

Progress Update – Obesity **R HILL UPDATE**

No	Recommendation	Responsibility	Anticipated Completion Date/ Completion Date	Evidence of Progress 22/02/10	Assessment of progress (Categories 1-4) 22/02/10	Evidence of Progress 19/05/10	Assessment of progress (Categories 1-4) 19/05/10
1	The Committee recommends that the Director of Public Health together with appropriately identified partners from the Health and Well-being Partnership Board publish a long-term strategy to tackle obesity that is appropriately resourced. The Committee acknowledges the excellent work already carried out by stakeholders and this strategy will capture and build upon the work that is currently delivered in the borough.	Elizabeth Shassere Ruth Hill Claire Spence	By end June March 2010 December 2009	Healthy Weight, Healthy Lives Partnership group formed, including representation from LA partners, third sector, private and health professionals Teeswide obesity strategy development has been discussed. In order to progress it has been agreed that Stockton-on-Tees will develop a local level strategy. Strategy will be formatted using the recognised 4 tier approach to obesity, to ensure all areas are captured.	2 – on track 3 - slipped	Healthy Weight, Healthy Lives group progressing well and has representation from all sectors who contribute to tackling obesity in Stockton.	2 – on track
2	The Committee recommends that the PCT and SBC evaluates not only the success of obesity programmes currently commissioned and delivered within the Borough but also	All commissioners of obesity related activity All members of	Ongoing	All adult and child obesity treatment services in tier 1 are being evaluated using the framework (SEF) provided by the Department of Health to assess long term lifestyle changes and improvements Tier 1 services (prevention) will be monitored through the HWHL partnership group and	2 – on track	Evaluation of the adult weight management service Lite4life is progressing well. Final report to be due by February 2011. Performance monitoring of child obesity service 'Young Person's Active Health Scheme' is showing positive outcomes, such as	2 – on track

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	consider introducing examples of best practice elsewhere to ensure that value for money is being achieved and services are delivered in targeted areas and to targeted groups as appropriate.	the HWHL groups.		support to partners to measure outcomes effectively		maintenance of weight, improvements in self worth and self esteem and increase in activity levels. Comments from families accessing the service have shown high satisfaction levels. Tier 1 services (prevention) are continued to be monitored through the HWHL partnership group by the introduction of a HWHLs framework to capture current provision and progress, which supports partners to measure outcomes effectively	
3	The PCT commission the midwifery service, as part of its service level agreement to introduce progressive nutrition and cooking skills programmes during antenatal visits which should include benefits of breast feeding.	Commissioners of midwifery services in partnership with service managers. Joanne Dobson	By end March 2010 2011	HWHL Partnership group agreed to develop short-lived working group to progress on the recommendation	2-on track	As part of Transforming Community Services plans are in place to make every contact a health improving contact. The specification development will attempt to maximise opportunities to offer brief interventions and healthy lifestyle advice etc. The working group have not met to progress this element at this stage	2 – on track

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4	SBC and the PCT make public information available to help women planning conception to prioritise healthy eating and physical activity programmes and offer readily available and appropriate programmes to pregnant women.	Commissioners of midwifery services in partnership with service managers.	By end March 2010	Agreed to map existing capacity and offer available by short lived working group established to work on nutrition and cooking skills	2 – on track	Further work is required to map the capacity – focus has been on breastfeeding as this is key metric for the PCT and LA	3 – slipped
5	SBC introduce cooking skills development within Children’s Centres.	Public health and children’s commissioner in partnership with Nutrition and Dietetics service	By end March 2010	HWHL Partnership group agreed to develop short-lived working group to progress on the recommendation	2 – on track	Health Trainer manager has been given the action of mapping current provision by the HWHLP group. Draft mapping work has been shared with the HWHLP group for contributions.	2 – on track
6	SBC and the PCT identify funding and commissioning opportunities and community venues to introduce cooking healthily skills for Stockton Borough residents in order to improve the quality of family eating behaviour.	A community nutritionist service has been commissioned by public health, with part of the remit being to promote cooking skills within the community	By end March 2010	HWHL Partnership group agreed to develop short-lived working group to progress on the recommendation	2 – on track	Health Trainer manager has been given the action of mapping current provision by the HWHLP group. Draft mapping work has been shared with the HWHLP group for contributions.	2 – on track

