



HEALTH IMPROVEMENT ACTION GROUP

2010/11 Full Year Progress Report to Single Outcome Agreement Implementation Group

June 2011

Outcomes and Indicators

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Delivery Plan Actions

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Commentary on Targets Not Achieved

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Summary of Progress

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Indicators	Exceeded Target	Met Target	Below Target
	11		5
Actions	Completed	On Schedule	Overdue
	6	24	1

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PRIORITY THEME: Alcohol										
National Outcome	Local Outcome	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11	
					09/10	10/11	11/12			
NO6: We live longer, healthier lives	Communities in Angus take responsibility for their own health and well-being	<i>Number of people enrolled in the Healthy Happy Communities Project (HHCP Steering Groups)</i> Focus of project has changed - indicator transferred to Nutrition and Physical Activity Section								

PRIORITY THEME: Nutrition and Physical Activity									
SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
NO6: We live longer, healthier lives	Children in Angus will get the best possible start in life.	SOA - Proportion of children in Primary 1 with their Body Mass Index outwith a healthy range (incl. overweight, obese & severely obese) (Annual/ISD)	Angus CHP	2007/08 Reviews = 1083 14.7%	Maintain at 2007/08 level	Maintain at 2007/08 level	Maintain at 2007/08 level	2008/09 9.4% (obese, incl. severely obese) Reviews = 1187 22.4% (overweight, obese & severely obese)	2009/10 8.6% (obese, incl. severely obese) Reviews = 1137 22.2% (overweight, obese & severely obese) ①



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PRIORITY THEME: Nutrition and Physical Activity

SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
		<i>SOA - Proportion of newborn children exclusively breastfed at 6-8 weeks (Annual/ISD)</i>	Angus CHP	2006/07 26.8% 1,090 reviews (2007/08 26.1% 1,197 reviews)	Maintain	Angus Target Increase to 30%	National Target Increase to 33.6%	08/09 26.0% 1,160 reviews 2009/10 (ISD) 25.4% 1138 reviews	2010/11 33.3% (CHP Performance Report)
		<i>Number of people enrolled in the Healthy Happy Communities Project (HHCP Steering Groups)</i> <i>(Project formerly addressed issues around alcohol use)</i>	Project Lead HHCP	08/09 – 22 members enrolled (Brechin/ Kirriemuir, Alcohol project)	20 members (Alcohol Project) 12 members (Arbroath, Nutrition project)	Increase by 4 members/year (Arbroath, Nutrition)	Increase by 4 members/year (Arbroath, Nutrition)	12 members enrolled for Nutrition HHCP March 2010	March 2011 8 Additional members to Nutrition HHCP, Arbroath. 12 Community members recruited to allotment strand of project



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PRIORITY THEME: Nutrition and Physical Activity

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					09/10	10/11	11/12		
		<i>Number of volunteers trained to deliver nutritional training to individuals and communities (Register of staff trained)</i>	Project Lead HHCP	Being collated	No baseline set	2 volunteers (Brechin, Nutrition)	4 volunteers (Brechin, Nutrition)	0 Training package currently being developed	<div style="background-color: #00FF00; padding: 5px; text-align: center;"> March 2011 10 volunteers received training, Brechin/ Arbroath </div> <div style="background-color: #FF0000; padding: 5px; text-align: center; margin-top: 5px;"> Healthy Start Café launched Jan 2011 in Forfar 1 volunteer recruited to date ② </div>



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PRIORITY THEME: Nutrition and Physical Activity

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					09/10	10/11	11/12		
		<i>Number of children aged 2-12 who access childhood obesity service (POST Register)</i>	Childhood Obesity Service NHS Tayside	Oct 2009 Zero	10 children/families (per year)	30 children/families (per year)	30 children/families (per year)	42 children and their families have been referred, of these 28 have taken up the service and 10 have met the H3 target of attending 75% of the programme	March 2011 117 children and their families had been referred, of these 71 have taken up the service and 64 have met the H3 target of attending 75% of the programme. Three schools in Angus undertook the whole class programme with 27 children counted towards the H3 target.
Exceeded Target				6	Met Target				Below Target

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					09/10	10/11	11/12		
	People in Angus live longer, healthier lives through the use of physical activity and healthy weight management	<i>Number of people participating in Steps Tay Health (Health Walk Register)</i>	Angus CHP Walking Co-ordinator	Aug 2009: 47 people enrolled	A further 5 enrolled by March 2010	A further 10 enrolled by Nov 2010 when funding ends.	N/A	June 2010 127 people enrolled	At end of Project Nov 2010 131 registered walkers + 25 trained walk leaders across Angus.
		<i>Number of people completing exercise on referral (Routes to Leisure System)</i>	Angus Council Leisure Services	07/08 38 (08/09 140)	120 (per annum)	130 (per annum)	140 (per annum)	09/10 126	April 2011 370 Increase in numbers is mainly due to wider range of partners involved in scheme.



