

## Countywide Excess Weight Partnership Strategy

### Implementation Plan 2016/17

Action at risk of not being completed within timeframe	R
Action in progress and within timescale	A
Action completed	G

**The purpose of this implementation plan is not to performance manage individual contracts. It will:**

- Include new projects and initiatives – it does not include ‘business as usual’
- Identify and address challenges and needs which have been raised as a result of the Excess Weight Partnership (EWP) strategy
- This plan will be updated on a quarterly basis

#### **Priority 1: Environment**

**Outcome 1.1: Increased access to healthier food choices within the proximity of schools, workplaces and places of education with residential accommodation**

Responsible officer(s)	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Nutrition and Dietetics – Bedford Hospital	Review and implement the Food and Health Strategy.  Review food available across Trust and make recommendations accordingly.	By end of March 2017	Some food provision tied into contracts out	To be updated by Dietitians at BHT including CQINS.	Strategy reviewed and signed off.  Recommendations in place.	<b>A</b>

**Outcome 1.2: All local planning and policy decisions have a focus on preserving and creating healthier environments, which provide opportunities for physical activity and healthier food choices**

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Children's services – CBC	Children Centres to apply for 106 contributions (funding) for individual projects e.g. covered buggy area to promote walking to CCs.	By end of March 2017	106 contributions not allocated to Children's Services.	To be updated following meeting on 22 <sup>nd</sup> Sept.	Projects identified, implemented and monitored quarterly through environment audit.	A
Planning Policy/ Management – BBC  Planning Management – CBC	Ensure Local Plan includes policies to encourage walking and cycling, public open spaces and green infrastructure links. Also ensure Local Plan includes: design guide, reference to CIL spending.  Develop a Supplementary Planning Document (SPD) to assess new planning applications for A5 premises within 400m of schools, including opening times.  Ensure Health Impact Assessments are completed for relevant developments.	By end of March 2017		Ensure all relevant partners are involved in the development of the local plan.  Ensure relevant partners are involved in the planning process from the outset.  Public Health and Planning teams (BBC and CBC) to meet with Medway Council on 03.08.16.  CBC and Public Health to create policy for emerging Local Plan.  CBC to identify training provider and obtain quotes.	Record the number of developments where active designs are included.  SPD in place.  Number of applications for A5 use with amended opening times.  Training completed.	A  A  A
Sport Development – BBC	Steer investment in interventions by using activity data and community needs assessment.	By end of March 2017		Applications to Police Funding.  Application to extend 'Just Turn Up' (JTU) initiative.	Activity data	A
Sustrans (in BB and CB)	Complete new best practice guides	By end of March 2017		In draft.	Best practice guidelines in place.	A
Transport Policy – BBC	Apply transport policies to new developments including Cycle Parking Guidelines and Highway Design Guide (HDG).  Record annual contribution of CIL to strategic cycle network improvements.	End 2016		Highway design guide consultation being planned with adoption currently scheduled for end 2016.  Continue to build joint case in the context of <a href="https://www.gov.uk/government/publications/active-travel-a-briefing-for-local-authorities">https://www.gov.uk/government/publications/active-travel-a-briefing-for-local-authorities</a>  Sustrans officer strongly engaged in Bike IT work and mutually supportive work with Travel Plan Officer.	Adopt HDG by end 2016 and monitor resultant impacts and process improvements.  Processes and system embedded.	A

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
	Negotiate cycling and walking improvements.  Host Sustrans officer to promote cycling and walking activity.					A
Transport strategy – CBC	Ensure new Local Travel Plan includes new/revised strategies to influence levels of physical activity.	By end of March 2017		Application for STARS funding applied for.	Funding successful, programme will begin in Sept 2017?	A
Sustrans (for BB and CB)	Encourage Travel Plans for workplaces	By end of March 2017		Promote joint working with Sustrans to businesses  Engage economic development in relation to new proactive links with business.  Creation of welcome packs providing sustainable travel details and advice.  Expand principle cycle vouchers for residents, bus pass for a week trial.	Number Travel Plans for Work Places.  Number of welcome packs distributed.  Number cycle vouchers distributed.  Outcomes of bus pass trial.	A

