

PLYMOUTH'S HEALTHY LIVES FOR HEALTHY WEIGHT ACTION PLAN | 2015-2018 |

BACKGROUND TO BE INCLUDED HERE

Acknowledgements and Version Control

Thank you to the members of the Plymouth Healthy Lives for Healthy Weight Task and Finish Group and wider stakeholders for their time, commitment and contributions to development of this Action Plan. The Action Plan was approved by XXX on X and is fully endorsed by XXX. The Plymouth Healthy Lives for Healthy Weight Task and Finish Group will be the responsible forum for the management, review and updating of the Action Plan and will report quarterly to the Health and Wellbeing Board. Please see the group's Terms of Reference and reporting processes outlined below.

Author: Plymouth Healthy Lives for Healthy Weight Task and Finish Group. For further information please contact Sarah Ogilvie (Specialty Registrar in Public Health, Office of the Director of Public Health) - sarah.ogilvie@plymouth.gcsx.gov.uk.

Our Goal

To enable all Plymouth citizens to achieve and maintain healthy lives for healthy weight

Our Strategic Aims

- | | |
|---|---|
| 1 | To build a strategic, sustainable and city-wide approach to promoting healthy lives for healthy weight |
| 2 | To create and develop active, health promoting environments where we live, play, learn and work |
| 3 | To give all children the best start and support the achievement of healthy lives for healthy weight in their families and communities |
| 4 | To ensure effective prevention, identification, early intervention and management of obesity in children and adults |

Values and Principles (interlinked & influence each other)

- TO BE COMPLETED
- Support Best Practice and Innovation
- Joined-up and Co-ordinated Working to optimise the difference that can be made
- Involvement and Consultation
- Evidenced Based
- Holistic and Integrated

Key Terms

Objective	What we aim to achieve
Action	What we will do and how we will do this
Milestones and Outcomes	Intended completed actions to show we are on track to achieve our objective(s) and how we will know we have done what we aimed to do and made a difference locally (L) and nationally (N)
Timescales	When will this work start and when will it be done by
Status	How we will rate our progress: ● action not started/milestone not on track ● in progress ● completed
Lead(s)	Who will be the key person(s) responsible for ensuring this will happen
Key Partners	Who will be the key people who can contribute to achieving the objective

Health and Wellbeing Board	
TBC	
TBC	
TBC	
TBC	
TBC	
TBC	

DELIVERY FRAMEWORK – STRUCTURES AND ACCOUNTABILITY

Known city partnership groups whose aims and objectives have alignment to impact on healthy lives for healthy weight: TO BE POPULATED

Link to Plymouth’s Health and Wellbeing Strategy Priority 2: “Healthy Weight”

PLYMOUTH’S HEALTHY LIVES FOR HEALTHY WEIGHT ACTION PLAN

Plymouth’s Healthy Lives for Healthy Weight Task and Finish Group

Plymouth Healthy Lives for Healthy Weight Communications Strategy Group

IMPLEMENTATION / TASK AND FINISH GROUPS LEADING ON RELEVANT AREAS OF ACTION PLAN:

- PHL4HW members:**
- Plymouth City Council:
 - Public Health
 - Community Services
 - Transport & Planning
 - Sport
 - Leisure (inc. Everyone Active)
 - Environmental Services
 - Co-operative Commissioning & Adult Social Care
 - Education, Learning and Families
 - Plymouth Community Healthcare:
 - Clinical Education Lead for Health Visiting and Nursing
 - Livewell Team
 - Breastfeeding Coordinator
 - Plymouth Hospitals NHS Trust:
 - Midwife
 - Postnatal and Community Matron
 - Consultant Physician, Diabetes and Endocrinology
 - Primary Care/CCG:
 - GP
 - CCG Commissioning Lead for Long Term Conditions
 - Academic:
 - Plymouth University (Public Health Dietetics)
 - University of St Mark and St John
 - Plymouth Guild: Active for Life

Antenatal & Early Years Healthy Lives for Healthy Weight Implementation Group (0-5s) (focus Aims 2-4)

School Age & Young People Healthy Lives for Healthy Weight Implementation Group (5-19s) (Aims 2 & 4)

Physical Activity Strategy Group (Aim 2)

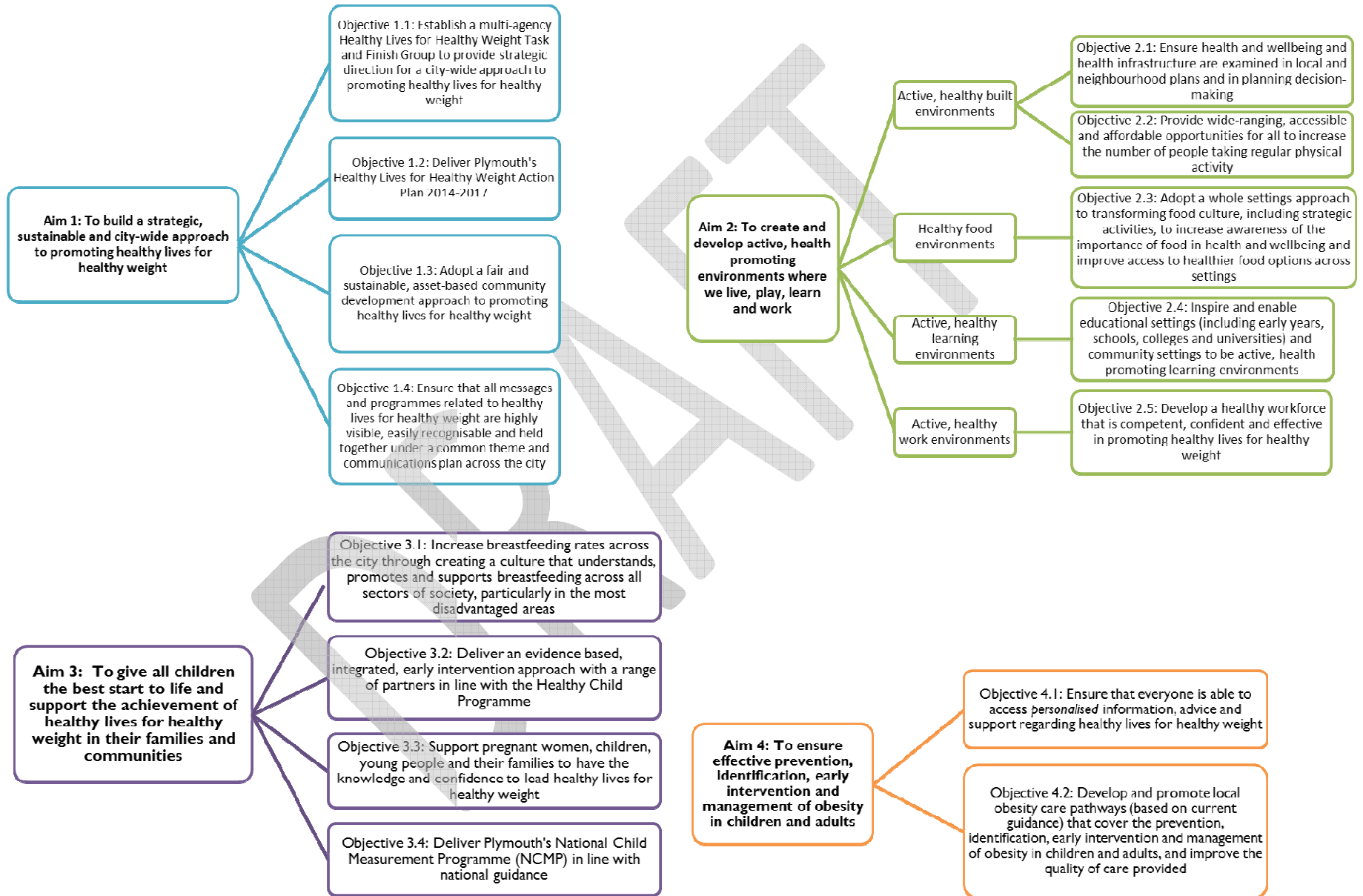
Healthy Lives for Healthy Weight Workforce Development Group (Aim 2)

