



**Paper for information: Government Updates on Nutrition
Related Activities
Devolved Health Departments**

Agenda Item: 6

Please see attached paper for information.

Initiative/ work area	Summary/background of work	Current position	Next steps	Plans for evaluation? (If applicable)
WALES				
Overarching Policy				
Quality of Food	<p>Food and Well Being, the National Nutrition Strategy for Wales 2003 was developed by the Food Standards Agency Wales in partnership with the Welsh Assembly Government. It will be superseded by the Quality of Food Strategy.</p> <p>As a result of the minority party debate held on the 17 October 2006, the proposal to produce a Quality of Food strategy to improve the quality of food consumed in Wales was approved. The remit for the strategy is broad and cross cutting and it will look to integrate policies from key areas across the Assembly Government such as agriculture, education, social justice, health etc and will link the healthy eating and sustainable development agendas.</p> <p>A task and finish group was established which included representatives from a number of Assembly Government departments such as agriculture, education, social justice etc as well as external partners such as the Food Standards Agency. A review of existing Assembly Government policies which influence food consumed in Wales was undertaken, as well as a review of the national and international evidence base and best practice, including the mid-term external review of Food and Well Being, the Nutrition Strategy for Wales. The task and finish group reviewed the current situation across all relevant Welsh Assembly Government portfolios and produced a report which outlines the gaps and challenges which need to be addressed to improve the quality of food in Wales.</p> <p>An extensive consultation was carried out from 25th September to 31st December 2007. Wavehill Consulting, a social research consultancy, was engaged to analyse the feedback from the consultation.</p>	<p>The results of the consultation have been shared with the Food and Market Development Division within the Department for Rural Affairs and Heritage. They will inform the Food and Drink from Wales Strategy and subsequent sector specific strategic action plans being developed by officials in the Food and Market Development.</p>	<p>A 5 year action plan with a food and health focus, addressing the broader food quality issues of accessibility and affordability, sustainability, environment and fair trade will be developed to support the Public Health Strategic Framework and create a synergy with Division the work being undertaken in the Food and Market Development Division.</p>	

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Infant Feeding				
National Awareness Programme to Support Breastfeeding in Wales	The Welsh Assembly Government's Breastfeeding Strategy was published in 2001 and includes over 28 recommendations for actions to improve the rates of breastfeeding in Wales. A year long campaign for 2008 is planned to include a range of funded activities that incorporate working with the NHS, community, schools and voluntary sector. This includes provision to raise public awareness of benefits of breastfeeding.	Breastfeeding Awareness Campaign 2008 launched by Celebrity Charlotte Church.	Focus of campaign will be breastfeeding in public places during the Summer and returning to work in the Autumn.	After the end of year campaign.
UNICEF BFI in Wales.	Following encouragement by the Chief Nursing Officer since 2005, there has been a rapid increase in the number of maternity units receiving awards in Wales, four being awarded in the summer of 2006. Currently 47% of all Welsh births take place in Baby Friendly Hospitals. The remaining Units are at different stages in the pursuit of the Award. 2 part time posts are to be appointed to support and encourage the remaining Trusts in Wales to participate in the Initiative.	Terms of BFI secondment are being drawn up.		
Breastfeeding Peer Support Grant Scheme	In 2006-07 22 local breastfeeding projects were awarded grants of up to £3,000 to provide training and other support for mothers across Wales, with a particular focus on the youngest mothers who are the least likely to initiate breastfeeding. Following the positive evaluation of 07-08 Peer Support Grant Scheme a new round of funding will be issued.	Processes being put in place to call for bids for grant funding	To build on results for 2008-09 scheme.	2007 -08 scheme has been evaluated by North East Wales Institute.
Breastfeeding Data Collection Pilot Scheme	Pilot in Caerphilly Borough collecting data at 10 days, 6 weeks and 6 months through health visiting service.	Awaiting final report.	Maternity data at birth and 10 days to be added.	
Best Beginnings DVD`	Welsh Assembly Government has contributed to the production of the UK DVD. Provided 3 case studies – mothers who were interviewed both in English and in Welsh.	Advance single copy received.	Awaiting Welsh voice-over arrangements	Contribution to UK evaluation.
Children and Young People				
The Welsh Network of Healthy School	The Welsh Network of Healthy School Schemes was launched in September 1999 to encourage the development of local healthy school schemes within a national framework. These schemes in turn support the development of health promoting	As well as continuing support for introducing healthy vending, water coolers and fruit tuck shops the programme is supporting delivery	A commitment has been made to extend the Welsh Network of Healthy	An external evaluation is currently underway. A recent report by

