

Report to the Overview and Scrutiny Committee

Subject: Report and Recommendations of the Reducing Obesity Scrutiny Working Group

Date: 27 June 2016

Author: Elections and Members' Services Officer

Working Group Members: Councillors McCrossen (Chair), Truscott, Doyle, Hewson, Bisset and Feeney.

1. Purpose of the Report

To present the final report and recommendations of the Reducing Obesity Scrutiny Working Group.

2. Background

The Overview and Scrutiny Committee established a scrutiny review to examine a range of issues related to the growing problem of obesity and to consider how the authority can contribute to supporting and encouraging people to lead healthier lifestyles and make healthier choices. Included in this was consideration of how the authority could influence and support partner organisations who have responsibility for commissioning and providing services that address this issue.

The review received briefings from, and discussed this with, representatives from Nottinghamshire County Public Health, Nottingham North and East Clinical Commissioning Group, Gedling Sports Partnership, medical practitioners from the Arnold Highcroft Surgery, the Portfolio Holder for Health and Wellbeing, the responsible Corporate Director and officers from Leisure and Community

3. Information

Obesity in adults was identified as the first priority for review in the 2015/16 work programme by the Overview and Scrutiny Committee. The Gedling Profile 2015, provides information about the health of the borough's population and highlights a number of areas where the health of the people of Gedling is below the English average. Although there were some areas where Gedling was above the English average, two particular areas were significantly worse; obesity and excess weight in adults and smoking by pregnant women at the time of delivery. Members decided to examine issues relating to obesity and although the focus of the review is excess

weight in adults, the fact that overweight children often become overweight adults necessitates that issues around the weight of children were also considered by the working group. The review sought to explore the current issues around the growing problem of obesity and to consider how the authority could contribute to supporting and encouraging people to lead healthier lifestyles and make healthier choices. In addition, it sought to examine how the authority can influence and support partners who have responsibility for commissioning and providing services which address the issue.

- **National Context**

There is an association between all causes of mortality and obesity. Obesity, for most adults is a BMI of 30 to 39.0, and decreases life expectancy by up to three years, whilst morbid obesity, a BMI over 40, will reduce life expectancy by eight to ten years. This is equivalent to the effects of lifelong smoking. Obesity is an important causal factor in diabetes, heart disease and stroke; it is linked to the development of some cancers alongside other long term health complications, including depression and anxiety. There are many ways in which obesity is detrimental to wellbeing. Obesity is generally caused by eating more calories, particularly those in sugary and fatty food, than are burnt off through physical activity. The excess energy is then stored in the body as fat. This is an increasing problem because of an increasing sedentary life style, the availability of high calorie food and drink and an increase in portion sizes.

According to estimates from Public Health England, two thirds of adults and a quarter of children between two and ten years are overweight or obese and it is estimated by 2034, 70% of adults are expected to be obese or overweight. Estimates suggest obesity cost the NHS £5.1 billion in 2006/07, including obesity medicine, the increasing use of bariatric surgery and new equipment. It is predicted that this will double to £10 billion by 2050. The wider cost to the economy is estimated at £20 billion a year, once issues like sick leave and lost productivity are taken into account. Over 29% of men and 36% of women classed as obese have life limiting conditions; double the rate of healthy individuals. A new national strategy to tackle childhood obesity is expected shortly and although a sugar tax on soft drinks will be introduced in 2018, it is expected the focus for the strategy will be social commitment and change, rather than creating legislative powers.

- **Local Context**

Statistics currently available indicate that:

- In Nottinghamshire:
 - 66.4% of adults are overweight or obese, statistically worse than the England average of 63.8%.
 - 21.5% of 4-5 year olds in Nottinghamshire are overweight or obese, statistically similar to the England average of 22.2%.

