Healthy Weight Strategy

for Nottingham City 2011-2020



Action Plan (June 2013)

Nottingham City Council

Strategic Framework Level – Universal: Whole Population Prevention

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
Deliver child/family programme of community nutrition interventions	Update the model school food policy checklist for breakfast clubs and use this to undertake a survey of city schools	30/10/2013	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Survey of schools undertaken in April/May 2013. Results being collated. model school food policy will be updated in line with relevant findings from the survey.	Green
Develop parks and open spaces that are conducive to healthy weight	Park Ranger Service to work with volunteers to carry out work on open and green spaces through 100 volunteer sessions.	01/03/2012	John Simpson, Senior Park Ranger, Nottingham City Council	During 2011/12 the Ranger service delivered 212 volunteering sessions, working with 1487 volunteers from more than 40 community groups and corporate partners. This equates to work carried out on parks and open spaces around the city with an “in kind”	Green
	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	New facilities opened 2012/13: Barton Green play area, Robin Hood chase play area; Commercial Road play area; Snape Wood play area; Park Lane play area; Planned for 2013/14: Wollaton Park play area, Colwick Woods play area; Parkdale park play area,	Green
	Parks & Open Spaces Service to deliver 5 new outdoor gyms on parks.	31/12/2012	James Dymond, Parks Development Manager, Nottingham City Council	Outdoor gyms open at Bulwell Hall Park, Southglade Park & Victoria Embankment. Usage monitoring underway.	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.	31/07/2013	James Dymond, Parks Development Manager, Nottingham City Council	Project 50% complete including restoration of Lodge, pavilion, entrances and central promenade.	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.	Project 50% complete including restoration of Lodge, pavilion, entrances and central promenade. Completion July 2013.	Green

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
	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	Strategy delivery underway.	Green
Develop workforce's knowledge, skills and confidence around promotion of health weight and obesity management	Deliver physical activity guidelines training for Leisure Centres by March 2013.	31/03/2013	Francesca Barney, Physical Activity and Health Officer, Nottingham City Council	85 leisure centre staff attended 3 physical activity guidelines training sessions throughout March 2013, delivered by the Health and Physical Activity Officer and Fitness Manager within the Sport and Leisure Team. There will now be a cascade training	Green
Engage with the community and promote healthy weight through the Decade of Better Health	Coordinate work to promote healthy weight in ward action plans	31/03/2012	Jennifer Burton, Health Promotion Manager, Nottingham City Council.	Increasing access to commissioned Health Improvement Services including cook and eat sessions is included in All ward action plans	Green
	Facilitate links with partner agencies in localities to promote healthy weight	31/03/2012	Jennifer Burton, Health Promotion Manager, Nottingham City Council.	Change makers have conducted surveys to determine accessibility of Health improvement services. Partnership working underway to improve access.	Green
Food Strategy	Produce a Food Strategy, Implementation Plan and Food Charter	31/01/2013	Sharan Jones, Health and Wellbeing Manager, Nottingham City Council.	Final drafts produced awaiting approval and sign off.	Amber
Implement the City Council Physical Activity and Sport Strategy	Complete the Leisure Centre transformation programme including the provision of new replacement facilities for Victoria Leisure Centre, Noel Street Leisure Centre and the Beechdale Swimming Pool		John Wileman, Sport and Leisure, Nottingham City Council.	Victoria has now been open a year with significant increases in attendances over the old facility. Harvey Haden has planning permission approved and goes to final Executive Board approval in April 2013. The proposed opening date for the new facility is spring 2015.	Green

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
	Develop a yearly programme of sports coaching opportunities for adults in the city including learn how to play a new sport, park run and Walk in the Park	31/03/2012	Francesca Gibson, Sports Development, Nottingham City Council, Nottingham City Council	As of 31st March, 2,161 individual runners have taken part in Colwick park run since its launch in June 2011. Second park run started at Forest Reek on 6th April with 110 runners. Sport and Leisure now working in partnership with Age UK on the Walking for Health scheme	Green
	Increase attendance and participation in swimming lessons		Claire Sullivan, Sports Development, Nottingham City Council	Currently there are 2,414 individuals enrolled on Nottingham Swim School, 79% uptake. This equates to roughly 200 adults and 2000 children	Green
	Develop a comprehensive programme during term time and school holidays		Caroline Martin, Sports Development, Nottingham City Council	Uptake in week 1 of the Easter holidays across the 4 participating centres was 56%. With the closure of Harvey Haden, new delivery is taking place at Miner Crescent to ensure delivery in this area of the city.	Green
Implement the Physical Activity, PE and Sport Strategy	Establish and monitor revised local targets for physical activity, sport and PE in the City	30/11/2011	Martin Smith, Sport, Outdoor Learning and Sustainability Services Manager, Nottingham City Council	Revised local targets have proved difficult to develop and evaluate. Revised targets have now been agreed and set as part of a new SLA with Public Health. A system of surveying and reporting on these targets has now been implemented. First annual report on the programme produced I September 2012.	Green
	Establish Change4Life clubs in primary schools	31/03/2014	Martin Smith, Sport, Outdoor Learning and Sustainability Services Manager, Nottingham City Council	39 schools are now involved in the programme with additional support from Nottingham NHS. A new programme 'Health Lifestyle Coaches' is now being developed as an additional health and physical activity programme, led by Nottingham University, Samworth Ac	Green