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7	SBC increase opportunities for active play in parent/carer and toddler groups.	Martin Graham Claire Spence	By March 2010	<p>SBC unsuccessful in the bid for the second wave</p> <p>SBC Leisure and Sports Development post leading on engagement in physical activity in the under 5s, including training early years practitioners in play.</p> <p>Tees Active increasing services for 3-5yr olds</p> <p>Early years obesity service tender was unsuccessful in commissioning provider. Public health, LA and interested partners meeting to progress with commissioning a service.</p> <p>ISA Business Unit Plan Children's Centres 2009/10</p> <p>Children's Centres in all ISA's provide Stay and Play sessions for children 0-5yrs and their parents/ carers, 3065 children attended (BUP 2009/10). These sessions incorporate active play, including dance and outside activities effectively implementing the requirements of the Early Years Foundation Stage (EYFS) around physical</p>	2 – on track	<p>SBC Leisure and Sports Development post leading on engagement in physical activity in the under 5s, including training early years practitioners in play.</p> <p>Tees Active have increased services for 3-5yr olds through the commissioned Sporting Start</p> <p>SBC have commissioned the Health Visiting Team to deliver an Early Year's Obesity Service in partnership with Dietetics and SBC Sports Development. Public Health will be performance managing the contract with SBC.</p>	1 – Achieved

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				activity.			
10	Promote a strategic approach to healthy eating and physical activity through the introduction of Healthy lifestyle team comprising of Nutritionist (2) and assistants to work with Healthy Schools Team. Responsibilities would include: § SBC's Children, Education, Social Care (CESC) department to maximise opportunities to promote positive attitudes and behaviours related to healthy eating. § CESC to monitor implementation of School Food Trust Guidelines. § CESC to encourage the increase of school meal take up. § CESC, with School Governors, to introduce healthy lunch box policy.	Claire Spence/ Elizabeth Shassere Ruth Hill	March 2010 Ongoing	Commissioned providers progressing with increasing school meal take-up. School stakeholder event was held and a directory of support services has been established for schools SBC Leisure and Sports development commissioned provider to deliver 'Health Matters' training to KS4 staff (incorporating nutrition and physical activity) Public Health commissioned 'Wise about Weight' service for children and young people who are suffering emotional/mental health issues due to weight concerns Specialist weight management developed to meet NICE guidance for children and young people (5-16yrs) and families	2- on track	Healthy Schools programme working on increasing the numbers of schools utilising lively lunchtime crew a sustainable nutrition and physical activity programme for schools lunchtimes. Healthy Schools programme and Sports development working on a partnership bid development to link schools to funding streams in sports development to maximise the effective dispersing of funds to measurable outcomes in schools and to sustain the funding for the lunchtime crew. SBC Catering and Building Services working on increasing the number of taster/theme days to open up lunches to all children inclusively. SBC Catering and Building Services rolling out the cooks pack to market the school lunches effectively across a whole school and utilising the pupil/parent views to develop service provision.	2 – on track 2 – on track 2 –on track 2 – on track

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	<p>§ CESC and the PCT to deliver training to school staff, and included in School Governors training programme, to ensure a consistent healthy lifestyle message.</p> <p>§ CESC to explore all funding opportunities of breakfast clubs and determine standard quality levels.</p> <p>§ CESC to address obesity related school bullying.</p> <p>§ PCT and CESC to develop specialist treatment service for children above 98.6 centile.</p> <p>§ PCT and CESC to develop robust pathways for referral to other weight management opportunities in the community for secondary school-age pupils.</p> <p>§ CESC with SBC's Road Safety Team ensure that each</p>					<p>Public Health continue to commission the Specialist weight management developed to meet NICE guidance for children and young people (5-16yrs) and families.</p>	<p>1 – achieved</p>

