

Appendix 1

Recommendations Matrix – Scrutiny Review of Obesity

Six Month Update

Recommendation	Time scale	Identified officer/ member/ group to action	Info	Action taken (6 months or 1 year)	Measure of success
<p>Overarching review:</p> <p>Recommendation 1: that the borough-wide Obesity Strategy be finalised and presented to the Overview and Scrutiny Committee. The strategy should enable agencies looking to tackle obesity and its links to long term conditions (such as diabetes, and cardio-vascular and circulatory conditions) to work from a single strategic and locally owned policy framework.</p>	M/L	Harrow PCT Board Obesity Strategy Group	O	The obesity strategy is yet to be finalised; we are still consulting on the first draft and expect this to be complete by 15 th November. (PCT response)	<p>6 months: progress update on development/ revision of borough-wide Obesity Strategy to Overview and Scrutiny Committee.</p> <p>1 year: an Obesity Strategy for Harrow published and adopted by all relevant partner agencies.</p>
<p>Recommendation 2: that the council pilots a walk scheme for staff as part of its staff well-being programme. This should be done in liaison with and seeking the advice of our colleagues at Harrow PCT who have already successfully implemented such a scheme.</p>	M	Corporate Director of Strategy and Business Support, Harrow Council	O / BP	The PCT has recently appointed a Walk Scheme Co-ordinator who will work closely with Harrow LA to implement more walking schemes (in addition to those already being delivered with Choosing Health funding for the public) specifically for Council staff. (PCT response)	3 months: the staff well-being programme includes a (pilot) walk scheme for staff. A scheme has been, or is about to be, piloted.

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<p>Childhood obesity:</p> <p>Recommendation 3: that the Children and Young People's Partnership considers the local physical activity strategy and discusses with partners how this can be revised and taken forward.</p>	S	<p>Corporate Director Children's Services, Harrow Council</p> <p>Children and Young People's Partnership</p>	O	<p>The Audit of Physical Activity in London report has now been received and the PCT will work with the Council (via the CYPS Board) and our partners on building on these findings to address gaps in local provision. (PCT response)</p>	<p>3 months: the agenda for the next meeting of the Children and Young People's Partnership includes the local physical activity strategy.</p>
<p>Recommendation 4: that the Council and PCT recognise that much of the work around children's opportunities for physical activity can be built in together with multi-agency working and channelled through schools, children's centres and extended schools.</p>	L	<p>Corporate Director Children's Services, Harrow Council</p> <p>Harrow PCT Board</p>	O / BP / LP / VG / PH	<p>The PCT has been running MEND programmes for 7-13 year old children and their families (at Whitmore High School), and the second site (funded via Choosing Health) will take place at ASPIRE 15th October; it is already booked to capacity. Work has also been conducted with the schools dietician however the PCT will also be supporting the development of this work through the recruitment of a permanent nutritionist working specifically within Children Centres and within the Community to spread key health messages (interviews start this week w/c 6/10/08). The PCT has also provided funding to the LA to support active play training sessions for</p>	<p>1-2 years: the revised local physical activity strategy highlights partnership work through schools, children's centres and extended schools.</p>

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				<p>staff attending training at the teachers centre. (PCT response)</p> <p>The PCT provided us with information on their GP Referral Exercise on Prescription Service and Walk Scheme. We have used this information for the Resources Pack given to employees on the Shape Up Programme (40 employees). One employee was trained to be a 'Walk Leader' but subsequently left the Council. To date we have not yet received information on how many employees have approached their GP to be referred. We will collate the figures when we do an evaluation at the end of the Shape Up Programme.</p> <p>Other work we have done with the PCT has been around Smoking Cessation - an event was organised at the Depot for No Smoking Day in March 2008. The PCT also attended the Health Fair in July last year and their main focus was Smoking Cessation. The event was attended by 200+ employees.</p> <p>We are currently working with the PCT on piloting a</p>	

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				<p>Workplace Health Programme at the Depot. The programme supports the training of up to 3 members of staff to act as 'Workplace Health Champions' and supports them to design, deliver and evaluate a sustainable workplace health programme. The training includes the Royal Institute of Public Health Understanding Health Improvement Award.</p> <p>The Council's Wellbeing Delivery Plan is currently being reviewed and the new Plan is due to be completed in Oct/Nov 08. (council response)</p>	
<p>Recommendation 5: <i>that multi-agency work through schools, children's centres and extended schools links to opportunities to engage and signpost families/parents to healthier lifestyles and encourages family learning.</i></p>	L	<p>Corporate Director Children's Services, Harrow Council</p> <p>Harrow PCT Board</p>	O / BP / LP / PH	Long term recommendation	1-2 years: local Council and PCT strategies refer to partnership work through schools, children's centres and extended schools, as conduits for family learning.

