



APPENDICES

Appendices

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Appendix 1:

National Strategies which have an impact on Healthy Weight

Improving Scotland's Health: The Challenge (SE 2003)	A strategic framework for health improvement policy which sets a vision of health to 2020 with 4 pillars (early years, teenage transitions, workplace, communities) and seven special focus programmes including diet/healthy eating and physical activity.
Delivering for Health (2005)	The programme set out in this document describes in practical terms what action we will take to turn the Scottish Government's vision of the health service into reality.
Physical Activity Strategy (2003) let's make ...	Adopts national targets on activity levels for adults and children with four implementation plans: Active Homes, Active Schools, Active Communities and Active Workplaces
Eating for Health: a Diet Action Plan for Scotland (1996)	Targets to 2005 to change consumer demand, food supply, training and education, influences on diet.
Eating for health 2004	A strategic framework to be used as a basis for developing further food and health policy and to guide national and local food and health action plans. It should inform and co-ordinate work between partner agencies, local government and communities.
Review of the Scottish Diet Action Plan (2006)	An independent review of the progress and impacts of the above: detailing significant progress in breastfeeding, community food initiatives, health education and food in schools but poor progress in achieving dietary targets, increasing fruit and vegetables intakes, reducing the production of dairy fat and improving basic nutrition training in the food industry.
School Food and Health Promotion Bill (Scotland) 2007	Legislation to ensure the provision of nutritious food in schools for all children within the ethos of health promoting schools.

Better Health Better Care Action Plan (2007)	The plan has three main themes including <i>helping people to sustain and improve their health, particularly in disadvantaged communities</i> . This sets out actions to increase healthy life expectancy; break the link between early life adversity and adult disease; reduce health inequalities and risks factors to a healthier life. Specific actions include the improvement of Scotland's diet through a Food and Health Delivery Plan (including the promotion of infant nutrition) and the development of a national food policy; work with partners to address the environmental influences on obesity; extension to free school meals entitlement (subject to legislation); piloting new approaches to anticipatory care; and rolling out health promoting interventions within acute care settings
Healthy Eating Active Living (2008)	An action plan to improve diet, increase physical activity and tackle obesity (2008 – 2011)
Health Promoting Health Service: Action in Acute Care Settings. CEL 14 2008	This sets out a programme of actions for NHS Boards designed to ensure that acute care settings provide targeted action to improve health. Boards are to implement specified health promoting actions including breastfeeding; food and health; and health at work.

Appendix 2:

Local Strategies which have an impact on Healthy Weight

Single Outcome Agreements (SOAs) 2008	The SOA contains the outcomes which each local authority seeks to achieve with its community planning partners. These reflect local needs, circumstances and priorities related to the Scottish Government's 15 national outcomes. These outcomes include: <i>our children have the best start in life and are ready to succeed; we live longer, healthier lives; we have tackled the significant inequalities in Scottish society.</i> Both the Argyll & Bute SOA and the Highland SOA were submitted to the Government in June 2008. They reflect a range of partnership targets and indicators on improving health and reducing inequalities. The second iteration of the SOAs is to be presented to the Government by March 2009 and will reflect wider partnership involvement. The second Highland SOA will serve as the new Community Plan for the Highland area.
Fairer Argyll & Bute Plan 2008-2011 (FAB)	This is an integrated plan which incorporates actions on the wider socio-economic factors that influence health, as well as lifestyle behaviours. It will replace the former Regeneration Outcome Agreement and the JHIP, and provide a strong focus on tackling health inequalities. The FAB plan sits within the SOA. However there are some health improvement areas that are within the main body of the SOA but not specifically in the FAB plan. An implementation plan is currently being considered that will encompass health improvement actions that require to be delivered, whether in the FAB plan section of the SOA or the wider SOA itself.
Argyll and Bute Community Planning Partnership Community Plan (2007 -17)	This plan sets out the key priorities for the Community Planning Partnership for the next ten years and expresses the commitment to provide for the wellbeing of communities in Argyll and Bute
Argyll and Bute Food and Health Strategic Plan (2007)	This Strategic Plan aims to promote health and quality of life through an integrated, comprehensive food and health plan in the local community. The benefits of increasing the amount and distribution of locally grown food, especially fruit and vegetables encompass many aspects of health including nutritional, environmental, social and cultural with direct and indirect economic benefits for the whole community.

