

Progress Update - Obesity

No	Recommendation	Responsibility	Anticipated Completion Date/ Completion Date	Evidence of Progress 01/09/10	Assessment of progress (Categories 1-4) 01/09/10	Evidence of Progress 10/11/10	Assessment of progress (Categories 1-4) 10/11/10
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	End of October	Tees-wide Obesity strategy being developed by the Teeswide Obesity Commissioning and planning group and will encompass the treatment element. Locality action plans to progress with prevention agenda through the locality specific Healthy Weight, Healthy Lives Groups. Strategy currently in draft stages and being progressed by the Tees wide Commissioning Planning Group.	2– on track	Strategy to be completed by end of October.	1 - achieved
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 consider introducing examples of best	All commissioners of obesity related activity All members of the HWHL	February 2011	Evaluation of the adult weight management service Lite4life is progressing well. Health Improvement received interim report and final report to be due by February 2011. Health Improvement commissioned the evaluation of the 'Young Person's Active Health Scheme'. Carolyn Summerbell's research team	2 – on track 2 – on track	Adult and child weight management evaluations are on track for completion by February 2011.	2 – on track

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	practice elsewhere to ensure that value for money is being achieved and services are delivered in targeted areas and to targeted groups as appropriate.	groups.		<p>from Durham University (Queens Campus) commissioned to carry out the research. Aims of the research are to assess the effectiveness of the service long term (1 year) and provide evidence of which pathways provide best value for money. Final report due July 2011, with an interim report in January 2011.</p> <p>Health Improvement in partnership with Tees Valley Sport are encouraging all providers of weight management interventions and physical activity interventions to access and follow the DH recommended Standard Evaluation Framework (SEF) to monitor and evaluate their interventions. Free 2 day workshops are been provided by Tees Valley Sport across the Tees Valley funded by the DH.</p> <p>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 and through updates at the meeting.</p>	<p>2 – on track</p> <p>2- on track</p>	<p>Tees Valley Sport workshops completed and well attend by a wide range of partners.</p> <p>Process of monitoring tier 1 services well embedded into the HLHWP group.</p>	<p>1 – Achieved</p> <p>1 - Achieved</p>

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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	As part of Transforming Community Services (TCS) 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. This programme will be going out to tender shortly.	2 – on track	TCS procurement plans on hold for 1 year therefore progress will be delayed however the recommendation is incorporated into the specification for the Midwifery service.	1 - Achieved
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 April 2011	Focus is still on breastfeeding due to DH target	3- Slipped	Awaiting outcome of the Coalition Government White Paper and the Comprehensive Spending Review for the future direction.	2 – on track
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	Mapping work discussed at the HWHLP group. Health trainer manager taking actions forward from Initial thoughts and joint working discussions. To be picked up at the next HWHLP group in August 2010. Small working group will be addressing needs assessment for cookery in Stockton-on-Tees	2- on track	The Health Visiting team and supporting staff within children centres having initial discussions on supporting families in the home regarding healthy cookery sessions as an alternative to groups based interventions due to previous sessions not been well attended.	2 –on track

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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	<p>Mapping work discussed at the HWHLP group. Health trainer manager taking actions forward from Initial thoughts and joint working discussions. To be picked up at the next HWHLP group in August 2010.</p> <p>Small working group will be addressing needs assessment for cookery in Stockton-on-Tees</p>	2- on track	<p>The national 'Lets Get Cooking' programme well established in 19 schools across Stockton-on-Tees which engages with the wider community to introduce basic healthy cooking skills. Plans developed to sustain the groups once funding ceases next financial year.</p> <p>PCT Health Improvement and Tees Achieve discussing sustainable options for targeted cooking skills and improving signposting to services to support other lifestyle issues.</p>	1 – Achieved
10	<p>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.</p> <p>Responsibilities would include: § SBC's Children, Education, Social Care (CESC) department to maximise opportunities to promote positive</p>	<p>Claire Spence/Elizabeth Shassere Ruth Hill</p>	<p>March 2010</p> <p>Ongoing</p>	<p>Leisure and Sports Development (LSD) co-ordinating small grant scheme 'Lively at Lunchtimes' to empower schools to develop physical activity sessions during lunch times that are sustainable. Schools have submitted proposals and LSD have chosen successful proposals.</p> <p>More theme days are occurring across the majority of schools, some extra support needed in schools to increase number of these.</p> <p>School Cooks marketing pack in use at all schools, this is on site at every single Primary School and is being used to support themed lunches which improve</p>	2 – On track	<p>LSD grants have been awarded to 57 schools, worth £98,561 in total, who could demonstrate sustainable plans to develop physical activity during lunch times.</p> <p>Marketing and promotions on healthy eating and school meal been implemented in all schools who have catering contracts with SBC catering department. Examples provided with last update.</p>	<p>1 – Achieved</p> <p>1 – Achieved</p>