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	school has in place an appropriate sustainable school travel plan.						
11	<p>The Committee expects that CESC should continue to explore opportunities with School Governing Bodies to promote:-</p> <p>§ The Healthy Schools Programme § The Extended School Day including the promotion of Breakfast Clubs § The opportunity of the wider community accessing school grounds out of school time.</p>	<p>Claire Spence</p> <p>Extended Schools</p>	<p>September 2009</p> <p>March 2010</p>	<p>To progress short term HWHL partnership group agreed to have a short lived working group to progress accessing school grounds</p> <p>Longer term the Building Schools for the Future will be a regular discussion item at the Strategic Sports Network to ensure accessing school grounds is picked up by those involved in BSF.</p>	<p>2 – on track</p>	<p>To progress short term HWHL partnership group agreed to have a short lived working group to progress accessing school grounds</p> <p>Longer term the Building Schools for the Future will be a regular discussion item at the Strategic Sports Network to ensure accessing school grounds is picked up by those involved in BSF.</p> <p>The 'Hangar' youth cafe based at TCS School is open on Mon/Tues/Thurs evenings from 6.30-8.45, the Sports Hall is also used on Mon/Tues 6.30-7.30pm mostly for Football. Figures from April 09-Dec 09 were 76 participants and 41 young people gaining a recorded outcome. Conyers secondary school have a variety of after school activities for pupils and the wider residents, including activities like dance, line dancing, clubs. They are working actively to widen the scope of their work and to encourage teenage girls to</p>	<p>2 – on track</p>

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						engage more in activities.	
12	The Committee recommends that schools maximise opportunities for physical activity during the school day that contributes to the objective of 5 hours per week of high quality physical education.	Scott Lloyd / School and sports partnerships	Sept Nov 09 / Ongoing	Resources commissioned to progress with curriculum based pedometer initiative Public Health to commission a software provider to consult 5-16yr olds on physical activity to gain information on current physical activity levels, needs and interests, barriers etc, with the aim of improving the 5 hour offer. Progressing with travel plans	3- slipped 2 – on track 2 – on track	The pedometer intervention will be implemented in time for the new school year (September 2010). Public Health commissioned software provider to consult with 5-18yr olds on physical activity and to provide a reliable baseline of current activity levels in order for individual schools to target pupils not engaging with the 5 hour offer. School and Sports Partnership co-ordinating this piece of work with schools. Data to be available by July 2010	2- on track 2- on track
13	CESC, in partnership with college governors, identify opportunities to support students age 16+ to develop life skills based on information related to nutrition, cooking skills developments and benefits of exercise in a similar way to how alcohol/drug	Scott Lloyd/College partners	Dec-10	The appropriate HWHL subgroup will consider this recommendation with strategic public health advice from the health improvement specialist lead on health improvement in school settings and with other key stakeholders. Colleges have further education Sports Co-ordinators to increase engagement in physical activities	3 – slipped 1 - Achieved	Research commissioned by public Health to understand barriers to participating in physical activity by young females will provide evidence to further education institutions. Final report due in September 2010.	2 – on track

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	misuse and smoking cessation has been targeted.						
14	SBC to investigate the effectiveness of policy S14 of Alteration no 1 to the adopted Local Plan in controlling fast food outlets outside of the defined retail centres, and ensure policies are contained in the Regeneration Development Plan Document to reduce the proliferation of such outlets outside defined retail centres with specific regards to protecting the health and well being of children, especially near parks and school.	Spatial Planning Manager/Scott Lloyd	Mar-10	Partner from urban design is now part of the HWHL partnership group.	2 – on track	<p>Work taken forward through the HWHLP group include:</p> <p>SBC completed mapping work that demonstrated take-away establishments mainly situated in existing centres.</p> <p>Priority is to prevent shops changing to take-aways.</p> <p>Spatial planning manager looking at how to place emphasis of health in future planning decisions.</p>	2 –on track
15	SBC and the PCT compile a register of current food outlets in each ISA	Claire Spence	By end March 2010	LA planning department will provide this information to the HWHLs partnership group.	2 – on track	Mapping work been completed. HWHLP group investigating next steps	2 – on track