Local Health Plan	The Local Health Plan sets out Highland's progress against the national and local priorities and targets and the strategy for achieving these. It is NHS Highland's response to Delivering for Health which sets out the Framework for Service Change in Scotland
Local Delivery Plan	Describes the implementation and delivery of the Local Health Plan
Your Choice to Healthy Living	'Your Choice to Healthy Living' has involved NHS Highland and The Highland Council in the development of a 40 point plan that covers a wide range of health improvement activities centred on school communities. A significant section of the 'Your Choice' plan also embodies the implementation of ' <i>Hungry for Success</i> '; the Scottish Executive's national policy on improving school nutrition, and also The School Food and Health Promotion (Scotland) Bill. The implementation of Your Choice is led and monitored by the Health Action Group (HAG) a multi agency steering group.
For Highland's Children 2	Highland Council and NHS Highland plan for integrated children's services.
Argyll & Bute Integrated Children's Services Plan 2005-2008	Integrated plan for all partners working with children in Argyll & Bute to assist with integration of all services for children and addressing identified needs, concentrating on services for the most vulnerable children.
Highland Council Access Strategy 2008-2011	A Highland Council Access Strategy is currently in draft format and will provide the context for the Core Path Network Plans for Highland.
All to Play For: Highland Play Strategy	The Highland Council's commitment to ensuring that all children have access to rich stimulating play experiences, with safeguards form inappropriate risk, but full of challenge, offering them the opportunity to explore, through freely-chosen play, both themselves and the world

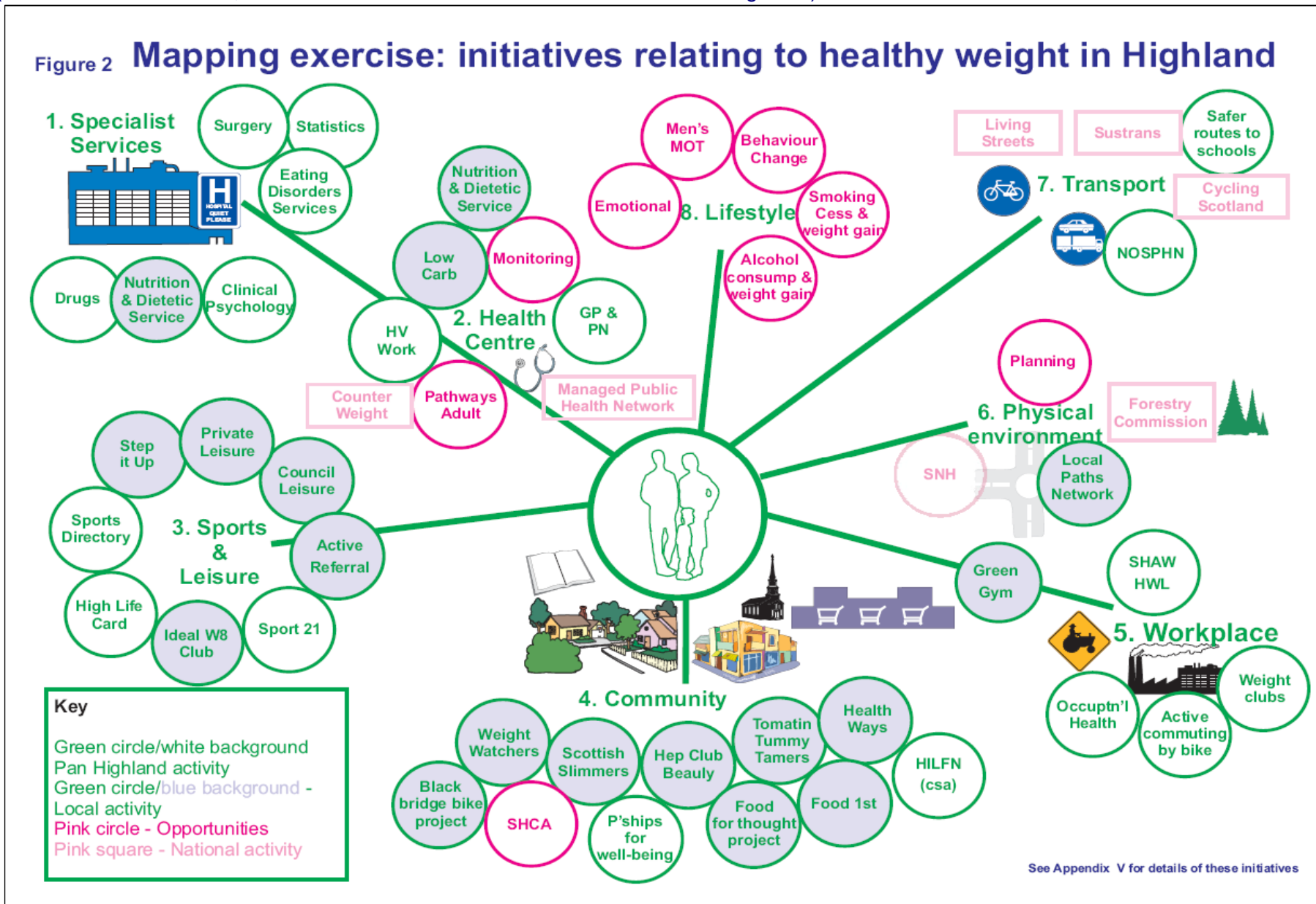
Appendix 3:

Membership of the Healthy Weight Steering Group

Name	Job Title	Organisation
Dawn Cameron (until 2006)	Healthy Weight Project Officer	NHS Highland
Anne Campbell	Public Health Practitioner	Argyll and Bute CHP
Alan Clark	Manager, Active Schools Co-ordinator Service,	Highland Council
Fiona Clarke	Health Improvement	NHS Highland
Pat Dobbie	Raigmore Patient Council	
Neil Downie		Highland Council
Jane Groves (Chair)	Health Improvement	NHS Highland
Suzy Hamilton	Active School Co-ordinator	Highland Council
Sandra Harrington	Health Promotion Specialist, Child and Family Health	Highland Council
Miles Greenford	Public Health Practitioner	NHS Highland
Sue Menzies	Managed Clinical Network for Coronary Heart Disease	NHS Highland
Margaret Moss	Nutrition and Dietetics, SSU	NHS Highland
Julia Nelson	Health Development Officer – Early Years,	NHS Highland/Highland Council
Sheelagh Rodgers/ Katherine Inman	Clinical Psychologist	NHS Highland
Susan Russel	Public Health Practitioner	NHS Highland
Roseanne Urquhart	Planning	NHS Highland
Margaret Walker	SE Highland CHP	NHS Highland
Pat Wells	Lay Representative	
Mairi Wotherspoon	Health Promotion	NHS Highland

Appendix 4: Mapping Exercise - Initiatives relating to healthy weight in Highland

(this list is not exhaustive, but illustrates the breadth of activities across NHS Highland)



Description of Initiatives

Active Commuting By Bike

Is an example of Cycling Scotland's work. It has recently produced an updated Cycle Friendly Employer pack. This contains helpful info for companies on how they can promote cycling to work, can be distributed by SHAW or www.cyclingscotland.org

Active Scotland

Online database set up and maintained by NHS Health Scotland – www.activescotland.org.uk – that lists local physical activity opportunities throughout Scotland. Searchable by postcode, place name, and type activity, it gives results by expanding radius from a specified location.

Argyll Active

GPs, practice nurses, physiotherapists and dieticians follow referral criteria to refer inactive patients to a local and appropriately trained exercise consultant who will support them through a supervised 10 week activity programme.

Referral Programme Consultants (RPC) employed by Argyll and Bute Council at various centres in Argyll and Bute.

Behaviour Change

NHS Highland Health Improvement Team runs a training course in 'Negotiating Health Behaviour Change' for professionals who work with individuals, which has evaluated very well. Approximately 48 people per year complete the course. The course covers the psychology of health behaviour, the importance of self-efficacy, brief interventions, and the use of Motivational Interviewing approaches. Motivational Interviewing has been recommended in NICE guidelines as a potentially effective approach. There are plans to deliver a 'Training for Trainer' in order to create a network of trainers.

Black Bridge Bike Project

This project encourages physical activity in teenagers. It incorporates road safety, bike maintenance and occasional work shops from top cyclists. The long term ambitions are to form competitive racing teams.

The mp33 youth development worker is leading the project and it is part of the Merkinch social inclusion programme. A reduced four-month gym subscription is also being offered to 16-18 year olds in Merkinch as is a joint initiative involving mp33 and Gym Division Health and Fitness Club.

Clinical Psychology

The Clinical Psychology service has a significant role in a secondary/tertiary treatment of obesity. Referral to the service is via General Practitioner or Consultant. The service provided is very restricted due to limited resources. There was concern over the lack of a standardised care pathway, training and partnership working in this complex area. More training is required in particular areas - binge eating, personality disorders and Cognitive Behavioural Therapy.

Council Leisure Facilities

The Highland Council and Argyll and Bute Council own and manages various leisure centres throughout region; they also lease facilities from private contractors. The Highland Council promotes activity through the 'HighLife' card which offers subsidised activity for individuals and families in all council owned facilities and to some activities in leased facilities.

Counterweight Programme

The Counterweight Programme is a peer reviewed, evidenced based weight management programme, commissioned by the Scottish Government as the preferred option for adult weight management in routine Primary Care

Counterweight is a novel programme of continuous improvement which involves primary care staff (mainly nurses) participating in a competency based training and mentoring programme. The programme provides a range of options to promote an active weight loss phase supported by a weight (loss) maintenance phase. There is a lot of flexibility in how the programme can be implemented locally, including the type of weight management service preferred and the interventions which are offered. On-going review of outcomes and continuous improvement enables Counterweight to be modified and improved over time.

Counterweight is managed and led by the National Counterweight Board, a highly informed clinically active group of senior academics in the UK. The Counterweight team of Weight Management Advisers who facilitate programme implementation are specialist dietitians in obesity employed by Centre for Obesity Research and Epidemiology in The Robert Gordon University Aberdeen..