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
Implement universal approaches to promote breast feeding	Achieve accreditation stage 2 in maternity and community health services	12/01/2013	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, & Anne Crompton, Family Health, NUH	Achieved stage 1 assessment in both community and maternity. Stage 2 assessment scheduled for July (NUH) and Nov 2013 (Community) Breastfeeding prevalence rates increasing. 2012/13 Q3 - 47.4% (Eng average 47.2%)	Green
	Implement BFI staff training programme across NUH and community health services	12/01/2013	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership & Anne Crompton, Family Health, NUH	Achievement of stage 1 in community and maternity. MATERNITY - Training of neonatal staff to be completed March 2013 COMMUNITY -Breastfeeding awareness training curriculum developed for reception staff (Children Centre, health centre and GP practices)	Green
Improve transport infrastructure and promote uptake of walking and cycling	Develop effective community engagement and expand capacity to deliver locally focused travel advice and services	30/03/2015	Chris Carter, Team Manager, Transport Strategy	Delays experienced with expansion of the number of Community Smarter Travel Hubs across the wider urban area however funding package now agreed with local contributions made by partners. Grant award process and timescales currently being established for a	Amber
	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	Commencement of the 20mph programme to cover residential areas across the city is underway with the launch of the first scheme in Sherwood taking place in April 2013 following consultation which took place in 2012. Consultation on the 2nd area in Bulwell has started	Green

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
	Targeted cycling route improvements through LTP3	30/03/2014	Chris Carter, Team Manager, Transport Strategy, Nottingham City Council	Cycle Action Plan published in October 2012. Works carried out to Embankment link and the A612 commuter corridor during 2012/13.	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	Significant increase of 15% in cycling levels has been achieved in recent years.	Green
	Expand cycling scheme in NUH, Universities and into F.E. Colleges	30/03/2015	Chris Carter, Team Manager, Transport Strategy, Nottingham City Council	Phase 2 of the scheme launched in January 2012 with work being undertaken with three colleges (New College Nottingham; Central and Bilborough Colleges). Infrastructure works to improve cycle facilities and routes also undertaken at each institution.	Green
Promote healthy nutrition in schools	Develop and implement the school food action group action plan	08/04/2013	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Action plan completed and being implemented for the 2012/13 academic year. Achievements will be written up in August 2013.	Green
Promote healthy weight as part of public sector healthy workforce programmes	Develop specific joint actions to promote physical activity and healthy eating to staff across public sector organisations	31/03/2014	Paul Dodsley, Health Promotion Specialist, Public Health, Nottingham City Council	Programme developed for implementation from April 2013	Green
Promote healthy weight as part of public sector healthy workforce programmes	Promote physical activity and healthy eating to NUH staff	01/03/2012	Steph Knowles, Healthy Workforce Coordinator, NUH	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

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
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,, Nottingham City Council.	10 centres have achieved the standard (Nov 2011)	Green
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,, 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
Promote healthy weight through Healthy Schools	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, 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 weight through planning policy	Local Plan Policy to limit fast food outlets under certain criteria	31/03/2013	John Wilcox, Public Health Development Manager, Public Health Nottingham City	A Health Impact Assessment has been completed. The policy is going forward in the preferred options local plan.	Green
	Include evidence based measures to promote healthy eating and physical activity in the Local Plan and Core strategy	31/03/2012	John Wilcox, Public Health Development Manager, Public Health Nottingham City	There has been input into the Local Plan Preferred option draft policies. Also into the Core Strategy	Green

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
Work with food retailers	Develop and pilot work with takeaways and other food outlets in a specific area of the city		Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	This work in continuing into 13/14 with a focus on the West Area.	Amber