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	locality to enable focussed efforts on promoting the development of healthy options and an award scheme that recognises this.						
16	The PCT commission seminars for restaurateurs to learn to adapt recipes with lower levels of fat, salt or sugar as part of the award programme including providing nutrition information on menus and offering smaller portions of adult menu items.	Claire Spence	Mar-10	Agreed by HWHL Partnership group to not progress with recommendation due to no evidence base/evidence of best practice	Further report to CYP 14 April	Will not be progressed following discussion with HWHL Partnership/ feedback to Scrutiny However, taking this forward at the Healthy, Weight, Healthy Lives Partnership group and targeting take-away establishments due to their higher usage compared to restaurants, SBC planning is involved with the group and has already undertaken a piece of work to map take-away establishments across the borough. Work has already started with sandwich style establishments by Trading Standards	4 – Not Achieved

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17	SBC and the PCT support workplaces to adopt corporate policy on healthy catering.	Scott Lloyd	1st Dec 2009	10 workplaces achieved bronze level of the North East Better Health at Work award, and the majority of these are moving onto silver level in 2010 (which includes more comprehensive criteria around healthy eating policies and catering). Additional businesses have and are being recruited for bronze level in 2010.	2 – On Track	<p>All 10 businesses that achieved bronze level of the Better Health at Work award have moved onto silver level, which requires them to produce a healthy eating policy before their assessment date (October to December 2010).</p> <p>An additional eight companies have signed up and are working towards bronze level in 2010.</p> <p>In total, the core workplace health team is engaging with 29 local employers, although the enthusiasm varies (19 = high commitment, 5 = medium and 5 = low – i.e. they pick and choose interventions whereas the others can be influenced to implement most campaigns)</p>	1 - Achieved
19	SBC and the PCT establish links with private play centres to include additional opportunistic sessions on healthy eating and cooking skills.	HWHL subgroup	Ongoing	Existing OFSTED requirements review healthy eating.	2 – on track	Existing OFSTED requirements review healthy eating.	2 – on track

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21	SBC and the PCT encourage family swimming programmes which offer adult as well as children 'learn to swim' sessions.	Claire Spence	Ongoing	Public health commissioning adult and children learn to swim sessions through Tees Active SBC Leisure and Sports Development received funding for learn to swim (children) to support the swimming target of all children leaving primary school being able to swim 25metres.	2 – on track	SBC Leisure and Sports Development received funding for learn to swim (children) to support the swimming target of all children leaving primary school being able to swim 25metres.	2 – on track
22	SBC and the PCT consider a social marketing campaign to gain insights into barriers that prevent women accessing sport and physical activity.	Ruby Poppleton Elizabeth Benomran Claire Spence	Ongoing	Public health released tender for the research element to gain insight research (first stage of social marketing) Tender deadline 28th January 2010	2 – on track	Public health commissioned John Moores Liverpool University to carry out research. University are in the initial planning stages with stakeholders across Stockton and are due to conduct field research in May-July 2010.	2 – on track
23	SBC and the PCT encourage the development of more family programmes in existing and developing sports facilities so parents/carers and children could access these together.	Claire Spence All services responsibility	Ongoing March 2010 Ongoing July 2009	Public health commission free leisure saver cards to encourage more family activity. Public health commission early years families obesity prevention programme Encouraging providers to support and promote DoH Change4 Life campaign to service users.	2 – on track	Public health commission free leisure saver cards to encourage more family activity. Public health commission early years families obesity prevention programme Encouraging providers to support and promote DoH Change4 Life campaign to service users.	2 – on track

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				<p>SBC Leisure and Sport Development provide a number of services that encourage family participation.</p> <p>'Boost for health' funding will have a family focus</p>		<p>SBC Leisure and Sport Development provide a number of services that encourage family participation.</p> <p>'Boost for health' funding will have a family focus</p>	
24	<p>The Committee would urge SBC's Sports Development Team to capitalise on the public interest generated by the 2012 London Olympics and success of the games held during 2008 in Beijing and explore increasing access to sport and activity opportunities. This may include publicising that Tees Active is currently coaching a number of young people who may be competing in the 2012 Olympics to represent Team GB.</p>	SBC Leisure and Sports Development	From September 2009 if approved	<p>Plan has been developed with timescales</p> <p>Plan to phase plan over a period of time</p> <p>Initiatives will cater for children and young people and adults and older people</p>	2- on track	<p>As the below actions are over a long time scale they are still progressing:</p> <p>Plan has been developed with timescales and will phase plan over a period of time</p> <p>Initiatives will cater for children and young people and adults and older people</p> <p>A link to the draft Olympic & Paralympic Games Opportunities Plan for Stockton-on Tees was sent to all Members on 24 April.</p>	2 – on track