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	<p>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. § CESC and the PCT to deliver training to school staff, and included in School Governors training programme, to ensure a consistent healthy lifestyle message. § CESC to explore all funding opportunities of breakfast clubs and determine standard quality levels. § CESC to address obesity related school bullying. § PCT and CESC to develop specialist treatment service for</p>			<p>uptake of school meals.</p> <p>Following consultation with Schools and families service provision changes include:</p> <ol style="list-style-type: none"> 1. A Grab & Go service in Primary schools. It is a healthy packed lunch which increases uptake of school meals & contributes to a reduction in queue times by going to a separate service point. 12 schools are involved currently. (This targets those children currently eating an unbalanced/low nutritional packed lunch) 2. A reduction from 4 to 3 week menu rotation which means more child favourite meals which meet the SFT nutritional standards. 3. Taster sessions now run in schools to introduce new recipes and new foods including fruit and vegetable sessions to support the National "Change 4 Life" programme. <p>A new consultation and communication plan is currently being planned with the School meal service, School Food Trust and partners for the new Academic year.</p>		<p>PCT commissions a child weight management service. Referrals above 98.6 centile are seen by the specialist Paediatrician dietician.</p>	<p>1 Achieved</p>

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	<p>children above 98.6 centile. § PCT and CESC to develop robust pathways for referral to other weight management opportunities in the community for secondary school-age pupils. § CESC with SBC's Road Safety Team ensure that each school has in place an appropriate sustainable school travel plan.</p>			<p>2 local schools (Yarm & Oakdene) successfully identified as Flagship schools for the "Food For Life partnership" which aims to transform school food culture, supported by cooking skills training sessions for these schools and wider community. Each school visited July 2010 by the "focus on food" campaign cooking bus. 18 schools now signed up alongside 4 local ambassadors (from Stockton council/PCT departments) to the Million meals Programme which offers support to increase uptake of school meals</p>			
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</p>	<p>Claire Spence Extended Schools</p>	<p>September 2009 March 2010</p>	<p>Building schools for the future continues to be an agenda item at the Strategic Sports Network to ensure a co-ordinated approach with all relevant partners and that all areas are considered in relation to obesity.</p> <p>HWHL group not yet discussed accessing schools grounds in detail, particularly as the group is aware this is being picked up by the Strategic Sports Network.</p>	2 – on track	<p>BSF on hold therefore currently a review of existing school infrastructure, linked to the Comprehensive Spending Review outcomes. PCT will contribute to any future direction that is developed.</p>	2 – on track

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	Breakfast Clubs § The opportunity of the wider community accessing school grounds out of school time.						
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 2010	The pedometer intervention will be implemented in time for the new school year (September 2010). Consultation results regarding 5 hour offer to be disseminated to relevant partners across Stockton by the School and Sports Partnership. Aim being to increase number hours children are physically active and to engage those children who currently have very low activity rates.	2 - On track 2 – on track	LSD grants have been awarded to 57 schools, worth £98,561 in total, who could demonstrate sustainable plans to develop physical activity during lunch times. School and Sports Partnership will continue to be funded under the new Government. Primary aim being to increase the number of schools achieving the 5 hour offer. Consultation process completed by all schools with the support of the School and Sport Partnership and results are been used by individual schools to increase/improve offer of physical activity.	1 – Achieved 1 - Achieved
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	Scott Lloyd/College partners	Nov-10	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	Final research report due end of October 2010. Findings will be incorporated into the development of the 'Lets Get Moving' physical activity pathway and will be presented to all physical activity partners, including colleges, universities, SBC PA leads, Leisure services etc to support them in understanding their client	1 - Achieved

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	and benefits of exercise in a similar way to how alcohol/drug misuse and smoking cessation has been targeted.					base and improving service provision that is targeted at young females. Health Trainer service supporting students and providing support through brief interventions for physical activity.	1 - Achieved
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	Jan 2011	<p>Planning representative still part of the HWHLP group. Planning rep is therefore able to contribute to discussions and other partners able to build networks with planning, such as active travel. This is hoped to support a change in culture amongst planning.</p> <p>Development and Neighbourhood services have carried out research with regard to planning policies relating to Hot Food Takeaways and Health. As a result, a policy has been incorporated into the retail suite of policies of the draft Regeneration DPD we are producing at Stockton Borough Council. This policy restricts hot food takeaways from being located within 400 metres of any schools, parks and playgrounds in the Borough. However, this does not restrict them from designated town, district, local and neighbourhood centres.</p>	2 – on track	Delay in when the Regen document goes out for consultation.	3 - slipped

