

## **Health and Well-being Board**

**25 April 2016**

### **Health and Wellbeing Board Healthy Weight Task and Finish group**

#### **1. Purpose**

The purpose of this report is to update the Health and Wellbeing Board on progress made on the healthy weight task and finish action plan.

#### **2. Recommendation**

**2.1** That the HWB notes the progress made on the Healthy Weight and Physical Activity action plan.

#### **3. Report detail**

Following the October 2014 Health and Wellbeing Board, a time limited healthy weight task and finish group was formed to look at innovative ways to tackle obesity and physical inactivity in Walsall. The Group was led by Councillor Arif, supported by Councillor Robertson, Dr Barbara Watt, Public Health officers and Dr Askey (CCG representative).

Further representatives included council officers from Clean and Green, Children Services, Sport and Leisure Development, Human Resources, Environmental Health, Catering, Area Partnerships, Planning and Regeneration and Traffic Safety & Operation. External partners included Canal and River Trust, CCG, Walsall Healthcare Trust, Health Watch and Black Country Consortium.

Three workshops focused on the themes listed below and an action plan was produced (See Appendix A);

- 1) Sustainable travel/ use of green spaces for increasing physical activity and improving health and wellbeing
- 2) Schools
- 3) Workplace

#### **Progress to date:**

##### **Sustainable travel/ use of green spaces**

Public Health is continuing to work with Green Spaces and Engineering and Transportation through transformation funding services level agreements. This improves the co- ordination and integration of services to increase physical activity and healthy weight prevalence in Walsall.

## **Volunteering Pilot**

Public Health are working with a 3<sup>rd</sup> sector organisation to develop volunteering in physical activity across Walsall this will provide a more sustainable means of delivery which has an impact on health as well as wider determinants (e.g. unemployment).

A variety of volunteering roles in physical activity (e.g. leading a walking programme, grounds maintenance at a sports club, litter picking in a park) will be made available through an on-line portal as well as support and information being available face to face.

The pilot will be used to formalise a pathway which could be utilised to identify, place and support volunteers across a wide range of services in the future.

## **Health Impact Assessment**

A health impact assessment (HIA) has been produced as part of the Goscote Regeneration Project. Public Health is continuing to work with the commissioned provider to develop recommendations so they demonstrate the value of HIA for future developments.

## **Schools**

Following an evaluation of the current Healthy Schools Programme and a scoping exercise of other models nationally, Public Health are developing a healthy schools model in-house. This will be coordinated by Public Health and delivered/supported by a range of council services including Sports and Leisure Services, A \*Stars and Clean and Green.

The new model will provide schools with individual profiles and offer national and local resources. It will also provide evidence to support schools during an Ofsted inspection.

Consultation with primary and special schools on a traded service model and supporting healthy eating is due start the end of April 2016.

## **Workplace**

Enabling Walsall Council to become an exemplar employer for workplace health will;

- Improve the health of council staff, the majority of which live locally, leading to reduced absence and increased productivity.
- Enable Walsall Council to be a role model for other local employers, positively impacting on their healthy workplace practices.

There have been a number of staff focused initiatives delivered over the last 12 months including;

- 6 NHS Health Check events for staff and councillors including tailored health advice and signposting.

- Sun awareness information developed and distributed to departments with outdoor workers (e.g. clean and green).
- Regular Public Health Campaigns (e.g. Public Health England One You, NHS Health Checks and Cancer Awareness)
- Online weight management support available through the staff intranet
- Human Resources (HR) intranet pages now include a staff health and wellbeing section.
- Public Health has supported HR to develop Mental Health awareness training course for managers, to date 77 have attended.

Self assessment against the Workplace Wellbeing Charter standards has been completed and gaps in current provision identified. There is opportunity with the new Lifestyles Service, starting in July 2016, and a commitment from council staff to build on the work already undertaken, to continue towards achieving the Workplace Wellbeing Charter.

### **Key Achievement**

Walsall's National Child Measurement Programme data shows Year 6 prevalence of excess weight and very overweight children has **decreased** from 40.3% (2013/14) to 37.6% (2014/15). This is not in line with national trends where Year 6 prevalence of excess weight and very overweight continues to increase.

### **4. Impact on health and wellbeing:**

Obesity and physical inactivity is associated with many chronic diseases including diabetes, coronary heart disease and some cancers. Obesity threatens the health and wellbeing of individuals and places a burden on public resources in terms of health costs, on employers through lost productivity and on families because of the increasing burden of long-term chronic disability.<sup>1</sup>

The healthy weight task and finish group will positively contribute to the following Marmot principles;

- Improving health and well being infrastructures in schools and workplace as well as development of sustainable travel and active recreation opportunities will help to **improve mental wellbeing** and make **healthier choices easier**.
- Re-design of the Healthy Schools Initiative will offer tailored package of support to primary schools **giving every child the best start in life**.
- **Money, home, job** – Supporting residents to manage their weight will provide a more sustainable workforce for Walsall.
- Increasing healthy weight prevalence and physical activity will **reduce the burden of preventable disease, disability and death**.

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<sup>1</sup> Butland B, Jebb S, Kopelman P, et al. Tackling obesities: future choices – project report (2nd Ed). London: Foresight Programme of the Government Office for Science, 2007.