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PRIORITY THEME: Nutrition and Physical Activity

SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
		<i>Proportion of adult population with their body mass index outwith a healthy range participating in weight management programmes (Health Weight Database)</i>	Healthy Weight Co-ordinator	09/10: <u>Level 2:</u> No. courses running = 5 No. attending = 54 <u>Level 3:</u> New starts 259 % attending at 6mths = 26% % losing ≥ 5% weight at 6 mths = 41% <u>Level 4:</u> 180 new	Baseline data was established during 09/10 therefore no target was set for this period. (4)	<u>Level 2:</u> No. courses running = 20 No. attending = 240 <u>Level 3:</u> New starts 350 No. eligible for 6mth review = 158 % attending at 6mths = 30% % losing ≥ 5% weight at 6 mths = 42% <u>Level 4:</u> 90% of referrals will meet Level 4 criteria	<u>Level 2:</u> No. courses running = 25 No. attending = 300 <u>Level 3:</u> New starts 450 No. eligible for 6mth review = 225 % attending at 6mths = 39% % losing ≥ 5% weight at 6mths = 44% <u>Level 4:</u> 95% of referrals will meet Level 4 criteria	09/10: <u>Level 2:</u> Baseline established 09/10 5 groups commenced 54 participants <u>Level 3:</u> New starts 356 Level 4: Baseline established 09/10 180 new patients (Angus); 75 new patients referred to specialist obesity service at Ninewells	To Feb 2011: <u>Level 2:</u> 20 7-week courses completed 5 groups running per week. 224 attended (261 registered) <u>Level 3:</u> To date, 391 new starts. % losing not available <u>Level 4:</u> 100% of referrals meeting level 4 criteria being accepted



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PRIORITY THEME: Mental Health and Well-being

SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
NO6: We live longer, healthier lives	The gap in health inequalities across the population of Angus is reduced	<i>SOA - Number of suicides per 100,000 population (Annual/GROS)</i>	Choose Life Steering Group and Mental Health and Wellbeing Co-ordinator	2003-2007 15.3 per 100,000 population (5 yr average) (n=83 – 5 yr total)	Reduction in 2004-2008 five year average (per 100,000 population)	Reduction in 2005-09 five year average (per 100,000 population)	Angus target: 20% reduction between 2003-2007 and 2009-13 five year averages (per 100,000 population) National Target - Reduce by 20% between 2003-2013	2005-2009 14.0 per 100,000 population (5 yr average) (n=77 – 5 yr total)	No update available
		<i>Number of staff trained in suicide awareness (Staff Training Register)</i>	Angus CHP	March 2008 24 out of 1065 staff trained (2.3%)	533 out of 1065 staff to be trained by Dec 2010 (50% - National target – HEAT 5)	Not determined – no national target set beyond Dec 2010	Not determined	June 2010: 243 staff trained (23%)	Dec 2010 285 staff trained (26.8%) ③ (Frontline adult mental health service staff - 79% trained)



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PRIORITY THEME: Sexual Health									
SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
NO6: We live longer, healthier lives	The Angus Population have a positive and responsible attitude towards sexual health	<i>SOA - Rate per 100,000 of the Angus population diagnosed with Chlamydia (Annual/Angus CHP)</i>	Angus CHP	2007 Females: 0.13% (n = 72) Males: 0.14% (n = 74) 2008 Females: 139 per 100,000 (n=79) Males: 148 per 100,000 (n=79)	Expected to increase	Expected to increase	Reduction by 2020 (National Target)	Data not available at Angus level.	2009 Females: 114 per 100,000 (n=65) Males: 133 per 100,000 (n=71)
		<i>SOA - Teenage pregnancy rate per 1,000 females aged under 16 (FSF) (Annual/ISD)</i>	Angus CHP	2005-2007 6.7/1000 n=41	Maintain	Tayside Target – 6.8/1000 Angus Target - 5.6/1000	National Target to be determined by Scottish Government 2010	2006-2008 7.7/1,000 n=47	Next update due July 2011