Maternity Obesity Care Pathway Task & Finish Group (Aim 4)

Child & Young Person Obesity Care Pathway Task & Finish Group (Aim 4)

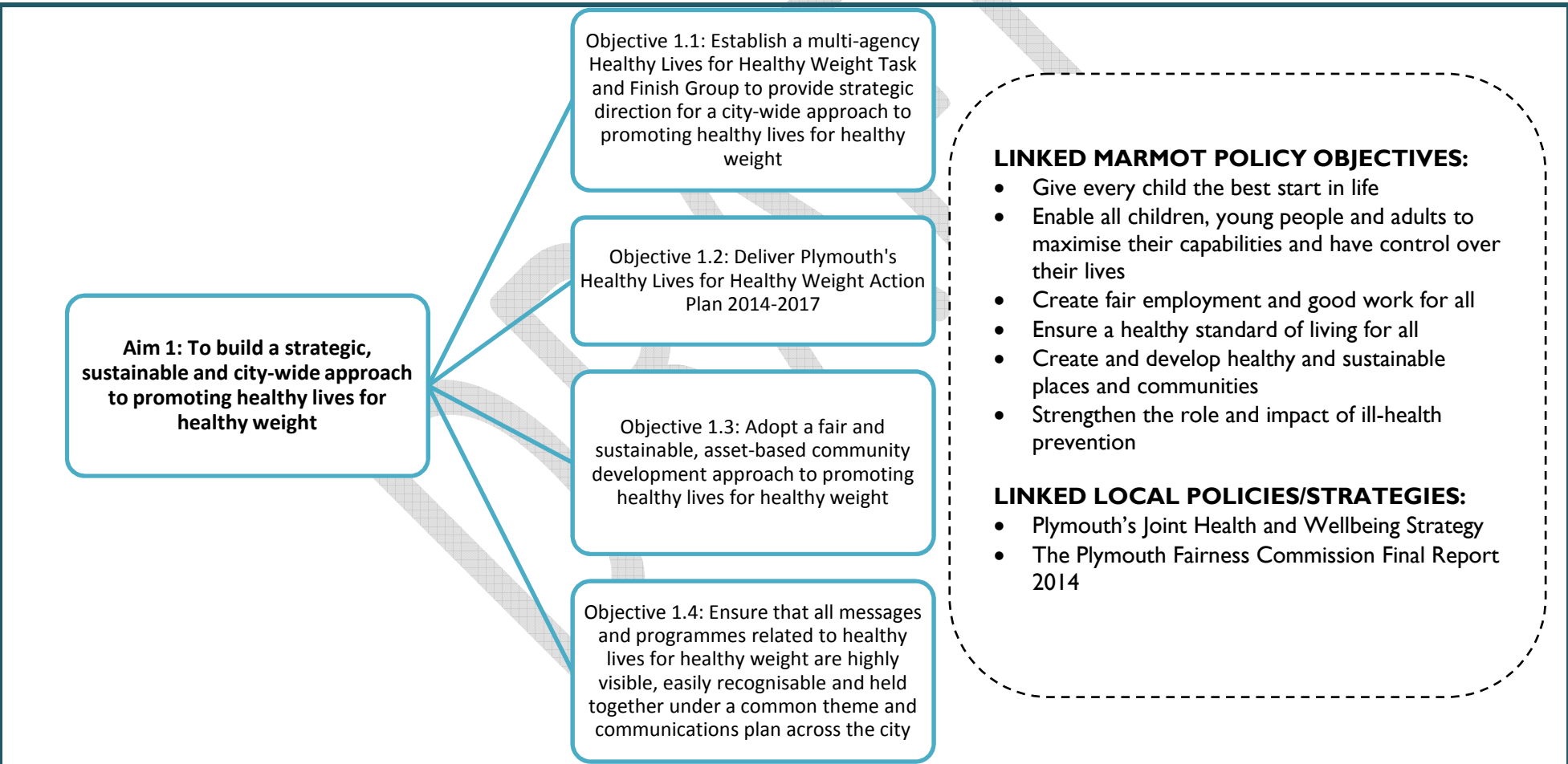
Adult & Older Adults Obesity Care Pathway Task & Finish Group (Aim 4)

ACTION PLAN – VISUAL OVERVIEW OF AIMS & OBJECTIVES



Aim 1: To build a strategic, sustainable and city-wide approach to promoting healthy lives for healthy weight






Addressing the many behavioural and societal factors that combine to contribute to the causes of obesity requires a strategic, holistic, and city-wide approach to promoting healthy lives for healthy weight. Aim 1 outlines the strategic direction for this approach through establishment of **Plymouth's Healthy Lives for Healthy Weight Task and Finish Group** and builds a healthier city through delivery of **Plymouth's Healthy Lives for Healthy Weight Action Plan 2014-2017**. The approach taken should be fair for all, sustainable, and focused on enabling Plymouth's citizens and their communities to take control over their own lives. Critical to delivery of the plan is the need for clear, consistent and easily recognisable health-related messages and branding across the city.






Aim 1: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
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Objective 1.1: To establish a multi-agency Plymouth Healthy Lives for Healthy Weight Task and Finish Group to provide strategic direction for a city-wide approach to promoting healthy lives for healthy weight

1.1.1	Establish a multi-agency Plymouth Healthy Lives for Healthy Weight Task and Finish Group	Plymouth Healthy Lives for Healthy Weight Task and Finish Group established with identified Chair and quarterly meetings	May 2013	Ongoing		Julie Frier (ODPH, PCC)	PCC	N/A	N/A
		Terms of reference agreed	May 2013	Ongoing			PCH		
		Relationship to Health and Wellbeing Board established	May 2014	May 2014			Plymouth Hospitals NHS Trust		
		Portfolio Holders informed of programme of work via scheduled Public Health briefing meetings and at the meeting of the Health and Wellbeing Board in September 2014 when plan in revised draft format	Sept 2014	Ongoing			Northern, Eastern & Western Devon Clinical Commissioning Group		
		Provide leadership and advocacy regarding	May 2013	Ongoing			Plymouth University University of St Mark and St John Plymouth Guild		






Aim I: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	healthy lives for healthy weight							
	Review and advocate evidence based policies, guidance and interventions to promote healthy lives for healthy weight – AND use this intelligence to inform ongoing work of the Task and Finish Group	May 2013	Ongoing				N/A	N/A
	Develop the Plymouth's Healthy Lives for Healthy Weight Action Plan 2014-2017 using the best available evidence	May 2013	Ongoing				N/A	N/A
	Oversee implementation of Plymouth's Healthy Lives for Healthy Weight Action Plan 2014-2017 via quarterly meetings and review status via Quarterly Action Plan Monitoring	Sept 2014	Ongoing				N/A	N/A



Aim I: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Reports							
	Regular briefings on status of Action Plan to Portfolio Holders	May 2014	Ongoing				N/A	N/A
	Yearly briefings on status of Action Plan to Cabinet/Health and Wellbeing Board	May 2014	Ongoing				N/A	N/A
	Explore benefits of a city-wide application to become a WHO Healthy City (or the UK equivalent) in a whole systems approach to improving health and wellbeing	May 2014	Ongoing				N/A	N/A
	Task and Finish Group member to sit on established Peninsula Healthy Weight Network Group and link the work of both groups	Ongoing	Ongoing				N/A	N/A
	Following implementation groups established with terms of							



