

Obesity interview schedule for local contacts

Your Name: Lyndsay Clark
 Your Role: Senior Health Promotion Officer Food and Health
 Your Health Board area: NHS Fife
 Date of completion: 14/03/12

Food

Question 1 Are there any local plans or activities to improve engagement with healthy food? If not, please state the barriers. For example:

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. Fast food near schools?				No		Working group established to look especially at Street traders, group disbanded due to legal issues. Fife Council Catering & Cleaning service run healthy vans in a number of schools that 'compete' with local street traders but offer healthy choices to school pupils. Food and Health Strategy group to enquire about food fast licences and how they are granted to see if we can influence where fast food outlets can be opened, especially near schools
II. Implementation of national policy (routemap 2010) by (e.g.) environmental health?				No		
III. Community growing or retailing their own food projects?	Yes					Key outcome for Fife Community Food Project, Fife Diet project developing community growing projects. Fife Council have developed an Allotment Strategy 2009-2014
IV. Improving access to healthy food in deprived areas, for example through community education?	Yes					Key outcome for Fife Community Food Project, Community kitchen based in Leven, used to teach practical skills and knowledge around food. Various fruit and veg co-ops in SMID areas
V. Working with small and medium sized food				No plans		

enterprises to find high impact interventions?				at present		
VI. Implementing nutritional standards for the vulnerable elderly in care settings?	Yes					Care homes comply to care commission standards and monitored by care commission
VII. Action on the Scottish Grocers Federation Healthy living Programme?	Yes					Pilot study in Dunfermline around £1.99 meal deal aimed at school children, awaiting results.
VIII. Award of Healthy Living awards?	Yes					49 organisations in Fife have achieved this award with one achieving the Healthy Living Plus Award. All the NHS Hospital premises have achieved the award with six hospital sites recently achieving the Healthy Living Plus award.
IX. Anything else?						

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

Fife has recently revised its healthy weight strategy looking at aspects of preventing obesity.

Working with Education around Curriculum for Excellence health and well being outcomes, and guidance produced to encourage practical food sessions in the classroom.

Fife have dedicated community kitchen, which is used to promote and enhance practical cookery skills to a wide variety of people

Economic environment

Question 2 Is there any local action to change the local economic environment? For example:

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
I. Vending machines in schools?	Yes					Education establishments supported to conform to Scottish Government legislation.
II. Action in Public buildings?		yes				All vending machines being removed from Leisure Trust Buildings.
III. Action in Workplaces?		Yes				Healthy Working Lives award

	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)?						
o tax and pricing?						
o labelling clearly identifies ingredients (and is there a traffic light system)?	Yes					Existing regime within Food Labelling Regs policed by EHOs
o Reformulation?						
o portion sizes?						
V. Anything else?						

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

Socio-cultural environment

Question 3 Is there any local action to change the socio-cultural environment? 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),		yes				Through HEAT 3 intervention, participants in programme are encouraged to reduce all screen time.
II. Media and educational campaigns to encourage physical activity – including mass events?	yes	Yes	yes			Promotion of active lifestyle through a number of media outlets. This is continuously being reviewed. A mass media campaign is being planned for teenage girls and physical activity
III. Implementation of exercise referral schemes?		yes				Small scale exercise referral programme for Keep Well as well as pain project. Fife Council and Fife Sport and Leisure

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						Trust are keen to roll this out further but appears difficult to engage with NHS on this.
IV. Roll out of counterweight programmes?	Yes					6 GP practices, 16 pharmacies and 1 nutritionist are delivering Counterweight programme in Fife – 459 patients engaged with programme
V. Action on promoting active travel?	Yes					Fife Council Transportation Services promote active travel and support business and schools to do so. Also piloting with Sustrans active Town project to encourage residents of Kirkcaldy to switch from car use to public transport, walk or cycle. Project only launched at the end of May 2011
VI. Healthy diet?	Yes					Fife Food and health Strategy group – taking this forward, multiagency group looking at all aspects of the diet across the various age groups. Food and Health Strategy document in the process of being compiled

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

Physical activity

Question 4 Is there any local action to increase physical activity levels for children, adults and adults in later life? 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?		Yes				IIA for health and built environment have been used within projects in Cupar, Dunfermline and Kirkcaldy
II. Is active travel prioritised in planning?	Yes	Yes				Active Travel has a dedicated team in Transportation in Fife Council and within Fife NHS
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?	Yes	Yes				Awaiting feedback from transportation
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?	Yes	Yes				Physical activity is integrated into the Greenspace Strategy and planning how greenspace is promoted and utilised across Fife
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?						Partnership with Active Fife and Fife Sport and Leisure Trust, creating pathways from school to community is key in work carried out This includes training (young leader awards, volunteering for Active fife etc)
VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards	Yes					FSLT achieved ISPAL award
VII. Have any healthy weight community projects been started?						BEST / HEAT 3 is a priority for Fife. Healthy Eating and Physical Activity campaign Eat Well Be Active in Fife on going in Fife through Health Improvement Teams
VIII. Any involvement with 'Paths to health'?						Paths to Health is part of Bums Off Seats, Fifes health walks programme
IX. Any involvement with 'Jog Scotland'?	Yes	Yes	Yes			A number of Jog Scotland groups are up and running across Fife. Junior Jog Scotland is also integrated through Active Schools.
X. Any involvement with 'Living streets'?						Physical Activity coordinator and Early Years team have been working with Living Streets to promote safe play in local communities. Living Streets has been an integral part of 'Make your Move Kirkcaldy'

