		x				Royal Highland Educational Trust active in D&G.
VI. Child healthy weight intervention programmes?	x					a. CHW programme being delivered in all four localities – offers 1:1 and group programmes b. NHS D&G provides a clinical service for weight management in children
VII. 'Active schools'?	x	X	x			L&S and Active Schools Teams are committed to deliver the Active Start theme of the strategy, targeting kids 0-6 and 6-9. Currently a number of programmes targeting this age group (eg mini-kickers) with a full physical literacy programme in development for 2012/13. Note also that many Schools have Nurseries attached so therefore they benefit from 20mph speed limits to encourage more active travel and also benefit from School Travel Plan activities and initiatives'. No specific activities just to nurseries.
VIII. 'Cooking buses'?		x				Have been in region in last 2-3 years
IX. 'Play@home'?	x		x			Promotion of Play@ home resources across the region through partnership working between health

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

						visiting /public health nursing and Scottish Pre- school Play Association (SPPA) and Active Schools Co-ordinators. This includes delivery of baby massage sessions. Some delivery of 'train the trainers' course for Play @home. Play @home baby and toddler packs currently distributed. Due pre-school pack from March 2012.
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				Development of child healthy weight Sustainability Plan as part CHW Interventions work –will be incorporated into planned life-course healthy weight pathway

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

<p>▪</p>

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					Within NHS, all qualifying units supported to gain award
	x		X			Information events organised by health improvement for caterers in conjunction with national HLA team
						Information on the HLA is

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
		X				forwarded to local businesses.
II. Are public health and occupational health encouraging healthy weight management partnerships?			x			Public Health and NHS D&G Occupational Health are discussing options in relation to piloting a healthy weight initiative for NHS staff. Information on the Healthy Working Lives and Scottish Slimmer's initiative has been disseminated to local businesses.
III. How is access to public sector land being encouraged locally for walking and cycling?	X x	 x				Work on upgrading access on foot is being undertaken through the development of the core path plan Both the Council and NHS have been involved in developing enhanced public sector land for cycling and walking (eg cycle ways, community gardens, signed walks) GoSmart website and mapping
IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?		x				Local businesses receive information/updates on the Active Nation programme. This has included information on the Active Nation pledge and links to local events/activities.
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					x	Whilst there is no specific strategic plan for obesity prevention in workplaces there are links through

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

response)						contributing to local initiatives such as Healthy Weight Communities
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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:

In partnership with the local authority and the local Healthy Weight Communities initiative a pilot scheme involving local workplaces encouraging employees to trial memberships at a local sports facility has been launched.
Promotion of active travel scheme (Go Smart) in workplaces in partnership with GO Smart Team.

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?						
Menus that meet Hungry for Success					x	H4S Out of date. All schools now adhering to new Nutritional Act
Tuck shop & vending policies in place	x					
Guidance for parents on packed lunches	x					
Confectionary bans		x				Mobile vans selling around schools still a problem
Incentives for healthier choices	x					Competition to increase uptake of school meals
Other measures to increase intake of healthy food and beverage consumption in school-aged children?	x					Implementation of curriculum for excellence experiences and outcomes
Please state average % of children taking school meals in primary and secondary schools and mention how this compares with last year	x					Primary 2010 50% 2011 56% Secondary 2010 28% 2011 40%
Initiatives to increase participation? Please say	x					Active schools. Girls and other

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

what and identify any target groups, e.g. girls						disaffected or inactive pupils are targeted in some schools. In addition now have targeted work re disabilities, transition, and Active Start
Initiatives to encourage cycling? Please say what	x					Each school offered training and some support through Active Schools for Bikeability 2. Some targeted work establishing Bikeability 1, 2, 3 pathway where capacity allows. Some active schools work on the cycle friendly school award.
Physical activity designed to be accessible for disabled or sensory-impaired pupils?	x					Through Leisure & Sport strategy and PE policy. Also links to regional branch of Scottish Disability Sport
Other initiatives	x					Various sport development programmes through leisure and sport, in addition to active schools work