### Outcome 1.3: An increase in the provision of healthier food options in new and existing food establishments e.g. premises, workplaces, leisure facilities

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Children's Services (Early Help) – BBC	Ensure children centres have healthy food policies.	By end of March 2017.		In Draft?	Number of children centres with a healthy food policy.	A
Environmental Health – BBC and CBC	Implement a 'Healthier Options' Food Business Award Scheme.	By end March 2017		Secure funding for licence fee and a countywide Project Support Officer.	9 food businesses in each LA to gain award.	A
	Review the Heartbeat Award.				Heartbeat Award updated and implemented	
Environmental Health – BBC	Set up an automated system for food businesses to access information on healthier food choices/the healthy food award scheme.			Develop automated system.	Number businesses accessing information and scheme.	A
Leisure, Libraries, Countryside access –	Countryside access to investigate opportunity to discuss food options	By end of March 2017		Awaiting update following meeting on 22 <sup>nd</sup> Sept.	Menus offer a healthy option.	A

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
CBC and BBC	with site 'Operational Partners'. Ensure parks cafés provide refreshments that include healthier options.				Businesses signed up to Food Business Award Scheme.	
Sport Development – BBC	Investigate whether leisure premises have a healthy options catering commitment for vending machines and canteens.			Once a Healthy Food Business Award has been formalised, work with Fusion to ensure all sites achieve an award.	Number of facilities with award.	A

#### Outcome 1.4: An increase in the number of residents accessing green spaces, communal areas for physical activity and sustainable travel choices

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Policy lead – BCCG	Review the BCCG Physical Activity policy.	By end of March 2017		Awaiting updates following meeting on 22 <sup>nd</sup> Sept.	Policy reviewed and adopted.	A
Children's Services – CBC	Travel Hub to disseminate a wide range of travel information to parents.	By end of 2016.		Update required.	Alternative travel options are promoted to parents.	A
Parks – BBC	Use S106 funding to improve sports facilities across Council green spaces.				Funding accessed, projects identified and subsequently evaluated.	A
Sport development – BBC	Encourage the use of open spaces for recreation and activity.			Meeting with Lawn Tennis Association to look at possible Tennis court use/management to allow sustainability and wider access.  Promote walking and cycling at leisure centre sites and sessions.	Increase in the number of tennis courts used by the general public.  Number of awareness sessions and participants.	A
Leisure, Libraries, Countryside Access – CBC	Develop 'Friends' of groups to participate in self-management of the countryside/sites as part of health and wellbeing.	By end of March 2017.		Monitor and record engagement in number of people participating in 'Friends' group.	Groups established.  Number of participants.	A

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Sustrans – BBC and CBC	Provide cycle rides and special themed rides.  Develop volunteer network to lead rides and walks.	By end of March 2017.		Continue to run events relating to walking and cycling in Bedford.	Number of events  Number of engagements  Volunteer network in place. Rides and walks initiated. (number?)	A
	Engage with all partners to ensure that the safety, health and wider transport benefits of walking and cycling are clearly understood and communicated in all contacts (MECC).			Apply for MECC training via BBC.	Number of staff trained in MECC.	A
	Support the completion of the Green Wheel.			Parks and open spaces to link with Green Wheel.  Explore potential for green infrastructure as part of routes to school and connection to green space.	Green wheel completed.	A
	All expansion schools will have Transport Assessment/Statements which will identify opportunities for improving and increasing cycle facilities and walking routes.			Awaiting update.	Number schools completed Transport Assessment.	A
	Record numbers of people walking (Inner Cordon and APS).			Collect scheme specific data.  Continue to develop broader transport monitoring.	Scheme data.	A

