Healthy Weight Strategy

for Nottingham City 2011-2020



Action Plan (October 2012)

1 Nottingham

NHS Nottingham City

Nottingham City Council

Strategic Framework Level – Universal: Whole Population Prevention

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Develop parks and open spaces that are conducive to healthy weight	Parks & Open Spaces Service to deliver 12 new/refurbished facilities for children and young people, including playgrounds, multi-use games areas and skate parks.	31/03/2012	James Dymond, Parks Development Manager, Nottingham City Council	Latest new facilities 2010/11: Clifton Playing Fields skate park; Fearnleigh (Pennant) Park; Woodthorpe Park playground; Victoria Embankment playground Phase 3; Highfields Park playground; Valley Road skate park; Valley Road outdoor gym; Sycamore park MUGA;	Green
	Parks & Open Spaces Service to deliver 5 new outdoor gyms on parks.	31/12/2012	James Dymond, Parks Development Manager, Nottingham City Council	New outdoor gyms to open at Bulwell Hall Park, Bulwell Forest, Southglade Park & Victoria Embankment late 2012. Due to the sum of money involved NCC procedures have delayed the start of the building, and thus completion.	Amber
	Parks & Open Spaces Service to implement £5.1m restoration of Forest Recreation Ground if Lottery bid successful and commence work on Highfields Lottery bid.	31/03/2012	James Dymond, Parks Development Manager, Nottingham City Council	Restoration project underway.	Green
	Nottingham in Bloom to involve 50 groups in "It's Your Neighbourhood" awards	31/03/2012	Caroline Elmhurst, Sport, Parks and Leisure, Nottingham City Council.	2011/12: 60+ groups involved in Bloom campaign, of which 47 received It's Your Neighbourhood awards	Green
	Complete the Food Growing Framework and deliver 30 food-growing sessions with community groups	31/03/2013	James Dymond, Parks Development Manager, Nottingham City Council	Food Growing Framework adopted February 2012 - online at http://www.nottinghamcity.gov.uk/index.aspx?articleid=4902	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Engage with the community and promote healthy weight through the Decade of Better Health	Expand the Change Maker teams to all 9 Council Areas as part of Decade of Better Health	31/03/2012	Jennifer Burton, Health Promotion Development Manager, NHS Nottingham City		Green
	Develop a high visibility and recognisable campaign and branding to run until the end of 2020	31/03/2012	Jennifer Burton, Health Promotion Development Manager, NHS Nottingham City	28.2.12 -have emailed Jennifer Burton	Green
	Engage current service providers and cross sector partners to coordinate effort and synergy	31/03/2012	Jennifer Burton, Health Promotion Development Manager, NHS Nottingham City		Amber
Food Strategy	Produce a Food Strategy, Implementation Plan and Food Charter	31/01/2013	Sharan Jones, Health and Wellbeing Manager, Nottingham City Council.	Targets for implementation to be set in Implementation Plan.	Green