**Author**

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Date

14<sup>th</sup> of April 2016

# **Walsall's Health and Wellbeing Task and Finish Healthy Weight and Physical Activity Action Plan**

**Sustainable travel / use of green spaces**

Aim	Key Actions	Leads	How will it be measured	When
<p>Increase physical activity and healthy weight prevalence across the borough through improving co-ordination and integration of delivery.</p>	<p>Develop and agree transformation funding service level agreements with Green Spaces and Engineering and Transportation.</p>	<p>Susie Gill/ Joe Holding/ Kevin Clements/ John Charles.</p>	<p>Sign off Transformation funding service level agreements</p> <p>Public Health Outcome Framework indicators:</p> <ul style="list-style-type: none"> <li>• Utilisation of outdoor space for exercise/ health reasons</li> <li>• Excess Weight in 4 – 5 and 10-11 year olds</li> <li>• Percentage of physically active and inactive adults</li> <li>• Self reported wellbeing</li> </ul>	<p>June 2015- Completed</p> <p>Annually</p>
	<p>Set up Healthy Environment Strategic Group, review Terms of Reference and membership.</p>	<p>Susie Gill</p>		<p>September 2015- TOR being agreed and on track</p>
	<p>Target schools with the greatest need and increase engagement in green spaces and allotments.</p>	<p>Kevin Clements/ Alison Bates</p>	<p>Number of schools engaged using RAG rated Primary Schools Obesity table from</p>	<p>September 2015, Quarterly through service level agreement contract-</p>

	Increase awareness of green spaces and sustainable travel networks through a marketing campaign.	Joe Holding/ Kevin Clements/ John Charles	Public Health. Social media and website hits.	reviews. On track childhood obesity data share with Green Spaces in order to priorities schools. Increased the number of staff trained to deliver schools based outdoor education programme.
Improve the health and well being of everyone that lives, works and socialises in Walsall.	Deliver MECC and Five Ways to Wellbeing training to all front line staff within Green Spaces and Sustainable travel.	Angela Aitken/ Kevin Clements	Number of staff trained.	
Increase quality, quantity and use of natural environments and active travel corridors.	Develop criteria for prioritising the development of green spaces and increasing sustainable travel for greatest impact on physical inactivity and healthy weight.	Joe Holding/ Kevin Clements		September 2015, Quarterly through service level agreement contract reviews.
	Complete Health Impact Assessment within planning proposals.	JH/WHG	Number of HIA on new building applications.	July 2015 – key health information shared with Green space in relation to obesity, physical inactivity and deprivation.
	Recruit joint post in Planning	Planning and Regeneration	Number of volunteers.	

Ensure sustainable delivery through the use of volunteers.	Co-ordinated approach to increasing volunteering  Delivering training and supporting existing conservation groups.			October 2015- On track Structure interviews being organised with local professionals to enrich the HIA in September by Impact (Organisation within Liverpool University)
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## Workplace

Aim	Key Actions	Leads	How it will be measured	When
To implement Workplace Wellbeing Charter and be an exemplar employer of workplace health.	<p>Walsall Council to complete self assessment against Workplace Wellbeing Charter Standards.</p> <p>Identify gaps within the workplace Wellbeing Charter Standards.</p> <p>Set up a workplace Wellbeing Charter steering group.</p> <p>Complete action plan and produce evidence to support standards.</p>	Joe Holding/ Dave Elrington/ Paul wicker/ Irena Hergottova / Jackie Groves	<p>Reviewed through Workplace Wellbeing Charter action plan.</p> <p>Public Health Outcome Framework indicator:</p> <ul style="list-style-type: none"> <li>The percentage of employees who had at least one day off in previous week</li> </ul> <p>Monitor sickness and absentee levels within the organisation.</p>	<p>September 2015. Self Assessment has been completed for a number of areas across the charter.</p> <p>Currently working in partnership with Human Resources to develop a work force package of benefits. A number of standards within the charter will be met as part of this process.</p>

	Implement policies and procedures to support wellbeing charter.		Monitor through staff surveys and EPA's.	
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## Healthy Schools

Aim	Key Actions	Leads	How it will be measured	When
Re- design Healthy Schools Initiative to provide schools with a package of tailored support.	<p>Develop Project Implementation Document and set up healthy schools steering group.</p> <p>Evaluate current Healthy Schools programme.</p> <p>Review other healthy schools models across the UK. Consult with schools and other stake holders.</p>	Susie Gill/ Vikki Tolley/Esther Higdon Janet Catto	Re -development of Healthy Schools Programme.	<p>September 2015</p> <p>Initial scoping meeting has taken place and consultation. Draft model will be developed and consulted on through the lifestyle procurement process.</p>
Support schools with	Offer training to teachers and	Vikki Tolley/Janet	Number of schools	December 2015

Ofsted inspection framework	support staff working in schools. Provide feedback through annual reports to evidence against Ofsted framework	Catto	engaged and teachers trained.	On track attended Head Teachers Forum and will continue to attend with PH being a fixed agenda item. National NCMP letters have been developed to aid PH to feedback to schools in relation to their obesity prevalence.
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