## Priority 2: Children

**Outcome 2.1: A reduction in the number of pregnant women with BMI of 25 – 29.9 at time of midwifery booking and**

**Outcome 2.2: A reduction in the number of pregnant women who gain excess weight during pregnancy**

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
0-5 Health Visitors – SEPT CHS	Increase the number of pregnant women who are referred/signposted to BeeZee Bumps, via antenatal contact.	By end of March 2017.	Information from midwifery at BHT and L&D patchy.	Awaiting updates.	Number of eligible women referred.	R
	Ensure that mother's weight is discussed at ante-natal and post-natal home visits.					
	Deliver Bump Birth and Baby stuff programme in partnership with CC's across Bedfordshire.	By end of March 2017.	Parents not engaged. Unable to access sessions during the day.	Awaiting updates on number of programmes completed.	All Children Centres are able to offer programme.	A
Midwifery – BHT	Signpost pregnant women to Aquanatal and other physical activity classes.	By end of March 2017.	Women may not be able to attend due to cost.	Map existing, relevant activity sessions for pregnant women.  Liaise with Sport development/ physical activity providers to develop literature.  <b>Is this also L&amp;D?</b>	Numbers of women signposted.	A
	Provide Midwifery sessions in travelling communities.	By end of March 2017.	Travellers may not engage.	Engage with traveller communities.	Number of sessions delivered. Number of mothers attended.	R
Children's Services – CBC and BBC, Health Visitors – SEPT and Midwifery	Deliver the Bump, Birth & Baby Stuff in the evenings to ensure accessibility for more service users.	By end of March 2017.		Awaiting updates on number of programmes completed.	Evening sessions arranged and delivered.  Number of attendees.	A

**Outcome 2.3: A reduction in the number of children starting school who fall into the excess weight category**

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
0-5 Health Visitors – SEPT; Early Years CBC	Implement integrated assessment at 2-2½ years.	Sept 2016		Roll out programme on track from September 2016.	Referrals to Henry Programme.	

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
and BBC					Early Help Assessments for weight management. Refer to dietetics.	A
0-5 Health Visitors – SEPT	Implement Family Partnership model for vulnerable mothers and families.	By end of March 2017.		Continue planning stage.	Model in place	A
Children’s Services (Early Help) – BBC and CBC	Monitor sessions on healthy eating and physical activity delivered in Children Centres.  Co-deliver 2-2½ year review with Health Visiting.	By end of March 2017.		Awaiting updates following meeting on 22 <sup>nd</sup> Sept.	Integrated checks offered to 100% of eligible families.	A
Leisure, Libraries, Countryside Access – CBC	Increase participation uptake of Xplorer family activities.	By end of Sept 2016.		To be updated with numbers of programme and families taking part.	Number of people who attend the activities.	A
Transport Policy –BBC	Develop travel plans with early years settings.			Working with 2 pre-schools and planning to work with Stewartby.	Number travel plans. Number engagements.	A

#### Outcome 2.4: A reduction in the prevalence of excess weight in school aged children and young people

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
5-19 School Nurse teams	Follow up calls to parents after excess weight NCMP letters have gone out.	Annually (academic year)		Website is going live in October 2016. Calls followed up and increased number of referrals to BZB.	Completion.	A
	Launch of website with NCMP and BeeZee Bodies information.	Quarterly			Completion.	R
	Increase referrals to BZ Bodies.				Number of referrals	A
BCCG	Commission ELFT, jointly with LCCG, to provide a specialist community eating disorders service.	By end of March 2017.		Explore how the third sector could support the development of a wider agenda around issues sometimes associated with children and young people.	Number of referrals to ELFT.	A
Sport Development – BBC	‘Just Turn Up’ (JTU) staff to work with local schools/colleges to provide further			JTU staff to continue to work closely with the school staff to	Record work with local schools/colleges to provide further	G

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
	extracurricular clubs.			become well known by the students as sporting ambassadors. Engage in the direct link to schools to offer affordable after school activities.	extracurricular clubs.	G
Sustrans – CBC and BBC	Continue to deliver ‘Bike It’ in 27 schools across CBC.	Quarterly reporting		Funding approved to continue scheme until March 2018. Additional schools will be identified and contacted to take part from Sept 2016 onwards.	Number of new schools who engaged with the programme in Sept 2016.	A
	Implement and evaluate ‘Bike It’ in schools in Bedford Borough.			The ‘Bike It’ Officer will work intensively with a minimum of 9 local primary schools, whilst continuing to support 4 schools that have been engaged in Bike It in the last year.	Reporting of activities in schools Number pupils engaged	
Transport Policy – BBC	Support Bikeability in schools.	By end of March 2018.		Bikeability promoted through Travel plans for years 4-6.	Number of schools with Bikeability	A
	WOW-Walk Once a Week		Requires significant funding	Explore implementation of a Bedford Borough Award Scheme.	Number of schools with Award.	A
	Support schools to develop school travel plans and record this.			Business case submitted for approval for school access and online portal mode-shift.	Robust recording system in place enabling regular monitoring.	A
Transport Strategy – CBC	Develop more voluntary travel planning with schools to compliment Sustrans work.	By end of July 2016.		Awaiting updates following meeting on 22 <sup>nd</sup> Sept.	MOTTOS adopted.	A
	Update Sustainable Modes of Travel to School Strategy and adopt in spring 2016.					
Education – CBC and BBC GAP		By end of 2016.		Meeting to be arranged with Education to discuss further input.		

