

Responses to Scrutiny Review Recommendations

Report to Overview Committee

Title of the review: **Obesity Scrutiny Working Group**

Date review completed: June 2016

Date Presented to Cabinet: 4 August 2016

Portfolio Holder: Councillor: H Wheeler

Chair of the review group: Councillor Viv McCrossen

Officer supporting the review: Helen Lee

Response due to the Overview Committee (28 days): 21 November 2016

Guidance

The final report and recommendations from the above review have been considered by Cabinet and a written response to the recommendations from the responsible Cabinet Member to the Overview Committee is required within twenty eight days of the date the review was presented to Cabinet.

Recommendations from this review have also been sent to Nottingham and North East Clinical Commissioning Group and Public Health – Nottinghamshire County.

If you need any further assistance in completing this response please contact the Officer that supported the review

Recommendation 1

We strongly urge the Clinical Commissioning Group to commission the provision of early intervention services by GP practices. We feel this is an, 'invest to save', initiative that will, over time, save a considerable amount of money and do much to benefit the health and well-being of the people of Gedling.

Portfolio Holder has received the following response from Nottingham North and East Clinical Commissioning Group (CCG):

This is not something that we will be commissioning at this stage. We will continue to work with Public Health on the promotion and take up of services in tiers 1-3 and on any work that they are doing on messages around healthy weight, diet and physical activity. Equally, we will also continue to work closely with Gedling Borough Council to promote any messages around healthy weight, diet and physical activity and to support the promotion of any services. Specifically we are rolling out the diabetes prevention programme which is an early intervention to prevent the onset of diabetes and much of this is lifestyle related.

Recommendation 2

We strongly recommend that the data which is collected by the National Child Weight Management programme is analysed and those children identified as overweight are offered appropriate interventions to help them achieve a healthy weight.

The Portfolio Holder accepts this recommendation.

Response received from Public Health – Nottinghamshire:

All children identified as overweight are given a leaflet called 'Top Tips' and re provided with details of services that can support them e.g. school nursing and ChangePoint.

Recommendation 3

Resources are made available for obesity prevention education, with a particular emphasis on families, children and young people, outlining the risks that poor diet and lack of exercise will have on health in later life.

The Portfolio Holder accepts this recommendation.

Changepoint's "Jump Avenue" free family healthy lifestyle programme is delivered from Arnold Hill Community Centre. The adult programme is delivered from Westdale Lane Community Centre. The Council is also working with Changepoint to deliver a family healthy lifestyle project in Bestwood Village. An update on provision delivered within Gedling Primary Schools to be requested from Gedling Sports Partnership.

Response received from Public Health – Nottinghamshire:

Tier 1 ChangePoint service offers obesity prevention interventions e.g. Busy Feet etc. The focus for activity for this year is for primary aged children.

Recommendation 4

That GP practices are supported to offer a range of early intervention initiatives, including talking therapy, to conquer the growing problem of obesity in families and also to develop appropriate early intervention and healthy eating material for GP practices.

This recommendation has been sent to the Clinical Commissioning Group and Public Health – Nottinghamshire County Council.

The Portfolio Holder has received a response from Nottingham North and East Clinical Commissioning Group that is provided under Recommendation 1.

Response received from Public Health – Nottinghamshire:

Information is available from resource libraries and via Change4Life.

Recommendation 5

Improve and promote the self-referral route for Changepoint Weight Management Services.

This recommendation has been sent to Public Health – Nottinghamshire County

The Portfolio Holder accepts this recommendation.

The Council has been promoting the Changepoint Weight Management programme by:

- signposting any referrals we have received for the de-commissioned Positive Moves scheme on to Changepoint.
- signposting DNA Health participants to Changepoint if they have an interest in weight loss
- regular meetings with the local Changepoint Health coach to explore joint working opportunities
- circulating Changepoint updates to all community partners so they are aware of sessions available in Gedling
- inviting Changepoint representatives to local steering groups in Killisick, Netherfield and Newstead
- informing Council staff of the service through our workplace health initiative

and annual staff health fair

Response received from Public Health – Nottinghamshire:

Call to action cards are available and self-referral only requires a phone call or email T:03330050092 or E: changepointnotts@everyonehealth.co.uk

Recommendation 6

Rigorous monitoring of the effectiveness of the Changepoint Weight Management Service is undertaken.

The Portfolio Holder accepts this recommendation.

The Council receives monitoring information through its membership on the Nottinghamshire Tackling Excess Weight Steering Group. Monitoring information to be discussed at the Gedling Health and Wellbeing Delivery Group.

Response received from Public Health – Nottinghamshire:

Rigorous monitoring is being undertaken. The nature of the service is for long term (12 month) behaviour change and so by the end of year 2 of the contract we will see what impact there has been. Please find attached a copy of the 2015/16 annual report.

Recommendation 7

That there is a monthly article, in the Contacts magazine, promoting healthy lifestyles, sports activities, including walking and cycling, fitness classes and take-up of the allotment scheme. This could include nutritional advice and the inclusion of a healthy nutritious recipe.

The Portfolio Holder partially accepts this recommendation.

The Portfolio Holder accepts that regular promotion be undertaken and that the most appropriate method be considered.

Contacts magazine is published only three times a year and not monthly. There have already been the following articles in Contacts during 2016:

- Mental Health Challenge
- Gedling parkrun
- Parklife – enjoy the great outdoors (

- Summer Carnival of Sport – children’s summer activities
- DNA Health Case study
- Smoking Cessation Service
- Changepoint promotion
- Sign up to local health forum
- DNA Nutrition and Leisure Centre Promotion
- Girls Make it happen
- Talking therapies

Regular communication regarding healthy lifestyles is also happening through the Leisure Keep Me Posted e-marketing. A Health and Wellbeing Keep Me Posted category is also being developed to further promote healthy lifestyles. Opportunities will also be promoted on social media.

