

Healthy Weight in Argyll & Bute

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The ACPG is asked to:

- Note the partnership working activity and the contents of this paper in relation to healthy weight
- Consider where improvements can be made in key partnership activity regarding healthy weight
- Consider their role in relation to the food and health agenda in Argyll & Bute
- Consider their role in relation to the physical activity agenda in Argyll & Bute
- Endorse & support co-production of services to promote healthy weight

1 Background and Summary

Overweight and obesity have been linked to increased risks in adults of Type 2 diabetes, cardiovascular diseases and other long term conditions such as hypertension and strokes and some cancers such as breast and colon cancer.

Shona Robison MSP said this in March 2013 “the challenge of obesity and physical inactivity are major public health issues for Scotland.....if obesity levels continue to rise the cost to the Scottish economy will be 3billion”

This rise in cost was noted by Nicola Sturgeon in 2010 “a cost so large that it will directly impact on our nation’s ability to achieve sustainable economic growth. It is shocking to realise that all of this is preventable and with small steps people can begin to control their weight”

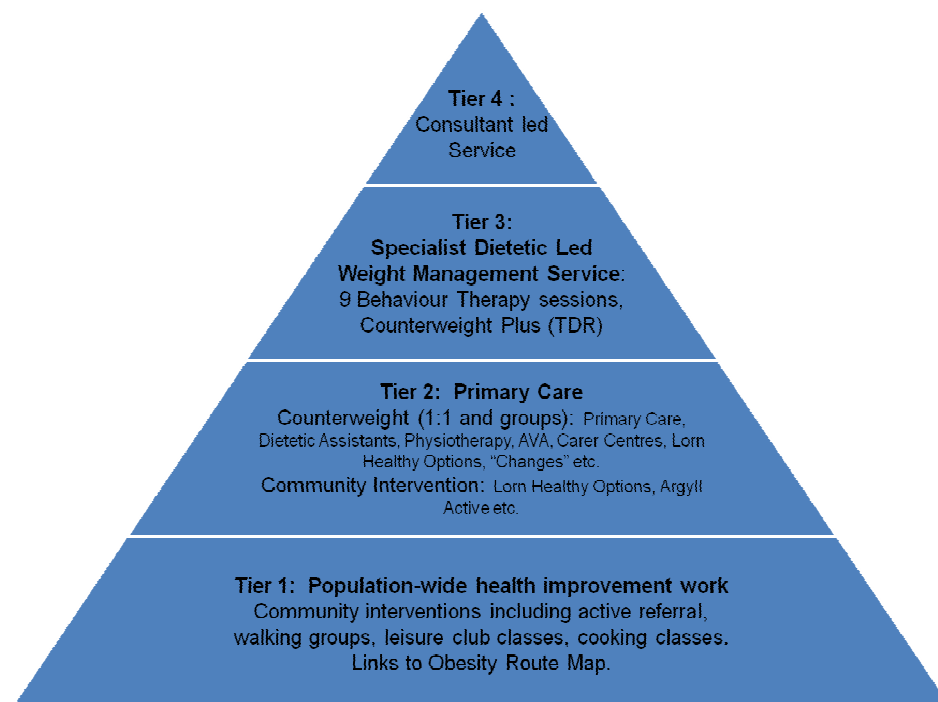
Dr Andrew Fraser, NHS Health Scotland also said in March 2013 that “Action is essential to reverse the rising trend in weight gain and prevent growing levels of obesity related ill health. Obesity is a direct cause of a range of life limiting and life reducing illnesses including a range of cancers, heart disease and diabetes. It means people cannot work and is also a cause of very significant financial cost to a resource limited NHS”

2 The Obesity challenge for NHS Highland

The obesity problem and the need for intervention, is highlighted in The Obesity Route Map, a publication produced by the Scottish Government (2010). The total cost of obesity to Scottish society in 2007/8 “was in excess of £457 million and it is likely that this is an underestimate”.

The Scottish Government, (2010) states that “Obesity poses a real risk to people’s health & Health Boards have been encouraged to develop explicit care pathways offering a range of weight management programmes. In NHS Highland, the weight management pathway is based on a tiered approach (Diagram 1) and reflects the outcome of local, regional and national discussions and an agreed model of service provision.

