

## Appendix 1

### Recommendations Matrix – Scrutiny Review of Obesity

#### Eighteen Month Update

Recommendation	Time scale	Identified officer/ member/ group to action	Info	Action taken (18 Months)	Measure of success
<p><b><u>Overarching Review:</u></b></p> <p><b>Recommendation 1:</b> 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	<p>Harrow PCT Board</p> <p>Obesity Strategy Group</p>	○	<p>The Obesity strategy (2009-12) is being reviewed and the Obesity Partnership Board is being consulted about the key recommendations, action plan and mapping of Obesity Care Pathway in Harrow. The strategy and the implementation Plan will be presented to the committee once finalised.</p> <p>The strategy is based on an evidence based and partnership approach which involves close and joint working with the Harrow Council, local schools, local media, employers/ workplaces, local businesses and retailers. It is also linked to the Physical activity, Health and Well Being strategy of NHS Harrow and Harrow Council respectively.</p>	<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>

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				<p>An important element of the Obesity strategy is an Action Plan over the next 12 months. This outlines actions to enhance health and well being in Harrow through improved nutrition and physical activity for the population as a whole with particular focus on children, Black Minority Ethnic (BME) communities, pregnant mothers and smoking quitters. It also includes working with national initiatives such as MEND and Change 4 Life.</p> <p>The key priorities for the Obesity Action Plan are to carry out a Needs Assessment and mapping of Obesity Care Pathway in Harrow, which would be linked to management of diabetes, heart disease.</p> <p>The PCT has recruited a team to deliver on the Obesity and Physical Activity agenda as part of the Obesity Strategy. This team was developed in November 2008 and since then various projects have been implemented to tackle</p>	

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				<p>childhood and adult obesity over the present year to ensure key areas identified within the strategy are being addressed. The Obesity Team of the PCT is also working to increase engagement of GPs, midwives, local employers and local businesses in this partnership.</p> <p>As part of its strategic vision NHS Harrow would seek to work closely with the Harrow Council in order to streamline resources and increase further funding opportunities from national and local bodies for action against Obesity. This would include reviewing the criteria necessary for meeting the funding requirements of various bodies and support to access these resources.</p>	

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<p><b>Recommendation 2:</b> 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	<p>In the last update the sub-committee were informed of the Staff Well-being Plan action to: <i>'Develop, in conjunction with the PCT, a programme of health campaigns raising awareness and encouraging participation with related initiatives e.g. cessation of smoking, obesity and 'walking at work' scheme'</i> and were updated on the planned activities.</p> <p>This update includes an evaluation of those activities and outlines related activities planned for 2009/10 in the new Staff Wellbeing Plan - <a href="http://harrowhub/site/scripts/download_info.php?downloadID=1261&amp;fileID=3053">http://harrowhub/site/scripts/download_info.php?downloadID=1261&amp;fileID=3053</a></p> <p><b>'Shape Up' Programme</b> 40 employees signed up to lose weight on the 12 Week 'Shape Up Programme' run by our Occupational Health Service (OHS). The programme, which was completed in December 2008, resulted in 22 employees losing weight and 6 employees</p>	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>dropped out. Due to the high demand the new programme is being delivered by Arriba Wellness Clubs, who are running a similar programme as part of the Department of Health Change for Life Programme. The current class, which has 25 employees signed up, started in May 2009 at the Civic Centre (Lunchtime sessions) and will run for 12 weeks.</p> <p><b>PCT "Workwell" Programme</b>  The 'Workwell' programme has supported Central Depot managers being trained as Workplace Health Champions. They are implementing a range of health promotion activities for Depot based staff and are linking in some of their activities with the wider OHS programme (see below). Planned activities include a healthy eating lunch in June 2009 and a 'Fruity Fridays' programme distributing fruit for 6 weeks to encourage staff to think about eating the recommended 5 a day.</p>	