Cowal Hungry for Health

An example of a healthy eating and physical activity project involving primary school children and families in the Cowal area of Argyll and Bute. Supports healthier and more active lifestyles, promotes sustained knowledge increase and behaviour change

Cycling Scotland

Cycling Scotland's vision is to establish cycling as an acceptable, attractive and practical lifestyle option. Their goals are to:

- champion high quality public space that encourages active living.
- highlight the health benefits of regular cycling.
- establish cycling as a solution that extends choice and improves access for everyone.
- promote the economic and social benefits of cycling and its infrastructure.
- encourage cycling as an effective, practical and sustainable transport option.

Eating Disorders Services

Cognitive Behaviour Therapy (CBT) is provided via an out patient eating disorders service for binge eating disorders and bulimia. The Eating Disorders Service has been developing the role of primary care nurse therapists (trained in CBT) across Highland (4 posts to date) – but their remit is mainly depression and anxiety disorders.

Emotional Wellbeing

The importance of promoting emotional wellbeing when working with individuals who are overweight and obese was stressed by many health professionals who felt that this factor was often overlooked.

Food 1st

A one-year pilot programme, bringing together both existing and newly created activities and services which are focused on improving nutritional health, through the funding of a co-ordinated food worker and resource / activity programme. The goal is to increase the accessibility, availability and affordability of healthy food for the residents and communities of Inverness and surrounding areas.

This project is managed by Partnerships for Wellbeing and funded by the Scottish community foundation. If successful there may be ongoing funding to support a community development approach to diet and activity.

Food for Thought Project

A three year project (2004-2007) funded by the Big Lottery which aims to improve food access and availability in two centres, Caithness and Lochaber. Food for Thought Caithness focuses on growing salads and vegetables in two polytunnels and selling the produce to disadvantaged families. Food for Thought Lochaber has taken a community development approach and introduced many initiatives based on growing, education and distribution.

Forestry Commission

Aims to protect and expand Britain's forests and woodlands and increase their value to society and the environment.

They provide information on;

- Places to go
- Walking
- Mountain biking and cycling
- Horse riding
- Local events
- Related News

General Practice/Practice Nurse

Most GPs and practice nurses will raise the issue of weight and its impact on other medical conditions. Interventions vary and there is no standardised pathway.

Obesity is recognised as a separate disease entity in the revised GMS2 contract. There is concern that it is seen as a low priority as it only accrues eight points (which equate to financial resources) in comparison to other conditions (depression = 30pts, dementias= 33pts, atrial fibrillation = 30 pts). The GMS contract, together with the QOF, is being reviewed and renegotiated.

In general, the treatment of obesity in their settings was considered a 'hopeless case'; there were no clear pathways and secondary services were underutilised. Plans to make 'weight management' an enhanced service, would involve a lot of extra work for little reward.

Green Gym

Utilising outdoors and in particular gardening projects for increasing physical exercise. Examples are allotment and garden projects - Growing is Fun in Bute (including unemployed adults, people with mental health problems, and families).

Health Visitor Work/Tomatin Tummy Tamers

Tomatin Tummy Tamers (Healthy Living Group) is an example of a local health visitor group. It was born out of a local needs assessment which indicated the call for healthy living advice and support within the local area. The service is: open to all; runs weekly in the local hall; facilitated by the community's health visitor and district nurses. Individuals receive a tailored health plan with goals.

It has been running now for over two years and an audit of the service suggested that the drop-in clinic supported individuals to lead healthier lives. Funding for the project was secured from many sources including; the community council, fundraising by the local community and the Badenoch and Strathspey health improvement fund.

Healthy Working Lives (HWL)

Healthy Working Lives aims to improve the health of working-aged people in Scotland, and seeks employers support in the national effort to improve our competitiveness as a nation through action to improve health and reduce health inequalities. In Highland there are 3.5 wte HWL Advisers.

Highlands and Islands Local Food Network (HILFN)

HILFN aims to match consumers with producers, providing people with the fresh, local food they want, and local businesses with committed customers. It is supported by Highlands and Islands Enterprise to help start Community Supported Agriculture (CSA) businesses.

Two pilot projects have been established which hope to encourage people on low incomes to engage with CSAs:

- Veg Out – a cook and eat session led by Food 1st.

Fruit and vegetables on prescription in Ullapool

Ideal W8 Club

Ideal W8 club is an example of a privately run club offering diet and nutritional advice, with weekly weight, waist measurement and body composition. Run by two fitness consultants who express frustration in joint working and difficulty in getting advice from health professionals. They feel there is a need to target youth groups, particularly 16 – 18 age group.

Living Streets

www.livingstreets.co.uk

Funded by Paths to Health, Living Streets aims to investigate ways of overcoming barriers to walking by working with communities, organisations and local authorities. The approach is mindful of the social inclusion agenda and is particularly directed at the needs of people with disabilities, older people, children and those who do not have access to a car.