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Schemes	<p>schools in their areas. The Welsh Assembly Government has provided funding and guidance to help health and education services working in partnerships to set up and run local healthy school schemes in all areas of Wales - many of these schemes include actions to encourage physical activity and improved nutrition.</p> <p>Funding to date has enabled local healthy school schemes to employ co-ordinators to work directly with schools to help them identify their own health improvement needs within the national framework, and then implement required actions. The co-ordinators work in a local health and education partnership. Co-ordinators provide direct intensive support to schools for the first 3 years of their involvement, and lesser support for the next 6 years. Support needs beyond this period will be considered following the outcome of the current review exercise.</p> <p>Nutrition programmes supported by the scheme include healthy vending, fruit tuck shops and water coolers. An initial pilot scheme in 3 Pembrokeshire schools investigated the feasibility of selling healthier options from vending machines in secondary schools. The pilot programme demonstrated that it is possible for schools to make a profit from incorporating healthy vending into their whole-school food provision. Guidance, <i>Think Healthy Vending</i>, has subsequently been distributed to secondary schools and catering contractors in Wales via local healthy school co-ordinators and contains advice learnt from the pilot project.</p> <p>The Welsh Assembly Government Water Coolers scheme ran between January and March 2004 and provided coolers to over 300 schools in Community First areas. Guidance on the benefits of water consumption, <i>Think Water</i>, produced in partnership with Dwr Cymru Welsh Water, was initially made</p>	of other programmes such as the Cooking Bus and Appetite for Life.	School Schemes to all maintained schools by March 2010.	the Audit Commission showed that 97% of school in Wales rated Councils' promotion of healthy lifestyles, including healthy eating and drinking, for children and young people, as satisfactory or better. In particular, secondary schools in Pembrokeshire awarded the service provided to them the highest score in England and Wales, with many schools giving top marks

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	<p>available to schools receiving water coolers in 2004. This guidance has since been updated and distributed to all schools in Wales. Approximately 900 schools in the Welsh Network of Healthy School Schemes currently have at least one water cooler provided for use by pupils.</p> <p>The Assembly Government has encouraged the running of fruit tuck shops, on a cost-recovery basis, as part of the Welsh Network of Healthy School Schemes. This has been shown to be a sustainable way of providing fruit in school. It is also a good way of involving pupils in decision-making as they are usually actively involved in running the tuck shop, including making decisions about what is sold. Fruit tuck shops are currently being run in over 800 schools involved in the WNHSS in Wales. The encouragement of fruit tuck shops was supported by guidance on Fruit tuck shops in primary schools, which was produced in partnership with the Food Standards Agency Wales in 2000 and reprinted in 2006.</p>			
Food in Schools	<p>The Welsh Assembly Government set up the Food in Schools Working Group, to examine how to improve the quality and nutritional standards of school meals, and how to ensure a consistent and coherent approach to driving forward improvements in food and nutrition in schools. Appetite for Life, the groups report, reviewed school meals and set out a number of proposals on how the Welsh Assembly Government should continue to drive forward a whole school approach to improving food and nutrition in schools in Wales. The consultation period ended on 31 October 2006; over 500 responses were received of which more than 300 were from children and young people. The responses to the consultation exercise together with information gathered from other parts of the UK informed the development of the action plan, launched Autumn 2007.</p> <p>The Appetite for Life Action Plan sets out the way forward. A</p>	<p>Work being undertaken with action research project areas to prepare for start in September. Bids for general grants being evaluated.</p>	<p>Launch of action research project in September.</p>	<p>Contract for evaluation of the action research project will be awarded shortly</p>