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Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	reference and regular meetings to lead on specific areas of the Healthy Lives for Healthy Weight Action Plan:							
	Antenatal and Early Years Healthy Lives for Healthy Weight Implementation Group (0-5s) (focus Aims 2-4)	Group already established	Ongoing		Rachel Humphries (Livewell Team, PCH)		N/A	N/A
	School Age and Young People Healthy Lives for Healthy Weight Implementation Group (5-19s) (focus Aims 2 and 4)	Group already established	Ongoing		Julie Frier (ODPH, PCC)		N/A	N/A
	Healthy Lives for Healthy Weight Workforce Development Group (focus Aim 2)	Group to be established	Ongoing		TBC		N/A	N/A
	Maternity Obesity Care Pathway Task and Finish Group (focus Aim 5)	Group to be established	Ongoing		TBC		N/A	N/A
	Child and Young	Group to	Ongoing		TBC		N/A	N/A

Aim 1: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Person Obesity Care Pathway Task and Finish Group (focus Aim 5)	be established						
	Adult and Older Adults Obesity Care Pathway Task and Finish Group (focus Aim 5)	Group to be established	Ongoing		TBC		N/A	N/A
	Physical Activity Strategy Group (focus Aim 2)	Group to be established	Ongoing		Sarah Lees (ODPH, PCC)		N/A	N/A

Objective 1.2: To deliver Plymouth's Healthy Lives for Healthy Weight Action Plan 2014-2017

I.2.1	Deliver Plymouth's Healthy Lives for Healthy Weight Action Plan 2014-2017	Quarterly monitoring of status of Action Plan via quarterly meetings of Plymouth's Healthy Lives for Healthy Weight Task and Finish Group and Quarterly Action Plan Monitoring Reports	April 2014	Ongoing		Julie Frier (ODPH, PCC)	PCC PCH Plymouth Hospitals NHS Trust Northern, Eastern & Western	N/A	N/A
		Regular briefings on status of Action Plan to Portfolio Holders	May 2014	Ongoing		Julie Frier (ODPH, PCC)	Devon Clinical Commissioning Group	N/A	N/A



Aim 1: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Yearly briefings on status of action plan to Cabinet / Health and Wellbeing Board	TBC	Ongoing		Julie Frier (ODPH, PCC)	Plymouth University	N/A	N/A
	Refresh of Action Plan every 3 years	2017	Ongoing		Julie Frier (ODPH, PCC)	University of St Mark and St John Plymouth Guild	N/A	N/A

Objective 1.3: To adopt a fair and sustainable, asset-based community development approach to promoting healthy lives for healthy weight

1.3.1	Use an Equality Impact Assessment (EIA) Approach to ensure that Plymouth's Healthy Lives for Healthy Weight Action Plan is <u>fair to all</u> and that equality and diversity is considered in the design, development and delivery of related policies and services	Ongoing process – complete EIA on action plan	Ongoing	Ongoing		Julie Frier (ODPH, PCC) (supported by Benji Shoker, Equalities Officer, Homes & Communities, PCC)	PCC PCH Plymouth Hospitals NHS Trust Northern, Eastern & Western Devon Clinical Commissioning Group	N/A	N/A
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Aim 1: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
I.3.2	Complete Health Impact Assessments for Plymouth policies and programmes where appropriate to ensure that health inequalities are not exacerbated across the population	Ongoing process	Ongoing	Ongoing 	Julie Frier (ODPH, PCC)	Plymouth University University of St Mark and St John Plymouth Guild	N/A	N/A
I.3.3	Adopt a sustainable, asset-based community development approach to promoting healthy lives for healthy weight	Healthy Lives for Healthy Weight Task and Finish Group to:	Ongoing	Ongoing 	Julie Frier (ODPH, PCC)		N/A	N/A
<ul style="list-style-type: none"> promote activity to develop resilience in individuals and communities adopt a community development and assets based 								


Aim I: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

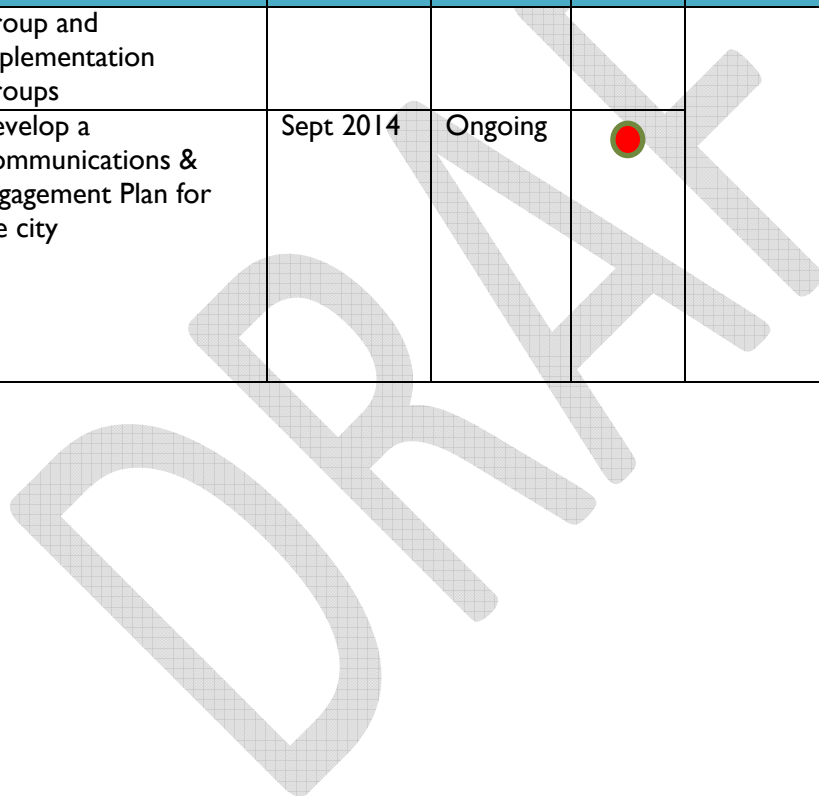
Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	<p>approach</p> <ul style="list-style-type: none"> support and enable local volunteer groups and schemes to link with each other underpin work through a strong level of continued partnership working 							

Objective I.4: To ensure that all messages and programmes related to healthy lives for healthy weight are highly visible, easily recognisable and held together under a common theme and communications plan across the city

I.4.1	Establish the Plymouth Healthy Lives for Healthy Weight Communications Strategy Group	Plymouth Healthy Lives for Healthy Weight Communications Strategy Group established with identified Chair and quarterly meetings	Sept 2014	Ongoing		TBC	PCC	N/A	N/A
		Terms of reference agreed	Sept 2014	Ongoing			PCH		
		Establish relationship to Plymouth's Healthy Lives for Healthy Weight Task and Finish	Sept 2014	Ongoing			Plymouth Hospitals NHS Trust	N/A	N/A
						Northern, Eastern & Western Devon Clinical Commissioning	N/A	N/A	