Living Streets runs:

- a campaign to highlight the importance of public areas for community life and to raise awareness of barriers such as traffic volume and speed, quality of maintenance and personal safety.
- a series of Community Street Audits which assess public spaces from the perspective of local people and identify potential improvements to specific routes and neighbourhoods.
- workshops and briefings in order to influence professionals engaged in street design and maintenance.

Local Paths Network/Core Path Network Plan

Under the Land Reform (Scotland) Act 2003 Highland Council as the Access Authority, have a statutory requirement to produce a Core Path Network Plan within 3 years of the legislation coming into effect. A Plan is being developed for each of the six Highland Council administrative areas.

Two local Access Projects are underway which have gained Scottish and European funding. These are the 'Access in Lochaber' project and the 'Skye and Lochalsh Footpath Initiative', looking at footpath creation, restoration and improvement.

Men's Health Project

Men's Health Highland deliver a '5 Minute MOT' as a tool to engage with hard to reach men. The project is funded by the Scottish Executive and aims to go where men are, offer health checks and promote the concept of healthy living. Men's Health Nurses have covered areas such as Eastgate Shopping Centre, Social Clubs, the Dingwall Mart, Sporting events and work places.

The success of the project is well documented. It has had a positive affect by delivering good advice, easy to understand test results and an integrated approach to signposting men to specific services if needed. Engaging with the project has prompted behaviour change in men who live in remote and rural Highland.

'One man had a really poor lifestyle. He drank too much, ate all the wrong foods, did no exercise and was not surprisingly extremely overweight. Since having his MOT he has completely changed his lifestyle. He has lost weight, curbed his drinking, takes regular exercise and revisited the project a couple of stones lighter and a much happier man'

Monitoring

Adult

Self reported weights and heights have been collected in the Highland Adult Lifestyle Survey between 1996 and 2001. National data from the Scottish Health Survey has taken only small samples from Highland and therefore it has been difficult to monitor or detect any trends in Highland BMI. However, this survey is under review and sample size may be increased to provide Highland with adequate data to monitor trends.

Body composition data is usually only taken in dietetics, 'Men's Health MOT's' and some private gyms.

Children

Since April 2007, NHS Highland has participated in the national Child Health Surveillance System, through which the BMI of all primary 1 children is collected. This will provide us with trend data.

Fitness levels of children in the Highland Council area are collected annually by Highland Active Schools Co-ordinators.

A baseline of P1 and P7 children was taken to assist planning of the HEAT 3 target response.

North of Scotland Public Health Network (NOSPHN) - travel

The NoSPHN has formed a sub group to scope travel and transport issues in the region. It aims to clarify how Boards are linking to regional/local transport planning groups, map existing health service transport activities/work/issues, conduct a literature review of impacts of transport on health etc (health impact assessment as well as evidence of good practice and remote/rural angles etc) in order to identify 'bite-size' pieces of work that need to be progressed (either by public health or commissioned from others) eg needs assessment work. The group hope also to clarify the public health contribution / 'technical services' we can offer to a transport work in the North (evaluation, needs assessment, evidence, cost effectiveness etc).

Nutrition and Dietetic Services

Dieticians provide individual tailored advice for individuals who are trying to lose weight but referral patterns and levels of service vary throughout the region. The majority of overweight and obese patients are seen in hospital and community outpatient clinics with limited health improvement, training and mentoring interventions.

Dieticians expressed concern at the lack of patient pathways, the disjointed nature of the service and the lack of standardisation evidence based interventions, advice and literature.

Occupational Health

Occupational health has a role to play in the screening of new, and the ongoing health of all employees. The largest employees in Highland are the NHS and Highland Council and neither has a screening process for healthy weight nor ongoing support for weight management.

Planning

The Scottish Executive published a consultation paper, 'Towards a Healthy Weight Action Plan for Scotland' in 2006. Particular discussion was had surrounding the issue of the Local Authority and the Built Environment as it has an impact on a community's physical activity and weight. Nationally there is a growing interest in planning for a healthy environment, and this includes access to the natural environment.

The Highland Council has a Play Development Officer who reviews planning applications (over a certain size) for their provision of play facilities.

Private Leisure

Various health and fitness clubs exist within Highland including facilities based in hotels Subscription fees are usually a standard rate and therefore their value for money depends on usage, however they tend to be prohibitively expensive for a large section of the population.

Private Weight loss Clubs

Organisations such as Weight Watchers and Scottish Sliimmers and Slimmers World offer weight loss clubs with a weekly weigh in and diet/exercise plans and motivational talks for groups.

Safe Routes to Schools

Safe Routes to Schools continues to combine practical and educational measures to give children more travel options and help them develop good travel habits for the future. The Safe Routes to Schools programme enables children to walk or cycle to school, promoting their health and fitness.