## Outcome 2.5: An increase in the number of families using active travel i.e. cycling to work/school for leisure

No additional actions identified for this section as it is included throughout the plan.

## Priority 3: Adults

### Outcome 3.1: A reduction in the prevalence of excess weight in all adults

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
BCCG	To improve the pathway into the tier 3 service by making it less fragmented and more direct. Piloting direct referrals from Busy bodies into tier 3.	To be completed within 2 months ??		Awaiting updates.	Number referrals from BZ Bodies into Tier 3	A
	Working with NHS England to transfer Tier 4 Severe and Complex Obesity Services from an NHS England Commissioned Service to CCG commissioned.	To be completed within 2 months ??				
ELFT	Work with BCCG colleagues to include in service specifications with providers.	By end of March 2017				A
Adult Services – BBC	Fusion: Stroke rehabilitation via physical activity	Quarterly		Service restructure underway to aid monitoring and reporting.	Measure the volume of referrals and number of gym memberships.	A
	Carers in Bedfordshire run training courses on nutritional values of food.				Number of courses delivered and attendance.	A
Nutrition and Dietetics – BHT	Provide evidence based information and resources around the perception of healthy weight.	By end of March 2017		Awaiting updates.	Number of people advised.	A
Sport Development Leisure – BBC	Increase awareness and referrals to BeeZee Bodies programmes.			Offer reduced rates (50% off) on Re-active 8 courses for those referred via BeeZee bodies.	BZ Bodies to record number participants signposted.	A
	Work in partnership with BeeZee Bodies to co-develop/deliver elements of relevant programmes.			JTU Tough Fitness Bootcamps have absorbed men who have completed the Gutless boot camps and then been looking for similar new sports.	Number of people signposted and take up Fitness Bootcamps.	A
	Provide information and resources to improve perception of professionals and the public, of what a healthy weight looks like.			JTU role models and ambassadors to continue providing information about healthy weight.	Number of ambassadors and role models in place.	A

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
	Work with Viking Kayak Club to purchase specialist Kayaks for those with excess weight.			In development	Number of new Kayaks.	A
	Offer BMI and blood pressure checks/tests each month as part of the ongoing twice weekly over 70s sessions.			Looking at this as an extension of the work with new staffing arrangements	Number of checks conducted	A
Countryside Access – CBC	Increase uptake from GPs to Activity4Health Scheme.	By end of November 2017.		Awaiting updates for Quarter 2.	Number of referrals.	A
Sustrans – BBC	The Bikelt officer to provide a walk for mums after they have dropped off their children at school.			These walks are currently being discussed with schools	Attendance numbers.	A
	Provide 'Active families', Cycle Confidence courses and teaching adults to cycle sessions.			43 people have shown interest in the cycle lessons and 12 beginner, 4 confidence and 2 families have paid the £5 deposit and will be having a lesson shortly.	Number adults learning to cycle	A

### Outcome 3.2: A reduction in the prevalence of excess weight in specific groups of vulnerable adults

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Adult Services – BBC	Deliver weekly lifestyle and fitness sessions at St Bedes.			Activity Coordinator to identify qualified professional to deliver diet and nutrition information.	Number of attendees attending sessions.	A
Sport Development – BBC	Ensure that services are available at locations which will be appealing and accessible to the target groups identified.			Grow the Wellbeing provision to extend bespoke activities to the groups most in need i.e. dementia, carers, mental health clients etc.	Number facilities offering free use. Number of people attending sessions. Number of people regularly attending sessions.	A
	Work with the Foundation Team at Bedford College to offer vulnerable adults sport opportunities.				Number vulnerable adults engaged.	R
Sustrans – CBC	Develop walking groups with MIND	By end of		Awaiting updates.	Number of groups and participants	A

