

Appendix 1: Healthy Weight of Children and Young People Brighton and Hove: Initiatives and progress update to 1st October 2009.

INITIATIVES	PROGRESS TO 1 ST OCTOBER 2009	LEAD OFFICERS
Under Fives		
Develop breast-feeding strategy and action plan to promote the initiation and continuation of breast-feeding with an emphasis on areas of health inequalities through peer support training.	Strategy and action plan developed. Peer support training delivered by 3 support co-ordinators for each CYPT locality.	Lydie Lawrence & Steve Barton
Pre-school, education and Youth.		
Access to food growing, dietary advice, cookery training, play and physical activity opportunities to all children aged 2-11 targeting areas of health inequalities (this includes Mini-Mend programme for children 2-4 years old).	Initiative being implemented in 7 primary schools and 1 children centre in East Brighton. It is intended to extend the scheme to 3 more schools and another children centre. Delivered by Food Partnership and Active4 Life.	Lydie Lawrence & Steve Barton
Mend family-based programme for overweight or very overweight children aged between 7-13 years, including family education in nutrition, increasing physical activity and changing behaviours.	Programme comprises 18 sessions (1-2 hours) spread over nine weeks during school terms combining healthy eating, physical activity and behavioural change. Evaluation of uptake and health outcomes is currently underway.	Lydie Lawrence & Steve Barton
Nutrition and physical activity course delivered in schools for 5-7 and 13-18 year olds targeting areas of inequalities (for children not in Mini-Mend or Mend age range) delivered by the Food Partnership in partnership with Active4 Life.	Scheme underway and sessions are being delivered in schools by a Sports teacher and dietician over 6/8 weeks, including special need schools.	Lydie Lawrence & Steve Barton
Free swimming for all children 16 years and under in all Brighton & Hove swimming pools.	The initiative was launched in April 2009. The initiative is led and part funded locally by a partnership of NHS Brighton and Hove, Brighton and Hove City Council and DC Leisure. To date 9928 children and young people under 16 years old have registered and the pools were	Lydie Lawrence & Steve Barton

	used 2768 times by those who registered.	
Increase uptake of both free and paid school meals.	Work underway and led by CYPT School Meals Manager working with schools to improve childrens' dining experience. Cashless system of payment on-line will be piloted in a small number of schools from November 2009 before it is rolled out. A cashless system would also ensure that free meals pupils are not identifiable to others through payment systems.	Lydie Lawrence & Steve Barton
Primary and Secondary Care interventions		
Weight management clinics, multi-disciplinary teams assessments and one-to – one weight management in community settings for children with a BMI > 98 th C with co-morbidity.	The development of the clinics is underway, protocol agreed, recruitment of Consultant completed, recruitment of nurse and dietician being finalised. It is expected that the clinics will be operational in January 2010.	Lydie Lawrence & Steve Barton
Healthy Weight Referral scheme: One-Stop-Shop offers an integrated weight management service for all ages.	The scheme provides an easy access system for GPs' and other health professionals to the full range of community weight management services. It has increased awareness of the range of community nutrition services available among GPs and other health professionals. From January to June 2009 76 children were referred through the scheme.	Lydie Lawrence & Steve Barton
Healthy Choice Award: Develop standards and activities to encourage food outlets and youth settings, parks, sports and leisure facilities to offer healthy food choices.	Scheme underway, 20 food outlets, nurseries and after school clubs have been given the award. The work is being supported by a part-time dietician. It is intended to extend the scheme to a further 20 outlets by the end of the year.	Lydie Lawrence & Steve Barton
School food Audit to provide an overview of food provision and healthy eating in schools including after school clubs.	Audit conducted, a report will be available in November 2009	Lydie Lawrence & Steve Barton
Workforce Development		
Weight management	The content and format of the	Lydie

training for health visitors, school nurses, youth workers and other community staff.	training programme is being finalised. The programme will be start in early Spring 2009 and will be rolled out to about 200 staff.	Lawrence & Steve Barton
Management guidelines for health visitors to identify and provide targeted support to families with children who are or at risk of becoming overweight.	Guidelines have been developed, to be ratified shortly by the Under 5s Quality and Standards group.	Lydie Lawrence & Steve Barton
National Child Measurement Programme: provide timely feedback to parents. Analysis of data with Index of Multiple Deprivation.	Process and funding for reporting back to parents in the term following the measurement of children agreed and in place for academic year 2009/2010. Measurement data are being analysed by Public Health analysts.	Lydie Lawrence & Steve Barton
Physical activity		
Establish a physical activity strategic alliance to plan and co-ordinate all sports and physical activity work across the city.	A Brighton and Hove Sports and Physical Strategic Steering Group in place since January 2009.	Lydie Lawrence & Steve Barton
Promoting physical activity and sports for post 16 education settings.	3 Further education sports educators employed by the School Sports Partnership are working with young people 16-19 years old in Varndean, BHASVIC and City College.	Lydie Lawrence & Steve Barton
Children with disabilities		
Identify the needs of children with disabilities and learning disabilities in terms of promoting physical activity and a healthy diet.	The CYPT Head of Integrated Child Development and Disability has recently been appointed and discussions will be progressed by end of November 2009 on best way to take this action forward	Lydie Lawrence & Steve Barton
Social Marketing		
Local media campaign to promote the national Change4 Life campaign at a local level.	aign in the Argus for 6 week at the start of school autumn term to raise awareness of the benefits of health lifestyles. 6 schools participated in the campaign	Lydie Lawrence & Steve Barton