Scottish Healthy Living Award

The *Healthy Living Award* is run by the Scottish Executive and aims to reward businesses for offering healthy food choices in a healthy environment. One of the first premises to receive this award was the Chest Heart and Stroke Café in Inverness.
www.healthyliving.gov.uk

Scottish Natural Heritage

Work to secure the conservation and enhancement of Scotland's unique and precious natural heritage - the wildlife, the habitats and the landscapes which have evolved in Scotland through the long partnership between people and nature. Their work also includes access, education, landscape, casework, renewables and green space.

Sports Directory

The Sports Directory lists contact details of all sports and activity clubs in Highland and is published by the Sports Council. The Sports Council is involved in encouraging and promoting participation in sport and physical recreation throughout the Inverness area. It receives funding from Highland Council and Inverness and Nairn Enterprise.

Step It Up Highland

Step It Up Highland is an initiative developed through joint working with 'Partnerships for Wellbeing', NHS Highland and Paths to Health. Trained volunteers support and encourage individuals who are keen to take part in led walks. There are many health walk programmes in existence at various locations in Highland.

Surgery

At the moment, patients are sometimes referred for bariatric surgery, by their GP, to Aberdeen University Hospitals. Patients will be offered advice and support from the local dietetic service before being assessed by a specialist team in Aberdeen.

There is a lack of a consistent referral procedure to this service.

Sustrans

www.sustrans.co.uk

Sustrans is the UK's leading sustainable transport charity which provides creative, imaginative solutions to transport, environmental and health challenges. Their projects include:

Active Travel Scotland

The National Cycle Network

Liveable Neighbourhoods

Weight Reducing Drug Therapy

Orlistat and Sibutramine are the main prescription drugs for weight management (used in conjunction with dietary therapy). Manufacturers produce guidelines and additional patient support. Anecdotal evidence suggests that the use of the guidelines and supporting packs is minimal. There is no standardised protocol for use in Highland.

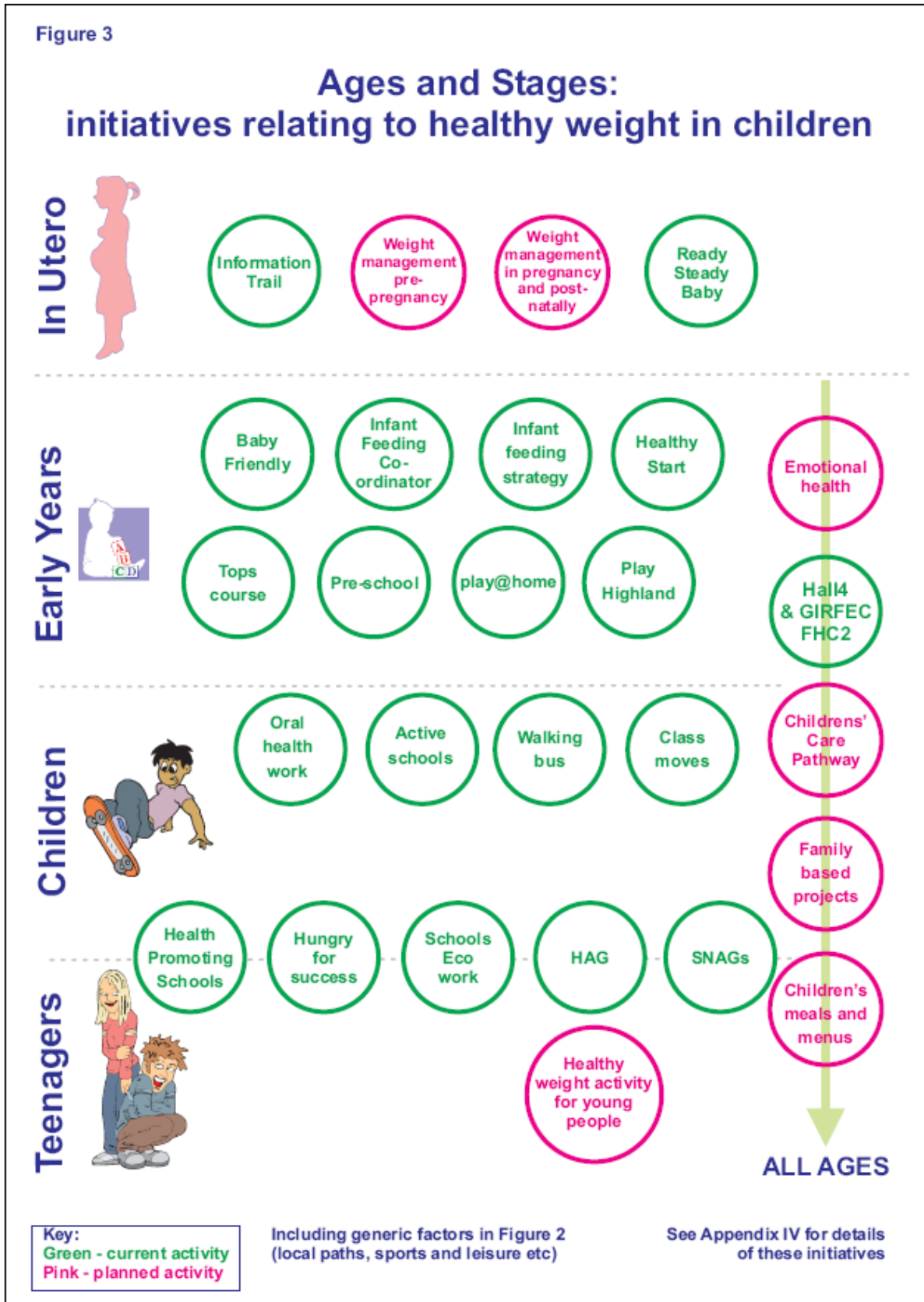
The 'Highland Joint Formulary' includes recommendations on the use of drug therapy to support weight management and this will link into the weight management pathway.

