



HEALTH AND SOCIAL SERVICES DEPARTMENT

HEALTHY WEIGHT STRATEGY 2016-2023 ACTION PLAN

HEALTHY WEIGHT STRATEGY ACTION PLAN 2016 - 2023

MAKING HEALTHY EATING CHOICES EASIER AND NORMALISING HEALTHY EATING FOR ADULTS AND CHILDREN

Associated outcomes – By 2023, a reduction in obesity-related preventable mortality and in the prevalence of type 2 diabetes: a reduction in the number of adults and children who are obese and overweight: and an increase in the number of people eating a healthy diet.

	What	Primary Agencies	How done	How measured	Frequency of reporting
1	Protect the population, especially children, from the negative health effects of sugar-sweetened beverages (SSBs).	HSSD / T&R /Home: Guernsey Border Agency / Law Officers / Commercial partners	Working party to investigate the implementation and administration of a tax on SSBs.	States Report produced States Report actioned, as appropriate Project evaluation records	AT two and five year review Annual
2	Implement quality standards for nutritious food provided in pre-school environments.	HSSD & Early Years Regulator, Care Providers & their clients	In partnership with providers and their clients, draw up and implement quality standards to ensure food provided in pre-school environments is nutritious and of good quality, meeting appropriate healthy eating guidance.	Consultation with Providers and their clients: scheme designed: implementation achieved: quality standards monitored Project evaluation records	At two year and five year review Annual
3	Further improve the options to eat healthily in schools.	FIGS / School communities	In partnership with providers and school communities, the Food in Guernsey Schools (FIGS) group continue to progress improvements in the food offer to children in schools	Food standards monitored Young People’s Survey Project evaluation records	Annual Three yearly Annual & at two year and five year review

HEALTHY WEIGHT STRATEGY ACTION PLAN 2016 - 2023

	What	Primary Agencies	How done	How measured	Frequency of reporting
4	Improve the options to eat healthily on States premises; acting as a role model for healthy workplaces.	States HR / HSSD / States Estates / States employees	Engage States employees, audit food offering and plan for a phased approach to introduce healthier food options on all States premises for employees and visitors.	Engagement and audit completed and proposed plan presented and implemented Food standards monitored Project evaluation records	At two year and five year review Annual Annual
5	Develop the information available to select healthy choices when eating in local cafés and restaurants.	HSSD / Commercial providers & their customers	Through the development of a healthy eating forum, work with café owners and restaurateurs to explore ways of enabling their customers to make healthier choices.	Set up forum and establish reporting arrangements Project evaluation records	At two year and five year review Annual
6	Develop opportunities to work with food retailers to promote healthy food choices.	HSSD / Retailers & their customers	In partnership with retailers, explore schemes to promote healthy food choices, including: a healthy eating award scheme, voucher schemes to promote fruit and vegetable consumption and 'Eat well for less' promotions.	Consultation with retailers and their clients: schemes designed: implementation achieved: standards monitored, where appropriate Project evaluation records	At two year and five year review Annual
7	Raise awareness in adults and children of the benefits of meeting healthy eating guidelines.	HSSD	Use population-level campaigns to promote healthy eating. Use social marketing to target parents, carers and those in need of additional support.	Campaigns designed and delivered Project evaluation records	At two year and five year review Annual

HEALTHY WEIGHT STRATEGY ACTION PLAN 2016 - 2023

MAKING ACTIVE LIFESTYLE CHOICES EASIER AND NORMALISING AN ACTIVE LIFESTYLE FOR ADULTS AND CHILDREN

Associated outcomes – By 2023, a reduction in obesity-related preventable mortality and in the prevalence of type 2 diabetes: a reduction in the number of adults and children who are obese and overweight: and an increase in the number of people who are regularly physically active.

	What	Primary Agencies	How done	How measured	Frequency of reporting
8	Reduce levels of physical inactivity and of sedentary behaviour	HSSD/Education/ Culture &Leisure/ Environment/ Guernsey Sports/Third Sector/Business Sector/Primary Care/Secondary Care	In partnership, design and implement evidence-based projects to reduce inactivity and sedentary behaviour, with a particular emphasis on targeting those in additional need of support and the most inactive.	Guernsey and Alderney Healthy Lifestyle survey Young People’s Survey Project evaluation records	Five yearly Three yearly Annual and at two year and five year review
9	Promote active travel and planning strategies that support physical activity	Environment Department / HSSD / Education Department /Guernsey Sports Commission / Third Sector	In partnership and in accordance with the Integrated On-Island Transport Strategy, develop evidence-based projects to support the work of the Active Travel Unit and to promote active travel amongst children and adults. Support the Environment Department where planning and land use strategies are likely to make physical activity choices easier.	Integrated On-Island Transport Strategy evaluation Project evaluation records	Five yearly Annual and at two year and five year review