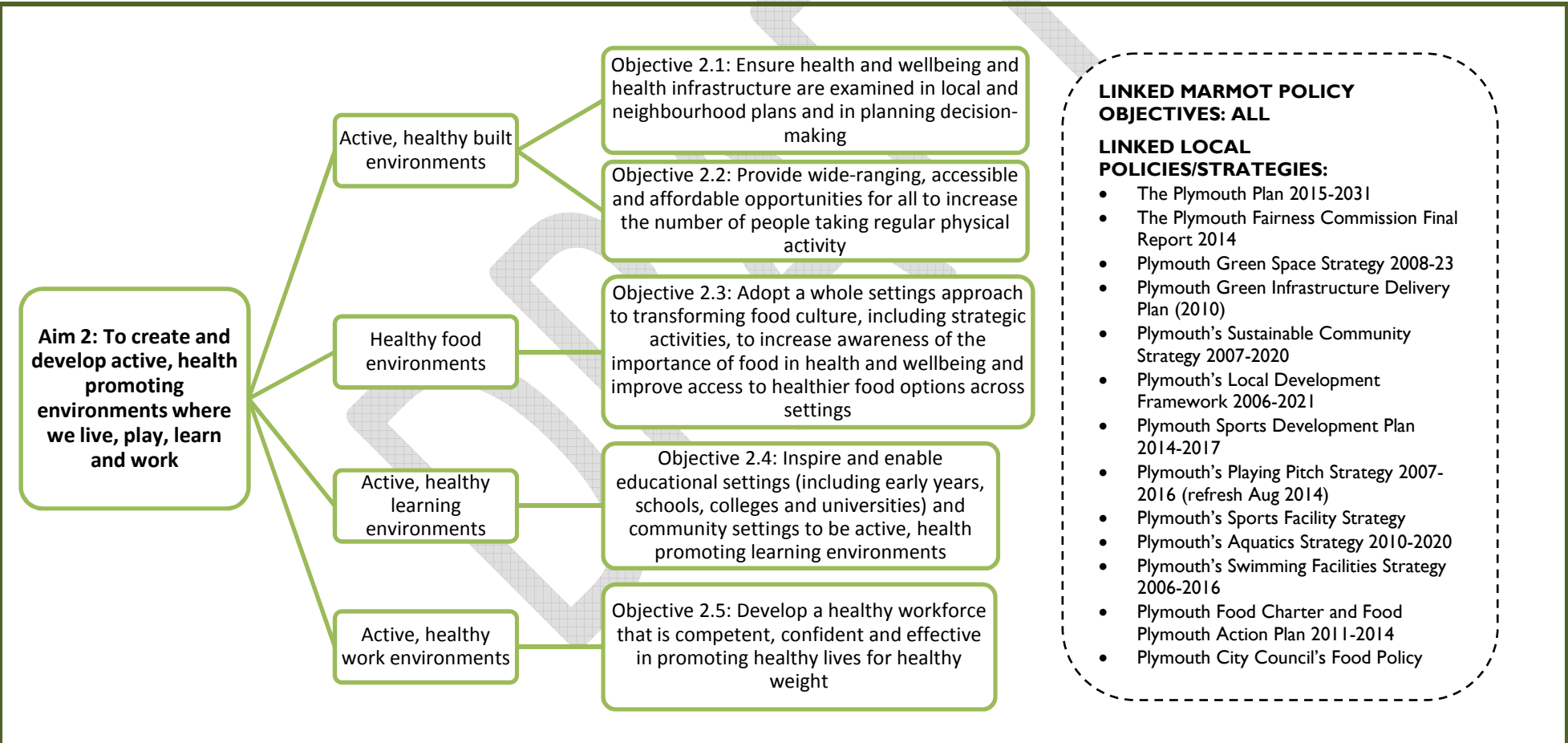
Aim 1: To build a strategic, sustainable, city-wide approach to promoting healthy lives for healthy weight

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Group and Implementation Groups Develop a Communications & Engagement Plan for the city	Sept 2014	Ongoing			Group Plymouth University University of St Mark and St John Plymouth Guild	N/A	N/A



Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Healthy people need healthy environments including their neighbourhoods, local surroundings, schools and places of work. The focus of Aim 2 is to create and develop active, health promoting environments where people live, play, learn and work. Aspirational outcomes include removing barriers to improving health and wellbeing and facilitating active, healthy lifestyles, particularly amongst our most disadvantaged communities and neighbourhoods. This requires new ways of thinking and working to enable transformative community change and a reduction in the gap in health inequalities, with greater collaboration between residents and public service providers. Promotion of health and wellbeing should be at the core of every organisation’s design and culture. By delivering consistent and simple healthy lifestyle messages, combined with appropriate signposting to services, health and social care staff can ‘make every contact count’ and embed this into their day-to-day activity and wider partners.



Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
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Objective 2.1: Ensure health and wellbeing and health infrastructure are examined in local and neighbourhood plans and in planning decision-making

2.1.1	Agree a strategy to ensure that health and wellbeing are incorporated in planning decisions and review how health and wellbeing are incorporated within The Plymouth Plan 2015-2031	MILESTONES NEEDED	May 2014	Dec 2014		Oliver Gibbons (Strategic Planning and Infrastructure, PCC)	Strategic Planning and Infrastructure (PCC) Economic Development (PCC) ODPH (PCC)	TBC	TBC
		Health Impact Assessments completed for major developments to ensure that the potential impacts on health have been considered at the planning and design stage	Ongoing	Ongoing					
		Health Impact Assessments completed on Plymouth policies and programmes where appropriate to maximise the positive health impacts and	Ongoing	Ongoing					

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	<p>minimise the negative health impacts and ensure that health inequalities are not exacerbated across the population</p>							
	<p>Review National Planning Practice Guidance which now includes a section on health and wellbeing (there is reference to HIA, access to healthier food and health inequalities)</p>	<p>May 2014</p>	<p>Dec 2014</p>	<p>●</p>				
<p>2.1.2</p>	<p>Deliver Plymouth's Sustainable Community Strategy 2007-2020 (identifies importance of green space)</p>	<p>TBC</p>	<p>2007</p>	<p>2020</p>	<p>●</p>	<p>TBC</p>	<p>TBC</p>	<p>TBC</p>
<p>2.1.3</p>	<p>Promote active travel (especially walking and cycling) across Plymouth through planning</p>	<p>TBC</p> <p>RICHARD GRANT</p>	<p>2014</p>	<p>Ongoing</p>	<p>●</p> <p>Philip Heseltine (Head of Transport, Infrastruct</p>		<p>TBC</p>	<p>TBC</p>


Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
					ure and Investment , PCC)			
	Continue to encourage active travel through the development and delivery of travel plans	Ongoing	Ongoing		Rosie Starr (Strategic Planning and Infrastructure, PCC)		TBC	TBC
	Review 20mph zones across Plymouth	April 2014	Sept 2014		Sarah Ogilvie (ODPH, PCC) Adrian Trim (Living Streets & Network Management, PCC)		TBC	TBC

Objective 2.2: Provide wide-ranging, accessible and affordable opportunities for all to increase the number of people taking regular physical activity

2.2.1	Coordinate and deliver a range of local and national initiatives aimed at	1,000 opportunities for	April 2014	March 2015		Martin Lees	TBC	SDU 1 – 62,000	QTR 1 20,706
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Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
<p>increasing physical activity levels, particularly those who are most at need.</p>	<p>young people</p> <p>More people volunteering in their local community</p> <p>Increased participation levels by target groups</p> <p>A reduction in lifestyle driven ill health</p>				(Community Sport Manager, PCC)		<p>attendances in SDU activities</p> <p>SDU 2 – 20% of attendances from deprived neighbourhoods</p> <p>SDU 6 – Value for money, cost per activity</p>	<p>(Amber)</p> <p>QTR I 20% (Amber)</p>
<p>2.2.2 Commission the Livewell Team (Plymouth Community Healthcare) to:</p> <ul style="list-style-type: none"> help people to increase their physical activity by promoting activity in line with Department of Health guidance and providing a signposting service to physical activity services in the city target priority neighbourhoods 	<p>Numbers of people signposted to Physical Activity services (threshold 500; quarterly data)</p> <p>Numbers of people attending at least one</p>	<p>1 April 2014</p>	<p>31 March 2015</p>		<p>Commissioner lead: Sarah Lees (Consultant in Public Health, ODPH, PCC)</p>	<p>TBC</p>	<p>TBC</p>	<p>TBC</p>