- 31.1% of 10-11year olds are overweight or obese, statistically better than the England average of 33.3%.
- In Gedling:
 - Two thirds of adults in Gedling (67.9%) are overweight or obese, with a BMI over 25.
 - 23.7% of adults have a body mass of over 30 and are classed as obese, higher than the England average.
 - Life expectancy is 8.7 years lower for men in the most deprived areas of Gedling. However, for the whole of the borough, life expectancy for men is higher than the national average. This differential could, in part, be due to the unhealthy lifestyle in the most deprived areas.
 - Currently, one in five children aged 4 – 5 is overweight or obese and this increases to one in three for children aged 10 -11.
 - The number of Gedling residents undertaking 150 minutes of physical activity per week is statistically better than the English average. This is likely to vary between the different districts in the borough.
- **Partner Organisations - Treatment and Prevention**

In April 2013, local government became responsible for improving the health of the population, supported by the public health grant and specialist public health teams. Nottinghamshire County Public Health aims to improve the health of the population by finding out what needs to be done; developing a strategy and delivery plan to achieve this. The Joint Strategic Needs Assessment across the county identified the needs of the population and was used to plan services to meet those needs. The Health and Wellbeing Board is the statutory body with responsibility for driving forward this aim. Nottinghamshire County Public Health works with the Health and Wellbeing Board, the Clinical Commissioning Group (CCG) and other partners to identify and tackle shared priorities. Boundaries for the CCG and Public Health are not coterminous, so any initiatives taken by Public Health will be county wide and not solely for the residents of Gedling.

Obesity and maintaining a healthy weight is one of the key priorities of the Nottinghamshire Health and Wellbeing Strategy, which sets out the ambitions and priorities for the Health and Wellbeing Board.

Actions and priorities identified by the strategy include:

1. The establishment of weight management services in each district. This was done through a commissioning exercise by Nottinghamshire Public Health and the contract was awarded to Everyone Health, who, for the next four years, will provide a fully integrated obesity prevention and weight management service, ChangePoint. Self-referrals and referrals from

healthcare professionals are accepted. The new service went live on 1st April 2015. The integrated weight management service model includes multicomponent interventions, addressing diet and physical activity together, supported by behavioural change strategies and tools. This service provides:

- i. Training for GPs. Frontline training to ensure constant messaging and the ability to raise relevant issues with other services, for example, school nurse teams.
- ii. Provision of universal services, Tier 1, to support everyone, regardless of their weight, from becoming overweight or obese. Raising the awareness of the importance of maintaining a healthy weight, by eating more healthily and being more physically active.
- iii. Tier 2 services, within community based settings, which provide targeted prevention and early intervention to those at high risk of obesity.
- iv. Specialist Tier 3 community based service for adults, children and young people, including post bariatric surgery.
- v. Weight management support services before, during and after pregnancy, working with midwives and health visitors.

Fifty-four patients were receiving Tier 3 services and 32 patients Tier 2 services in November 2015. Tier 2 services are available at Killisick Community Centre, Tier 3 at St George's Community Centre and Child Management Services at Westdale Lane Community Centre.

2. Increasing the number of healthy food options by reducing the number of fast food outlets and working with outlets to provide healthier options. The Healthy Options Takeaway Scheme, which encourages takeaways to offer healthier options and let customers know where they can get healthier food. This is a county wide project delivered in partnership with Environmental Health Officers, including those in Gedling. This runs alongside the national Food Hygiene Rating of food outlets. Businesses are encouraged to consider what small changes they can make to how food is prepared cooked and served, to offer healthier choices, for example smaller portions, or additional fruit or vegetables to customers. A target of twelve outlets has been set for Gedling, currently there are two.
3. Using the Planning system to promote healthier environments/communities. Working with partners to encourage a reduction in the number of fast food outlets, improve air quality and make walking and cycling routes more accessible and attractive.