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PRIORITY THEME: Sexual Health									
SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
		<i>Number of young people aged 12-15 accessing Sexual Health Youth Service</i>	Angus CHP	07/08 2414 young people accessing (08/09 1006)	800	1200	1400	09/10 855	10/11 1277
		<i>Proportion of Angus population aged under 25 registered for C-Card (Condom Initiative Register)</i>	Health Improvement Team	2007 272 new young people registered (2008 218)	Increase by 100 per year	Increase by 100 per year	Increase by 100 per year	2009 113 new young people registered (Total: 603)	March 2011 1569 young people registered

PRIORITY THEME: Smoking and Tobacco Control									
SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
NO6: We live longer, healthier lives	The health of the Angus population is improved by reducing the impact of tobacco use	SOA - Number of the smoking population who quit through cessation services at 1 month (Annual/NHS Tayside)	Angus CHP	2008/09 n = 296 quit at 4 weeks	Angus Target n=592 (per year)	Angus Target n=592 (per year)	Angus Target n=1,776 (Total for three years 2009/10 to 2011/12)	09/10 129 quit at 4 weeks	April 2010– March 2011 532 quits at 4 weeks ④



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		<i>Number of women attending the 'Give it up for baby' smoking in pregnancy incentive project.</i>	Smoking Cessation Co-ordinator	2007/08: 0 (2008/09: 49)	50	60	70	2009/10: 49	April 2010 – March 2011 54 participants ④
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PRIORITY THEME: Oral and Dental Health									
SOA National Outcome	Local Outcomes	Local indicators	Responsible Agency/ Worker	Baseline as at:	Target			Full-Year Progress 2009/10	Full-Year Progress 10/11
					09/10	10/11	11/12		
NO6: We live longer, healthier lives	The gap in health inequalities across the childhood population of Angus is reduced	<i>SOA - Number and % of Primary 1 children with no signs of dental disease (Annual/ScotPHO)</i>	Angus CHP and Angus Nutrition Network	2008 62.9% of 717 primary 1 children	60%	65%	National Target 60% Local Target 70%	2010 60% of 661	2010 most recent data
		<i>SOA - Number and % of 3-5 year old children with dental registrations (Annual/ISD)</i>	Angus CHP and Angus Nutrition Network	June 2008 n = 2465, 71.1% (March 2009 n = 2550, 73%)	70% of all 3 – 5 year old children to be registered with an NHS dentist	75%	80%	Dec 2009 n = 2552 72%	Dec 2010 n = 2911 82.9%



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KEY DELIVERY ACTIONS

PRIORITY THEME: Alcohol						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
NO6: We live longer, healthier lives	Communities in Angus take responsibility for their own health and well-being	Pilot The Healthy Happy Communities Project in Kirriemuir and Brechin to support communities to address alcohol related issues within their communities.	Health Improvement Team	31 March 2009	HHCP <i>nutrition</i> post (see progress) is only funded for 2 years from Cel36 and Fairer Scotland Fund	This project now focuses on nutrition rather than alcohol and the action has been moved to 'Nutrition and Physical Activity' below
		Support the implementation of the NHS Tayside Alcohol Action Plan.	NHS Tayside Public Health Directorate	31 March 2011	The screening process may result in increased numbers of referrals.	Alcohol problem screening and brief intervention (ASBI) has been rolled out across all Angus MIU. (see summary)

PRIORITY THEME: Nutrition and Physical Activity						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
NO6: We live longer, healthier lives	Children in Angus will get the best possible start in life <i>Nutrition Life Stages – Early Years</i>	Breastfeeding – Develop services to promote breastfeeding.	Angus Community Health Partnership (Angus CHP)	March 2011	Slippage monies from HIF to support BF in Forfar until March 2010. Cel36 funding supporting BF in Arbroath and Brechin for 2 years from Sept 2009	Breast feeding support workers appointed /using CEL36 funding. Post holders appointed, in Arbroath, Forfar/Kirriemuir and Brechin. (see summary)



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PRIORITY THEME: Nutrition and Physical Activity						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
		Promote Nutrition in early years settings.	Angus Council Education Department	Funded up to November 2011	Short-term funding	(see summary)
	<i>Nutrition Life Stages - School-aged Children</i>	Healthy Weight - Deliver child healthy weight intervention programme by 2010-2011 (H3).	Angus CHP Nutrition and Dietetics Service	2009-2012	May require funding for childcare workers to work with children while adults are participating in programme; and venue costs.	Work closely with POST service and support related to delivery of HEAT targets. POST continue to deliver a childhood weight management clinical service for Angus weekly in Arbroath. They are also undertaking a whole class approach to promoting a healthy family lifestyle. Due to changes in the guidance from the SG on how these programmes should be implemented discussions are presently on going with Angus Education Dept.



