

HEALTH PROMOTION SERVICE – QUARTERLY REPORT (Q1) 09-10

PROJECT TITLE Weight Matters / Brief Interventions					
	Activities	Targets achieved	Evidence list	Variance	Action Plan
April – June 09 (Q1)	Weight Management on Referral Evaluate the 12 monthly questionnaires from evaluated Phase 1 targeting those who had completed 12 week programme	236 questionnaires issued 131 questionnaires returned 99 had maintained the weight lost/continued to lose weight 32 did not continue to lose weight/maintained weight lose 61 had continued to go to weight watchers	Returned questionnaires Report attached		
	Continue to support the 14 GPs in the West	96 have had vouchers	Data base		Work with PBC Commissioning to continue WOR Explore possibility of supporting Vascular Checks pilot in the West
	Weight Management training (adults)				

	<p>Offer 1 Shape Up training Courses through the HPS training programme and support participants to develop Shape up groups in their settings (Mary)</p> <p>Deliver 1 'Making Changes to A Healthier Weight' training courses to health professionals supporting individuals through Sally Wilson, Cornwall partnership Trust – Skills</p>	<p>Cancelled because of lack of numbers</p> <p>20 participants</p>	<p>Evaluation forms</p>		<p>Individuals contacted and taken through cascade training</p> <p>Continue to offer course twice a year</p>
	<p>Behaviour Change training Key health message Brief Intervention training to interested agencies. (Sally, Emma)</p> <p>Training to promote the use of Why Weight</p>	<p>7 Courses have run and 93 people attended in total April = 4 (53 people) May = 2 (30 people) June = 1 (10 people)</p> <p>35 participants at Why Weight training day</p>	<p>Evaluation forms Data base</p> <p>Register and Evaluation forms</p>		<p>9 training sessions offered at venues across the county over the coming year</p>

	resources and C4L as a consistent tools to use with families with School nurses, Health Visitors, family learning				
	<p>Raise the profile of Weight Management through group work Plan, deliver and evaluate with Eatsome and Leap 2, 8 week programmes across the county working with Leisure centres- Mid Cornwall Mevagissey and Fowey</p> <p>Pilot Parents and Carers Change 4life groups</p> <p>Plan and deliver 3 Weight management groups in</p>	<p>Fowey 18 participants</p> <p>Pilot in Mithian not taken up</p> <p>5 Shape Up GP Practice groups</p>	<p>Evaluation forms Data base</p>		<p>Working with Leisure Officers to create a more sustainable weight management input</p> <p>Promote in partnership with Healthy Schools Plus initiatives that are targeting obesity /healthy Weight</p> <p>Target geographical areas</p>

	<p>GP Practices</p> <p>Respond to new areas of work eg. Supporting the adult care pathway with Jon Pinkney</p>	<p>Bodriggy Carnon Downs Devoran Falmouth St Agnes Total 72 participants</p> <p>1 weight management group planned with Jon Pinkney</p>			
	<p>Raise the profile of weight management with individuals:</p> <p>Promote Waist Matters messages to men by taking the resources to events</p> <p>Promote Weight Management messages to individuals through events using How to Choose Health Leaflet and the C4L challenge</p> <p>Offer long arm support</p>	<p>18 interactions Wadebridge Town Hall</p> <p>56 specific interventions out of the 1500 interacted with over 3 days at Royal Cornwall</p> <p>12 offered support</p>			<p>Review self help</p>

	to individuals through email, text and self-help booklet (Mary	including Fitter Tickers			booklet
	Raise the profile of Weight Management with Professionals	Publicity for Grapevine and HP newsletter Presentation to 1 Workplace number			
	Activities planned		Targets planned		
July – September 2009 (Q2)	Contribute and respond to shared goals with partners, as identified by the CHWG strategic group and the HCOP3 Obesity LAA, guided by DoH and GOSW Food and Activity Network Attend regional training relating to healthy weight and families Attend 4 regional meetings,		Training programme identified for future delivery 2 CHWG strategic meetings, 1 HCOP3 meeting and 1 regional GOSW meeting		
	Develop Weight Management on Referral Continue to support the 14 GPs in the West Work with commissioning to continue and cascade WOR. in the West (Phase 3)		60 +new participants– PBC responds		
	Develop Weight Management training (adults) Advertise, organise, plan and deliver Brief Intervention training to interested agencies.		3 sessions 45 participants		

	<p>Raise the profile of Weight Management through group work Plan, deliver and evaluate with Eatsome and Leap 2, 8 week programmes across the county working with Leisure centres – West Cornwall Evaluate and access Parents and Carers Change 4life groups in partnership with Healthy Schools Plus initiatives that are targeting obesity/healthy Weight Plan and deliver 3 Weight management groups in GP Practices/Workplace Respond to new areas of work eg. Supporting the adult care pathway with Jon Pinkney</p>	<p>20+ participants</p> <p>Course evaluated</p> <p>18 participants</p> <p>6 + participants</p>
	<p>Raise the profile of weight management with individuals: Promote Waist Matters messages to men by taking the resources to events and GP Practices as part of a C4L approach (Mary, Angela, Sally) Promote Weight Management messages to individuals through events using How to Choose Health Leaflet and the C4L challenge Respond to long arm self help support through email, text and self-help booklet (Mary Shape Up News letter</p>	<p>20+ interactions</p> <p>20+ interactions</p> <p>Participants contacting HP</p> <p>Newsletter produced and sent</p>