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				<p><b>Physical Activity</b>  A 'Get Active at Work' is being launched from July to December 2009 to promote physical activity in the workplace and raise employee awareness of various provisions for increasing physical activity within their daily lives including:</p> <ul style="list-style-type: none"> <li>• Walking Groups – Harrow Primary Care Trust (PCT)</li> <li>• Exercise on Referral in conjunction with PCT</li> <li>• Free outdoor Gyms – promoted by Harrow Council and PCT</li> <li>• Walk to Work – Living Streets</li> <li>• Cycling – Harrow Council's Bike Salary sacrifice scheme</li> </ul> <p><b>The OHS are also launching a 'Stairwell to Health' campaign at the civic Centre; encouraging staff to use one of the simplest ways of achieving physical activity in the workplace by taking the stairs instead of using the lift.</b></p>	

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				<p><b>Staff Catering</b> Catering Managers are working with our OHS and a Dietician from Northwick Park Hospital to improve and promote healthy eating options available from staff catering outlets.</p> <p><b>Smoking Cessation</b> Smoking Cessation Clinics, run in conjunction with the PCT, have started at the Civic Centre. The Clinics were promoted by the PCT at the 'Staff Benefits Fair' held in May 2009.</p> <p><b>Men's Health Week- June 15-19</b> Events were arranged at the Civic site and the Central Depot to provide information on health resources for men.</p> <p><b>Health Fair</b> This annual event is Planned to take place in October 2009 and this year's theme is Mental wellbeing to mark World Mental Health Day and National Stress Awareness Day</p>	

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<p><b><u>Childhood obesity:</u></b></p> <p><b>Recommendation 3:</b> 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>The work has been assigned to the Be Healthy sub group by the Partnership Board. This is now a regular agenda item on each meeting of the sub group who meet quarterly. Actions have been identified for partner services including weighing and measuring in schools and support for the healthy schools agenda is outlined in sections 4 and 5.</p>
<p><b>Recommendation 4:</b> 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	<ul style="list-style-type: none"> <li>The <b>Healthy Schools Programme</b> encompasses physical activity as one of the four core themes that includes standards around the planned curriculum, participation and other opportunities linked with school (e.g. lunchtimes and after school clubs), school travel plans and walking to school. Currently 60% Harrow schools have NHSS (National Healthy Schools Status) and this should increase to 70% by the end of the academic year.</li> </ul>	<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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				<ul style="list-style-type: none"> <li>• There is a strong <b>SSCo network</b> (Schools Sports Co-ordinator) in Harrow which has an input into 96% of schools. Schools are currently working towards the 5 hour offer of:               <ul style="list-style-type: none"> <li>– 2 hours curriculum time (96% primary schools have this already)</li> <li>– 1 hour extra curricular activity</li> <li>– 2 hours linked with community clubs and competitions.</li> </ul> </li> </ul> <p>There is a lot of cohesion between schools and clubs and most schools have a coach to run an after school club. The success of this is measured through NI 57. Currently 69% of schools meet the criteria and there is a target to increase this by 5% annually. The October PESSYP data will provide a baseline on the 3 hour provision to help with future planning.</p> <p>The Healthy Children are</p>	

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				<p>Better Learners Programme provides a rolling programme for pre-school and day care settings to look at developing an action research project which will show the impact of their work on the children's lives, the community's lives and their own! Settings also develop partnership working with parents, carers, families, community members and other health professionals in the community and consider the core components of the Health Schools Programme in the context of early years practice in Harrow</p> <p>All seven extended school clusters provide opportunities for physical activity. This includes in the Pinner cluster a programme of community learning that promotes healthy lifestyles across all the cluster schools and an Open Space Rejuvenation Project.</p>	

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				<p>All clusters have in place before and after school provision where healthy eating is a key part of the programme. This includes, in particular cookery sessions for the children attending the After school clubs</p>	
<p><b>Recommendation 5:</b> 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.</p>	L	<p>Corporate Director Children's Services, Harrow Council</p> <p>Harrow PCT Board</p>	O / BP / LP / PH	<ul style="list-style-type: none"> <li>The Healthy School Programme encourages schools to promote healthy lifestyles with their communities including pupils, parents/carers and staff. All schools are engaged with the programme at some level.</li> <li>The SSSCo network supports and signpost links for schools with the local community and clubs. The coaches that support schools all have links with local community clubs. From September 2009 there will be a roll out of new multi skills programme for KS1 children that links with the curriculum and local clubs.</li> </ul>	<p>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.</p>