Work with food retailers	Develop and pilot work with takeaways and other food outlets in a specific area of the city	31/01/2013	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	In Public Health Nutrition team plan	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Implement the City Council Physical Activity and Sport Strategy	Complete the Leisure Centre transformation programme	31/03/2015	John Wileman, Sport and Leisure, Nottingham City Council.	VLC officially opened on 23rd March 2012. Currently in the feasibility stage for the re-development of Harvey Hadden. Design and build is due to start in early 2013 which is due to take 2 years to complete.	Green
	Develop a yearly programme of sports coaching opportunities for adults in the city	31/03/2012	Francesca Barney, Sports Development, Nottingham City Council, Nottingham City Council	Over 1,600 runners have taken part in park run since its launch in June 2011, 140 on average per week. Bulwell Walk in the Park launched in Feb 2012 and 15 new walk leaders have been trained to lead walks in their local communities and from Children's Cent	Green
	Increase attendance and participation in swimming lessons	31/03/2012	Claire Sullivan, Sports Development, Nottingham City Council	Currently 1,859 Juniors & 178 adults on Nottingham Swim School, uptake of 67% and 60% respectively (as of 12th Sept). From Jan 1st – 12th Sept 7583 junior swim school spaces have been taken up along with 789 adults.	Green
	Develop a comprehensive programme during term time and school holidays	31/09/2013	Caroline Martin, Sports Development, Nottingham City Council	Schools Out (holiday activity programme), re-launched in April 2012 in partnership with Notts County Football in the Community and NCC and was funded by the Reaching Communities. Overall uptake of Summer 2012 holidays – 86% across 5 sites with 973 hours o	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Implement the Physical Activity, PE and Sport Strategy	Develop a Physical Activity, PE and Sport programme	01/09/2012	Martin Smith, Sport, Outdoor Learning and Sustainability Services Manager, Nottingham City Council	Physical activity, PE and Sport Manager appointed October 2011	Green
	Establish and monitor revised local targets for physical activity, sport and PE in the City	30/11/2012	Martin Smith, Sport, Outdoor Learning and Sustainability Services Manager, Nottingham City Council		Green
	Establish Change4Life clubs in primary schools	31/03/2012	Martin Smith, Sport, Outdoor Learning and Sustainability Services Manager, Nottingham City Council	19 schools have registered to take part and training of school staff and volunteers is complete. 20 new schools identified for 2012 - 13	Green
	Deliver Active Schools - a 10 week programme of physical activity during school time and after school in each primary school in Nottingham City (Years 5 and 6) to promote physical activity.	01/04/2013	Steve Hill, Notts County Football in the Community	18 schools took part in summer term 2012. 992 children participated in curriculum activities and 173 children took part in after school activities. This service is currently being evaluated to asses the health benefits and a full review will be considered	Amber

