

HEALTHY WEIGHT PROGRAMME
HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q2)

PROJECT TITLE: HEALTHY WEIGHT PROGRAMME				
<u>July-Sept 11 (Q2)</u>	<u>Outcomes and behavioural goals planned</u>	<u>Outcomes and behavioural goals achieved</u>	<u>Variance</u>	<u>Action Plan to address any variance</u>
Weight Management	Delivery WMOR scheme support to GP practices Target 100 individuals supported	169 referrals received for:- WW Vouchers 25 referrals received for Portion Pots	+94	
	Promote WMOR scheme to GP practices to promote new GP sign up to scheme Target 4 practices.	Lander, Truro, Par Health Centre, Polkyth, St Austell Newquay Health Centre signed up	none	Main focus North and East now.
	Healthy Weight Programme- 22 week course. Course split into three specialist areas; 1. Weight Management, 2. Healthy Eating, 3. Physical Activity. Two courses planned for this quarter (St Austell and Camborne with Physical Activity and Healthy Eating delivery in subsequent quarter).	30 individuals attending Weight Management element 9 individuals attending Healthy Eating element in Truro (delivered from Q1) 15 individuals attending physical activity element in Truro (delivered from Q1)		5 courses now being delivered per quarter following successful pilot phase.
	Complete Final Weight Management Group in Schools Target 6 participants	St Francis Falmouth 7 parents attended.	+1.	No longer part of work programme
	Coastal Healthy Weight Clinic. Support 30 clients with PA reviews and 10 with low intensity circuit	Supported 3 Lifestyle Consultations with 20 accessing circuit activities.	-27 Lifestyle Consultations,	We act as a support mechanism with

			+10 circuits	the surgery doing all recruitment.
	Weight Management support clinic. 75 beneficiaries.	87 beneficiaries	+12	
	Keep it in the Family Phase 2 continued delivery.	No new reports due to continued delivery from Q1.		N/A
	Offer Healthy Weight Groups in GP practices to support good practice	Falmouth Health Centre 9 participants Planned one group in Hayle to meet needs of local GP practice population. Offered Weight Matters in October now fully booked.		No longer a target but offered GP practices access to groups through Weight Matters on referral
Healthy Eating	Community Healthy Eating and Cooking Courses – 1 course (8 beneficiaries)	1 Course, total of 6 beneficiaries: Colourful Women Group in Redruth - 6	-2	These courses have been discontinued. Resources will be channelled into Healthy Cooking & Eating Courses on referral
	Community Group Support – Empowering 4 community group leaders to sustain healthy eating interventions and education with their groups – (total number of beneficiaries unknown due to variable size of groups)	Total of 6 community project workers/organisations supported: Pentreath Penlee Family Project Young People Cornwall Zebs Youth Project	+2	

		Platform 51 Cornwall Council		
	Healthy Eating Education Sessions (delivered opportunistically on request, with the aim of raising awareness of key healthy eating messages)	Total of 21 beneficiaries: Penwith College students with Special Educational Needs, includes support staff to help cascade the healthy eating messages longer term – 20 Community Mental Health Team St Austell - 1		
	Nippers Nutrition Programme - Work with 4 early years settings (new and existing) to improve food & drink provision	Finalised programme documentation sent to Cornwall Council Print and Design department. 20+ settings expressed an interest.	-4	Delivery due to start Oct as start delayed.
	CHEFS – support steering group to achieve target of 30 awards over the year	Support ongoing, attendance at meetings, re-launch, etc. 10 new awards so far	0	
Physical Activity	Physical Activity Reviews. 30 adults	Following review Physical Activity Reviews have been changed to Lifestyle Consultation. 30 performed this quarter.	0	
	StreetGames. 2 annual delivery sites, 6x 12 week delivery sites with 325 participants (annual target)	2 annual sites delivered, 5 x 12 week sites delivered. Total participants 269 new participants.	Delivery sites -1 +1 participants (annual target)	Annual target, no problem with target.
	Swimfit. Deliver 5 courses with 25 new beneficiaries	Sessions delivered in Helston x2, Truro, Bodmin and St Ives. 44 new participants.	0 session +19 beneficiaries	N/A
	Simple circuits. Deliver 1 session with 12 participants.	1 session delivered with 10 participants	-2 participants	N/A
Websites	Weight Matters Website launched in April supporting individuals Target 500 unique visitors a quarter 150 registered users.	Total 180 registered users to date Total weight loss recorded 276kg 949 unique visitors in Q2 128 registered users in Q2	+449 -22	Yearly target well on way to be achieved....

	Individuals supported through website email	2 individuals supported by project worker		
	LEAP Active website. 500 new unique website hits.	461 hits this quarter	-39	
	Website – update Eatsome website with information and resources (2500 unique visitors)	3838 unique visitors	+1338	
Events	Events- The Healthy Weight Team will attend events as they arise. However, each event which requests our attendance will be assessed for appropriateness, cost and availability of staff time. Therefore, no targets are formally set.	Attended Stithians Show in July (150 beneficiaries) St Austell Bay Radio interview GP practices visits, Rosemellyn Penzance, Bodriggy Hayle,	0	
	To co-deliver an event in Torpoint with 400 indirect beneficiaries through information giving and 50 physical activity brief interventions, 50 healthy eating brief interventions 50 weight management interventions	56 indirect beneficiaries 10 physical activity brief interventions, 10 healthy eating brief interventions 10 weight management interventions	-344 beneficiaries -40 physical activity BI -40 healthy eating BI -40 weight mgt	At present we do not have any reasons for such low turn out. This poor event led to the subsequent event in Penzance being cancelled. This will be reviewed for 2012/13.
Training	'Get Cooking' training – 1 course (10 beneficiaries)	2 courses, total of 14 beneficiaries:	+ 4	
	'Get Cooking for Care/Support Workers of those with Learning Disabilities' training – 1 course (10 beneficiaries)	1 course, total of 5 beneficiaries: Bodmin - 5	-5	Attend 'Private Providers Forum' to discuss importance of nutrition and healthy eating for LD and need for training in this