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
<p>and people who are inactive by the provision of appropriate physical activities and provide support to enable them to access mainstream activities (particular attention given to developing a network of walk leaders and running groups and the provision of seated activities for people with disabilities)</p> <ul style="list-style-type: none"> • explore the development of a programme of activities for the over 60's in conjunction with the Plymouth Community Healthcare Falls Prevention Team • provide coordination of physical activity for health improvement across partnerships and organisations 	<p>PHIT 'activity/Physical Activity' session (threshold 1000; quarterly data)</p> <p>Numbers of people trained to lead walking or running groups (threshold 30; quarterly data)</p> <p>Number of group activities delivered targeted at adults age 50+ (threshold 10; quarterly data)</p> <p>Coordination of physical activity for health improvement</p>				<p>Provider lead: Steve Waite (CEO, PCH)</p>			

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	(annual report) % of service users respond to client satisfaction survey (threshold 30%; quarterly data) Service user satisfaction scores (quarterly data) % of service users that come from [target] neighbourhood/ groups (threshold 70%; quarterly data)							

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status	
2.2.3	Complete a Physical Activity Needs Assessment for Plymouth	Draft report completed Sept 2014	April 2014	Sept 2014		Sarah Lees and Sarah Ogilvie (ODPH, PCC)	Planning and Transport (PCC)	TBC	TBC
		Needs Assessment updated every three years	Sept 2017	Ongoing	N/A at present	Sarah Lees (ODPH, PCC)	Economic Development Unit (PCC)	TBC	TBC
2.2.4	Establish a Peninsula-wide Physical Activity Network Group with Public Health England and other key partners to review guidance and share best practice, and link with the Peninsula Healthy Weight Network.	Group to be established (Sarah Ogilvie to link with Russ Moody (Physical Activity Lead for Public Health England))	Sept 2014	Ongoing		Sarah Ogilvie (ODPH, PCC)	Planning and Infrastructure (PCC) ODPH (PCC)	TBC	TBC
2.2.5	Deliver Plymouth's Green Space Strategy 2008-2023	TBC	2008	2023		TBC	Local Nature Partnership	TBC	TBC
2.2.6	Deliver Green Infrastructure Delivery Plan (2010)	Implement Green Infrastructure Network projects, including utilising natural spaces for community involvement and health/wellbeing benefits	2010	Ongoing		Kat Deeney (Natural Infrastructure Team, PCC)	Sports Development Unit (PCC) Joint Strategic Commissioning (PCC)	TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status	
2.2.7	Deliver Plymouth's Sustainable Community Strategy 2007-2020	TBC	2007	2020		TBC	Public Health England	TBC	TBC
2.2.8	Deliver Plymouth's Sports Development Plan 2014-2017	TBC	2014	2017		TBC		Sustrans	TBC
2.2.9	Deliver Plymouth's Sports Facility Strategy DATE?	TBC	TBC	TBC		TBC	CTC, the national Cycling Charity	TBC	TBC
2.2.10	Deliver Plymouth's Swimming Facilities Strategy 2006-2016	TBC	2006	2016		TBC		TBC	TBC
2.2.11	Deliver Plymouth's Aquatics Strategy 2010-2020	TBC	2010	2020		TBC		TBC	TBC
2.2.12	Deliver Plymouth's Playing Pitch Strategy 2007-2016	TBC	2007	2016		Tom Lowy (Natural Infrastructure Team, PCC)	Plymouth Schools Sports Partnership	TBC	TBC
2.2.13	Promote active travel (especially walking and cycling) across Plymouth	See 2.1.3							
		Number of households participating in the 14/15 and 15/16 Plymotion personalised travel planning programmes.	2011	2016		Rosie Starr (Strategic Planning and Infrastructure, PCC)		TBC	TBC
		% change in the awareness and use of sustainable							

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	transport in the communities personalised travel planning is delivered in, compared to Plymouth as a whole.							
	Number of adults undertaking adult cycle training, offered through the Plymotion programme.	2012	2016	●			TBC	TBC
	Number of participants in the Sky Ride social cycling programmes.	2012	2016	●			TBC	TBC
	Number of children undertaking Bikeability training	Ongoing	Ongoing	●			TBC	TBC
	% increase in the number of children walking, cycling and scooting to	2012	2016	●		Sutrans ODPH	TBC	TBC

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Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	school in Bike It Plus schools							

Objective 2.3: Adopt a whole settings approach to transforming food culture, including strategic activities, to increase awareness of the importance of food in health and wellbeing and improve access to healthier food options across settings

2.3.1	<p>Deliver the Plymouth Food Charter and Food Plymouth Action Plan 2011-2014, specifically the strand entitled 'Health and wellbeing for all'. http://www.foodplymouth.org/downloads/foodcharter.pdf.</p> <p>This includes the following outcomes:</p> <ul style="list-style-type: none"> • Maximise opportunities for raising awareness about the importance of food on improving health & wellbeing and influence this at every level • Particular emphasis on health inequalities and the significance of preventing ill health through diet • Food meeting place to engage people, celebrate food and provide opportunities for learning and training 	<p>See Food Plymouth Action Plan (progress against outcomes and actions listed)</p> <p>The annual Plymouth Food Awards supports the aims of the Plymouth Food Charter and celebrate the skills and achievements of those who bring healthy and sustainable food to people in Plymouth</p>	2011	2014		Clare Pettinger (Lecturer Public Health Dietetics, Plymouth University)	<p>Food Plymouth Partnership</p> <p>NHS Plymouth</p> <p>PCC</p> <p>Livewell Team (PCH)</p> <p>ODPH (PCC)</p> <p>Strategic Planning & Infrastructure (PCC)</p>	TBC	TBC
		Review ongoing governance around the Food	2014	2015		Clare Pettinger (Lecturer)			

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Plymouth Partnership (future work to focus on the end user and tackling health inequalities and food poverty)				Public Health Dietetics, Plymouth University)			
2.3.2	Support Plymouth City Council to develop strong policies to support healthy eating and access to fresh food	TBC	TBC	●	Jenny Coles (Low Carbon City Officer, Planning, PCC)		TBC	TBC
	CHECK - Review current provision of Fast Food Outlets across Plymouth and consider development of a Supplementary Planning Document on Fast Food Outlets for inclusion in The Plymouth	TBC	TBC	●	TBC		TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Plan							
	Provide more space for community food growing	Ongoing	Ongoing	TBC	Kat Deeney (Natural Infrastructure Team, PCC)		TBC	TBC
	Fast Food Outlet briefing paper presented to Plymouth's Healthy Lives for Healthy Weight Task and Finish Group for discussion	TBC	TBC	●	Jenny Coles (Low Carbon City Officer, Planning, PCC)		TBC	TBC
2.3.3	<p>Promote the Food Standards Agency recommended food safety management tool "Safer Food, Better Business" to food businesses so they can demonstrate food safety practices.</p> <p>Local pages to be produced around adapting menus to reduce salt, sugar, fat and increase fruit and vegetables and ensuring healthy options are available for children.</p>	<p>Local pages to be drafted.</p> <p>Pages to be piloted in 10 businesses.</p>	<p>Sept 2014</p> <p>January 2014</p>	<p>Dec 2014</p> <p>31 March 2015</p>	<p>●</p> <p>Katharine O'Connor (Manager Food Safety and Standards, ODPH, PCC)</p>		TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
2.3.4	Develop a local nutrition award for businesses.	Investigate the usefulness of the Eat Out, Eat Well Scheme launched by Sussex Trading Standards.	Sept 2014	October 2014	●	Katharine O'Connor (Manager Food Safety and Standards, ODPH, PCC)	TBC	TBC
		Adopt the Eat Out, Eat Well Scheme or propose new scheme.	Nov 14	31 March 15				
		Pilot the Nippers Nutrition Programme (Cornwall) in day nurseries, pre-schools and childminders.	Jan 15	31 March 15				
2.3.5	Work with Plymouth University to explore potential dietetic student projects around key themes, including food poverty and a dietetic/nutritional review of food banks	Share potential project ideas with dietetic students end of July/early August	July 2014	Ongoing	●	Clare Pettinger (Lecturer Public Health)	TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Project summary reports/updates shared with Plymouth's Healthy Lives for Healthy Weight Task and Finish Group	July 2014	Ongoing		Dietetics, Plymouth University)		TBC	TBC
2.3.6	Sustainable Food Cities bronze award. (John Dixon)	TBC	TBC	TBC	TBC	TBC	TBC	TBC