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Implement universal approaches to promote breast feeding	Implement BFI staff training programme across NUH and community health services	01/12/2012	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership & Anne Crompton, Family Health, NUH	Breastfeeding prevalence rates increasing. 201112 Q1 - 48.3% (Eng average 45.7%)	Green
	Achieve accreditation stage 1 in maternity and community health services	01/02/2012	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, & Anne Crompton, Family Health, NUH	Achieved stage 1 assessment. Breastfeeding prevalence rates increasing. 201112 Q3 - 48.3% (Eng average 45.7%)	Green
Promote healthy weight through planning policy	Local Plan Policy to limit fast food outlets under certain criteria	31/03/2013	John Wilcox, Public Health Development Manager, NHS Nottingham City	Specifics of policy are being worked up as part of Local Plan process	Green
	Include evidence based measures to promote healthy eating and physical activity in the Local Plan.	31/03/2012	John Wilcox, Public Health Development Manager, NHS Nottingham City.	Response to LAPP DPD planning document first stage submitted. Next stage with preferred policy options expected summer 2012.	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Improve transport infrastructure and promote uptake of walking and cycling	Expand 20mph school safety zones to residential areas/local centres across the city	30/03/2014	Chris Carter, Team Manager, Transport Strategy, Nottingham City Council	First 20mph limit area in Sherwood been out to public consultation and favourably received. Outcome results not yet available as schemes not yet implemented.	Green
	Targeted cycling route improvements through LTP3	30/03/2014	Chris Carter, Team Manager, Transport Strategy, Nottingham City Council	Routes identified in newly published Cycling Action Plan. Year 1 scheme currently in design LTP monitoring shows 15% increase in cycling levels from 2010/11 to 2011/12	Green
	Improve walking and cycling as part of neighbourhood Area Capital Fund programme	30/03/2014	Chris Carter, Team Manager, Transport Strategy, Nottingham City Council	Prioritised programme identified. LTP monitoring shows 15% increase in cycling levels from 2010/11 to 2011/12	Green
	Expand cycling scheme in NUH, Universities and into F.E. Colleges	30/03/2015	Chris Carter, Team Manager, Transport Strategy, Nottingham City Council	Programme underway being led by Sustains. Activities initiated in FE colleges from Sept 2012 onwards.	Green
	Develop effective community engagement and expand capacity to deliver locally focused travel advice and services	30/03/2015	Chris Carter, Team Manager, Transport Strategy	Grant to deliver programme awarded to RideWise Ltd. in May 2012. SLA signed and PIs agreed in June 2012. Programme branded TravelRight and launched. TravelRight Co-ordinator appointed in August 2012. Community engagement activities started Sept 2012. 201	Green
	Develop schemes based on accident statistics and Area priorities	30/03/2014	Chris Carter, Team Manager, Transport Strategy, Nottingham City Council	Results for 2012/13 schemes not yet available. LTP monitoring shows levels of KSIs for the City continuing on downward trend year on year casualty reduction and small-scale local schemes include in LTP programme	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Promote healthy weight as part of public sector healthy workforce programmes	Promote physical activity and healthy eating to NUH staff	ongoing	Steph Knowles, HW Coordinator	37 teams (185 staff) taken part in a multi activity challenge over the summer inspired by London 2012. 100 staff took part in a Walk to Week promotion. Over 500 staff have attended Health Checks since April 2012. 40% of staff are making changes to lifestyle.	Green
	Promote physical activity and healthy eating to staff in the Council	ongoing	Jacqui Armand, Workforce H.W. Manager, Nottingham City Council		Amber
	Develop specific joint actions to promote physical activity and healthy eating to staff across public sector organisations	ongoing	Paul Dodsley, HPS, CityCare Partnership	Needs analysis with 9 leading public facing organisations is being performed to establish baseline data. Delivery programme will be developed form the analysis 50k has been dedicated for this piece of work	Amber
Promote healthy weight through Healthy Children Centres	Support all children's centres in achieving the Healthy Children's Centre Standard (specific action related to physical activity and healthy eating)	01/03/2012	Chris Wallbanks, Programme Manager, Early Intervention and Partnerships, Quality and Commissioning, Children and Families, Nottingham City Council.	10 centres have achieved the standard (Nov 2011)	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Promote healthy weight through Healthy Schools	To increase the number of schools achieving improved outcomes for children and young people relating to healthy weight, from 0 to 9	30/03/2012	Chris Wallbanks, Programme Manager, Early Intervention and Partnerships, Quality and Commissioning, Children and Families, Nottingham City Council.	23 schools have been putting in place healthy weight interventions and are making good progress working towards achieving outcomes in this priority area.	Green
	To increase the number of schools achieving Healthy School Status from 84% to 90%	30/03/2012	Chris Wallbanks, Programme Manager, Early Intervention and Partnerships, Quality and Commissioning, Children and Families, Nottingham City Council.	Nov 2011 - 86% achieved status and some progress made with 3 of the non status schools. March 2012 of the remaining 16% of schools who have not gained status, 12% are still actively engaged and hope to achieve status over the coming year whilst 5% continue	Amber
Promote healthy nutrition in schools	Develop and implement the school food action group action plan	01/04/2012	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Action plan completed for academic year and circulated. Packed lunch leaflet developed and will be printed in Q4	Green