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
		March 2017.				
Sport Development – BBC	Provide and monitor accessible JTU activity sessions.			Work in the 6 most deprived wards to develop programmes.	Number of programmes in place. Number of participants.	A

**Outcome 3.3: An increase in the number of safe and accessible opportunities to be active and eat healthily**

**Outcome 3.4: An increase in senior buy-in and an increase in the number of professionals who are aware of the recommendations for health and are able to support the population specifically target groups**

No additional actions identified for this section as it is included throughout the plan.

## Priority 4: Everybody's business

**Outcome 4.1: A workforce that is competent and confident and understands the significance of their contribution to the excess weight agenda and**

**Outcome 4.3: Consistent and accurate healthy weight and lifestyle communications to all partners.**

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Children's Services (Early Help) – BBC	Train staff to implement the Making Every Contact Count (MECC) approach.	By end of March 2017.		Public Health to deliver MECC training.	Numbers MECC trained.	A
0-5 Health Visitors – SEPT and 5-19 School Nursing – SEPT	Ensure all staff have received training from BZB in raising the issue of weight.	By end of March 2017.		BZB to deliver training.	Number trained.	A
Midwifery – BHT and L&D	Ensure midwives are trained and feel confident to deliver healthy weight messages.	By end of March 2017.		Use Start4life and C4L information to support discussions.	Number of midwives delivering messages.	A
Voluntary Organisations for Children, young people & families – BBC and CBC	Staff to undergo MECC training.	By end of March 2017.		Public Health to deliver MECC training	Number trained.	A
	Provide healthy weight and lifestyle communications to all voluntary organisations via monthly newsletter.	Ongoing.		Develop newsletter and circulate.	Newsletters regularly produced and circulated.	A
Sport Development – BBC	Staff to undergo MECC training.  To further upskill workforce and train all coaches on the database in working with Mental Health in Sport.  Advise the council to offer all employees regular Mindfulness training.			Public Health to provide MECC training	Number trained.	A
Sustrans – BBC	Staff to undergo MECC training.			Public Health to provide MECC training	Number trained in MECC	A

## Outcome 4.2: Employees are supported by their workplace to improve lifestyle habits

Responsible officer	Action	Timeframe	Barriers	Progress and next steps	Measure	RAG
Workplace Health & Safety (SWAP group) – CBC	Engage with Facilities Management regarding canteen services which are available as part of contract management.  Develop new calendar of events which promote healthy lifestyles for staff for 2016/17.  Develop an overarching employee wellbeing strategy for CBC.	By end of March 2017.		Arrange meeting with provider.  Spring Into Action – lunchtime walks programme launched in March 2016.  Develop calendar of events.	Healthy options promoted more prominently.  Staff feedback.  Numbers of people who take part and continue to engage in activities.  Collate data at 3 months and 6 months.	A
Facilities Management – BBC	Introduce the Heartbeat Award to BBC Council canteen.  Provide 25-50% healthy snacks in vending machines.				Number of healthy choices purchased from vending machine.	A
University of Bedfordshire and Public Health – BBC	Complete Workplace Health Survey.			BBC survey has just been disseminated.  Use outcomes to inform future activity.	Number of employees completed survey.  Introduction of a workplace intervention.	A
Sustrans – CBC and BBC	Implement and evaluate a workplace project.	By end of March 2017.		Awaiting updates following meeting on 22 <sup>nd</sup> Sept.	Number of engaged businesses and employees.	A
Human Resources/ Workplace Development – BBC	Provide and evaluate a range of health-related workshops/briefing sessions for employees to highlight health issues and concerns.			12 Wellbeing Champions recruited. The group have created an action plan to establish their immediate priorities.	Number workplace health champions and range of activities offered.	A
	Create a Wellbeing Champions infrastructure to provide appropriate support, guidance and direction (First point of contact).			Wellbeing Champions to attend relevant health-related workshops	Number workshops attended	A
	Review outcomes in the workplace – follow up evaluation to highlight successes.				Evaluation of scheme	A