

OBESITY INTERVIEW SCHEDULE FOR LOCAL CONTACTS

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 NHS Board area: NHS Lothian
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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				Aspects of the route map are being implemented, but not through central coordination (Scotland or Lothian wide). The scale of the task requires political producer/retailer, professional and public buy in. Some actions are achievable locally, others will require national and/or international legislation. West Lothian has a Food and Health action plan currently 2011-14. This is an update of previous action plans dating from 2001 and updated every 3 years.
II. Implementing nutritional standards for the vulnerable elderly in care settings?						
III. Action on the Scottish Grocers Federation Healthy living Programme?						

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IV. Award of Healthy Living awards?	X					<p>The Healthy Living Award is an integral part of the healthy eating criterion of the Healthy Working Lives Award.</p> <p>A Food Access Study has been carried out in Fauldhouse, West Lothian. This used the HEISB tool to identify food availability and quality in local shops. Contact has been made with the SGF development worker. Conflict between promoting health messages and concern over economic prosperity.</p>
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Please give an example of good practice in improving engagement with healthy food for obesity prevention from your health board area below:

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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					Vending machines do not sell sugary carbonated drinks.
II. Any Action on the local economic environment in Public buildings (not just vending machines)?		x				<p>A number of workplaces support Fruit/Veg stalls in the workplace, accessing the local food co-ops</p> <p>A number of workplaces support the ordering and delivery of fruit/veg boxes.</p> <p>Part of the obesity route map to support public buildings to obtain Healthy Living Award (HLA) An audit of Community Centres is being</p>

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						carried out. West Lothian Libraries have a Breastfeeding Friendly Award.
III. Any Action on the local economic environment in Workplaces (not just vending machines)?	x					West Lothian Council has a Gold Healthy Working Lives award
IV. Implementation of national policy (by, for example, food standards officers)?						A number of workplaces in Lothian hold the Healthy Living award, many have use the traffic light system or display calories per portion
o labelling clearly identifies ingredients (and is there a traffic light system)?						A number of workplaces support Fruit/Veg stalls in the workplace, accessing the local food co-ops A number of workplaces support the ordering and delivery of fruit/veg boxes
o Reformulation?						
o portion sizes?						This is included in West Lothian Health Improvement Team training: it is addressed generically using the Eatwell plate, and more specifically in training for catering staff, cooking tutors and early years workers. Messages are communicated to public linked to 'Love Food Hate Waste' Campaign and other initiatives. Availability of replica meals showing different portions e.g. based on images such as those produced by DAFNE would be useful.
V. Anything else?						

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response

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				We are addressing this for child healthy weight both through the Healthy Families, Healthy Children whole-school health improvement programme, and the Get Going weight management programme. Together these programmes have reached over 3,200 children during 2011/12 and if the approaches are successful they will be made available to more children.
II. Media and educational campaigns to encourage physical activity – including mass events?		X				GM took part in the media campaign focusing on physical activity for the Take Life On, with a media interview featured w/c 5 March 2012 on commercial radio stations. There have been features on the Get Going programme in the

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						Evening News (summer 2011), Health Link (2010 and 2011) and Sonex Publishing health in schools guide (2012).
III. Implementation of exercise referral schemes?	X					<p>West Lothian Xcite Leisure has a successful exercise referral scheme, taking GP referrals for patients with poor mental health problems, long term conditions etc.</p> <p>The following exercise referral schemes are available from Edinburgh Leisure on referral by healthcare professional:</p> <ul style="list-style-type: none"> a. Healthy Active Minds b. Exercise After Stroke c. Healthy Hearts d. Fit for Diabetes e. Chronic Obstructive Pulmonary Disease f. Physio Exercise Referral g. Youth Exercise Referral h. Falls prevention
IV. Implementation of social prescribing schemes?		X				West Lothian HIT has recruited a Buddy Walk development Officer to support vulnerable isolated people to become more active.
V. Roll out of counterweight programmes?	X					Workplaces can access information on counterweight via the Healthy working Lives (HWL) website.