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PRIORITY THEME: Nutrition and Physical Activity

National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
	People in Angus live longer, healthier lives through the use of physical activity and healthy weight management <i>Nutrition Life Stages - Communities</i>	Local communities will be supported to address weight management issues within their local areas through focus groups and working with the Patient & Public Partnership Group (PPG) and enhance the range of options for support available. Communities in Angus will feel confident to take ownership and to contribute to addressing weight management issues.	Angus CHP Nutrition and Dietetics Service	February 2010 Amended timescale: Feb 2011	May require funding for childcare workers to work with children while adults are participating in programme; and venue costs.	A group weight management programme aimed at level 4 based on feedback and views of participants, has been rolled out across Angus following the pilot. A poster was presented at AHP practice development day in Feb 2011. A small number of volunteers have been identified to help with level 3 groups – training for this was delivered Dec 2010. Volunteers now supporting delivery of level 2 and 3 groups.
		Develop the Healthy Happy Communities Project to support communities to address nutrition related issues within their communities.	Health Improvement Team	31 March 2011	HHCP <i>nutrition</i> post (see progress) is only funded for 2 years from Cel36 and Fairer Scotland Fund	Community Allotment underway – 12 volunteers, 10 young people and 80 children and parents actively involved.



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PRIORITY THEME: Nutrition and Physical Activity						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
	<i>Nutrition Life Stages - Adults and Work Places</i>	Implementation of adult weight management pathway (work plans under development). Identify and train relevant/appropriate personnel who could potentially deliver Level 1 & Level 2 (Winning Weigh) interventions of the Tayside Adult Weight Management pathway eg <ul style="list-style-type: none"> • Smoking Cessation Team • Community Pharmacists • Exercise Referral Staff • Voluntary agencies. 	Angus CHP Nutrition and Dietetics Service	September 2009 Amended to: April 2011 (Level 1)	No long-term funding – two years only.	Implementation of the adult weight management pathway throughout Angus making good progress. (see summary)
	<i>Nutrition Life Stages - Older People</i>	Link with phase three of the Nutrition Standards Project addressing malnutrition in the community.	Angus CHP Nutrition and Dietetics Service	April 2009 onwards	Staffing issues	This work is now progressing through Nutrition Standards team and fully reported in phase 3. Regular input from dietetic staff
	<i>Physical Activity</i>	Develop an Angus Facilities Strategy.	Neighbourhood Services (Leisure Services)	2012	None reported	Brief for strategy currently behind schedule but should be in place by 31 July 2011.
		Provide a wide range of quality, safe and secure indoor/outdoor facilities, paths and cycleways.	Neighbourhood Services (Leisure Services)	Annual development programme	None Reported	(see summary)



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PRIORITY THEME: Nutrition and Physical Activity						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
		Offer a varied programme of physical activity for people of all ages and abilities within communities and schools.	Neighbourhood Services (Leisure Services)/Education Department	2012	None reported	Active Schools and Community Sports programmes operating. The former take place in all primary and secondary schools. The latter in all local leisure facilities country parks and through sports development programmes. Usage figures for the last year are c2.3 million. (see summary)
		Create and develop a Play Strategy for Angus.	Education Department	2009 Amended timescale: March 2011	None reported	The work of this group has now concluded. (see summary)
		Develop existing programmes in leisure facilities, schools and outdoor areas through partnership working.	Neighbourhood Services (Leisure Services)/Education Department	2012	None reported	A wide range of programmes are in place (see summary)
		Continue to develop effective communication pathways with partners.	Health Improvement Team	2012	None reported	Action being removed – not SMART



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PRIORITY THEME: Nutrition and Physical Activity						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
		Actively promote physical activity opportunities and benefits in Angus.	Health Improvement Team	2012	None reported	Action being removed – not SMART
		Offer a range of gentler and mainly seated group exercise opportunities for older people, and others with restricted mobility/other impairments, in community settings across Angus.	Health Improvement Team/Angus Gold	2009-2011	None reported	Volunteer Gold, a new community group supported by Angus Gold, has been awarded £10,000 from NESTA's Age Unlimited programme. (see summary)
		Continue to expand the successful Angus Exercise Referral programme.	Health Improvement Team	2012	No core funding to expand – funding received from HIAG.	The programme has now been rebranded Refer 2 Exercise and new marketing material has been printed to encourage referral to and uptake of this service.
		Continue to expand the successful Angus Walking Project (Steps Tay Health) with emphasis on more walks in more locations.	Health Improvement Team	2010	Funding ends November 2010. Not enough volunteers currently trained to create more groups.	No Project Co-ordinator post since November 2010 when funding ended. Small amount of grant funding obtained from national Paths for All programme to enable admin support for existing volunteer walk leaders to continue. No expansion possible at present – maintenance of status quo only.