Recommendation	Times cale	Identified officer/ member/ group to action	Info	Measure of success
			<ul style="list-style-type: none"> <li>•</li> <li>• A Nutritionist, appointed through the PCT is now based at Gange Children's Centre and is working across all Children's Centres to support parents with young children to eat healthily.</li> <li>• Breastfeeding Cafés and support groups are in place across 3 Children's Centres. Successful breastfeeding has shown to improve health and wellbeing in both mother and child. All Children's Centres are Breastfeeding friendly locations and in partnership with HNS Harrow and Northwick Park Hospital an agreed breastfeeding policy is now in place and the Unicef Standard is being worked towards.</li> <li>• The Nutritionist has been working with the Children's Centre staff to ensure that signposting and information giving is appropriate.</li> </ul>	

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<p><b>Recommendation 6:</b> 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>	<p>O / BP</p> <p>Strategy NHS Harrow is working with a number of partners to meet the challenge posed by Obesity. As part of its Obesity Strategy NHS Harrow is continuing to work with Harrow Council and other partners, in particular identifying, lobbying for and applying to access further funding stream where possible.</p> <p>Some of the projects that the Obesity and Physical Activity Team have lobbied with for funding support are:</p> <ul style="list-style-type: none"> <li>• MEND: has received support from Lottery Funds.</li> <li>• Change 4 Life: has received funding support from NHS London</li> <li>• Play sport: involves dance taster sessions and has been supported by London Development agency and applied for (awaiting approval) HOME, a voluntary sector organisation</li> </ul>	<p>As and when the opportunities arise: joint representations to central government funding bodies by the Council and PCT.</p>

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			<ul style="list-style-type: none"> <li>• Bike it: used the funding support from NHS London Community Chest Fund to purchase pool bikes.</li> <li>• Fit 4 Work: project is pending approval of its application for funding support that is available from HM Government. It has involved working with partners such as Harrow Council, Harrow in Business, Royal National Orthopaedic Hospital, and Northwick Park Hospital.</li> <li>• Rayner's Lane Exercise on Referral project has put in a bid application for voluntary organisation HOME</li> </ul>	

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				NHS Harrow will be working with Harrow Council as part of its Obesity Strategy which is in the process of being finalised in addition to the Physical Activity strategy due to be revised. A joint review of the criteria that have to be met in order to meet the funding requirements will be considered as part of delivering the strategy.	
<b>Recommendation 7:</b> 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.	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.
<b>Recommendation 8:</b> 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.	L	Harrow Strategic Partnership	O / BP	"The 2008-2011 Local Area Agreement includes as a stretch target increasing the percentage of children and young people participating in high quality PE and sport. in the last six months, targets have been agreed that increase from the 2007/08 baseline of 69% to 76% in	1 – 2 years: an increased number of projects offering physical activity opportunities for children led by voluntary sector groups.

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				<p>2009, 82% in 2010 and 88% in 2011.</p> <p>As regards building the capacity of the voluntary and community sector, this is being taken forward mostly through the developing Third Sector Strategy but also through revisions to the Council's and its partners' commissioning arrangements."</p>	
<p><b>Recommendation 9:</b> 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.</p>	L	Corporate Director Children's Services, Harrow Council	O / LP / PH	<p>Supported through Big Lottery funding play facilities have been developed in two parks since September 2007; Roxeth Recreation Ground and Canons Park. The Canons park development provides new play facilities in the east of the Borough an area identified as play deficient in the play strategy. The funding has also supported two play projects targeting children with disabilities, a group also identified as lacking access to suitable play opportunities. There will also be further development in Headstone Manor specifically targeting children with disabilities.</p>	1- 2 years: more provision for children in areas, as identified in the Play Strategy, as relatively lacking provision currently.