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						West Lothian Health Improvement Team has implemented a local Counterweight group programme in targeted geographical areas taking referrals from Keep Well, GPs , other council services and from individuals.
VI. Action on promoting active travel?	X					See answer to question 3 (part I) above. We promote active travel in school-based activities and in the Get Going programme. A number of organisations in Lothian have active travel plans as part of their environmental policies. A number of workplaces have achieved the Cycling Friendly Employer Award from Cycling Scotland. West Lothian Council has a Green Travel Strategy. Some schools have a walking bus led by parents.
VII. Healthy diet?	X					See answer to question 3 (part I) above. We promote healthy diet in school-based activities and in the Get Going programme. Edinburgh Leisure - Royal Commonwealth Pool – healthy options menu (no chips on offer) West Lothian Health Improvement Team deliver a

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						<p>range of 'get cooking' courses in targeted geographic areas and with vulnerable groups. This includes Pounds and Ounces, cooking for a healthy weight and Cooking By Numbers, a numeracy based cooking skills programme.</p> <p>The establishment of 14 community food co-ops in West Lothian in partnership with Community food Initiatives North East (CFINE). To support the initiation and maintenance of breastfeeding , West Lothian has a peer support programme and breastfeeding friendly award for local establishments.</p>
VIII. Anything else?		X				<p>Both the school-based programme and Get Going include information on body image and media literacy.</p> <p>Health 4U (girls only physical activity programme, delivered by Edinburgh Leisure Get Going coordinator and Active Schools coordinator) implemented in two high schools</p>

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

Health Families, Healthy Children programme in school

- This eight session programme has developed as part of the HEAT target for child healthy weight. It is a health improvement programme encompassing healthy eating, physical activity, body image/ media literacy and other topics. The programme will be attached to this questionnaire.
- It is supported by an adult learning “Bite Size” programme for parents/ carers of these children (further information on this attached to email).

A community based Counterweight group programme has been developed in West Lothian. Counterweight is delivered by HIT to anyone over the age of 18 meeting the BMI criteria. Delivering the programme on a community basis has meant it is accessible to more people and has provided an opportunity to work in partnership with local physical activity and the Pounds and Ounces cooking programmes. A network has been developed to support individual to continue with the programme – The CHANGE network.

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?						
II. Is active travel prioritised in planning?						
III. Has there been any action locally to progress the delivery of the cycle action plan for Scotland?	X					A number of workplaces actively support/promote cycling and have gained Cycle Friendly accreditation, have bike to work schemes and promote safer cycling routes. West Lothian Cycling Issues Group has developed local cycle maps

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						and new signage to increase access and use of paths.
IV. Has there been action on making green space other than play areas safe so as to encourage its use for physical activity?	X					Edinburgh Leisure - Westerhailes Green Gym West Lothian Council has a Greenspace Development officer who coordinates and supports greenspaces to be safe and accessible.
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					Active Schools work with schools and community clubs to encourage lifelong participation in sport and physical activity
VI. Have there been any Institute for Sport, Parks and Leisure (ISPAL) physical activity accreditation awards						
VII. Have you implemented a Healthy Weight Community Project?* (Please comment on your sustainability plan)	X					Together for Health is one of 9 pilot projects from Scottish Government. The project operates in Armadale and is based on the EPODE model
VIII. Any involvement with 'Paths to health'?	X					Workplaces run walking groups and participate in the walk leader training run by 'Paths to Health' Workplaces have participated in the Step Count Challenge un by Paths for All in 2011 and 2012. West Lothian has a local Walking initiative Put Your West foot forward delivering health led group walks across the county. A new development will be 1:1 buddy