Strategic Framework Level – Targeted: Community Lifestyle Interventions

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Deliver adult programme of community nutrition interventions	Increase healthy eating choices and growing opportunities in community centre cafés; lunch clubs and supported housing through 'The Healthy Communities project'.	31/03/2014	Sharan Jones	On target	Green
Deliver and develop maternal obesity interventions	Active Families - new mums	31/03/2013	Caroline Martin, Sports Development, Nottingham City Council	Walk leader training course was held in June, attended by staff from Meadows, Clifton, Sneinton and North West children's centres and Active Families staff. Active Families family walks to engage pregnant and new mums commence delivery across the city in	Green
Deliver child/family programme of community nutrition interventions	Pilot a healthy cooking skills course at a special school for families of children with disabilities	01/12/2013	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Pilot programme delivered at Oakfield School. Work will take place with partners and parents in Qu 4 to develop a resource that can be used to support healthy cooking skills for children and adults with special needs	Green
	Explore need, plan and develop a programme for promotion of good nutrition through nurseries	31/03/2012	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Review undertaken of national guidance around early year's nutrition and food provision. Drop in sessions for parents delivered at Nottingham Nursery. Action plan under development	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Deliver targeted interventions for at risk adults	Provide telephone based service to support adults to improve CVD risk factors and access other services.	30/03/2013	Helen Thompson, Regional Head of Service Development, NHS Direct.	The service continues to receive high numbers of referrals from GP practices and other health professionals (792 in Quarter 1). The number of self referrals continues to increase, with 613 adults contacting the service directly during Q1, the highest qua	Amber
	Increase the number of adults in receipt of benefits accessing the Be Fit scheme in the city	07/06/2013	Francesca Gibson, Sports Development, Nottingham City Council, Nottingham City Council	As of 6th Sept, there are 1,623 members on Be Fit.	Green
	Provide guided walks to adult risk groups	31/03/2012	Age UK Nottinghamshire	The service continues to encourage and support people into walking for health. Attendances in Quarter 1 have been affected by poor weather conditions, but continue to be above target.	Green
	Develop systems to make CVD pathway services more accessible by adults with a Learning Disability.	31/03/2013	Rachel Doherty, Partnership Manager, Health Equality, NHS Nottingham City.	A pilot scheme commenced in August 2012 in Springfield Day centre in Dapperly to engage with learning disability clients.	Amber
	'Epic Women' Develop & deliver a diverse programme of sport and physical activities through an integrated network of schools and community partners across Nottingham City.	01/01/2014	Emma Brown, Community Sport Manager, Epic Partnership	Exceeding targets by 20% in yr 1. Weekly session retention figures currently stand at 60%. Included in CityCare Public health nutrition team work programme.	Green
	Workshops to focus on MUST, CQC Outcome 5 and Community Meals and Lunch Clubs	31/03/2012	Sharan Jones	On target	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Implement healthy weight aspects of Healthy Child Programme (0-5 years)	Scope training needs of health visiting team staff in terms of prevention and identification of high-risk infants under 2 years (in conjunction with Nottingham University)	01/04/2012	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, & Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Health visiting training needs assessment to take place in Quarter 4.	Green
	Procurement of a breastfeeding peer support programme that provides intensive support for mothers aged under 25 years	01/07/2012	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services	CityCare partnership awarded the contract. Staff and volunteers recruited and trained. Service operational since 3rd September 2012.	Green
	Implement and evaluate 'Be A Star' campaign (targeted at young , white mothers living in deprived areas)	01/08/2012	Sarah Diggle, Public Health Development Manager, Health Equality, NHS Nottingham City.	Scoping with local young women in Bulwell and Clifton complete as well as with stakeholders. Two stars have been selected and photo shoot completed. The campaign materials are being printed and will launch in October to coincide with breastfeeding peer support.	Green
	Implement and evaluate weaning programme	01/04/2012	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	168 families have accessed weaning education programme during Q1-3	Amber

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Implement the City Council Physical Activity and Sport Strategy	Develop an extensive city wide buddy support programme to assist children and young people with a disability in accessing mainstream sport and physical activity sessions	01/09/2013	Sarah Eyley, Sports Development, Nottingham City Council, Nottingham City Council	150 children with a disability have been supported to take part in sport and physical activity sessions in the first 9 months of the project. Disability festival in Sept attracted 2,200 people and was supported by national Paraolympic sponsors Sainsbury's	Green
	Increase the opportunities for people from black and minority ethnic groups to access sport and leisure provision	30/03/2013	Sameer Patel, Sports Development, Nottingham City Council, Nottingham City Council	over £60,000 of external funding was secured in 2011/12 for BME groups to deliver sport and leisure provision in Nottingham City. Ongoing work to support BME groups to access sport and leisure provision with a dedicated officer from Sports Development.	Green
	Develop activity sessions to engage foster children and their families in sport and leisure	31/07/2012	Caroline Martin, Sports Development, Nottingham City Council, Nottingham City Council	27 families now taking part in sessions on a monthly basis, 126 children and 42 adults have attended in total	Green
Improve transport infrastructure and promote uptake of walking and cycling	Provide cycle training to motivate adults to cycle more safely, more often.	30/03/2013	Rachel Doherty, Partnership Manager, NHS Nottingham City	Targets for Quarter 1 have been adjusted to reflect poor weather conditions. Total umber of adults completing 3 hours cycle training in Q1 = 34, 12 from CVD priority areas.	Amber
Increase uptake of Healthy Start vouchers as a part of the Healthy Child Programme	Promote Healthy Start through midwifery booking clinics, Vitamin D programme and weaning education	30/03/2013	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership		Green