4. Working with staff in early year's settings and school age children. The National Child Weight Management programme weigh children aged between 4 and 5 in the reception class and again at age 10 – 11 in year 6. This is undertaken by school nurses who notify parents of any concerns and are able to offer advice and support on lifestyle changes. Between 2006/07 and 2013/14, data indicates that there has been no significant decrease in excess weight (overweight and obese) in Gedling District, for both reception and year 6 children. There is 100% uptake in Gedling schools for this programme but individual families can opt out. The Obesity Prevention and Weight Management Service has been promoting the 'Busy Feet' Explorers toolkit, which is designed to stimulate imagination, creativity and movement, with a clear focus on promoting healthy and active lifestyles. Busy Feet training has been provided for 91 frontline staff, to deliver in schools and 63 Busy Feet toolkits, made available for use in early year's settings.

Clinical Commissioning Groups play a major part in health outcomes, using their knowledge of local health issues and needs, to plan and commission services tailored to the need of the local community. The Nottingham North East CCG is led by GPs and includes 21 GP practices. Members learnt that the CCG currently does not commission any services relating to obesity, as this is the role of Public Health. CCGs are one of the consultees when Public Health is commissioning services and has a representative on the Health and Wellbeing Board.

The CCG currently commissions GP surgeries to carry out health checks on patients. This includes cardio vascular, height, weight and BMI checks, which can identify potential weight problems and allow for referral to other services. GPs are reimbursed to do these checks; but the reimbursement does not cover the costs incurred, and because of GPs workloads these are often undertaken by healthcare assistants. These checks can enable health issues, including weight problems to be flagged up and referred to other agencies. However, patients may not want to be referred to another organisation and may want the doctor to manage the condition. Under patient confidentiality, GPs have to respect this decision. GPs do not, as a rule, run schemes to weigh and motivate their patients, as each person has to be dealt with on an individual basis. GPs can refer to the service commissioned by Public Health. Children are not included in the health check programme.

Members were keen to find out about the General Practitioner's, (GPs), role in health promotion either in the form of guidance on lifestyle choices or referral to appropriate organisations. They felt that effective promotion in primary care settings could help prevent the onset, or delay the progression of poor health, resulting from poor diet or lack of exercise. The chair of the committee discussed this with practitioners at a GPs Surgery located in Arnold.

GPs, as first point of contact with health services, are in a unique position to promote health and wellbeing but this can present challenges, as a GPs primary role is to

manage health conditions within a limited appointment time frame. Obesity can be viewed as a personal lifestyle choice and as such requires sensitive handling and GPs have to judge whether a patient will be receptive to advice. Although obesity can be linked to other health problems and lifestyle issues, diet and exercise advice, if offered at the wrong time, could alienate the patient from their doctor or health practitioner. NHS Health Checks, which could be used to pick up potential health issues arising from lifestyle issues, were not viewed as very successful, as it is mainly the, “worried well”, who attend. People with specific problems may avoid these, as they do not want advice about how to change their lifestyle.

GPs are commissioned by the CCG to undertake diabetes checks which can indicate the need for a patient to change their lifestyle and at this point, advice would be offered. If GPs identify weight issues they can refer to the Change Point Obesity Weight Management Service, or supply information so that patients can self-refer. However, not all patients are prepared to get involved with other organisations, and the forms used for self-referral were not always easy for patients to complete. GPs are willing to engage with partner organisations to promote services that are available, but for this to be successful, current information, that is easily accessible, needs to be in a format that can be give out or signposted.

Health promotion in waiting rooms was also discussed, where specifically targeted health promotion campaigns, promoting services to patients, like flu injections or travel vaccines, are displayed. Too much information was perceived as being counterproductive but short targeted campaigns were seen as effective. Many different mechanisms are used by practices to try to reach patients, both on an individual basis and through the use of more specifically targeted promotions for people with long term health conditions. A range of communication channels have been developed, including the use of posters and information leaflets in the reception, personal letters and email, text messaging and the practice website. The use of television screens in surgery waiting rooms was discussed as a mechanism that should be fully utilised to keep patients informed about promotions, or health information. It was identified as a method that could be used for promoting healthy lifestyles, offering dietary or exercise information in addition to specific campaigns, like flu injections and immunisation programmes.