				area to be mandatory for care & support staff.
	Offer training as required for recruitment of GP surgeries to the Weight Management on Referral project. This training allows the surgery to formally enter the project.	Lander, Truro, Par Health Centre, Polkyth, St Austell Newquay Health Centre – induction to use scheme. Rosemellyn Surgery 3 staff trained to support individuals and use scheme. Development of Training day.	None	
	Delivery Weight Matters workshops to CPT patients in Bodmin and Redruth in partnerships with Mental Health project.	40 patients benefited over 5 wards 4 at Bodmin and one at Redruth.	None	
Workplace Activites	Through Partnership with Workplace Health, an offer of a 1 day health at work event (focussing on active travel and healthy eating) was put through the network.	Attended Cornish Mutual – Truro 30 beneficiaries -Bedruthan Steps Hotel- 50 beneficiaries. Cornish Mutual supported Healthy Eating key messages Supported the change 4 life campaign with Workplace Health Co-ordinator at Work Place Health Bedruthan	N/A	
	Offer 3 Weight Management groups in workplaces target 6 participants	Bodmin.- Tulip 10 participants St Austell - DW&P 12 participants Asda - Penryn 11 participants	+4 +6 +5	

	Workplace Health- Health Checks delivered in 4 businesses.	Health Checks completed at 10 businesses locations with 133 checks performed.	+6 locations	
	Workplace Health – support 6 businesses in providing healthy eating interventions & education for their staff (total number of beneficiaries unknown due to variable size of businesses)	Completion and evaluation of healthy eating interventions in 6 workplaces. Pool Innovation Centre Jarrang, Falmouth Eden Project, St Austell Tulip Foods, Bodmin Bedruthan Steps, Mawgan Porth Penwith Housing Association, Penzance	0	
Volunteers	See Health Champion report			
Unexpected outcomes	Cover for Weight Matters/GP and Workplace Groups.	Provided cover for 4 sessions.		
	Develop Weight Matters Health Professional Referral Route and promotion of new pathway.	Promoted to GP in Helston, Hayle, Truro and Newquay. Emailed to Penzance.		
		Support Carnon Downs GP surgery in delivery of weight management course, 9 Beneficiaries	+9	
		Support Stroke Care Co-ordinators in delivery of SAGE (Stroke Activity & Group Education) 14 Beneficiaries in St Austell	+14	
Partners worked with this Q, incl HPS				
	HPS colleagues, Healthy Workplaces, Health Champions, Healthy Schools, Library resource development. Public Health Matt Lenny supporting Healthy Weight in pregnancy			

	Mental Health Promotion Project – supporting delivery at Bodmin and Redruth Hospital. RCHT Dieticians – Development of Family Obesity Training Day.
<u>Q3 Sept- December</u>	<u>Outcomes and behavioural goals.</u>
	<u>Weight Management</u>
	Support the delivery of WMOR Scheme to GP Practices – Target 100 vouchers/pots
	Continue to recruit GP practices to WMOR Target 4 new GP practices for Q3
	Deliver 5 new Healthy Weight Programme 22 week course's rolling courses 1. Weight Management 2. Healthy Eating, 3. Physical Activity.
	Deliver 4 Weight Management Groups to workplace's
	Falmouth Healthy Weight programme. 1 course with 10 families.
	Keep it in the Family- Lead in Phase recruit 45 families for 3 programmes.
	Weight Management support clinic. 75 beneficiaries.
	<u>Healthy Eating</u>
	Healthy Eating Education Sessions (delivered opportunistically on request, with the aim of raising awareness of key healthy eating messages)
	Healthy Cooking & Eating Courses on referral – 2 courses (16 beneficiaries)
	Nippers Nutrition Programme - Work with 6 early years settings (new and existing) to improve food & drink provision
	CHEFS – support steering group to achieve target of 30 awards over the year
	Growing Collaboration – maintenance of website and attendance at meetings to develop new collaborations and network community food projects
	<u>Physical Activity</u>
	Physical Activity Reviews. 25 adults
	StreetGames. 2 annual delivery sites, 2x 12 week delivery sites with 325 participants (annual target)
	Swimfit. Deliver 5 courses with 25 new beneficiaries
	Simple circuits. Deliver 2 sessions with 24 participants
	<u>Websites</u>
	Website. 500 new unique website hits.

Website – update Eatsome website with information and resources (2500 unique visitors)
Website
<u>Training</u>
Deliver Training Events in partnership with RCHT dietician – Target 16 participants.
‘Eating Well for Under 5s’ training – 2 courses (25 beneficiaries)
‘Level 2 Healthier Foods and Special Diets’ training – 1 course (8 beneficiaries)
‘Get Cooking’ training – 1 course (10 beneficiaries)
<u>Workplace</u>
Peer led Weight Management Groups- 4 groups to run through the quarter. Beneficiaries will depend on size of business.
Lower back- Offer 4 businesses the chance to access a day workshop for staff. Beneficiaries will depend on size of business.
Health Checks- Offered at 6 businesses through the quarter. Beneficiaries will depend on size of business.