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						walks
IX. Any involvement with 'Jog Scotland'?						A number of workplaces have jogging groups and have accessed the jog leader training offered by JogScotland Workplace have also participated in the JogScotland 5K challenges.
X. Any involvement with 'Living streets'?						
XI. 'Active schools'?	X					All schools in West Lothian work in partnership with Active Schools Coordinators to increase participation (and this is the case for the rest of Lothian too)
XII. 'Play@home'?	X					Play @ Home is delivered through the health visiting service and Sure Start across West Lothian

*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					West Lothian on the Move funds a Green Gym operated by BCTV at Howden Park in Livingston
XIV. Other action on:						
a. local transport plans						
b. school travel plans						
c. facilities for children to be active						
d. supporting young women and families to be active?						
XV. Does your health board area have a strategic plan for physical activity? (please if possible include a copy with your response)		X				West Lothian plan current update of 3 years

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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:

Workplaces in Lothian have participated in the Global Corporate Challenge which is linked to the Global Children's Challenge, providing local schools with free access to initiatives encouraging physical activity.

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				There is a "metabolic clinic" at Royal Infirmary Edinburgh that takes referrals for very obese pregnant women (BMI > 40kg/m ²). There is not currently capacity to manage women with a BMI with BMI 30-40kg/m ² but that is being explored as part of new funding from Scottish Government.
II. encouraging breastfeeding?	X					There is a breast feeding and infant feeding policy and action plan in place across Lothian. Workplaces holding a silver or gold HWL must demonstrate their commitment to supporting mothers who wish to continue to breastfeed following return to work. There is a strong peer support programme in West Lothian. West Lothian has a Breast Feeding

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						Friendly award for establishments supporting mothers who choose to breastfeed in public places. Established training programme for health professionals and others working with families
III. parental education about healthy diets and exercise for children?	X					West Lothian Health Improvement Team has a co-ordinated programme of weaning and cooking activities for early years in targeted geographic areas and with vulnerable groups. There are plans to work in partnership to implement Parent Education programme from NHS Scotland. Other agencies such as Sure Start and Home-Start also provide information and support to families We have, in partnership with Community Learning and Development, Bite Size adult learning programmes supporting the Healthy Families Healthy Children (HFHC) programme in schools across Lothian.
IV. Broadening tastes in the early years? (including from nursery years onwards)	X					Some schools have “taster” sessions in place. Nutritional guidance training is provided for childcare providers in West Lothian.

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						There is a strong partnership with West Lothian Health Improvement Team and local Early Years groups to deliver weaning programmes that include the development of a resource book for parents.
V. Food education 'from plough to plate'?	X					Some schools have implemented such an approach, either as part of the Child Healthy Weight HEAT target or under their own initiative. Eco-schools have in place a resource to support the education of plough to plate.
VI. Child healthy weight intervention programmes?	X					The Get Going programme, with support from dietetics and clinical psychology is available to children aged 5 to 15 years across Lothian. Dietetics support is available outwith this age group.
VII. 'Active schools'?	X					There are Active Schools Coordinators across Lothian.
VIII. 'Cooking buses'?		X				The Scottish cooking bus has been used in some schools (e.g. Lawfield Primary School as part of the Child Healthy Weight HEAT target.
IX. 'Play@home'?	X					Surestart in West Lothian implement the programme. It is in place in other local authorities in Lothian too.
X. Does your health board area have a strategic		X				There is a strategic framework

Comment [GM1]: Ask Margaret Westwood

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<p>plan for obesity prevention in children and young people? (please if possible include a copy with your response)</p>					<p>which includes a section on children and young people (will be attached to this questionnaire).</p> <p>There is uncertainty about the best approaches to prevention and treatment of obesity, so the Child Healthy Weight HEAT target is being used as an opportunity to implement and test different approaches. Once we have evaluated these approaches we will be clearer about the approaches to take for the future.</p>
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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:

John Lewis Edinburgh and Edinburgh Airport (both HWL award holders) sponsors breakfast clubs as part of the Aegon Breakfast Club.

Loanhead Afterschool Club delivers a range of initiatives to young children e.g. vegetable garden, community café.