Gedling Sports Partnership is a ‘not for profit’ charity, based at Carlton Academy, whose aim is promote PE, improve the quality of teaching and learning in schools, support community sport and improve health and wellbeing in the borough. It works closely with a number of partners to achieve this, including Sport Nottinghamshire, the Youth Sports Trust and Gedling Borough Council. The board of trustees includes representatives from various organisations who have a wide range of experience, including representatives from schools and sport’s national governing bodies.

Currently, activities are based wholly in Gedling. In future, it is envisaged that this will extend into other areas of Nottinghamshire, with any cash surpluses fed back into projects in Gedling. The partnership makes a number of packages available to schools, which will be free from next year, as additional funding has been identified. In addition, it runs a range of community projects. This includes Girls Make it Happen, which provides exercise opportunities for women and girls in a range of settings. Other initiatives include coaching in leisure centres, holiday super camps, disability sports camps, a sports forum to support local sports clubs, a connecting community project and Change for Life clubs in schools.

Members discussed 'the daily mile', a scheme introduced by a school in Stirling three years ago, which is believed to improve concentration as well as fitness. Pupils have 15 minutes out of the classroom to run or walk a mile and despite a rise in childhood obesity nationwide; none of the children are overweight. There is anecdotal evidence about the benefits of this scheme and Edinburgh University is putting proposals together based on a quantitative study of improvements in physical fitness and qualitative study around mental wellbeing, concentration and motivation.

- **What is Gedling Borough doing?**

The working group considered to what extent we as an authority contribute to a healthy lifestyle objective. The authority puts a great deal of effort into marketing and promotion of a wide range of schemes and in partnership with other organisations achieved, through the Gedling Changing Lifestyle Strategy, a record number of active people. Partners instrumental in drawing together this document include Nottinghamshire County Council, Sport Nottinghamshire, the Primary Care Trust, now the CCG, Gedling CVS and Gedling Sports Forum.

The aim of the strategy was to

- promote healthy lifestyles for those in least active and in deprived areas
- provide opportunities for families, communities and neighbourhoods. Encourage people to be more active more often and through partnership work, provide places to be active that are good quality and reasonably priced.

As a result of this strategy 10,838 more people are undertaking 3x30 minutes per week of physical activity and sport, compared to 2009/10.

One of the achieved outcomes is that a record number of people are physically active on Gedling.

- **In Leisure Centres**

The range of opportunities that are currently provided in leisure centres includes:

- Heartbeats. A programme for people with cardio vascular problems, working in partnership with the City Hospital
- DNA Health. This is a 12 week programme of activities for individuals aged 16+ who are physically inactive and have a health condition. Access is by self-referral or medical practitioner. However, there is some reluctance by health partners to refer. The scheme provides the opportunity to try different types of physical activity to improve long term health, in a safe environment, led by qualified instructors. Currently, there are 23 GP surgeries within the Nottingham and North East CCG. Only 17 took part in the Positive Moves scheme, an earlier exercise referral arrangement, primarily because the remaining 6 were too far away for patients to access GBC leisure facilities. To date, 46 people have signed up to DNA Health. There have been 23 referrals from 6 surgeries which, although improving, leaves 11 surgeries that have not referred anyone to the scheme. 3 people were referred by a friend and 14 from Leisure Centres. Although GPs have been the greatest source of referral, numbers are not as high as anticipated. Periodically, an article goes in the Practice Nurse and GP's weekly newsletter. Practices and pharmacies have been visited and information posters and leaflets were left for distribution. Leaflets are given to new ChangePoint starters but so far there has been only one referral.
- DNA. The monthly subscription fitness and exercise scheme in Gedling. Membership of this scheme is increasing
- DNA Nutrition. This provides advice on the safest and healthiest way to achieve and maintain ideal weight
- Strokeability
- multiple swimming initiatives including sessions for all ages and disabilities
- free swimming at the three pools in the borough, offering a total of 8 sessions a week
- Nottinghamshire County Council Short Breaks. These are available at Calverton Leisure Centre and provide respite facilities for people with disabilities.