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25	SBC and the PCT mainstream the 'Walking for Health' campaign: encouraging at least one third more of the borough's population to achieve 10,000 steps per day by 2010.	Leisure and Sports Development	June 2009 March 2010	Report planned to go through the appropriate channels	2 – on track	Walking for Health (stepping out in Stockton) had funding for 10/11,	2 – on track
27	The Committee recommends promotion of the Council's scheme encouraging the use of bicycles for travelling to and from official business.	Neil Ellison, Jonathan Kibble and Scott Lloyd.	Mar-10	SBC have launched the salary sacrifice scheme and initial take up has been very promising. The Active Project has been launched and the project worker is overwhelmed with demand. The cycle HUB has been opened in the Old Skinnergates Cycle Shop, with the official launch on the 16th March.	2 – on track	The HUB was officially launched on the 16 th March and continues to grow in popularity. The project worker continues to engage with local businesses and is leading walks and cycle rides on a weekly basis. Other developments in the near future include a walk/cycle to work challenge and the start of a Nordic walking group. The PCT cycling initiative has been delayed due to the requirement to gain planning permission to install a cycle shed at Teesdale House. SBC cycling initiative has been launched and has been used by over 100 SBC employees.	1 – Achieved 3 – Slipped

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28	The Committee recommends that the PCT and SBC encourage other major local organisations to adopt a similar scheme.	Scott Lloyd	Ongoing	The Active Travel project worker is working with a range of employers to implement active travel interventions, including the Ride 2 Work scheme.	2 – on track	See recommendation 27 update	2 – On track
29	The Committee recommends to the PCT and SBC to develop a programme of measures to encourage its employees to engage in regular physical activity. When in place, the Committee would encourage both stakeholders to urge large employers to consider a similar programme for its staff.	Scott Lloyd	Ongoing	Physical activity is an integral part of the Better Health at Work award as discussed above.	2 - track	<p>Stockton Borough Council achieved bronze level of the North East Better Health at Work award in 2009 and are working towards silver level in 2010, which includes the development of a physical activity policy.</p> <p>All four Tees PCTs are working towards bronze level of the North East Better Health at Work award in 2010; initial results from the health needs assessment done with staff indicates that physical activity is the second most important topic and hence activities will be implemented to support this. For example, the first activity implemented within the PCTs will be a team pedometer challenge starting in May 2010.</p>	2 – on track

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30	SBC and the PCT to promote wellness in the workplace by offering personalised health advice and lifestyle management programmes in workplace as part of core business.	Scott Lloyd Sharon Bartram	Ongoing March 2010	The Health Trainer for Workplaces continues to offer weight management sessions, either on a one-to-one basis or in groups. Sport Development are also liaising with employers to offer weight management services as part of a PCT SLA.	2 – on track	The Health Trainer for Workplaces continues to offer weight management sessions, either on a one-to-one basis or in groups. Weight management groups have been set up in at least six workplaces, with professional input from the Health Trainer. Sport Development are also liaising with employers to offer weight management services as part of a PCT SLA.	1 Achieved
31	The PCT explore the delivery of a multi-component community based weight management service with special emphasis on psychology of eating behaviour.	Rachel Fawcett Claire Spence	March 2010 Ongoing training	Initial tender exercise was not successful. Next step is to go back out to the procurement market. Plans have been discussed at NHS Stockton on Tees Board and way forward will be developed on a Tees wide basis.	3 – slipped Due to un successful tender	A Tees wide specification is in development and a timetable for the process has been set.	3 – Slipped but new timetable has been set to go to the market
33	The Committee would recommend to SBC and the PCT to set the example to the wider community in the first instance by encouraging and	Scott Lloyd	1st Dec 2009	SBC have achieved bronze level of the NE Better Health at Work award in 2009 and are progressing onto silver in 2010. NHS SoT will achieve bronze level in 2010 with work already ongoing.	2 – on track	See recommendation 29 update	2 - On track