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				This policy will be included in a document which, if all goes to plan and there are no changes to the development plans system, will be available for public consultation in November/December of this year.			
15	SBC and the PCT compile a register of current food outlets in each ISA locality to enable focussed efforts on promoting the development of healthy options and an award scheme that recognises this.	Claire Spence	By end March 2010	Mapping work been completed. HWHLP group investigating next steps	2 – On track	SBC are piloting a scheme to help caterers keep salt, sugar and fat in their food to a minimum. It also makes it easier for customers to eat healthily by ensuring menus signpost healthy options. The free scheme is open to retail catering outlets such as sandwich bars, cafes, restaurants and takeaways that have gained at least three stars under the Tees Valley Food Hygiene Award.	2 – on track
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 process	Existing OFSTED requirements review healthy eating.	2 – on track	Existing OFSTED requirements review healthy eating.	1 - Achieved
22	SBC and the PCT consider a social marketing campaign to gain insights into barriers that prevent women accessing sport and physical	Ruby Poppleton Elizabeth Benomran Claire Spence	Jan 2011	Public health commissioned John Moores Liverpool University to carry out research. Researchers conducted stage 1 and 2 and are completing stage 3 (focus groups) early August. Final report planned to be	2 – on track	Final research report due end of October 2010. Findings will be incorporated into the development of the 'Lets Get Moving' physical activity pathway and will be presented to all physical activity partners, including colleges,	2 - on track

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	activity.			completed by September 2010 and will be shared with wider partners.		universities, SBC PA leads, Leisure services etc to support them in understanding their client base and improving service provision that is targeted at young females. To be presented to the HWHLP group in Jan 2011	
24	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.	SBC Leisure and Sports Development	Jan 2011	The Olympic & Paralympic Games Opportunities Plan is at Cabinet in December and will be launched publicly in Jan 2011 when promotion and use of the Games to inspire our communities to get involved and sustain participation in sport will really start. We have delayed the launch of the plan until 2011 to avoid Olympic & Paralympic Games fatigue.	2 – on track	The Olympic & Paralympic Games Opportunities Plan to be launched in Jan 2011.	2 –on track
25	SBC and the PCT mainstream the 'Walking for Health' campaign: encouraging at least one third more of the borough's population	Leisure and Sports Development	Sept 2010	Stepping out in Stockton service been delivered from various points in Stockton-on-Tees. SBC have launched the 'BIG Challenge' competition which will challenge residents and	2 – on track	The Big Challenge launched and engaged with a wide variety of workplaces. Pilot demonstrated increases in physical activity levels through walking and cycling, therefore website will be re-launched to work with wider	1 - Achieved

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	to achieve 10,000 steps per day by 2010.			businesses to walk, cycle and use public transport as often as possible in their daily routines. People will be asked to log their daily cycling and walking journeys on the new challenge website which will automatically enter them into the challenge prize draws. More information can be found at www.stocktonbigchallenge.org.uk or contact Sustrans on (01642) 803441		community, such as school, colleges and the general population. Lets get Moving physical activity pathway to encourage active travel, including walking.	
28	The Committee recommends that the PCT and SBC encourage other major local organisations to adopt a similar scheme.	Scott Lloyd	Sept 2010	See R27	2 – on track	Other local organisations will be able to get involved in the 'Big Challenge' in the next wave of the roll-out. Information will be cascaded through the HWHL group.	1 - Achieved
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	Scott Lloyd	Ongoing process due to more workplaces being engaged	All 10 organisations that achieved bronze level of the North East Better Health at Work award are working towards silver level in 2010 and are progressing well. An additional nine new organisations are working towards bronze level. NHS Tees is one of the organisations actively working towards bronze level of the regional award and the team pedometer challenge was	2 – on track	At less 8 workplaces that achieved Bronze level will achieve Silver in 2010, with the intention of them achieving gold in 2011. NHS Tees is one of the organisations actively working towards bronze level of the regional award and is expected to achieve the award by Dec 2010.	1 - Achieved