Members were concerned that the contents of vending machines in leisure centres did not reinforce the healthy lifestyle message that the authority wants to portray. Vending machines are currently stocked with best-selling products (those that customers demand and buy) and a mixture of alternative products such as baked not fried crisps, cereal bars and water. However, when a school compliant vending machine, offering fruit, water and raisins, was trialled at Calverton Leisure Centre, the sales from this vending machine fell from an average of £900.00 per quarter to £40.00 per quarter. Issues around waste and disposal of out of date products, rather than income generation, led to its removal. The provision of fruit, either in vending machines or for sale in reception, has a number of issues relating to purchasing, washing, pricing, deterioration and disposal.

Members suggested that the leisure centre provide weight management classes, as it is generally recognised that classes, like Slimming World and Weight Watchers work and members felt that leisure centres could consider providing similar schemes to assist people who want to lose weight. Currently, Weight Watchers hire the Millennium Suite at Richard Herrod Centre. Gedling Borough does not employ staff who would have the necessary qualifications to be able to deliver nutritional eating programmes, but can provide basic level advice about food types and healthy eating options. The launch of DNA Nutrition offers on line support and uses only the latest, scientifically proven research to give the quickest, safest and healthiest way of reaching and maintaining an ideal weight. Once a person has input their dietary profile and preferences and set personal goals, the recipe search will help plan nutritional tasty meals. Benefits of the system include:

- Shopping list generation and delivery, highlighting the cheapest deals via mysupermarket.com
- Plotting progress against selected goals
- Exercise logging and tracking
- The facility to add recipes and meal templates
- Filter and search recipes by meal type, dietary preferences or preparation time
- Motivational emails
- Ease of access to the system

The product is available to purchase on a 6 month subscription, for £30, from Arnold, Calverton, Redhill or Carlton Forum receptions.

- **In the Community**

Working in partnership with other organisations, initiatives in the community include:

- Doorsteps Sports Clubs and School Holiday Activities in Netherfield, Killisick and Newstead
- A disability School Holiday Camp
- A programme of activities at GBC events
- Street play activities
- Park runs. A free weekly 5km event, for runners in Gedling Country park
- Get Going in Gedling. A programme of short walks developed to help people increase levels of physical activity.
- Supporting Everyone Health at Community Centres
- Working alongside Fit4Life
- Girls Make it Happen sessions.

One of the issues that the working Group wanted to explore was nil and low-cost opportunities to help people with weight issues. The authority has been active in providing local opportunities, for example, access to free swimming sessions. There are a number of outdoor gymnasiums based in parks, with varying amounts of equipment. The Get Going in Gedling programme of short walks and the Gedling Country Park Run, provide free physical activity opportunities and are regarded as part of the effort to tackle health inequalities, bridging the gap between rich and poor. In addition the Authority, in association with the Allotment Association and Parish Councils, provide 12 allotment sites around the borough. These not only provide home grown fresh food but also a way for people to be physically active.

- **As an Employer – Work Place Health**

As an employer, the Authority already invests in helping staff to keep fit and healthy. The Council has a 'Cycle to Work' scheme, which enables staff to buy a bicycle, relevant clothing and safety equipment up to the value of £1,000 from an approved cycle shop. Staff can then hire the bike from the council for the next 12 months with deductions being made from their salary and after 12 months there is an option to buy the equipment from the Council. Pool bikes are available for use during the day to go to any local meetings or appointments. Dr Bike was an initiative offering free servicing of cycles. Rewards for cycling, cycling tips and articles on the intranet, promotion of Bikeability, modern cycling proficiency for adults, and led cycling rides have all been tried. Currently, there is undercover storage for 20 bikes at the front of the Civic Centre and additional storage at the rear of Arnot Hill House. Very few staff cycle to work and earlier consultations on barriers to cycling include fear of cycling on roads, lack of cycle paths and insufficient shower facilities. Initiatives to get more staff to walk to work have included issuing of pedometers, rewards for walking to work and a lunchtime walking group.