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	facilitating healthy lifestyles among its workforce.						
34	The Committee would urge the PCT and SBC to work with local markets, supermarkets and shops across the borough to publicise healthy eating and assist customers to select healthy and good value options from the range of fruit and vegetables, meat, eggs, and other good quality produce.	HWHL Strategy group	Ongoing	The HWHL will consider the extent of work that can be undertaken to address this recommendation	3 – slipped Other immediate priorities	HWHL is scoping the extent of work that can be developed. Discussion has included aligning work of health trainers, recipe of the week, vouchers for healthy foods etc.	3 – Slipped
35	The Committee would urge the PCT and SBC to review its policies on catering for events such as conferences, meetings etc to ensure that a healthy range is provided.	Scott Lloyd SBC lead	Ongoing	As part of silver level of the NE Better Health at Work award, SBC will be expected to further develop its healthy eating guidelines in 2010, including the development of a policy.	2 – on track	See recommendation 29 update	2 – On track
36	SBC and the PCT support a range of outlets to promote healthy lifestyle advice and	HWHL subgroups leads	Ongoing	Public Health commissioning Catalyst to pilot a social prescribing model service, which will support and signpost adults to a range of	2 – on track	Interviews for social prescribing model held in May 2010.	2 – on track

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	signposting services to pharmacies, community centres, leisure centres, walking schemes etc.			services, in order to support adults in improving their health and well-being The service will work similar to a one point referral system			
37	SBC and the PCT develop co-locating services to provide the delivery of healthy lifestyle advice supported with Health Trainer service to improve 1–1 support associated with healthy eating, cooking skills training.	HWHL strategic group	Ongoing	Work with ISAs and health trainers' locations and other service locations to maximise opportunities to provide a range of services in one location. To be discussed at the Healthy Weight, Healthy Lives (HWHL) strategic group once developed.	3 – slipped Due to other priorities	HWHL are starting to explore the connection of ISA/ Health Trainers to services. Initial discussions are focused on targeted work with the most vulnerable groups.	2 – on track
38	That consideration is given by the North Tees and Hartlepool NHS Foundation Trust, under the reconfiguration of hospital services (Momentum), that nutritionists and dieticians are, wherever possible, relocated into community settings to increase the level of community services.	Joanne Dobson	Ongoing	As pathways are redesigned for the 3 year momentum plan, the Nutrition and Dietetics Service will be incorporated so that where appropriate services can be delivered in community settings	2 – on track	Dietetics service are delivering more community based clinics as part of the momentum plan.	2 – on track

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39	The Committee recommends that the PCT should engage with its GPs to develop a regular weight monitoring programme of all its patients with its aim of early intervention and appropriate support for patients.	Further development needed with appropriate partners	Ongoing	<p>CVD screening programme is identifying initially high risk patients. BMI is recorded within the process.</p> <p>Programme is being monitored and evaluated, ensuring capture of data, number of people screened, number of people referred onwards etc.</p>	2 – on track	<p>Public health practitioners visit GP practices every 3 months to discuss issues such as referral processes and training needs. Positive feedback has been received from GP practices. CVD screening programme is identifying initially high risk patients. BMI is recorded within the process. Ongoing formal evaluation of CVD screening programme is being undertaken by the University of Teesside, which will incorporate GP practice feedback.</p> <p>Programme is being monitored and evaluated, ensuring capture of data, number of people screened, number of people referred onwards etc. One year annual review will be starting with high risks patients who came into the programme one year ago, to review health status and monitor uptake of referrals. Pharmacy component of the programme has just gone live with public health supporting the roll out</p>	2 – on track

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40	The Committee recognises that advising patients and also parents/carers of a child who is overweight or obese should be handled sensitively and would recommend that a training programme should be developed for those involved in any weight measuring or weight management scheme.	All children commissioners	Pilot completed, waiting for advice from regional office	All service specifications will request staff are competent in this area. Awaiting results from pilot	2 – on track	Tees Valley Sport has been commissioned to deliver four training workshops to frontline staff on child hood obesity, including recognising obesity, approaching the subject and effective strategies to support families. Workshops are to be delivered in 10/11 throughout the Tees Valley	2 – on track