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PRIORITY THEME: Mental Health and Well-being						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
NO6: We live longer, healthier lives	The gap in health inequalities across the population of Angus is reduced	Development and implementation of local suicide prevention action plan.	Angus CHP Mental Health Services	March 2010 Amended timescale: January 2011	None reported	A Joint Angus and Dundee Suicide Prevention Action Plan has been agreed for 2011/2012.
		Ensure H5 target is met through the delivery of in-house and national suicide prevention training packages.	Angus CHP Mental Health Services	March 2010 Amended timescale: December 2010 (in line with H5)	None reported	Range of appropriate-to-practice training packages available throughout the year both locally and regionally
		Implement recommendations from 'Towards a Mentally Flourishing Scotland.' Raise awareness among partners of the contribution made by a wide range of activities to wellbeing, and the contribution that improved wellbeing can make to the achievement of a wide range of outcomes.	Health Improvement Team	2009-2012	None reported	A review of TAMFS is being undertaken Nationally. Further local work will be taken forward once this review has been undertaken and guidance issued.



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		Promote dignity and respect for older people through a public awareness-raising campaign and staff training.	Health Improvement Team/Angus Gold	2009-2012	National funding has come to an end. Funding must now be found from other local budgets to continue the project.	Dignity and respect materials continue to be disseminated at appropriate events and venues. Dignity and respect are promoted through the Angus Gold forums and other work the project is involved in including intergenerational work. Funding for staff training is no longer available.
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PRIORITY THEME: Sexual Health

National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
NO6: We live longer, healthier lives	The Angus Population have a positive and responsible attitude towards sexual health	Augment support for parents and families.	Health Improvement Team	2009-2012	Two year funding	Pilot of Speakeasy programme for parents in one secondary school.
		Engage young people through social marketing.	Health Improvement Team/Focus on Alcohol Angus	2009-2012	None reported	Two local campaigns 'Frisky not Risky' developed with young people linking alcohol and sexual health and Dragon's Den event leading to five initiatives developed by young people to address these links. A secondary school wide event will take place in October 2011 and an evaluation will be undertaken December 2011.



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PRIORITY THEME: Sexual Health

National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
		Close the gap in inequalities through: <ul style="list-style-type: none"> - Increase access to Sexual Health Services in deprived communities. - Organise multi-agency Sexual Health staff training - Promote and co-ordinate the Tayside Condom Initiative – C Card. Target deprived areas and learning disabilities. - Introduce the Sexual Health and Relationships Education (SHARE) programme into the Sex and Relationships (SRE) programme within secondary schools in Angus. 	Health Improvement Team NHS Tayside Public Health Directorate	2009-2012	Uncertainty as to whether Respect and Responsibility monies will continue which will impact on service delivery	Actions cross reference with Children’s Integrated Plan. Plans to pilot health drop ins in two secondary schools started Jan 2011 linking health needs with areas of deprivation to reduce inequity of access to service. Brechin drop-in total 46 (24 mental health and 42 sexual health matters) from Jan-March 2011 as opposed to Arbroath Academy total of 21 (4 mental health and 35 sexual health matters). Family Nurse Partnership to commence across Tayside on 20 June 2011, with clients recruited from July 2011 – July 2012.



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PRIORITY THEME: Smoking and Tobacco Control						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
NO6: We live longer, healthier lives	The health of the Angus population is improved by reducing the impact of tobacco use	Develop the 'Give it up for Baby' smoking in pregnancy incentive scheme project.	Angus Smoking Cessation Team	2009-2010 Amended Timescale to March 2011	Current funding runs until end of March 2011	Year-on-year recruitment has been at least double the required target. £34k funding agreed for 2011-12. Use of sessional staff elsewhere in the programme will free up existing staff time for support and 'buddying' of GIUFB clients
		Launch and maintain a Smoke-Free Homes Initiative.	Angus Smoking Cessation Team	2009-2012	Current funding runs until end of March 2011	Smoke-Free homes initiative being promoted through annual Safe Angus programme and followed up in schools. Alliance activity during 2011-12 may extend smoke-free homes activity.
		Work with Schools and Young People on smoking prevention and cessation.	Angus Smoking Cessation Team /Angus Council Education Department/ NHS Tayside Public Health Directorate	2009-2012	None reported	Peer education pilot projects have been running at Arbroath High and Brechin High and are almost finished. They appear to have been very successful. (see summary)