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
XI. Any involvement with BTCV led 'Green Gyms' programme?						Fife Physical Activity Strategy Group (FPASG) have funded a number of BTCV projects across Fife
a. Other action on:						
b. local transport plans						FPASG work closely with transportation and planning to ensure physical activity is addressed when planning for new walk, cycle ways as well as strategic land allocation
c. , school travel plans						Active School Coordinators support schools in developing their STP and promote Walk to School Week etc in partnership with transportation
d. facilities for children to be active						A full action plan is in place through Active Fife and FPASG to promote and support children and young people to be active. Research carried out by Strathclyde University surveying all P7, S1, S2 and S3 pupils is near completion. Results will show physical activity levels across this age group as well as allow Fife to plan at school cluster level appropriate activities as detailed in the survey.
e. supporting young women and families to be active?						Recently completed a research study on physical activity levels of women in areas of deprivation and barriers to physical activity. Recommendations from this report are now being adopted by FPASG and implemented through Active Fife. A number of intergenerational projects are being developed and implemented across Fife through the Active Fife Team.

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

Active Fife

(Physical Activity Team, Outdoor Learning, Sports Development and Active Schools) all work together to actively promote physical activity. As well as a number of key programmes (developing volunteers, school to community links, bums off seats, cycle start, play@home, teenage girls, older adults and women) Active Fife engages a wide range of partners including Transportation, Fife Sport and Leisure Trust, Cultural Partners, Community Use Schools, NHS Fife to support the promotion of physical activity and develop a number of workforce development training programmes.

Early years

Question 5 Is there any local action to reduce obesity/establish obesity preventing behaviours in infants and young children?

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?	Yes					Dedicated Dietitian in place but only until March 2012. Winning with Weight in Pregnancy courses run at local maternity hospital
II. encouraging breastfeeding?	Yes					Awareness training pack for primary schools in place. In process of developing pathway from Nursery to end of school age. Breastfeeding support workers in the community, however funding coming to an end in March 2012. Work continues in Fife towards BFI accreditation in the community.
III. parental education about healthy diets and exercise for children?	Yes					Fife Community Food Project, Active Schools programmes and child healthy weight practitioners all contribute
IV. Broadening tastes in the early years? (including from nursery years onwards)	Yes					Guidance for practical cookery in the classroom in primary schools developed. In house training provided for teachers to improve skills and knowledge in delivering practical cooking in the classroom
V. Food education 'from plough to plate'?	Yes					Education starting to work in partnership with Fife Diet – multi-

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
VI. Child healthy weight intervention programmes?	Yes					<p>agency</p> <p>The BEST programme is a family-focussed programme providing advice on healthy eating, meal planning, cooking and exercise, as well as offering youngsters and their families 12 free activity sessions in local leisure centres</p> <p>The one-to-one 12-week programme is tailored to the needs of the youngster and their family and seeks to empower and encourage the family as a whole to maintain a healthier lifestyle. As well as providing advice and support through individual programmes, BEST is also engaged in preventative work, educating youngsters about the importance of healthy eating and exercise within schools.</p>
VII. 'Active schools'?	Yes					<p>In Fife we have an Active School Manager and a team of 22 Active School Coordinators working within Nursery, Primary, Secondary & ASN schools and the wider community to:</p>

	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						<ul style="list-style-type: none"> • increase opportunities for all children and young people to be engaged in physical activity and sport • strengthen pathways to participation and performance through sustainable school to community links
VIII. 'Cooking buses'?	Yes					School clusters can apply to access the Cooking Bus. Cooking Bus recently visited Kirkcaldy High School. Improved local communication is required when Cooking bus visits Fife to ensure maximum use of the bus
IX. 'Play@home'?	Yes					<p>Fife's play@home development worker works with nurseries and playgroups to help them offer fun and active play. Every child in Fife should get our play@home books when they're:</p> <ul style="list-style-type: none"> • a baby • 12-18 months old • in their pre-school year (between four and five).

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

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Working lives

Question 6 What activity is happening in local workplaces? 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?			Yes			EHO's to promote award during inspections
II. Are public health and occupational health encouraging healthy weight management partnerships?	Yes					Winning by Losing weight management courses run by trained staff in community. Kingdom Weight challenge offered in the community for 10 weeks starting in January, this is a community based weight management programme to encourage teams of 4 to lose weight.
III. How is access to public sector land being encouraged locally for walking and cycling?	Yes					Fife coastal path and Millennium cycle ways activity promoted
IV. How are local businesses being encouraged to support employees' participation in 'Active Nation'?						
V. Are Interactive employee-use weight tracking tools in use in any local workplace?						

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

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NHS Fife Healthy Working Lives Team based in Health Promotion encourage organisations to work towards the Healthy Working Lives Award which includes elements on healthy eating, physical activity and weight management. Organisations are encouraged to develop statements of intent towards healthy eating.

Other activity updates

Question 7 What Other local obesity prevention activity has taken place in the health board area?

	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.						
Prevention in Schools?						
Prevention in nurseries?						
Prevention in the community?						
Prevention in Public Buildings and workplaces?						
Prevention in other workplaces?						
Has anything else happened on obesity prevention activity in the local health board area since mid 2007?						

Please give any other example of good practice in obesity prevention from your health board area below:

Monitoring and Evaluation

Question 8: Please describe how you:

<p>a) evaluate the effect of local obesity interventions?</p>	<p>The various healthy weight initiatives are evaluated in various ways using different methodologies depending on the initiative being evaluated. Methods range from questionnaires, the use of focus groups and stakeholder interviews. Results are collated and fed back to the relevant Strategy groups</p>
<p>b) monitor obesity?</p>	<p>For healthy weight initiatives pre and post intervention weights are recorded</p>

Draft