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	<p>two-year action research project involving four local authorities will run from September 2008 to develop, and test the guidelines for implementing the food and nutritional standards proposed in the action plan and learn lessons from this project to inform wider application across all maintained schools in Wales. Alongside this work, funding will also be made available via a specific grant scheme to support, across all authorities, those schools not involved in the action research project who wish to progress to the new standards.</p> <p>Additional work to support this programme has been the appointment of a national co-ordinator, the purchasing of nutritional analysis software for use by all Local Authority caterers and grants for training for school caterers</p>			
Primary School Free Breakfast Initiative	<p>The Welsh Assembly Government made a commitment to provide for all children of primary school age registered in maintained primary schools in Wales to have a free, healthy breakfast at school each day. This initiative is intended to help improve the health and concentration of children to assist in the raising of standards of learning and attainment. It will seek to involve parents but is not intended to replace breakfast already provided. It will allow all those that, for whatever reason, have not had breakfast, to have one in school. The provision of free breakfasts is optional. Feedback from those participating in the initiative has been extremely positive with schools seeing benefits to pupils and to the school as a whole.</p>	<p>Some 54% of the primary schools in Wales have now signed up to this initiative.</p>	<p>Continue roll out.</p>	<p>The Initiative has been evaluated by Cardiff Institute for Society Health and Ethics (CISHE) using a randomised controlled trial design, involving 111 schools in both Communities First and non Communities First areas. Results show that students in intervention schools (those that provided breakfasts) consumed significantly more healthy food items</p>

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				than those in schools not providing breakfasts.
Cooking Bus	The Welsh Assembly Government's Focus-on-Food Cooking Bus has been visiting primary schools in Communities First areas since its launch in June 2006. The Cooking Bus is a specially designed mobile trailer that provides 4-fully fitted kitchens complete with qualified teachers. It provides cooking lessons for pupils, a training session for teachers and a session for parents of young children at each venue.	Some 75 schools have benefited from visits so far.	Continued support for the programme	Evidence from two evaluations of the Food Standards Agency (FSA) Cooking Bus in England shows that overall the Bus was well received, and demonstrates longer-term impact on safety and basic practical skills. An evaluation of the programme in Wales has been commissioned.
Cymru Cooks	A grant has been awarded to ContinYou to provide training and support for the development of out of school cooking clubs for children and young people to enable schools and other organisations to develop a strategic and co-ordinated approach to delivering and promoting cooking skills.	Training has been delivered in 8 local authority areas to date. Support resource developed.	Training to be delivered in remaining 14 areas	Evaluation being undertaken by the North East Wales Institute
COOKIT	The COOKIT resource provides quality, child appropriate cooking materials. The COOKIT contains everything that teachers / group leaders require to teach basic cooking skills to groups of 6 pupils cooking individually, or more, if equipment is shared. It also includes a range of teacher / leader-only items used for demonstrations or for preparation. These resources are offered to schools following Cooking Bus visits so that schools can continue delivering cooking skills in the curriculum. In addition, a maximum of ten sets of cooking utensils are offered to each local authority area to support out of schools and	Continued provision across Wales linking to the Cooking Bus and Cymru Cooks programmes	Future funding will provide the same equipment to clubs supported with training by the dietitians employed through the "Increasing Dietetic Capacity Grant Scheme"	An evaluation by the FSA of COOKIT provision in England following a Cooking Bus visit, has shown that their provision has helped move schools from

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	community cookery clubs following attendance at the ContinYou training.			'theory' to real practical learning, with more pupils having more opportunities to 'have a go'. The equipment motivated teachers so that they were more likely to introduce 'food learning' across the curriculum, and helped to maximise other initiatives around food.
National Urdd Cookery Competition	A pilot healthy cooking competition was held in 2007, with finalists cooking on the Cooking Bus at the National Children's Eisteddfod. In addition sessions were run on the Bus for pupils from local schools and for day visitors to the Eisteddfod. Urdd Gobaith Cymru has incorporated competitions for 4 age ranges into the curriculum for the 2008 Eisteddfod. Funding provides support for local competitions, judges and venues for local and regional competitions across Wales, and siting of the Cooking Bus on the Maes for the finals.	408 young people will be involved in local, regional and national finals of the cooking competition this year. The Urdd estimate that several thousand young people will be involved in preparing healthy dishes at the individual club or school level. A further 200 young people will have the opportunity to attend cooking sessions on the Maes.	.The cooking competition will become an established part of the Urdd curriculum alongside drama, music, sport etc, thus raising the profile of cooking as a desirable skill.	
Height Weight Data Collection Feasibility Study	The National Public Health Service in Wales has been commissioned to undertake a feasibility study for national surveillance programme of children's height and weight.	Desk-based research work undertaken.	The study will be piloted in 4 areas of Wales.	
Weight Management Referral	Following a review of weight management programmes being delivered across the UK the MEND programme has been identified as a model of best practice. MEND is a community,	Funding will provide a grant to MEND to pilot the programme in seven LHB areas in 2008-09.	If successful begin a phased roll out across Wales 2009-	Evaluation will be commissioned to tie in with launch of