Objective 2.4: Inspire and enable educational settings (including early years, schools, colleges and universities) and community settings to be active, health promoting learning environments

2.4.1	(i) Increase the number of schools engaged and working to achieve the Healthy Child Quality Mark Bronze	Year on year increase in number of schools achieving the Healthy Child Quality Mark Bronze (to 40%), with at least 90 schools (approx. 95%) engaged with the programme by 2015 (72% schools currently engaged and 30%	April 2014	April 2015		Mike House (Education, Learning and Family Support, PCC)	Education, Learning and Family Support (PCC) ODPH (PCC)	TBC	TBC
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Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status	
		achieved Bronze status - accurate April 2014)							
	(ii) Increase the number of schools working on targeted health and wellbeing projects through the Healthy Child Quality Mark, Silver and Gold Process	Year on year increase in number of schools achieving Healthy Child Quality Mark Silver and Gold (at least 10 schools by 2015)	April 2014	April 2015	●		TBC	TBC	
2.4.2	Encourage more schools to participate in Learning in the Natural Environment (LIE)	40 schools actively engaged in LINE Plymouth Network	2013	2016	TBC	Jemma Sharman (Natural Infrastructure Team, PCC)	Plymouth Local Nature Partnership	TBC	TBC
2.4.3	Implement the Healthy College Quality Mark	2 colleges to achieve Bronze status by 2015	April 2014	April 2015	●	Mike House (Education, Learning and Family Support, PCC)	Education, Learning and Family Support (PCC) ODPH (PCC)	TBC	TBC
2.4.4	Pilot the Healthy Child Quality Mark for Early Years (0-5 year olds) with particular	Complete pilot process by 2014,	April 2014	Dec 2014 (PILOT)	●	Mike House and	Education, Learning and	TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status	
focus on young parents As part of this, develop an Early Years Healthy Eating Kitemark for early years settings	rolling out to establishments in 2015.	(PILOT)			Laura Freeman (Education, Learning and Family Support, PCC)	Family Support (PCC) ODPH (PCC)			
2.4.5	Increase the proportion of schools offering Change4Life Clubs	TBC	TBC	TBC	TBC	Anna Clooke (Joint Partnership Development Manager, Plymouth School Sports Partnership)	TBC	TBC	
2.4.6	Deliver the Plymouth Food Charter and Food Plymouth Action Plan 2011-2014	(SEE 2.3.1)							
2.4.7	Implement the Department for Education's School Food Plan (published July 2013) across Plymouth which outlines 16 actions for schools to work towards - this includes ensuring school meals and food provided outside of	TBC	July 2013	Ongoing		TBC	Education, Learning and Family Support (PCC)	TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
<p>lunchtimes meet new nutritional standards, introducing practical cooking skills and increasing school meal uptake in line with current education legislation</p> <p>Food For Life Gold Catering Mark standard for all school meals???</p>								
2.4.8	To link with Plymouth University and the Students Union to maximise opportunities for the Sport Activation funding and the delivery of a range of local and national initiatives aimed at increasing physical activity levels to non or less active people.	Sept 2014	July 2017		Louise Francis	Plymouth University, Students Union	TBC	TBC
Objective 2.5: Develop a healthy workforce that is competent, confident and effective in promoting healthy lives for healthy weight								
2.5.1	Work with partners to develop health promoting work environments and ensure that all staff maximise opportunities to provide lifestyle advice to Make Every Contact Count	Ongoing	Ongoing		Jan Potter (Livewell Team, PCH)	Business Health Network (PCH) ODPH (PCC)	TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

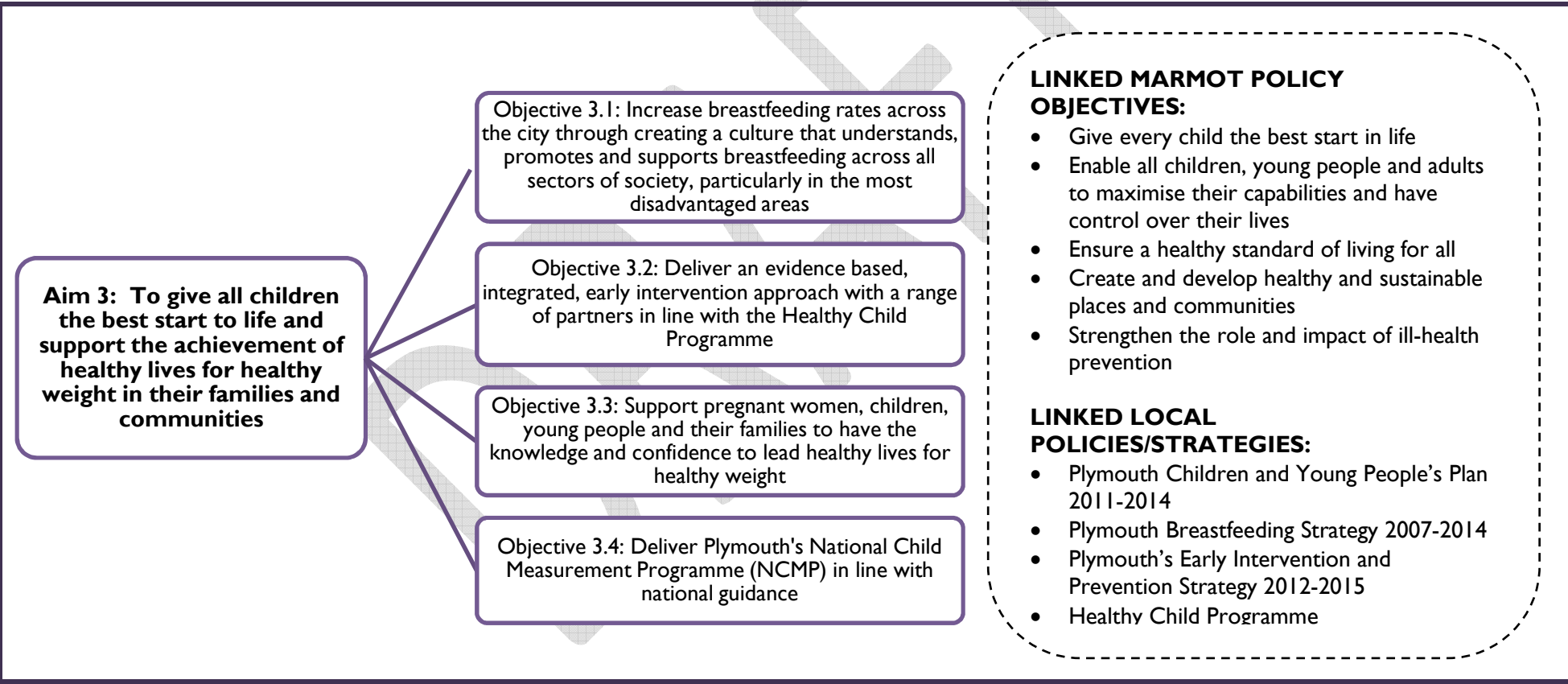
Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Implement the new national Workplace Wellbeing Charter	16 Oct 2014	Ongoing	●	Sarah Lees (ODPH, PCC) Alison Rowntree (Business Health Network, PCH)	Education, Learning and Family Support (PCC) Livewell Team (PCH) NHS Plymouth	TBC	TBC
2.5.2	Promote the new national Workplace Wellbeing Charter to local businesses through the Business Health Network and supplement with a local health at work award scheme	16 Oct 2014	Ongoing	●	Sarah Lees (ODPH, PCC) & Alison Rowntree (Business Health Network, PCH)		TBC	TBC