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<p>Recommendation 6: that it is recognised that within Harrow there is a need to take more opportunities to lobby funding bodies regarding the criteria set down for accessing funding streams. The Review Group recommends that the Council and PCT make this representation jointly.</p>	M/L	<p>Chief Executive, Harrow Council</p> <p>Leader of Harrow Council</p> <p>Chief Executive, Harrow PCT</p>	O / BP	No information	As and when the opportunities arise: joint representations to central government funding bodies by the Council and PCT.
<p>Recommendation 7: that there is a role for scrutiny to play in examining the functions and effectiveness of the Council's funding officer - what the Council's funding officer does and how he can facilitate the local authority to attract more funding and optimise the funding opportunities available to Harrow.</p>	S	Overview and Scrutiny Committee	O / BP	This has been integrated into phase 2 of the scrutiny review on delivering a strengthened voluntary sector.	3 months: the scrutiny work programme includes examination of external funding opportunities and the role of the Council's funding officer.
<p>Recommendation 8: that Harrow, through the Harrow Strategic Partnership and its Local Area Agreement, should continue to build the capacity of its voluntary sector so that it can partner the Council and PCT on more joint projects around children's opportunities for physical activity.</p>	L	Harrow Strategic Partnership	O / BP	Long term recommendation	1 – 2 years: an increased number of projects offering physical activity opportunities for children led by voluntary sector groups.

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Recommendation 9: that local authority provision for children is targeted and addresses areas of deprivation in the borough where there is an identified and relative lack of provision for children.	L	Corporate Director Children's Services, Harrow Council	O / LP / PH	Long term recommendation	1- 2 years: more provision for children in areas, as identified in the Play Strategy, as relatively lacking provision currently.
Adulthood obesity: Recommendation 10: that a borough-wide Diabetes Strategy be developed, so that all agencies looking to tackle diabetes and its links to other long-term conditions such as obesity can work from a single strategic and locally owned policy framework.	L	Harrow PCT Board Diabetes Partnership Board	O / VG	The Diabetes Partnership Board has produced guidelines which are published on an annual basis and available on the PCT website. The PCT Lead for Obesity attends the partnership board meeting however currently there is no formal borough strategy. (PCT response)	1 -2 years: a Diabetes Strategy for Harrow published and adopted by all relevant partner agencies.
Recommendation 11: that the Diabetes Partnership Board seeks a representative from the local authority to supplement its multi-agency perspective. The Review Group recommends that this be the Adults Services Portfolio Holder in the first instance.	S	Diabetes Partnership Board	O / PH	At this time there is no local authority representative on The Diabetes Partnership Board, due to Portfolio Holder changes - but one will be invited to the next meeting in November. There is currently discussion with LA on who the most appropriate person will be. (PCT and council response)	As soon as possible (3 months): the local authority is represented on the Diabetes Partnership Board.

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<p>Recommendation 12: that joint work between the PCT and Council is undertaken on publicising the risks of obesity and also its links to diabetes. Joint articles to the press or in Harrow People updating residents on broader health issues should also be explored.</p>	S/M	<p>Chief Executive, Harrow PCT</p> <p>Adults Services Portfolio Holder</p>	O / VG / PH	<p>Articles on healthy eating and healthy lifestyles have recently been produced for the Harrow People magazine and there are plans to do more. However with the appointment of a Choosing Health Manager (start date Nov 3rd) who will specialise in implementing marketing/social marketing campaigns and publicity we will ensure all health messages are strategically co-ordinated, targeted and effective.</p> <p>All Choosing Health Managers have a key responsibility to promote their services; the PCT new nutritionist will promote healthy eating messages, and promote healthy living via local media, press, newsletters and will include within her remit nutritional guidance for diabetics etc. Additionally the new Health Trainers will also spread healthy eating messages. (PCT response)</p>	3 months: the next edition of Harrow People includes an article on health issues, jointly written by PCT and Council representatives.