X-programme

NHS Highland's response to the Scottish Government HEAT 3 target (2008-2011) has developed a family-based, health behaviour change, motivational programme of sessions to support confidence, feeling good and healthy positive lifestyle choices, to assist children, young people and families in making and maintaining changes that will improve diet and physical activity levels. Targetting 5-15 year olds and their families throughout the region.

Appendix 5: Mapping Exercise - Ages and Stages – Initiatives relating to healthy weight in children

(as at December 2006 and therefore does not include initiatives in Argyll and Bute)



Description of Initiatives

Active Schools Network

The fundamental aim of the Active Schools Network is to offer school-aged children the motivation and opportunities to adopt active, healthy lifestyles now and into adulthood. These opportunities are available before, during and after school, as well as in the wider community. Around 30 Active Schools co-ordinators promote activity for all within Highland Council schools, and 13 in Argyll and Bute, .

Baby Friendly Initiative

Raigmore Hospital was awarded U.N.I.C.E.F Baby Friendly status in 2006. The Baby Friendly initiative revolves around 10 steps, which aim to encourage breastfeeding. It ensures that all staff who care for women throughout pregnancy, labour and the post-natal period are highly trained and meet stringent criteria to ensure best practice at all times. In the United Kingdom there are 48 Baby Friendly Hospitals and 7 communities who have achieved Baby Friendly Status. All Highland Hospitals with Maternity services are aiming for Baby Friendly status.

Children's care pathway

There is no pathway for the management of overweight or obese children in Highland. Many health professionals including school nurses, family health nurses and health visitors will give individual advice and support.

At present paediatricians see overweight children who have been referred by GPs and other health practitioners; they are usually referred on to the paediatric dietetic service.

SIGN guidelines for the management of weight in children were published in 2004 but implementation of the guidelines had not been formerly supported. These are currently being reviewed.

Children's Meals and Menus – eating out

The food choices for children and young people in cafes and restaurants are of concern to many people as they are often based on poor quality foods that are high in fat, sugar and salt and do not reflect the main menu.

Class Moves

A resource aimed at primary school children to link a child's natural tendency to move with daily lessons. The resource contains a calendar with appropriate exercises for different times of the school day. The use of the resource in schools is not known.

GIRFEC

Getting it Right for Every Child: the programme for change that will build on existing best practice and revolutionise services for children in Scotland.

www.forhighlandschildren.org/html/girfec/girfec.php

Health For All Children (Hall 4)

Hall 4 recommends the collection of BMI data as a surveillance measure, on an annual basis for all primary school children at Primary 1 and less frequently for Primary 4 and 7. This is not a screening tool as it is inappropriate to use BMI for population screening until there is a consensus as to what intervention programmes might be effective, and a commitment to provide the necessary resources. However, population trends in BMI might be useful for monitoring the impact of public health interventions, and BMI is included in the proposed care public health dataset.

See www.healthforallchildren.co.uk

Health Promoting Schools

“A health promoting school is one in which all members of the school community work together to provide pupils with integrated and positive experiences and structures, which promote and protect their health. This includes both the formal and the informal curriculum in health, the creation of a safe and healthy school environment, the provision of appropriate health services and the involvement of the family and wider community in efforts to promote health.”

The Health Promoting Schools initiative in Highland is delivering in partnership between The Highland Council Education, Culture and Sport Service and NHS Highland Health Promotion Department, who have designed and developed criteria for achieving health promoting school awards. All schools in the The Highland Council and Argyll and Bute Council areas have been awarded Health Promoting status since 2007.

Healthy Start

Healthy Start was introduced in November 2006 and replaced the Welfare Food Scheme. All pregnant women under 18 years of age and those on low incomes will receive vouchers that can be exchanged for liquid cow's milk, fresh fruit, fresh vegetables and cows based infant formula suitable from birth. The Healthy Start voucher is worth £2.80 per week, per beneficiary (average cost of 7 pints of liquid milk), or £5.60 for babies under 1 year.