Strategic Framework Level – Specialist: Weight Management Services

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Deliver and develop child weight management interventions	Sport and Leisure to expand the number of referring agencies in order to increase uptake onto the programme	31/07/2012	Caroline Martin, Sport and Leisure, Nottingham City Council	Community Nurses now referring into scheme. Number of GP's now referring in also increasing.	Green
	Increase referrals to Slimming World on referral through School Health	01/03/2012	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Procedures in place for school nurses to make referrals. Since April 26th 2011 there have been 5 14-15year olds, these have all been referred from GP'S.	Red
	Record and increase the proportion of children and young people receiving brief intervention around health weight through School Health	01/03/2012	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Q2 2011/12 - 16.9% of overweight/obese children received brief intervention via their school nurse (target 16%)	Green
Deliver and develop maternal obesity interventions	Improve the weight management care pathway during pregnancy	31/03/2013	Lucy Kean, Head of Obstetrics, City Hospital, NUH	Improvements have been made to the pathway including enabling midwives to refer to Slimming World and Healthy Change. Training for midwives on maternal obesity and weight gain. Additional visits for women with BMI > 30 and NUH Dietitian referral for weight management	Green
	Improve obesity and healthy weight information for pregnant women	31/03/2013	Lucy Kean, Head of Obstetrics, City Hospital, NUH.	NUH obesity and pregnancy leaflet nearly completed CityCare healthy eating and pregnancy leaflet produced and being circulated to midwives	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Deliver and develop adult weight management interventions	Increase referral via Healthy Change of adults aged 18 years and over to 12 or more weeks of Slimming World	30/03/2013	Rachel Doherty, Partnership Manager, Public Health.	Demand for this service continues to be high (711 clients accessing in Quarter 1, 308 achieved ≥5% weight loss – 184% of target). The weight management service was re-commissioned though an open tender process in June 2012. New indicators to increase ac	Green
	Counterweight in 10 GP practices	30/03/2013	Rachel Doherty, Partnership Manager, Public Health.	Six of the ten practices originally recruited are currently participating in the Counterweight programme. These practices have experienced some operational problems which have caused a delay in the start of delivery. All practices have been contacted to s	Amber

Strategic Framework Level – Infrastructure

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Adult obesity surveillance - monitoring of levels and trends of overweight and obesity	Determine ongoing viability of Citizen's Survey to detect change in adult obesity prevalence	Annual	John Wilcox, Public Health Development Manager, Health Equality, NHS Nottingham City.	To be included in 2012 survey.	Amber
Child obesity surveillance - monitoring of levels and trends of overweight and obesity	Improve data quality of NCMP, particularly ethnicity	30/12/2012	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Data not yet supplied so unable to assess the data quality.	Amber
	Implement Child Measurement Programme so that it meets national guidance including 85% participation	01/09/2013	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Reception - 91% participation Year 6 - 92% participation	Green
Conduct research to inform service improvement and development	Conduct narrative interviews with City residents and a literature review to develop research proposals in relation to obesity and social networks	31/03/2012	John Wilcox, Public Health Development Manager	8 interviews conducted in St Ann's. 1 in Clifton. 8600 records identified in the literature search. Sifting commenced	Green
Conduct research to inform service improvement and development	To determine how male clients evaluate, and benefit from male-targeted weight management service, an established service, and how can we engage more men to access and adhere to weight loss programmes within Nottingham City	31/03/2013	Brendan Gough, Nott Trent Uni (now at Leeds Met Uni)	Project plans in place. Literature review conducted. Data collection commenced.	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Develop workforce's knowledge, skills and confidence around promotion of health weight and obesity management	Identify training needs of parent support workers and develop training as required	01/04/2012	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Working with partners to identify effective ways to organise and deliver training	Amber
	Identify school training needs with regards to obesity prevention/management	01/10/2012	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Training plan to be devised in Qu4 following work to identify best approach in relation to work around packed lunches and snacks	Green
	Deliver and evaluate programme of training for (adults) health, local authority and voluntary sector staff	01/03/2012	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.		Amber
	Piloting the delivery of a one day Programme (to approximately 15 staff per Programme) within NCC Older People Care settings regarding healthy and nutritional food options for citizens	31/03/2013	Helen Storer/Sharan Jones	It is hoped the first Programme will commence in the latter part of 2012	Green

Strategic Actions	SMART Action	Timescale	Lead	Outcomes progress	RAG rating
Obesity surveillance of high risk groups	Implement and evaluate a pilot of giving proactive feedback to parents of children identified as above a healthy weight in the NCMP by school health	01/06/2013	Sarah Diggle, Public Health Development Manager, NHS Nottingham City & Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Evaluation was not possible due to inadequate data collection. Programme will be implemented again during 2012/13.	Amber