Diagram 1 - A&B CHP, NHSH Weight Management 4 Tier Structure



From April 2013 A & B CHP dietetics was granted permission to fund a post to co-ordinate weight management. Healthy weight money provided by the government via the public health budget has also supported resources for weight management by fostering a good working partnership between dietetics and public health. This has helped to promote the service working across Argyll & Bute and is moving forwards to begin to meet local challenges of obesity as set out by the Scottish Government including:

- Support to public health to deliver tier 1 preventions
- 31 practitioners trained in Counterweight across A & B, including 3rd sector volunteers, practice nurses and health care assistants, Lorn Healthy options staff (LOHO)
- Development of electronic Health Action Planning tool with the UHI

3 Contribution to the SOA and local strategy

A & B Health & Well Being Partnership's Joint Health Improvement Plan delivers on strategic priorities for health improvement via 7 local Health & Well Being networks. The Healthy weight outcome is informed by national and local policy as above and locally agreed measures in the SOA:

As can be seen from the statistics on overweight and obesity, further coordinated action is required to develop a varied approach to tackling obesity. Without targeted intervention a major and irreversible time bomb will be ticking away at our children's and our nation's health. There is no silver bullet to encourage healthy weight; instead multiple coordinated actions are required to tackle a multifactorial problem. As well as individuals themselves, we all have a role to play to lower the rate of obesity in the UK.

It is important that we encourage and help people to:

- Make healthier lifestyle choices
- Eat and drink more healthily
- Be more active
- Reduce sedentary behaviour

To do this we need to secure high-level commitment to long-term, integrated action on obesity, as part of our joint health and wellbeing strategy. At this strategic level, the impetus for a community-wide approach begins with local elected members alongside senior managers from the NHS, the local authority and representatives from the Third Sector. Argyll & Bute CHP Public Health directorate already provide some investment and leadership via the Health & Well Being partnership and the Food and Healthy Weight working group.

4 Food & Healthy Weight Activities

Argyll & Bute Food & Healthy Weight working group

This group acts as the Food & Health sub group to the Health & Well Being partnership with representatives from statutory organisations and the Third sector. It aims to promote the benefits of healthy eating, sustainability and food safety, increase the procurement and provision of safe, nutritious and sustainable food for A & B and raise the profile of Food and Health issues within respective members' organisations and partners.

Rock Up in Red - Keep Well with Local Produce Roadshow (March 13)

In response to food and health reports in the national media (January 2013), the Argyll & Bute Food and Health Working Group saw an opportunity to raise awareness of cooking with local food. Tarbert & Skipness Community Trust and NHS Highland, teamed up to provide a series of events aimed at promoting locally grown food and associated health benefits. Almost 1,500 individuals in the areas of Oban, Campbeltown, Islay, Tarbert, Dunoon and Rothesay attended the roadshow.¹

The Barrowband

The Barrowband specialises in educational workshops and performance about the environment and health, celebrating nature and its products through, music, art & performance and influence people's health in a positive way. Accompanying the Keep Well roadshow it was identified that in order to fully capitalise on the success, a forward plan should be developed to further engage with young people and the curriculum with support from the Barrowband, recognising the importance of early intervention to inform health choices for life. (See next steps)

Consulting Chefs

As part of scoping activity in the first year of the Weight Management co-ordinator post public health staff and the WMC asked people 'How can we help you EAT BETTER' during the Keep Well with Local Produce roadshow and at another 5 community events. An Argyll based chef demonstrated healthy cooking options on a budget and public health staff asked the question "How can we help you EAT BETTER?" answers included:

- Greater support and access to land for allotments from the council & NHS
- Encourage people to grow their own
- Promote local produce
- Run community cooking classes
- Work with co-op, change way food is marketed
- Tax sugar
- Promote green gym activities

¹ <http://healthyargyllandbute.co.uk/keep-well-with-local-produce/>

Soil Association's Bronze Food for Life Catering Mark

Argyll and Bute Council's primary school meals staff have been recognised with a prestigious national award which aims to increase access to fresh and healthy food. The local authority's school catering service has been awarded the Soil Association's Bronze Food for Life Catering Mark. This certification shows that the council's school meals teams are committed to a set of key principles. These include using environmentally sustainable and ethical food; preparing meals using unprocessed ingredients without additives and trans fats; making it easier to eat healthy meals, and supporting local producers.²

Physical Activity Consultation

A scoping consultation exercise with key partners in relation to physical activity across Argyll & Bute has recently been completed on behalf of the Health & Well Being partnership. The aim of the consultation exercise was to clarify the range of initiatives which support physical activity locally in addition to scoping the views of stakeholders with respect to issues pertaining to physical activity.