The challenges for Highland include access to healthy food in exchange for the vouchers, particularly in the more rural areas; maximising opportunities for brief intervention advice on breastfeeding and diet; providing community initiatives to support the scheme.

Highland's Information Trail – Developing Integrated Children's Services

The information trail covers pre-conception to five years and covers information from a national and local perspective, and signposts parents and professionals through to related support services and resources. The information trail has been developed to support the implementation of Hall 4.

This exercise has highlighted the limited range of information on nutrition, physical activity and maintaining a healthy weight.

Infant Feeding Advisor

NHS Highland appointed an Infant Feeding Advisor in 2007.. The main purpose of this post is to implement and support the UNICEF Baby Friendly Initiative hospital and community awards throughout NHS Highland. It also has a role developing strategy and training around pre-conception, pregnancy, maternal nutrition, artificial feeding, neonatal growth and appropriately timed weaning. The post manages a caseload of women who require specialist breastfeeding support, and will develop peer support networks of skilled breastfeeding supporters trained to UNICEF standards; and developing age-specific school education which sits within Curriculum for Excellence.

Infant Feeding Framework

The Infant Feeding Strategy for Highland has been developed. It aims to provide an evidence based and practical approach with guidance on food and health for all stages of the early years: pre-conception, maternal nutrition, breast feeding, artificial feeding, growth, weaning, under 5 nutrition and food hygiene. Once the development process is complete, implementation will be supported through a training and action plan.

Oral Health Work

Oral Health Promoters and Educators work in pre-school and primary school settings promoting tooth brushing and healthy snacks.

Play@Home

Play @home helps to strengthen parent and child communication through fun, play activities that contribute to muscular development, co-ordination, speech and language skills.

TOPs trainers have guidance on how TOPS sessions link with play @home

Play Highland

A Play Development Officer leads the development and implementation of the Highland Play Strategy'. Some specific examples of the play development officer's role include:

- Involvement in planning of play areas in new and existing primary schools.
- Providing advice on play areas and equipment in new housing schemes and the upgrading of community play areas.

There are 400 Community play areas in Highland with no specific budget to maintain and upgrade these areas. The responsibility for playgrounds sits within TEC (Transport, Environment and Community Services) within Highland Council.

Pre-school

Pre-school follow healthy eating guidance and it is part of the 3-5s curriculum.

Ready Steady Baby

This is a substantial resource for pregnant women. There is minimal reference to nutrition, physical activity and maintaining a healthy weight. 'Ready Steady Toddler' will be released in 2007.

Schools Eco Work

An Eco friendly school which has been awarded a green flag, is a school which displays a strong commitment to preserving the environment. They will have a steering group, regular meetings, ongoing activities and strong awareness of the 'Eco Code'. There are links to be made in, for example, promoting active transport and growing vegetables.

Two schools in Highland have been awarded Green Flag status and 55 schools are registered for the award.

Training on Play (ToPs)

36 staff have been trained on the TOPS course, mainly Active School Co-ordinators and some early years practitioners. They will be responsible for training other staff within their area.

Weight management before, during and after pregnancy

There is a rising trend of overweight women presenting in Obstetrics and Gynaecology, with an 18 week wait before being seen. Referrals are related to period problems in adolescents who are obese; obese women presenting with polycystic ovary syndrome and/or infertility. There are also increased pregnancy risks in obese women, which includes a greater anaesthetic risk, pre-eclampsia, gestational diabetes, foetal abnormalities, late still births and neonatal deaths. A recent Chief Executive's Letter (CEL 36, 2008) directs NHS Boards response in this area.

Weight Management in Young People

There is minimal intervention going on in this age group. This was a frequently raised issue during mapping.

Your Choice to Healthy Living

'Your Choice to Healthy Living' has involved NHS Highland and The Highland Council in the development of a 40 point plan that covers a wide range of health improvement activities including Health Promoting Schools and Active Schools. A significant section of the 'Your Choice' plan also embodies the implementation of '**Hungry for Success**', the Scottish Executive's national policy on improving school nutrition. The implementation of Your Choice is led and monitored by the Health Action Group (HAG) a multi agency steering group.

Appendix 6: Acronyms

ACE	A Curriculum for Excellence
BMI	Body Mass Index
CBT	Cognitive Behavioural Therapy
CEL	Chief Executive's Letter
CHP	Community Health Partnership
FHC2	For Highland's Children 2
GIRFEC	Getting It Right For Every Child
HALL4	Health for All Children 4
HWL	Healthy Working Lives
JHIP	Joint Health Improvement Plan
NICE	National Institute for Clinical Excellence
NOSPHN	North of Scotland Public Health Network
SIGN	Scottish Intercollegiate Guidance Network
SOA	Single Outcome Agreement
TOP	Training on Play
YCIP	Your Choice Implementation Plan
WHO	World Health Organisation



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