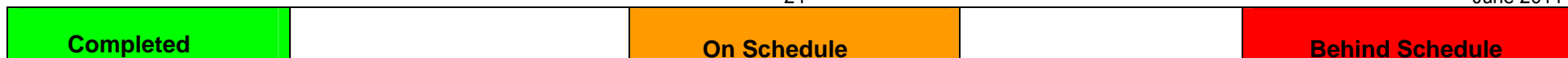
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PRIORITY THEME: Smoking and Tobacco Control

National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
		Support the development of the Angus Tobacco Alliance.	Angus Smoking Cessation Team and Partner Organisations	2009-2012	None reported	The Alliance was reconvened in May 2011 and will meet quarterly.

PRIORITY THEME: Oral and Dental Health

National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
<i>O6: We live longer, healthier lives</i>	The gap in health inequalities across the childhood population of Angus is reduced	Implement the 'Childsmile' tooth brushing programme in nursery and primary schools.	Angus CHP Community Dental Health Services	2009-2012	None reported	Childsmile Core, Nursery, Primary being implemented, with the Practice element roll out commenced Nov 2010. In addition, targeted fissure sealant programme started in 2010.



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PRIORITY THEME: All themes						
National Outcome	Local Outcome	Actions	Lead Agency	Timescale	Resource Issues	Full-Year Progress 10/11
O6: We live longer, healthier lives	The health of the Angus population is improved	Support all Angus schools to become 'Health Promoting Schools'.	Angus Council Education Department	March 2012	None reported	100% All Angus primary and secondary schools have achieved Health Promoting Schools accreditation. The HPS criteria have been reviewed and revised and a second 3-year cycle of visits has begun.
		Healthy Working Lives: <ul style="list-style-type: none"> - Deliver alcohol awareness sessions and help workplaces to develop and/or review substance misuse policies - Deliver Mentally health Workplace Training and provide stress/wellbeing sessions. Provide assistance to develop/review mental health and wellbeing policies - Deliver smoking cessation workshops and help workplaces to develop and/or review tobacco policies - Deliver sessions and promote healthy eating, physical activity, sexual health, oral health and men/women's health 	NHS Tayside Healthy Working Lives Team for across Angus Council Health Improvement Team for within Angus Council and CHP	Ongoing Angus Council – all buildings/sites to be involved by 2012	None reported	NHST HWL team continues to deliver sessions/training on a range of health topics. In addition to Angus Council worksites and schools a further 23 workplaces throughout Angus are engaging with the HWL Programme. A number of workplaces throughout Angus have received health and safety visits from the Occupational Health and Safety Advisor within the team. (see summary)



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INDICATORS WHICH DID NOT ACHIEVE THEIR TARGET:

- ① **Proportion of children in Primary 1 with their body mass index outwith a healthy range:** *NHST childhood specialist obesity service:* The POST service continues to be funded through the H target money and now has funds until March 2012. Discussions are underway on mainstreaming the service. POST delivers a 1:1 clinical service to children referred with a BMI > 91st centile weekly in Arbroath. POST are in discussions with the Angus Education Dept on how best to implement the new whole class healthy lifestyle promotion programme. A new community worker will help to promote awareness of child healthy weight and promote community involvement in group sessions in a specified area in Angus starting in summer 2011.

- ② **Number of volunteers trained to deliver nutritional training to individuals and communities:** participant numbers are encouraging, but work to recruit and train volunteers in all areas of the HHCP project is key to its success. Volunteer recruitment in Forfar/Kirriemuir, in order to meet the target, is therefore ongoing

- ③ **Number of staff trained in suicide awareness:** There has been generally good uptake of suicide awareness training amongst recommended staff groups, but much lower uptake from 'additional' staff groups.

- ④ **Smoking (2 indicators):** This year, so far, has seen significant increases in 4 week quit rates, although still falling well short of achieving the Heat target. An increase in the number of groups and one to one sessions has contributed to this improvement. Young people's services have continued to develop with the new peer led education programme pilot being the highlight.

NB: Adult services need further evening sessions and an examination of the effectiveness of the current model. Give it up for baby and the potentially introduction of Quit4U may necessitate a role for a dedicated worker. Smoke-Free homes initiative needs to be reviewed. The Angus Tobacco Control Alliance has been reconvened. It is intended that this will be the key driving force towards meeting the new Heat 6 target which will be introduced in April 2011.