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<p><b><u>Adulthood Obesity</u></b></p> <p><b>Recommendation 10:</b> 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.</p>	L	<p>Harrow PCT Board</p> <p>Diabetes Partnership Board</p>	O / VG	<p>NHS Harrow has committed to implement the guidance from Health for London (HFL)'s diabetes strategy. This model of care will inform the commissioning of local diabetes services and guide collaboration, networks and service integration along the care pathway.</p> <p>Harrow Diabetes Partnership Board (HDBP) is currently working on redeveloping the Diabetes Model of Care in Harrow in line with the recommendations of HFL's Diabetes Guide for London. HDBP has produced guidelines for diabetes. These are published on an annual basis and can be accessed through the PCT website.</p> <p>The key recommendations that have been prioritised on the basis of guidance available from HFL's Diabetes strategy are as follows:</p>	1 -2 years: a Diabetes Strategy for Harrow published and adopted by all relevant partner agencies.

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				<p>NHS Harrow has set up an Integrated Diabetes Care Service which is led by the Consultant Diabetologist, GP and Nurse Lead for Diabetes.</p> <p>The HFL model recognises the needs of people with diabetes at its heart, in terms of care planning and User involvement to deliver supported self-management. In line with this vision the NHS Harrow has run the Expert Patient Programme (X-PERT) for those living with diabetes.</p> <p>This self management course for people with long term illnesses includes diabetes also. The course runs over 6-weeks. The course is led by people who themselves have diabetes. It covers: healthy eating, relaxation techniques, appropriate exercise, problem solving and decision making skill development and advice on effective ways of communicating with family, friends and health professionals. The aim is to take control of the long-term illness and empower</p>	

<b><u>Recommendation</u></b>	Times cale	Identified officer/ member/ group to action	Info	Action taken (18 Months)	Measure of success
				<p>participants to make decisions that affect their lives.</p> <p>NHS Harrow has also launched Dose Adjustment for Normal Eating (DAFNE) which is an educational Programme for Type 1 (insulin dependent) Diabetics. It is a full time, one week course that will be run at 2 monthly intervals in the Primary Care.</p> <p>Harrow Diabetes Partnership Board (HDPB) is currently leading on development of a Joint Strategy for Diabetes in Harrow. Local Authority representation at the Board has now been agreed and an officer will be attending the July meeting.</p>	
<p><b>Recommendation 11:</b> 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.</p>	S	Diabetes Partnership Board	O / PH	A council officer will be attending the Diabetes Partnership Board Meeting on 12 <sup>th</sup> July.	As soon as possible (3 months): the local authority is represented on the Diabetes Partnership Board.

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<p><b>Recommendation 12:</b> 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>NHS Harrow has engaged jointly with the Harrow Council to undertake following activity and projects for publicising the risks of obesity and its links to diabetes:</p> <ol style="list-style-type: none"> <li>1. The PCT carried out consultation on Healthcare for London's stroke and trauma proposals. Health screening was carried out along with stroke awareness road shows as part of this consultation on 14th March 2009, 24th March 2009 and 2nd April 2009. Members of the public had their Body Mass Index (BMI) and blood pressure measured. The message that obesity is a risk factor for stroke was communicated to the people attending the event.</li> </ol>	<p>3 months: the next edition of Harrow People includes an article on health issues, jointly written by PCT and Council representatives.</p>

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				<p>2. Rayners Lane Workshop was held on 26.05.09. The event established links with the local Somali community. It also served as a platform to increase the knowledge around healthy eating and physical exercise. Physical activity and Obesity team conducted visual demonstration of fat and sugar and quiz around healthy eating). The workshop was well attended and proved popular with the residents.</p> <p>3. Change 4 life road show was held as part of the 'Under one Sky Event' on Sunday 28th June. The road show was an opportunity to promote links with the Change 4 Life (C4L). The road show was aimed to encourage local people to relate to and encourage them</p>	