Aim 2: To create and develop active, health promoting environments where we live, play, learn and work

Action		Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
2.5.3	Deliver the Community Health Champion Programme	98 Health Champions were trained in 2014 (number trained target = 100 PA) (Local training now developed for training Health Champions)	TBC	TBC	●	Alison Rowntree (Livewell Team, PCH)		TBC	TBC
2.5.4	As part of developing the Healthy Child Quality Mark (HCQM) for early years settings (see 2.4.4), include a training programme for early years providers to enable them to interpret and implement the voluntary food and drink guidelines (School Food Trust)	TBC	March 2014	TBC	●	Laura Freeman (Education, Learning and Family Support, PCC)		TBC	TBC
2.5.5	Partners to deliver a training programme around healthy lives for healthy weight to learning disability support workers	TBC	TBC	TBC	●	Selena Horsham (WESTBO URNE)		TBC	TBC

Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

We know that what happens in early childhood, starting in the womb, has long-term effects on our health and wellbeing, with our most vulnerable children having the poorest outcomes. Children who are obese are more likely to be ill and absent from school due to illness, experience health-related limitations, and require more medical care than normal weight children (Public Health England 2014). Overweight and obese children are also more likely to be obese as adults and have a higher risk of morbidity, disability and premature mortality in adulthood. Addressing healthy lifestyles and nutrition during pregnancy, and early in childhood, can improve health outcomes in later life. Consequently, Aim 3 focuses on giving all children in Plymouth the best start to life and supporting the achievement of healthy lives for healthy weight in their families and communities.



Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status	
Objective 3.1: Increase breastfeeding rates across the city through creating a culture that understands, promotes and supports breastfeeding across all sectors of society, particularly in the most disadvantaged areas									
3.1.1	Deliver the Plymouth Breastfeeding Strategy 2007-2014	Refresh the current breastfeeding strategy	Sept 2014	March 2015 (to complete refresh)		Jan Potter (Livewell Team, PCH)	Livewell Team (PCH)	PHOF 2.2(i) Breastfeeding initiation	TBC
		Maintain BFI and enhance the accreditation to beacon status in Plymouth Hospitals NHS Trust maternity services, Plymouth Community Healthcare health visiting service and achieve BFI in all children's centres and University of Plymouth	July 2014	March 2016			Children's centre providers	PHOF 2.2(ii) Breastfeeding prevalence at 6-8 weeks after birth	
		Provide a minimum standard of care for all pregnant women and new mothers which promotes breastfeeding and enables safe bottle feeding	July 2014	Ongoing and incorporated in BFI outcome above			Health Visiting Service (PCH)		
		Continue to increase the capacity of the volunteer peer support "service" to enable development and innovation	July 2014	Ongoing			Business Health Network (PCH) Maternity Services (Plymouth Hospitals NHS Trust) ODPH		

Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Explore the development of telephone peer support and home visiting	July 2014	Evaluation to be completed by Sept 2014			(PCC) University of Plymouth		
	Increase the number of businesses and public facilities which are accredited through the Business Health Network Awards Scheme, which incorporates being "breastfeeding friendly"	July 2014	Ongoing yearly increase					

Objective 3.2: Support pregnant women, children, young people and their families to have the knowledge and confidence to lead healthy lives for healthy weight

3.2.1	Implement a sustainable antenatal education programme (Great Expectations) delivered in partnership with Plymouth Community Healthcare, Plymouth Hospitals NHS Trust and children centre providers	Develop a strong evidence base of outcomes and a business case which will inform commissioners, in order to secure joint funding for the sustainability of the programme and its on-going development and coordination	Oct 2014	Oct 2014		Jan Potter (Livewell Team, PCH)	Livewell Team (PCH) Maternity Services (Plymouth Hospitals NHS Trust)	TBC	TBC
		Coordinate and support the development and implementation of a 3 year research project by the University of Plymouth	June 2014	June 2017		Jan Potter (Livewell Team, PCH)	ODPH (PCC) Health	TBC	TBC


Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Medical School to evaluate the effectiveness of the programme in meeting specific outcomes and the added value of group engagement					Visiting Service (PCH) University of Plymouth Medical School		
3.2.2	Increase uptake of the Healthy Start Programme for expectant and new mums and young children in targeted areas to best in England	Increase uptake from 76% (currently) to best in England 86%	April 2014	TBC		Jan Potter (Livewell Team, PCH)	ODPH (PCC)	TBC
		Develop a robust system of distribution and data collection for the Healthy Start Vitamin Scheme, through local children's centres	April 2014	TBC			Plymouth Hospitals NHS Trust PCH	
		Enable pregnant women, breastfeeding mothers and infants to access the Healthy Start Vitamin Scheme and monitor its uptake across the city	April 2014	TBC			Children's centre providers	TBC



Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status	
3.2.3	Develop a “Great Expectations Graduate Programme” using the existing evidence base for infant nutrition and the Healthy Child Programme, to promote optimum weaning practices and healthy lifestyle behaviours	Coordinate an early years steering group to consult on and prioritise programme content, in order to utilise wider expertise and develop an effective parent programme	TBC	TBC		Jan Potter (Livewell Team, PCH)		TBC	TBC
		Develop a programme of training for health practitioners and children’s centre staff to provide them with additional skills to support and deliver the programme	TBC	TBC				TBC	TBC
		Implement a small scale pilot programme to test, evaluate and review and programme content and logistics	TBC	TBC				TBC	TBC
3.2.4	Work with early years providers to develop, monitor and evaluate interventions for healthy weight	Map work of children’s centres in terms of supporting parents and families to pursue active, healthy lives	July 2015	Sept 2015		Rachel Humphries (Livewell Team, PCH)		TBC	TBC
		Early years providers’ data systems to be updated to enable monitoring of HENRY one-to-one sessions	June 2014	Sept 2014		TBC		TBC	TBC

Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	Children's centres to complete mapping of one-to-one work with families to identify needs in terms of active, healthy lives and monitor progress	TBC	TBC		TBC		TBC	TBC

Objective 3.3: Deliver an evidence based, integrated, early intervention approach with a range of partners in line with the Healthy Child Programme

3.3.1	Develop an integrated model of early intervention organised on a locality basis, with a shared workforce and delivered by a range of partners	Complete a 'one-year on' evaluation report of the HENRY programme (Health Exercise Nutrition for the Really Young) to determine its success	April 2014	Sept 2014		Rachel Humphries (Livewell Team, PCH)	Livewell Team (PCH)	TBC	TBC
		Hold a multi-agency workshop to review the HENRY evaluation report (above) and scope options for going forward	July 2014	Sept 2014			Children's centre providers Health Visiting Service (PCH) Business Health Network (PCH) Maternity	TBC	TBC




Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
						Services (Plymouth Hospitals NHS Trust) ODPH (PCC) University of Plymouth		