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SUMMARY OF PROGRESS:

Alcohol

The Healthy Happy Communities project continues to focus on nutrition after a successful Focus on Alcohol Angus pilot project. Overall across all priority settings, the number of Alcohol problem screening and brief intervention (ASBI) delivered across Tayside surpassed the target set for the NHS HEAT H4 target. The Angus Local Licensing Forum has continued to develop, and held a community engagement event, and from the feedback and comments received at this event, has developed a workplan for the forthcoming year. The Focus on Alcohol Angus Project continues to develop a range of activity over the forthcoming year that focuses on a whole population based approach to changing attitudes to alcohol and therefore cultural issues associated with alcohol. To date there have been over 350 successful initiatives run. This year will see a public perception survey undertaken to measure the impact of the project to date.

Nutrition

Levels of weight management programmes:
 Level 1 – opportunistic lifestyle advice, numbers not collated.
 Level 2 – Winning Weigh – structured group programme lasting 7 weeks with ongoing support focusing on diet, physical activity and behaviour change
 Level 3 - Counterweight - one-to-one structured intervention lasting one year focusing on diet, physical activity and behaviour change.
 Level 4 – Dietetic service – one-to-one and group interventions focusing on more advanced behaviour change techniques i.e. CBT for more complex obesity cases, e.g. those with co-morbidities.

Breast feeding support worker posts have been established to work in partnership with midwives and health visitors to support mothers when baby is aged three days onwards, offering additional support and establishing breast feeding support groups. There have been difficulties in recruiting a breast feeding support worker in Montrose but this work is currently supported by the post holder in Arbroath.

Winning Weigh (level 2) groups and delivery of Counterweight are progressing well. Level 4 – progress being made in Angus with Nutrition & Dietetic service.. 81 referrals have been made to Exercise on Referral to date by Health Coaches/Weight Management Support Workers. A regular weight management update newsletter has been produced for wide dissemination to inform local population of service developments
 NB: Although good progress is being made with implementing level 2 and level 3 throughout Angus, the funding required for this to happen is only being provided on a fixed-term basis and therefore, come 2012 will be a major issue

HHC Project/Nutrition in early years Cooking Together - peer support programme for young parents and children to learn how to cook together now running; Six peer supporters attend weekly at Angus College accommodation – referrals from Health Visitors and Family Support Centre; Cooking Sessions being delivered to women of child-bearing age in Arbroath, Brechin and Kirriemuir; Healthy Start Café, Forfar attended by 18 mums and babies weekly; Allotment Project (12 volunteers, 90 community members)

Training on weight management has been undertaken with all Tayside Smoking Cessation staff. A variety of Angus staff, including all Exercise referral staff, have completed the REHIS Food & Health course which equips them to deliver on level1. Work currently being undertaken with a community pharmacy in Carnoustie to pilot the delivery of level 3.



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The Healthy Working Lives team based at KX have all been trained in delivery of level 2 and regularly provide this intervention at various workplaces throughout Angus.

Physical Activity

In general there is a raised awareness of the importance of being active with a great deal of work being done by Active Schools and Leisure Services to promote and develop sport and physical activity. Coordination of partnership working, volunteer development and working with the voluntary sector have all played a part in making this a very positive and proactive year. This has been added to by the work being done to improve facilities. This includes not only indoor leisure and school facilities but outdoors as well, for example:

Synthetic sports pitch at Kirriemuir opened for public use; Outdoor court at Brechin LC resurfaced with an all weather 'carpet'; Staff Cycle Loan Scheme implemented; Shower /Changing facilities and secure cycle parking now located at all major council buildings; Core Path Network Plan has now been adopted; Improved signage/gates have been/will be installed as required; Work has started on the new Montrose swimming pool project and decant facilities have been put in place for customers.

Active schools have increased the number of sessions provided for school pupils from last year – primary schools had 5229 sessions, secondary schools had 4483 sessions. Activities are supported by over 400 volunteers across all schools. Quality of work reflected in Arbroath HS being awarded the Scottish School of the Year for School Sport Provision in a national promotion.

A short life working group was tasked with focusing on play with a view to adopting greater co-ordination across agencies and services. As a result an Angus Play Position statement has been developed which sets out a strategic framework for all partners to work within and provides a sound evidence base and comprehensive baseline information on play. It also highlights a number of identified actions for further consideration.

Current activity in terms of developing existing programmes through partnership working: Development of sports coaching programmes with Scottish Governing Bodies Of Sport; Further development of the regional sports partnership; Exercise classes for people with long term illnesses operating in all burgh towns in conjunction with Leisure Services, Angus CHP and the Angus Activity Programme for People With Long Term Conditions; Number of school/club links is increasing and the Leisure Services Club Accreditation programme now has increased membership; Successful cycle training programme in partnership with police, community volunteers and schools; Wider range of events offered through Active Schools & Leisure Services partnership.