The Leisure Centres have also launched DNA Nutrition an on-line tool that helps to design a healthy and nutritious diet for individuals. This will become free to all DNA members from January.

Recommendation 8

Promotion of a healthy lifestyle, including healthy eating, physical activity and available obesity prevention services are displayed on the side of refuse lorries.

The Portfolio Holder accepts this recommendation but the current budget challenges need to be understood. There is currently no specific health and wellbeing promotional budget held by the Council. The cost of an advert is free for GBC services, but there will be design costs. The opportunity for commissioned partners to advertise on lorries can be offered, however they will need to pay for this service.

Promotion to date on the side of refuse lorries has included leisure centre swimming, DNA health and Get Going In Gedling walking scheme.

Recommendation 9

Members, through their work, as school governors, should encourage schools to consider adopting the ‘daily mile’ scheme.

The Portfolio Holder accepts this recommendation and will write a letter to all Members. The Council will also discuss with Gedling Sports Partnership their role in encouraging schools in the adoption of the daily mile.

Response received from Public Health – Nottinghamshire.

Support for the 'daily mile' is available from ChangePoint as part of the T1 commitment.

Recommendation 10

Members join their GP Patient Participation Group, to promote the need for early intervention information to be available in GPs surgeries.

Nottingham North and East CCG are reviewing their Patient Participation model. This action depends on the outcome of that review.

Recommendation 11

The provision of outdoor gymnasiums made available in all Gedling Borough Council parks and recreation areas, but particularly, that one is sited at Arnot Hill Park.

The Portfolio Holder partially accepts this recommendation.

This must be driven by budget availability in terms of installation and on-going maintenance. There are currently outdoor gyms located at the following sites:

- Killisick Rec
- King George V Rec, Arnold
- Burton Road Jubilee Park
- Honeywood Gardens

There is also outdoor gym equipment at Papplewick managed by the Parish Council. The Council is supporting the development of a community funding application for equipment in Bestwood Village.

The Council is also considering equipment at Arnot Hill Park, although recent consultation preferred the option of a refurbished play area as a priority. An outdoor gym will also compliment the Bootcamp in Arnot Hill Park. There are no plans for other parks to have outdoor gym equipment particularly as no funding is specifically available.

Research on the impact outdoor gyms have on health and wellbeing to be identified as a means to aid decision making.

Recommendation 12

The introduction of instructor supervised sessions to inform people how to properly use the outdoor gym equipment.

The Portfolio Holder partially accepts this recommendation.

The Council cannot employ instructors direct to perform such a role so this would rely on the availability of volunteers, interested community organisations, charities or existing private providers. There is no funding available for this so provision would need to be demand driven in order for it to be sustainable. We currently have no evidence whether this demand exists.

Parks and Street Care encourage Bootcamp classes in our parks, but currently only Arnot Hill Park is used.

Recommendation 13

Consideration of the feasibility of providing table tennis tables in all Gedling Borough parks and recreation areas.

The Portfolio Holder partially accepts this recommendation.

This must be driven by budget availability in terms of installation and on-going maintenance. There are currently no plans to roll them out as no funding is currently available. Bats and balls could also be an issue unless users brought their own.

Carlton-le-Willows Academy has opened a new table tennis centre called the Nottingham Sycamore Table Tennis Academy. Community access includes coaching, competitions, a family night, a Talent Development Centre, school holiday camps and open play for members of the public.

Recommendation 14

The siting of a “trim trail” at Gedling Country Park and other suitable locations.

The Portfolio Holder partially accepts this recommendation.

Funding has been obtained for a new trim trail to be located at Ley Street in Netherfield.

The Council's plans for other locations must be driven by budget availability in terms of installation and on-going maintenance. There are currently no trim trails in any of the parks at present, as no budget is available.

Recommendation 15

Healthy option vending machines are installed in leisure centres.

The Portfolio Holder partially accepts this recommendation, subject to consideration of the current contractual obligations the leisure centres have with regard to vending machines. Minimum requirements of the current contract is 10% of options available must be healthy.

Response received from Public Health – Nottinghamshire:

The best practice section B 'Nutrition of Government Buying Standards for Food and Catering' might be useful to support changes in the content of vending Machines

Recommendation 16

The sale of fresh fruit in leisure centre receptions is trialled.

The Portfolio Holder partially accepts this recommendation, subject to consultation with leisure centre users.

Consultation to be undertaken through the Keep Me Posted Leisure database and other formats, to assess demand for fresh fruit. The findings will be used to inform future decisions.

Recommendation 17

Improve the shower facilities at the Civic Centre, to encourage staff to cycle to work and be more active at lunchtime.

The Portfolio Holder partially accepts this recommendation.

The new shower facilities in the depot are to be made available to Civic Centre staff. Consideration is also being given to secure cycle storage at the depot and Civic Centre, subject to available funding. If this is a possibility it is proposed a launch event is arranged to which Dr Bike will be invited so that staff can access some free bike maintenance. Consideration is also being made to a new cycle lease scheme for staff.

All staff who attended the recent Staff Conference were given a Gedling Cycle Map.

Recommendations from the CCG to Gedling Borough:

1. The promotion and implementation of HOT by EHO's in Gedling BC

Portfolio Holder Response:

The Council's Public Protection Service Area is promoting and implementing the HOT scheme on an on-going basis

2. The endorsement of the Spatial Planning and Health document

Portfolio Holder Response:

This was adopted at Cabinet in September 2016.