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'.	3/31/14	Sharan Jones, Health and Wellbeing Manager, Nottingham City Council	Pilot work has taken place with community centres and the learning is now being applied to Adult Learning Disability and Older People's settings	Green
Deliver and develop maternal obesity interventions	Active Families - new mums	3/31/11	Caroline Martin, Sports Development, Nottingham City Council	YMCA staff will be trained at end of April in a new family based orienteering programme which will be delivered to families and mums to increase physical activity levels. Training was planned for March but cancelled due to bad weather.	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	12/1/11	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	This work is now completed.	Green
	Explore need, plan and develop a programme for promotion of good nutrition through nurseries	3/31/12	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Review undertaken of national guidance around early year's nutrition and food provision. Eat Well Early Years training has been delivered in 7 nurseries.	Green
Deliver targeted child/family physical activity interventions	Deliver Active Families sessions at all leisure centres and expand to New Victoria Leisure Centre once opened	3/31/12	Caroline Martin, Sports Development, Nottingham City Council	Since the project began, 1525 families have taken part in Active Families. 2,428 adults and 2,586 children. Sessions at VLC still extremely popular	Green
Deliver targeted interventions for at risk adults	Provide telephone based service to support adults to improve CVD risk factors and access other services.	3/30/13	Healthy Change Manager, NHS Direct.	4644 clients have accessed the service in Q1-Q3.	Amber

	Increase the number of adults in receipt of benefits accessing the Be Fit scheme in the city	3/31/14	Francesca Barney, Sports Development, Nottingham City Council,	As of March 31st there was 2,674 members signed up to Be Fit	Green
	Provide guided walks to adults risk groups	3/31/14	Age UK, Nottinghamshire	209 people have accessed walks in Q1-Q3	Green
	Develop systems to make CVD pathway services more accessible by adults with a Learning Disability.	3/31/11	Helen Thompson, Regional Head of Service Development, NHS Direct.	A pilot scheme commenced in August 2012 in Springfield Day centre in Dapperly to engage with learning disability clients through the Healthy Change service. This learning is being extended in Healthy Change.	Green
	'Epic Women' Develop & deliver a diverse programme of sport and physical activities through an integrated network of schools and community partners across Nottingham City.	1/1/14	Helen Davis, Service Manager, EPIC Partnership	This programme been stream lined due to funding restrictions and trying to ensure sustainability for 2014. Exceeding targets by 30% in for year 1 & 2. Weekly session retention figures have varied. Many women have progressed from the Epic women project and have joined local gyms.	
	Provide a 12 week funded programme of exercise and physical activity behaviour change support for patients with low physical activity levels	3/30/13	Craig Berens, Director, Notts YMCA	2245 adults have accessed the scheme in Q1-Q3	Green
	Deliver a programme of 6 week cook and eat courses for adults	3/30/13	Helen Storer, Head of Dietetics, CityCare Partnership.	752 adults accessed the courses in 2012/13. The programmes are continuing in 2013/14 and are entitled “Eat Well for Life”	Green
	To deliver small grants to local communities to develop projects that will improve health and wellbeing in local areas.	3/12/31	Sharan Jones, Health and Wellbeing Manager, Nottingham City Council	Completed, five rounds of grants have taken place and grants totalling £90 000 have been awarded.	Green
	Workshops to focus on MUST, CQC Outcome 5 and Community Meals and Lunch Clubs	3/31/12	Sharan Jones, Health and Wellbeing Manager, Nottingham City Council	Delivered	Green

Develop workforce's knowledge, skills and confidence around promotion of health weight and obesity management	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	3/31/13	Sharan Jones, Health and Wellbeing Manager, Nottingham City Council	Delivered	Green
Food Strategy	Through the City Council's Food Strategy, link with Nottingham's food banks to promote and improve the nutritional quality of the food provided and raise awareness of other relevant services.		Sharan Jones, Health and Wellbeing Manager, Nottingham City Council	Strategy awaiting City Council sign off	Green
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)	4/1/12	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
Implement targeted approaches to promote breast feeding / weaning	Procurement and delivery of a breastfeeding peer support programme that provides intensive support for mothers aged under 25 years	1/9/14	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership.	Peer supporter coordinator recruited. • Volunteer and paid peer supporters recruited and undergone accredited training. • Referral pathway developed • Service operational from 3rd September 2012 - from Oct - end Dec 2012 -91 women accepted offer of sup	Green
	Implement and evaluate 'Be A Star' campaign (targeted at young , white mothers living in deprived areas)	1/10/13	Sarah Diggle, Public Health Development Manager, Nottingham City Council.	Campaign was launched in October 2012 with street engagement events. Materials are being distributed to all young pregnant women, their partners and new mothers via midwifery and health visiting teams.	Green