Volunteer Gold, a new community group supported by Angus Gold, has a management committee of six is in place. Volunteer recruitment campaign held in March /April. As of the end of May, 3 volunteers have attended the Seated Exercise training.

Mental Health and Well-being

Sexual Health

'Frisky not Risky' local campaigns developed with young people linking alcohol and sexual health and Dragon's Den event leading to five initiatives developed by young people to address these links .

The number of Young Peoples Health Drop-ins has increased to 15 across Angus (11 during the day and 4 evening). There are a further 3 planned in the near



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future one of these being a joint sexual health clinic with sexual health services in Arbroath. All 3 staff nurses have successfully completed sexual and reproductive health training and will be able to offer enhanced services within this venue. There is a potential once their skills have been consolidated to role out enhanced service provision across Angus. The above figures do not include one to one work with young people or telephone contacts.

Numbers accessing services were affected temporarily by the Youth Bus being off the road for three months during the year.

Following discussion with Head Teachers, two schools agreed to pilot, for one year, drop-ins where the main focus is to enhance sexual health support and advice. The Brechin school based drop-in has proven to be more popular than Arbroath Academy. The numbers are continuing to rise markedly even beyond the time frame of this report. The staff is based within the school and have a dedicated room for their use which may be a contributing factor. Arbroath academy numbers are rising but not at the same pace.

Opportunities to pilot sexual health peer education in secondary schools is also being explored. Sexual health promotion continues within secondary schools and the community.

Smoking and Tobacco Control

Cessation work continues across secondary schools. New arrangements for 2011 will see cessation support being provided in all secondary schools in Angus. *Breathe* DVD teaching resource has been developed.

Oral and Dental Health

Both dental health targets have been achieved. All aspects of the Childsmile programme now being implemented. Funding for this work comes directly from the Scottish Government and there are no resource issues. As of Jan 2010 dental registrations are based on patients postcode not dental practice as previous.

Healthy Working Lives

NHS Tayside Healthy Working Lives Team continue to progress the HWL programme within workplaces throughout Angus. Workshops/awareness session undertaken include mental health and wellbeing, Winning Weigh, drugs and alcohol awareness, healthy eating. A joint initiative between Angus Council and HWL offers people in workplaces (with the exception of NHS Tayside and Angus Council employees) the opportunity of accessing Angus Council Leisure Facilities for half price over an 8 week period. Half the cost is met by the participant with the other half being met by Scottish National Centre for HWL. Currently 80 people have participated in this programme. In addition small/medium sized workplaces (employing less than 250 people) throughout Angus have accessed the services of the Occupational Health and Safety Adviser within the team in order to receive guidance and support in addressing health and safety issues.

Within Angus Council, 11 teams were registered when the HWL Strategy was approved on 29.10.10. At 24.5.11, a total of 30 teams are now registered on an award level. Whitehills and Fairlie House have moved to Silver level, Lunan Park is now on MH Commendation level, Bruce House has achieved Bronze, Silver, Gold and is doing MH level. Support to Families team in Arbroath opens its staff garden space, funded by HWL, on 26.5.11.

Smoking cessation sessions/groups have been delivered as follows: Whitehills HWL Team – weekly group/1-2-1 sessions with an individual; one-off session to Lunan Park, small group session to Infrastructure Services. Corporate activity planned for 2011 includes sun awareness in June and mental health in October.

Two members of Angus Council Strategic Support Services are now trained as in-house Mentally Healthy Workplace trainers. Eight one-day sessions have been delivered, training 94 people. Evaluations have been excellent. More dates scheduled throughout 2011, supported by approved Mental Health and



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Wellbeing Policy, which is a requirement for the MH Commendation award. Stress management and relaxation sessions continue to be in high demand. Smoking cessation work for Infrastructure Services is being delivered to a small group based in County Buildings. Healthy eating activities funded by HWL fund in AC are especially popular. Paths for All is delivering Walk at Work training for Angus Council, through HWL, on June 1 – fully booked with 20 delegates – one session to be attended by Chief Executive. This will encourage growth of walking groups in HWL teams and beyond. Corporate Statement of Intent (Sol) for Physical Activity approved by COMT in April 2011. Sol for Nutrition to be further developed and separate Breastfeeding Sol to be developed. Coolbox loan for breastfeeding mothers now in use.