These initiatives were mostly implemented under the now fairly obsolete Well at Work programme but as an employer Gedling Borough strives to encourage workplace health and has signed up to the Nottinghamshire Workplace Health Accreditation. It currently provides DNA gym subscription reductions for employees, hosts a yearly employee Health and Wellbeing Fair and throughout the year, there are a range of lunch time fitness sessions.

5. Conclusions

- The working group acknowledges some of the limitations of this review. Community engagement and engagement with schools has been negligible but what we have learnt has proved valuable in exposing some of the issues that we consider need addressing. There are a variety of initiatives that Members considered could make a difference, including limiting the advertising of high calorific foods, improved food labelling, the curtailing of

supermarkets offering buy one get one free offers and lessons on how to cook and portion size. These, however, fall in the main, to commercial businesses and the committee has no remit to make recommendations to these organisations.

- Obesity and weight management requires that all parties work together to tackle this many faceted problem, which increasingly impacts on the health and wellbeing of the residents of Gedling. For individuals that have weight issues, access to specialist weight management programmes are essential and in addition there is a need to create neighbourhoods and facilities that support people to maintain healthy weight.
- The weight management services commissioned by Nottinghamshire County Public Health has a pivotal role in helping people with an unhealthy weight but they currently do not commission any services for the prevention of weight gain, or for helping people who are physically inactive. Members considered that resources should be channelled into prevention, with an emphasis on education, particularly for young people, to highlight the risks that poor diet and exercise will have on their health in later life.
- There is an acknowledgment that a partnership approach which recognises the many influences; environmental, family and individual, all impact on weight gain and in the area of prevention, that the authority can have the greatest impact. However, the authority has few responsibilities and limited influence around health care provision. It does, however, have a role in the prevention of weight gain and helping people lead healthier lifestyles. The Council's objective should be to augment the services provided by the health professionals and to promote healthy behaviours, ensuring that amenities that contribute to healthier life styles are available and accessible to those who want or need them.
- The Council provides comprehensive leisure services and is always looking at more ways to encourage residents to participate in activities. The authority has a role in incentivising and supporting healthier behaviour, encouraging people to take responsibility for their own long term health, in addition to promoting access to exercise and leisure facilities and advocating healthy diets. There is a need to provide facilities that support people to maintain a healthy weight, or assist them in weight reduction programmes, and there already exists a wide range of opportunities for people to participate in physical exercise at local level. A greater emphasis on prevention rather than treatment is required and Gedling, as an authority, is undertaking a great deal of work in this area. Support for local sports clubs, helping them to build capacity and facilitate engagement with the local community is available from

the authority. Members acknowledge that the Council provides excellent leisure services and sports development opportunities, some in partnership with other organisations, encouraging people to be more physically active. Much of this work takes place in leisure centres and through sports clubs but Members felt that there was also the opportunity to use the parks in the borough to better effect. Although some of the parks have outdoor gym equipment, they considered that this should be available in all parks, and especially in Arnot Hill Park, and that the provision of supervised outdoor gym sessions would encourage and improve the use of the equipment. In addition, the provision of table tennis tables located near to the siting of the outside gyms could encourage people to be more physically active. Provision of a 'trim trail', a series of wooden exercise stations beside jogging or walking paths, with simple instructions attached to them, should be considered in Gedling Country Park and other locations with similar terrain that would lend themselves to this type of equipment.

- Although there is a great deal of work done by the leisure centres to facilitate physical activity, Members felt this was undermined by the provision unhealthy snacks and drinks in leisure centre vending machines. They acknowledge that there are a number of issues relating to the sale of fresh fruit but considered that if the authority is to make a real commitment to encouraging healthy eating, it should, perhaps, consider taking the bold step of removing vending machines, or only stocking sugar free drinks and snacks in them.
- It is generally accepted that issues related to obesity require a sustained holistic and coordinated approach and that the effects of this problem are far reaching. Entrenched health behaviour patterns, in different geographical areas, affect the health of individuals, thereby leading to worsening health inequalities in different areas. Small incremental change, over time, involving a range of organisations, is the only way this issue can be effectively addressed. Some geographical areas may need additional resources to target and encourage people to change behaviour. Prevention is preferable to treatment and there is a need to promote informed choices and deliver campaigns that capture the target audience. A key focus for intervention and prevention should be children and young families. The prevention of weight gain, starting in childhood, is the best way of achieving healthy weight in adulthood. Improved attitudes, by adults, to weight loss, is a priority as parents have the greatest influence on children's diets and approach to physical activity. Members acknowledge the valuable work undertaken by the Gedling Sports Partnership, in encouraging young people in schools to be more active and make healthy food choices.