	Implement and evaluate weaning programme	3/30/14	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	335 families have accessed weaning education programme and 16 have accessed weaning cook and eat course by end March 2013	Amber
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		Caroline Martin, Sports Development, Nottingham City Council	End of Year figures of C&YP engaged was 172. Ability Adults launched in January for adults aged 19+	Green
	Increase the opportunities for people from black and minority ethnic groups to access sport and leisure provision		Sameer Patel, Sports Development, Nottingham City Council,	New project with the Dame Kelly Homes Legacy Trust has been established which will run from April 2013 for 4 years and will engage a min of 160 young people into sport and physical activity.	Green
	Develop activity sessions to engage foster children and their families in sport and leisure	3/31/14	Caroline Martin, Sports Development, Nottingham City Council	4 new Active Foster Families have taken place since September 2012. An additional 70 young people in care have benefited from externally funded fitness and swimming projects in last 4 months	Green
Improve transport infrastructure and promote uptake of walking and cycling	Provide cycle training to motivate adults to cycle more safely, more often.	3/30/13	Ridewise	187 adults have been trained in Q1-Q3	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		Ali Atkinson & Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership		

Strategic Framework Level – Specialist: Weight Management Services

Strategic Actions	SMART Action	Timescale	Strategic 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 Active Families programme	7/31/12	Caroline Martin, Sport and Leisure, Nottingham City Council	3 new referrals for Active Families from Sept 2012 until end february 2013 from a community nurse, dietician and GP. Area's of the city from which referrals are received is widening	Amber
	Re-brand and re-launch Go4it	1/5/13	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Revised material in development	Green
	Increase referrals to Slimming World on referral through School Health	3/1/12	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	3/1/12	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	3/31/11	Lucy Kean, Head of Obstetrics, City Hospital, NUH	Improvements have been made to NUH maternity services. The group is considered other options such as a healthy weight midwife, improved referrals to Slimming World and healthy eating.	Green
	Improve obesity and healthy weight information for pregnant women	3/31/13	Lucy Kean, Head of Obstetrics, City Hospital, NUH.	NUH obesity and pregnancy leaflet completed.	Green

Strategic Actions	SMART Action	Timescale	Strategic 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	3/30/13	Rachel Doherty, Partnership Manager, Public Health.	2176 adults have accessed the scheme in Q1-Q3	Green
	Commission the Motivate men's weight management scheme	3/30/13	Rachel Doherty, Partnership Manager, Public Health.	386 people of which 234 were men started the programme in Q1-Q3. This is below the agreed performance. The contracted has been renegotiated for 13/14.	Amber
	Deliver Shape Up a targeted 10 week project to support overweight women in Sneinton and Bilborough.	31/07/13	Helen Davis, Service Manager EPIC Partnership	Nearly 200 women have taken part over 15 months. Approximately 1/3 of these are from the Asian community There is an attendance rate of 75% regularly attending. 80% report weight loss. Currently developing online resources to support women from home.	Amber

Strategic Framework Level – Infrastructure

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
Develop workforce's knowledge, skills and confidence around promotion of health weight and obesity management	Deliver and evaluate programme of training for (children's) health, local authority and voluntary sector staff	4/30/14	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	477 people accessed training in 2012/13. Based on the assumption that an additional 15 people will benefit from the increased knowledge of each person trained, this will have had a potential reach of 7155 beneficiaries.	Amber
	Identify training needs of parent support workers and develop training as required	4/1/12	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	10/8/13	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Questionnaire in relation to school training needs sent in April 2013, results being analysed.	Green
Child obesity surveillance - monitoring of levels and trends of overweight and obesity	Implement Child Measurement Programme that meets national guidance including 85% participation	1/9/13	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Reception - 91% participation Year 6 - 92% participation	Green
	Improve data quality of NCMP, particularly ethnicity	12/30/12	Phyllis Brackenbury, Assistant Director of Children and Young People and Family Services, CityCare Partnership	Data quality for 2011/12 measurement programme improved. Ethnicity data missing for 2% and postcode data missing for 0%. However 25% of measurements had the height rounded which puts this into the national amber RAG rating.	Amber

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
Obesity surveillance of high risk groups	Analyse maternal obesity data collected by NUH	10/1/13	John Wilcox, Public Health Development Manager, City Council	Find out from NUH if this is possible through work of maternal obesity group.	Green
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	6/1/13	Sarah Diggle, Public Health Development Manager, Public Health 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
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		John Wilcox, Public Health Development Manager, Public Health Nottingham City.	Included in 2012 survey. No identified change in prevalence since 2008.	Green
Develop workforce's knowledge, skills and confidence around promotion of health weight and obesity management	Deliver and evaluate programme of training for (adults) health, local authority and voluntary sector staff	3/1/12	Helen Storer, Head of Nutrition and Dietetics, CityCare Partnership.	Staff training has been carried out in relation to wider CVD risk factors (including obesity) and was accessed by 244 participants in 2012/13. Further work is required in relation to specific weight management training.	Amber
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	3/31/13	John Wilcox, Public Health Development Manager	Research completed. Report in production.	Green

Strategic Actions	SMART Action	Timescale	Strategic lead	Outcomes progress	RAG rating
	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	6/30/13	Brendan Gough, Nottm Trent Uni (now at Leeds Met Uni)	Research on schedule to be completed in June 2013	Green