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	to consider a similar programme for its staff.			launched in May, with 38 teams containing five people each recruited to take part (more than one third of the workforce).			
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	April 2011	Market Engagement event was conducted by the PCT in July 2010 in order to stimulate the market before going back out to tender. Significant interest from a range of companies on the service – work is now in place to assimilate this feedback into the revised specification. Will be going to the market in Autumn 2010.	2 – on track	Procurement delayed due to PCT re-organisation. Anticipate PCT going out to market by Dec 2010	2 – on track
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 facilitating healthy lifestyles among its workforce.	Scott Lloyd	Dec 2010	See R29	2 - On track	NHS Tees is one of the organisations actively working towards bronze level of the regional award and is expected to achieve the award. Team pedometer challenge completed, which engaged 38 teams in the PCT, all increasing their number on steps.	1 - Achieved
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	HWHL Strategy group	Ongoing due the the Change 4 Life campaign	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	Change 4 Life has been nationally endorsed, including the campaign been forecasted to be sponsored by private food companies and supermarkets.	1 - Achieved

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	select healthy and good value options from the range of fruit and vegetables, meat, eggs, and other good quality produce.						
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	See R 29	2- on track	PCT no longer providing catering for events etc. SBC catering service offer a variety of menus for event, conferences etc, including healthier options.	1 -Achieved
36	SBC and the PCT support a range of outlets to promote healthy lifestyle advice and signposting services to pharmacies, community centres, leisure centres, walking schemes etc.	HWHL subgroups leads	October 2011	Appointed post for Social prescribing service. Stockton-on-Tees chosen as pilot site for the DoH funded 'Lets Get Moving Pathway' which is a Brief Intervention style model to encourage/enable adult who are inactive to increase their activity levels.	1 – Fully Achieved 2 – on track	Health Trainer service identified as the provider to deliver the Lets Get Moving pathway, which will signpost service users to the most appropriate opportunities to increase their physical activity levels, whilst supporting them with other lifestyle issues, e.g. diet, smoking cessation.	1 - Achieved

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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	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	Health trainer work is embedded in a number of venues across Stockton offering group and 1:1 support. Health trainers have been aligned to ISA areas	1 - Achieved
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	Dietetics services are currently delivering more community based clinics as part of the momentum plan.	2 – on track	All children and young people clinics are now delivered in community setting, such as leisure centres and children centres. 7 clinics are held in GP practices across Stockton-on-Tees. Objective of the Foundation Trust is for all dietetics services to be delivered in the community, however due to Transforming Community Services been on hold for 1 year this can not be progressed. However this method of delivery has been included in the service specification for when it goes to procurement.	1 - Achieved
39	The Committee recommends that the PCT should engage with its GPs to develop a regular weight monitoring programme of all its	Further development needed with appropriate partners	June 2011	Public health practitioners continue to visit GP practices every 3 months to discuss issues such as referral processes and training needs. Positive feedback has been received from GP practices.	2 – on track	The PCT Public Health Practitioners continue to support the GP practice with the Health Heart Check, which includes measurement of weight as part of the overall health risk measurement.	2 – on track

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	patients with its aim of early intervention and appropriate support for patients.			<p>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.</p> <p>Two Pharmacies have gone live and are being supported by public health.</p> <p>Promotion of the new specialist weight pathway will be undertaken when the new service is in place.</p>		<p>All adult weight management services commissioned by the PCT feed back changes such as BMI/weight status to the GP practice for accurate records.</p> <p>The Specialist Weight Management Service for adults once commissioned will feed back regarding outcomes, such as BMI at completion of intervention to the clients GP practice.</p>	
40	The Committee recognises that advising patients and also parents/carers of a child who is overweight or obese should be handled	All children commissioners	Pilot completed, waiting for advice from regional office	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	2 – on track	<p>National Child Measurement Programme letter has been changed to reflect the sensitivities involved.</p> <p>School Health Technicians have received training on handling</p>	<p>1 – Achieved</p> <p>1 – Achieved</p>

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	sensitivity and would recommend that a training programme should be developed for those involved in any weight measuring or weight management scheme.			<p>families. Workshops are to be delivered in 10/11 throughout the Tees Valley</p> <p>Tees Valley Sport Post that had been funded by the previous Government has had the funding withdrawn as of January 2011. Tees valley Sport looking at alternative funding</p>		<p>feedback form parents who have received NCMP letter identifying their child's weight status. Therefore all telephone calls should be handled with sensitivity.</p> <p>Training workshop for frontline staff on handling childhood obesity issues has been implemented for Stockton-on-Tees and was well received.</p>	1 - Achieved