- Members considered that the planning process, in terms of housing development, also had an influence and should be used as a mechanism to promote a healthier environment. Gedling, as an authority, can encourage the building of housing developments that include green spaces alongside walking and cycling ways and transport routes. There is a need to create activity friendly neighbourhoods which include accessible leisure facilities, play spaces, bike and cycle lanes, safe walking, play areas and allotments. The working group were concerned about the concentration of fast food outlets and the possibility of limiting the number of outlets being granted planning permission in close proximity to each other. The location of outlets is not subject to planning constraints. However, the following restrictions can be applied in through the Local Development Plan, which is at present subject to consultation:
 - I. within Arnold Primary Area and the Local Centres, fast food outlets must not exceed 10% of total frontage, and
 - II. applications for fast food outlets will be refused within 400 metres of a school.
- As an employer, Gedling Borough Council recognises the importance of providing information and also provides a range of activities and initiatives including reduced DNA membership, a yearly Employee Health and Wellbeing Fair and lunchtime fitness activities, in an attempt to promote a healthier lifestyle for staff.
- It is clear that no single initiative will have sufficient impact to reverse obesity, only an extensive programme of multiple interventions is likely to be effective and that the long term prevention of obesity is better than treatment of it. The working group hopes the recommendations will support existing initiatives that will bring overall benefit to local people in Gedling. We appreciate the importance of working together to be able to make a difference to this growing problem and would like to thank the organisations that have contributed to this review.

6. Recommendations

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.

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.
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.
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.
5. Improve and promote the self-referral route for Changepoint Weight Management Services.
6. Rigorous monitoring of the effectiveness of the Changepoint Weight Management Service is undertaken.
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.
8. Promotion of a healthy lifestyle, including healthy eating, physical activity and available obesity prevention services are displayed on the side of refuse lorries.
9. Members, through their work, as school governors, should encourage schools to consider adopting the 'daily mile' scheme.
10. Members join their GP Patient Participation Group, to promote the need for early intervention information to be available in GPs surgeries.
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.
12. The introduction of instructor supervised sessions to inform people how to properly use the outdoor gym equipment.
13. Consideration of the feasibility of providing table tennis tables in all Gedling Borough parks and recreation areas.

14. The siting of a “trim trail” at Gedling Country Park and other suitable locations.
15. Healthy option vending machines are installed in leisure centres.
16. The sale of fresh fruit in leisure centre receptions is trialled.
17. Improve the shower facilities at the Civic Centre, to encourage staff to cycle to work and be more active at lunchtime.

Acknowledgements

Anne Pridgeon, Senior Public Health Manager
Barbara Brady, Consultant in Public Health, Notts. County Council
Hazel Buchanan Nottingham North and East Clinical Commissioning Group
Dr Paul Oliver, Clinical lead, Nottingham North and East CCG
Andrew Dowling, Chief Executive, Gedling Sports Partnership
Councillor Henry Wheeler, Gedling Borough’s Council representative on the Health and Wellbeing Board
David Wakelin, Director of Health and Community Wellbeing
Officers from Leisure and Community, Leisure Gedling Borough Council
Dr McKeating (GP Partner), Dr Alurwar (GP Partner), Practice Nurses – Jo Balchin, Michelle Hills, Gail Hamilton. Carol Pape (Advanced Nurse Practitioner)
Matthew Doig, Practice Manager. High Croft Medical Surgery

Appendices

Appendix 1a: Review Scope.