Objective 3.4: Deliver Plymouth’s National Child Measurement Programme* (NCMP) in line with national guidance [*the NCMP programme is recognised internationally as a world-class source of public health intelligence and holds UK National Statistics status]

3.4.1	Measure the weight and height of children in reception class (aged 4-5 years) and year 6 (aged 10-11 years) to assess overweight children and obese levels within primary schools	Annual measurement of height and weight of children in reception class (aged 4-5 years) and year 6 (aged 10-11 years) to assess overweight children and obesity levels within primary schools	Annually	Annually	●	Rob Nelder (Office of Director of Public Health, Plymouth City Council)	ODPH (PCC) Livewell Team (PCH)	PHOF 2.6(i) Proportion of children aged 4-5 classified as overweight or obese	TBC
		Production of annual NCMP report including reception class and year 6 % uptake - report used to: inform local planning and delivery of services for children; gather population-level data to allow	Annually	Annually	●		School Nurse Team (PCH)	PHOF 2.6(ii) Proportion of children aged 10-11 classified as overweight or obese	

Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	analysis of trends in growth patterns and obesity; increase public and professional understanding of weight issues in children; be a vehicle for engaging with children and families about healthy lifestyles and weight issues							
	Details of underweight and overweight children in the city, identified by the NCMP, shared with school nurse service and parents telephoned for an initial discussion and advice. Offered further written advice and/or a clinic appointment with the school nurse.	Ongoing	Ongoing		School Nurse Team (PCH)			
	Explore links with change4life clubs and GPs and how best to link NCMP with the healthy lifestyles programme (see Aim 4)	Oct 2014	Oct 2014		Rachel Humphries (Livewell Team, PCH)			
	Explore parental views regarding the NCMP school	July 2014	Sept 2014		Rachel Humphries			

Aim 3: To give all children the best start to life and support the achievement of healthy lives for healthy weight in their families and communities

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	nurse support service for parents and a new lifestyle programme for parents				(Livewell Team, PCH)			

DRAFT

Aim 4: To ensure effective prevention, identification, early intervention and management of obesity in children and adults

The National Institute for Health and Care Excellence (NICE) has developed an obesity care pathway which aims to: prevent the rising prevalence of obesity and the diseases associated with it; increase the effectiveness of interventions to prevent people becoming overweight and obese; and improve the care provided to those with obesity, particularly in primary care. This pathway can be implemented as part of an integrated programme in Plymouth that not only address the population as a whole, but also addresses locally identified inequalities in obesity and associated diseases and conditions. Aim 4 focuses on ensuring that individuals who are overweight or obese can access tailored advice and support regarding healthy lives for healthy weight through a local telephone advice line and greater signposting. It also highlights the need for appropriate obesity care pathways which cover pregnancy, the early years, children and young people, adults and older adults in Plymouth.

Aim 4: To ensure effective prevention, identification, early intervention and management of obesity in children and adults

Objective 4.1: Ensure that everyone is able to access *personalised* information, advice and support regarding healthy lives for healthy weight

Objective 4.2: Develop and promote local obesity care pathways (based on current guidance) that cover the prevention, identification, early intervention and management of obesity in children and adults, and improve the quality of care provided

LINKED MARMOT POLICY OBJECTIVES:

- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill-health prevention


LINKED LOCAL POLICIES/STRATEGIES:

- Plymouth's Early Intervention and Prevention Strategy 2012-2015

Aim 4: To ensure effective prevention, identification, early intervention and management of obesity in children and adults

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
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Objective 4.1: Ensure that everyone is able to access personalised information, advice and support regarding healthy lives for healthy weight

4.1.1	Commission the Livewell Service to develop and deliver a range of interventions and training, and co-ordinate a range of programmes around healthy weight for children, adults and families	<p>Deliver 10% Club programme (Tier 2 12wk weight management intervention) targeted at priority neighbourhoods for adults with a BMI<40:</p> <ul style="list-style-type: none"> • 100 people completing 10% Clubs • Number of people achieving 5% and 10% weight loss • % of adults maintaining initial weight loss at 12m and 24m • Number of weight management brief interventions • Number of people receiving nutrition training • Number of people attending a nutrition intervention • 2 family weight management 	TBC	TBC		Jan Potter and Rachel Humphries (Livewell Team, PCH)	<p>TBC</p> <p>Livewell Team (PCH)</p> <p>ODPH (PCC)</p> <p>Learning Disability Service (PCH)</p> <p>Partners supporting adults with a learning disability (e.g. Ridleys, Active4Life and Highbury Trust)</p>	
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Aim 4: To ensure effective prevention, identification, early intervention and management of obesity in children and adults

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	<p>programmes to be delivered</p> <ul style="list-style-type: none"> • Number of people signposted to physical activity services • Number of people accessing a Livewell physical activity session • Number of people trained to lead health walk • Number of group activities delivered to adults aged 50+ 							
	<p>Pilot the delivery of a Tier2 weight management intervention for children aged 5-13 and their families</p>							
	<p>Promote physical activity in line with DH guidance</p>							
	<p>Target priority neighbourhoods and people who are inactive by the provision of appropriate physical activities and provide support to enable them to access mainstream</p>							

Aim 4: To ensure effective prevention, identification, early intervention and management of obesity in children and adults

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status	
	activities								
	Provide support for weight management appropriate for people with identified learning disabilities and their carers through existing networks								
4.1.2	Open a centralised and branded telephone advice line offering advice and support to individuals and agencies around healthy lifestyles and nutrition, weight management and physical activity	Central advice line open: (date xxx) INCLUDE MONITORING HERE XXX	April 2014	Ongoing		Jane Bullard (Livewell Team, PCH)	TBC	TBC	
Objective 4.2: Develop and promote local obesity care pathways (based on current guidance) that cover the prevention, identification, early intervention and management of obesity in children and adults, and improve the quality of care provided									
4.2.1	Develop and promote a local maternity obesity care pathway based on current guidance which covers pre-conception, antenatal and postnatal care (pathway should cover prevention, identification, early intervention and	Establish a task and finish group to develop a local maternity obesity care pathway based on current guidance	July 2014	Ongoing		Chair of task and finish group (TBC)	Maternity Services (PCH) ODPH (PCC) Livewell Team (PCH) NHS Plymouth	TBC	TBC
		Task and finish group to map existing provision across the city and identify gaps, and work into a clear care pathway which builds	TBC	TBC					

Aim 4: To ensure effective prevention, identification, early intervention and management of obesity in children and adults

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
	management of obesity – and include at risk groups)							
4.2.2	Develop and promote a local child and young person obesity care pathway based on current guidance (pathway should cover prevention, identification, early intervention and management of obesity – and include at risk groups)	TBC	TBC	●	Chair of task and finish group (TBC)	TBC	TBC	TBC
	Task and finish group to map existing provision across the city and identify gaps, and work into a clear care pathway which builds on current Tier 1 and Tier 2 weight management for children	TBC	TBC	●				
4.2.3	Develop and promote local adult and older adults obesity care pathways based on current guidance (pathway should cover prevention, identification,	TBC	TBC	●	Chair of task and finish group (TBC)	TBC	TBC	TBC

Aim 4: To ensure effective prevention, identification, early intervention and management of obesity in children and adults

Action	Milestones and outcomes	Start date	End date	Action status	Lead(s)	Key partner(s)	Performance indicator(s) / Public Health Outcomes Framework Indicator(s) action contributes to	Indicator status
early intervention and management of obesity – and include at risk groups)	Task and finish group to map existing provision across the city and identify gaps (e.g. provision for individuals with a learning disability), and work into a clear care pathway which builds on current Tier 1 and Tier 2 weight management for adults	TBC	TBC	●				