The development of the 'Wean the Weans' programme in West Lothian has been very successful in educating parents about healthy weaning practices. A resource has been developed around this programme and is available to those who attend. A training for trainers course is currently in development.

The 'Breast Friends' Breastfeeding Peer support project has resulted in an increase in breastfeeding rates in priority geographical areas, 'Breast Friends' are also trained to provide consistent information on the introduction of complementary foods and other health messages.

The Healthy Families Healthy Children programme (8 session programme to meet Scottish Government Child Healthy Weight HEAT target) is available in several nurseries in Lothian.

The Get Going programme is available to children at or above the 91st centile of body mass index. This is based on an evidence-based programme (SCOTT) but has been developed further to address psychosocial factors, body image, include sessions on physical activity.

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			As part of the HWL programme advisors will actively encourage workplaces with catering provision to register with the Healthy Living award Development of a Health Promoting Establishments Award in West Lothian. This is in the early stages of development and is identifying pilot areas. It is envisaged that this award will be a stepping stone for establishments to achieve HLA and promote other health messages. There is plans to support public building establishments to achieve HLA.
II. Are public health and occupational health encouraging healthy weight management partnerships?						The Scottish Centre for Healthy Working Lives provides grants to small/medium sized organisations to support the introduction of a Scottish Slimmers Works class.
III. How is access to public sector land being encouraged locally for walking and cycling?	X					Promotion of local opportunities via resources such as West Lothian Physical Activity Map, Explore Edinburgh by Bike maps. New signage has been erected to advertise cycling and walking paths in West Lothian

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	In place	In progress	Planned	No Plans	N/A	Details and Comments on response
						West Lothian Physical Activity Atlas also provides information on walking routes throughout West Lothian West Lothian Walking Week uses a variety of 'lands' to encourage people to walk. Local cycling maps produced for West Lothian
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?						
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				There is a strategic framework which includes a section on adults and workplaces (will be attached to this questionnaire).

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

Activity Works is Partnership with Edinburgh Leisure / West Lothian Leisure and HWL to provide staff with access to reduced membership to facilities

Across Edinburgh and the Lothians there are 127 organisations engaged with the HWL award programme. A total of 58 organisations hold either a silver or gold HWL award which includes regular promotion of healthy eating and physical activity.

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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					Training is available to all school staff in West Lothian to support food and health in the curriculum. Training available on physical activity.
7.2 Prevention in nurseries?	X					Training is available to all nursery staff in West Lothian to support food and health in the curriculum. Training on nutritional guidance for early years is available to all nursery and childcare staff. Training available on physical activity. Proposal to develop Breast Feeding Friendly nurseries will start in 2012
7.3 Prevention in the community?				X		Funding/ legislation is needed to provide Incentives for private establishments who offer healthier options e.g. reduced rates for fast food outlets and shops who actively promote healthier alternatives at reduced prices
7.4 Prevention in public buildings and workplaces?		X				In West Lothian we are working in partnership with HLA (see Q 6)
7.5 Prevention in other workplaces?						
7.6 Has anything else happened on obesity prevention						

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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:

a) evaluate the effect of local obesity interventions?	<p>The Child Healthy Weight HEAT target work is being evaluated through questionnaires looking at knowledge and attitudes, and progressing to consider behaviour and fitness in the next year.</p> <p>The Food and Health, Physical Activity, Infant Feeding and Healthy Weight projects in West Lothian are evaluated by Lothian Health Improvement Fund Management Group. Impact and reach of individual activities is evaluated locally using a range of methods, including questionnaires, audits, participatory appraisal and MSc student research. Indicators for local evaluations are usually based around knowledge, skills, confidence and self-reported behaviour change and access to/ availability of healthy food/ physical activity opportunities. It is difficult to evaluate the effect on obesity in the short term.</p>
b) monitor obesity?	<p>We measure BMI in schools participating in the Healthy Families, Healthy Children programme. We also measure BMI in primary 1 children in all local authority schools. Other data is available through health and lifestyle surveys (national and local).</p>