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				<p>Articles on healthy eating and healthy lifestyles have recently been produced for the Harrow People magazine and there are plans to do more. Articles have also been covered in the Harrow Observer newspaper in which PCT and Local Authority activities to address childhood obesity have been highlighted. The appointment of a Choosing Health Manager (start date Nov 3rd) who will specialise in implementing marketing/social marketing campaigns and publicity will ensure all health messages are strategically co-ordinated, targeted and effective. (council response)</p>	
<p>Recommendation 13: that the PCT makes efforts to do more to advertise its courses on managing type 2 diabetes, including posting them on the PCT website and on the websites of those agencies who also help deliver the multidisciplinary course.</p>	S/M	Harrow PCT Board	O / VG	<p>Diabetes specialist health nurses advertise on the PCT website (all new diagnosed diabetics are told about Harrow services out there to support them); they also offer training via the Expert Patient Programme.</p>	<p>3 months: the PCT website includes signposting to diabetes courses.</p> <p>6 months: PCT-run diabetes courses are featured on partner websites.</p>

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Recommendation 14: that all GPs are encouraged to keep records on referrals to dieticians and the level of uptake of these referrals, and provide this information to the PCT.	L	Harrow PCT Board	O / BP	Long term recommendation	1-2 years: the PCT holds systematic records of GP referrals to dieticians and levels of uptake.
Recommendation 15: that information be readily available to diabetics about what they can expect from local healthcare professionals, with a view to supporting self-management of people's diabetes wherever appropriate.	L	Harrow PCT Board	O / BP / VG / PH	Long term recommendation	1 year: information leaflet on local diabetes care available to all residents through GP surgeries and other sources.
Recommendation 16: that the PCT, in liaison with GPs, devises a template of information on what all diabetics should expect as part of their routine care, and that this be piloted within some local GP surgeries to gauge the success of such an approach.	L	Harrow PCT Board	O / VG / PH	Long term recommendation	1-2 years: Implementation of (pilot) diabetes information/referral template on local GP's computers.

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<p>Recommendation 17: that the Council explores offering people with diabetes concessions at leisure centres to encourage physical activity and form a routine part of their self-management of care. GPs should be asked to promote the availability of such concessions.</p>	M/L	Corporate Director Community and Environment, Harrow Council	O	<ul style="list-style-type: none"> - Discussed the Obesity Report and its implications at high level with Leisure Connection, the Council's leisure partner. - Review and ongoing discussion and assessment of financial implications and feasibility of extending leisure centre concessions to people with diabetes. - The partnership is specifically considering ways it can increase swim provision, a good starting point for low impact fitness, by doing a review of the leisure card concessions and pricing policy. - Cultural Services has secured funding for over 60's free swimming for the next 2 years in an amount of £56k per annum, for under 16's for the next 2 years in an amount of £108k per annum, and a capital fund over 2 years of £48k per annum. Additionally we will bid on major capital for swimming facilities as it is available. - Leisure Connection now has in place a GP Referral Programme which gives people access to special 	<p>6 months: completed assessment of financial implications and feasibility of extending leisure centre concessions to people with diabetes.</p> <p>18 months: implementation of concessionary scheme for people with diabetes (if assessed as financially/ operationally feasible).</p>

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				programmes on the referral of their GP around health and fitness at the leisure centre. Although there is ongoing charge for these programmes, the leisure provider supports this with personal training staff time and priority booking.	
<p>Recommendation 18: that using examples of best practice and the successful modelling and delivery of smoking cessation interventions in Harrow as a base, the PCT leads on developing a 'toolbox' of effective interventions available to people with diabetes or at the risk of developing diabetes. This should link to access to schemes around physical activity and healthy eating and lifestyles.</p>	L	Harrow PCT Board	O / BP / VG / PH	Long term recommendation	1-2 years: a 'toolbox' of effective interventions for people with (or at risk of) diabetes has been piloted across the borough.