7.2 Prevention in nurseries?						
Nutrition guidelines for meals and snacks			X			Revised nutritional guidance and training to be provided to pre-school providers as part of local implementation of maternal and infant nutrition action plan
Training for staff on physical activity	x					Tops training delivered to nursery staff by active schools; Leisure and Sport strategy also has dedicated Active Start section
Other initiatives to improve diet or increase physical activity. Please say what	x					Various Leisure and Sport programmes e.g. pre school swimming, pre school gymnastics, parent and toddler swimming, mini-

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

						kickers.
7.3 Prevention in the community?						
Other initiatives	x					Promotion and provision of breast feeding peer support service
Walking groups	x					Walking Groups across D&G
Advice on weight management whilst giving up smoking?	X					patients referred back to Practice Nurse for this type of advice but note that more options now in place e.g. Counterweight referral, or information about local companies
Exercise classes linked with smoking cessation groups?	x					Pilates pilot also swim and gym pilot where vouchers given out for local leisure centres; learning was that information and signposting re activities is what is required, and this is given
Training for smoking cessation counsellors on giving appropriate dietary advice	x					Basic knowledge given in training. In addition, advisers now undergo Counterweight training
Training for smoking cessation counsellors on giving appropriate physical activity advice?	x			x		Basic knowledge given in training Updates on PA planned
7.4 Prevention in public buildings and workplaces?						
Offer of regular weight checks, e.g. through Occupational Health /workplace slimming groups				x		Public Health and NHS D&G Occupational Health are discussing options in relation to piloting a healthy weight initiative for NHS staff.
Policies to ensure healthy food choices in restaurants /cafeterias	x					Within NHS: HLAs in place in all qualifying units
Healthy food and beverage choices in vending machines	x	X				Within NHS D&G, CEL 14 has been met, and CEL 01 being addressed

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

Sign up to Healthy Working lives	x					Both the Council and the NHS (Primary Care Directorates East and West) have bronze awards and are working towards silver, with expectation that all will achieve by end of summer 2012
Provision of showers for staff?	x					Some provision in both NHS and Council buildings eg Shower facilities available for staff at Gardenhill PCC
Active travel plans	x					Cycle to work scheme operational in NHS and Council
Other initiatives to promote healthier eating or physical activity. Please say what	x					Promotion of e.g. sport your trainers and other campaigns; have Leisure and Sport legacy leads within the Council and an NHS Active Nation Plan, which includes communication strategy
Other initiatives	x		X	X		<p>Promotion of breast feeding Scotland Act</p> <p>Breast feeding baby friendly booklet available, currently being updated</p> <p>Development of breast feeding and returning to work policies</p> <p>Promotion and uptake of Healthy Working Lives award (e.g PCCD (West) working towards Healthy Working Lives Silver Award</p> <p>NHS and Third sector piloted a fruit and veg shop in town centre, also a fruit and vg stall in hospital foyer, but these were unsustainable at that time.</p>
7.5 Prevention in other workplaces?	x					Information on the Healthy Working Lives and Scottish Slimmer's

SOAR COLLATED RESPONSES – NHS DUMFRIES AND GALLOWAY

						initiative has been disseminated to local businesses.
7.6 Has anything else happened on obesity prevention activity in the local health board area since mid 2007?	x		X			<p>Implementation of a HWC project, which has now completed in North West Dumfries, Healthy Eating/Active Living Working group of Nithsdale Health and Wellbeing Partnership are now tasked with taking forward the learning from HWC, all members of the group have access to promotional materials.</p> <p>Plans to Roll out HWC Pilot in other localities - see SHAP Plan for example</p>

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

Question 8: Please describe how you:

a) evaluate the effect of local obesity interventions?	<p>Projects carry out their own evaluations e.g. Healthy Weight Communities Evaluation by Rocket Science – attached; planned evaluation of breast feeding peer support service, and identification of performance indicators for local maternal and infant nutrition action plan; Child Health Weight (CHW) Programmes - date returned to Scottish government local evaluations carried out.</p>
b) monitor obesity?	<p>2007 D&G lifestyle survey Expecting SHS Board level data later this year CHW monitoring</p>