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				<p>to get involved with C4L activities. This was assisted by distribution of leaflets, posters, and stickers, use of logos on all appropriate material by all members of obesity/physical activity team.</p> <p>4. Leaflet for the 'Healthy children are better learners' designed for parents/carers was distributed at Gange children centre.</p> <p>5. Public education sessions were delivered as follows -</p> <ul style="list-style-type: none"> <li>• Educational talk on the Healthy Start Programme to Children Centre staff (March 2009).</li> <li>• Training session on 'Healthy Weight for London's Children' (March 2009)</li> </ul>	

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				<p>Educational session with the Father's group covering fat, sugar, and salt, and label reading (May 2009).</p> <p>6. Articles continue to be published in Harrow People magazine with the July edition themed around summer activities. In addition a new over 60s magazine called 'Vitality' has been launched at the end of June and includes 60 activities for over 60s.</p>	
<p><b>Recommendation 13:</b> 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>Patient education is part of the courses offered to those with diabetes. The courses are:</p> <ul style="list-style-type: none"> <li>The Expert Patient Programme (X-PERT) is designed for people living with long-term health conditions such as diabetes. It is available free to residents of Harrow. These courses are advertised on the PCT's website.</li> </ul>	<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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				<ul style="list-style-type: none"> <li>DAFNE (Dose adjustment for Normal Eating) is such a structured, reproducible diabetes education programme that aims to teach those with type 1 diabetes how to manage their insulin dosing in a flexible manner.</li> </ul> <p>All these courses are usually offered according to need by the specialist nurse team, hence not advertised on the websites of partners such as Harrow Council.</p>	
<p><b>Recommendation 14:</b> 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.</p>	L	Harrow PCT Board	O / BP	<p>The GP records their referral of a patient with diabetes to the dietician on the clinical system of the practice.</p> <p>The dietetic team also keep records of the uptake of services This information is reported to the PCT at periodic intervals by the dietetic team. In the six month period from October 2008 to March 2009, there were 911 patients seen by the outreach dietetic service in Harrow. More than a third of these referrals (37.5%) were known to be Diabetic.</p>	1-2 years: the PCT holds systematic records of GP referrals to dieticians and levels of uptake.



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<p><b>Recommendation 15:</b> 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.</p>	L	Harrow PCT Board	O / BP / VG / PH	<p>The information on what can be expected from local healthcare professionals is available to diabetics through courses such as X-PERT (Expert Patient Programme) and DAFNE. These give information to patients about what they can expect from the health services. It is aimed to support patients to self manage the long term condition of diabetes.</p> <p>NHS Harrow is planning further to produce a patient leaflet when the new model of care has been developed. This will include guidance for patients about what can be expected from a routine monthly review, as well as information on what to expect if they are reviewed under specialist care. This should be in place by August 2009.</p>	1 year: information leaflet on local diabetes care available to all residents through GP surgeries and other sources.

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<p><b>Recommendation 16:</b> 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.</p>	L	Harrow PCT Board	O / VG / PH	<p>The Quality and Outcomes Framework (QOF) advises GP on what should form part of a routine diabetic review. The PCT is able to review and monitor this through the QOF data.</p> <p>Each GP practice has Diabetes Review Templates on their clinical system. This ensures that Harrow patients receive consistent care.</p>	1-2 years: Implementation of (pilot) diabetes information/referral template on local GP's computers.
<p><b>Recommendation 17:</b> 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	No information	<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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<p><b>Recommendation 18:</b> 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	<p>NHS Harrow is piloting Vascular Risk Management Programme (NHS Vascular checks) starting with a few practices in Harrow.</p> <p>This pilot will pick up those with diabetes and pre-diabetes (impaired glucose tolerance) who are at risk of developing the condition later in life. Those likely to benefit from preventative action will be referred to smoking cessation services, obesity management programmes and exercise on referral.</p> <p>The first pilot practice will start implementing these checks in July 2009. The outcomes of this will inform further implementation. It is expected that the programme will be rolled out across all practices over the next five years.</p>	1-2 years: a 'toolbox' of effective interventions for people with (or at risk of) diabetes has been piloted across the borough.