Innovative Practice

In Argyll & Bute, an innovative programme called "Joint Activity" has been delivered during 2013/14. Funded by RCOP, but delivered by Arthritis Care Scotland (ACS).

Apart from these modules there is a programme of physical activity that is still being developed, but which started with Tai chi for Arthritis (suitable for people with mobility problems), chair-based yoga and Boccia (a seated sport, a bit like bowls).

LOHO – Lorn & Oban Healthy Options

Healthy Options is a community organisation & social enterprise, formed from collaboration between local NHS health professionals and community activists. During first two years a total of 265 people started on a Healthy Options programme results show joining HO has made a positive impact on clients' daily life, for some joining HO has been nothing short of 'life-changing. There is clear evidence that communities have a major role in enabling the people of Scotland to 'live longer, healthier lives' Healthy Options is the embodiment of this thinking and along with their evaluation results is a living, working model which proves this.³

Childsmile

Childsmile is a national programme designed to improve the oral health of children in Scotland and reduce inequalities both in dental health and access to dental services. As one of the key oral health messages is to reduce the amount but more importantly the frequency of food and drink containing sugar, this programme will impact on the overall health and wellbeing of our communities.

Argyll and the Isles Coast and Countryside Trust –ACT

This new initiative is a partnership between Argyll and Bute Council, the Forestry Commission, NHS Highland and Scottish Natural Heritage and will be active in a variety of projects running across the area. ACT will focus on initiatives which improve opportunities in the access, biodiversity, health and wellbeing, economic growth, heritage and environmental tourism sectors.⁴

² www.soilassociation.org

³ <http://www.lornhealthyoptions.co.uk/>

⁴ www.act-now.org.uk

Next Steps

Food for thought Funding

A submission has been prepared for Scottish Government Food For Thought Funding to support a Campbeltown Cluster Project: involving Dalintober and Castlehill Primaries, working with Campbeltown Grammar School. The outcome of the funding bid is anticipated in June.

Inspiring Volunteers

Third Sector Partners Inspiralba, Bridgend Community Garden and Kintyre Environmental Group have secured funding for Inspiring Environmental Volunteers. This project recognises the therapeutic benefits of engaging with horticulture / the garden environment and also builds on the experience of community gardens in supporting people to live healthier lives - through provision of active volunteer opportunities, developing confidence and self-esteem and promotion / access to healthy local produce.

Ongoing work:

- Continue collaboration with the Barrowband, develop more formal input to A & B schools, creating pilot project using enterprising approach to cover costs and enable school PTA's / Parent Councils to generate income for workshops and resources.
- Further analysis of results of consulting chefs and develop further work with Health & Wellbeing networks to implement further outreach activities.
- Further analysis of Physical activity consultation by short life working group and develop future action plan.

The area community planning groups can help ensure a joined-up approach by fully involving other statutory agencies and council departments, such as planning, transport, education and leisure to identify a CPP role in addressing obesity and promoting healthy weight and healthy lifestyles, involving representatives from the range of agencies and departments to identify good practice and a shared strategy. The groups could consider appointing people within these areas to champion Healthy Weight / Health and Wellbeing and be represented on relevant forums such as the Food & Health Working group or the Health & Well Being partnership.

Members could encourage and support ongoing work by key stakeholders on Healthy Weight, promoting a positive work environment, enabling staff to participate in health promoting activities, and working towards the Healthy Working Lives award. Councils and the NHS are one of the largest employers in A & B – both can set a good example by making moves such as removing vending machines that offer unhealthy foods from their own buildings and running healthy lifestyle activities like organised walks at lunchtime.

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