HEALTHY WEIGHT STRATEGY ACTION PLAN 2016 - 2023

	What	Primary Agencies	How done	How measured	Frequency of reporting
10	Further improve the options to be physically active in schools	HSSD / Education Department / Guernsey Sports Commission / School communities	Review Education programmes on a rolling basis and provide further support to Primary and Secondary schools to encourage regular participation in physical activity in line with appropriate guidance	Young People's Survey Project evaluation records	Three yearly Annual and at two and five year review
11	Improve the options to increase physical activity on States premises; acting as a role model for healthy workplaces	States HR / HSSD / States Estates States employees	Engage States employees, audit and plan for a phased approach to introduce options to increase opportunities for physical activity on all States premises for employees and visitors.	Engagement and audit completed and proposed plan presented and implemented Project evaluation records	At two year and five year review Annual
12	Raise awareness in adults and children of the benefits of meeting physical activity guidelines and of minimising sedentary behaviour	HSSD Health Promotion / Guernsey Sports Commission / Third Sector	Use population-level campaigns to promote physical activity and inform in relation to physical inactivity and sedentary behaviour. Use social marketing to target parents, carers and those in need of additional support.	Campaigns designed and delivered Project evaluation records	At two year and five year review Annual

HEALTHY WEIGHT STRATEGY ACTION PLAN 2016 - 2023

HELPING ADULTS AND CHILDREN TO ACHIEVE AND MAINTAIN APPROPRIATE WEIGHT GOALS

Associated outcomes – By 2023, a reduction in obesity-related preventable mortality and in the prevalence of type 2 diabetes: A reduction in the number of adults and children who are obese and overweight: and an increase in the number of overweight and obese people moving successfully to appropriate weight goals and maintaining them.

	What	Primary Agencies	How done	How measured	Frequency of reporting
13	Increase the number of overweight and obese adults moving successfully to appropriate weight goals and maintaining them	HSSD/Primary Care/ Secondary Care / Third Sector	In partnership with others, including Primary Care and Dietetic Services, review and redesign, as necessary, adult weight management service provision. This to include mapping by tier against NICE guidance, identify gaps in provision and recommend services to respond, together with associated referral and care pathways, including for binge eating disorders. Produce business case for change (likely to include provision for bariatric surgery and for appropriate psychological support).	Review report produced Recommendations / business cases made to CMT / Board Implement change HSSD/Dietetics Service records Weight Management Course records Health Trainer records	Annual and at two and five year review Annual Annual Annual
14	Increase the number of overweight and obese children moving successfully to appropriate weight goals and maintaining them	HSSD / Primary Care / Secondary Care / Third Sector	In partnership with others, including Primary Care and Health Visitor and School Nursing Service, review and redesign, as necessary, child / family weight management service provision. This to include mapping by tier against NICE guidance, identify gaps in provision and recommend services to	Review report produced Recommendations / business case made to CMT – Board, Implement change, monitor and review.	Annual and at two and five year review

HEALTHY WEIGHT STRATEGY ACTION PLAN 2016 - 2023

	What	Primary Agencies	How done	How measured	Frequency of reporting
			respond, together with associated referral and care pathways, including binge eating behaviours in young people. Produce business case for change, as appropriate.	Child/family Weight Management Service records	Annual
15	Increase the numbers of women moving to and maintaining appropriate weight goals before, during and after pregnancy	HSSD Maternity / Primary Care / Secondary Care	In partnership with an appropriate multi-disciplinary group, work with local women to explore ways of enabling them to achieve and maintain healthy weight goals before, during and after pregnancy. To include mapping against NICE guidance, identification of gaps in provision and recommendations for and implementation of services to respond. Design associated referral and care pathways.	Model of care developed and implemented Project evaluation records	Annual and at two and five year review Annual
16	Provide support for people who want to change their healthy eating, physical activity and weight management behaviours	HSSD Health Promotion	Further develop the Health Trainer Service to support and maintain demonstrable behaviour change. Research and implement opportunities for Health Trainers to further complement other existing health services.	Health Trainer Service records Project evaluation records	Annual and at two and five year review Annual

HEALTHY WEIGHT STRATEGY ACTION PLAN 2016 - 2023

	What	Primary Agencies	How done	How measured	Frequency of reporting
17	Provide training and support for health professionals in relation to weight management support.	HSSD / Primary Care	Research, design and deliver tailored training for health professionals both directly involved in weight management support and those in a position to 'signpost' people towards action to manage their weight.	Training programme design report Training programme delivery report	Annual and at two and five year review Annual
18	Reduce health inequity in adults and children in relation to weight management services.	HSSD	Audit equity of access and identify groups under-represented in services; develop and deliver interventions to meet their needs through targeted and tailored services.	Audit report for baseline (2014) Access report	Initial Annual and at two and five year review

Note on Governance and Resources.

Two and five yearly reviews of the Strategy are planned, in addition to an annual evaluation of progress.

HSSD Board has decided to establish an independent body to lead on the delivery of the Healthy Weight Strategy and this body will look to non-Governmental funding to help implement the Strategy. This initiative supercedes the proposal in the consultation to restrict the independent body, in the first instance, to physical activity. Measures of success of the new body will be agreed with the Committee for Health and Social Care.