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Scheme	family based programme for children between 7-13 and their families which uses a train the trainer approach. The multi-disciplinary programme places equal emphasis on healthy eating, physical activity and behavioural change, empowering the child, building self confidence and personal development.		11.	programme.
Guidance on Sponsorship	Guidance for community physical activity / sport clubs has been developed on how to reduce sponsorship from companies who market unhealthy food and drinks.	Guidance being reviewed by Sports Policy Division	Guidance will be issued to governing bodies of community physical activity / sport clubs	
General Population				
Food in Hospitals	<p>A Food in Hospital Task and Finish Group, chaired by the Chief Nursing Officer for Wales, was established in August 2006. Its objectives were to scope current promising practice across Wales; to link in with wider UK practice; to map existing practice with current guidance and to produce a report on the provision of food in hospitals for patients, staff and visitors.</p> <p>Subsequently two subgroups were set up to deliver a nutrition campaign and develop nutrition care pathways. The Nutrition Campaign Sub Group is developing and implementing a National Nutrition Campaign that promotes the message that "the provision of food and water has the same importance as medication". The campaign will be based on the Council of Europe Resolution "Food and Nutrition Care in Hospitals 10 key characteristics of good nutritional care in hospitals" and will link with the RCN Nutrition Now campaign. The Nutrition Care Pathways Sub Group is developing a plan to address issues relating to procurement, nutrition screening, catering, and presentation of food, eating environment, oral health requirements and staffing requirements. It is developing a "management for meals chart" and will formalise food and fluid charts to ensure consistency. The group is also exploring</p>	Nutrition Care Pathway finalised. Agreement with RCN Wales to deliver training to launch Nutrition Campaign. Criteria for healthy vending being developed	Vending programme will be supported by work to reduce unhealthy food and drink retailed through other outlets in hospitals. An assessment will be made of nutrient standards for hospitals	

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	<p>the establishment of formal links into under graduate curricula programmes to raise the profile of the importance of nutrition from not only a nutritional perspective but also the patient experience.</p> <p>On the 26th March 2008 the Minister for Health and Social Services announced that unhealthy vending is to be removed from all NHS hospitals in Wales. It is one of the steps being taken towards fulfilling the Welsh Assembly Government's <i>One Wales</i> commitment to deliver improvements in hospital food and nutrition.</p>			
Healthy Food Options in Leisure Centres	<p>In October 2006 local authorities in Wales were invited to take part in a pilot scheme to improve access to healthier foods in their leisure centres. Eight local authorities were successful in their bids for 2006/07 and received grant funding of between two and ten thousand pounds. The grants were used in diverse ways, including purchasing equipment such as healthy eating carousel vending machines; chilled units / salad bars; table top ovens and preparation equipment. They were also been used to increase the range of healthy products; introduce healthy food services into existing catering operations; promotional and educational materials for healthy eating; and taster sessions.</p> <p>A seminar was held to share the evaluation results with representatives from leisure departments across Wales.</p>		Guidance will be developed to assist leisure centres in making the move to providing healthy options. The findings will also feed into work planned to improve access to healthy food in similar settings, including youth and pre-school settings.	The pilot was evaluated by Wavehill Consulting.

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Dietetic Capacity Grant Scheme	Grants are being provided to NHS Trusts across Wales to increase dietetic capacity in the community through utilising dietitian's expertise to train and develop community workers and / or peer educators, volunteers working with people in the community on food and nutrition skills. The focus for the programme is with people working with children and young people.	16 dietitians and 9 dietetic support workers are delivering training and supporting other food and nutrition initiatives projects and organisations across Wales. Each year approximately 120 food and nutrition courses and practical cookery skills will be run training 4000 individuals such as school caterers, teachers, early year professionals, parents and community workers, and equipping them with OCN qualifications		The programme is being evaluated by NEWI and the evaluation will inform future developments. First phase evaluation findings are extremely positive. The programme has demonstrated increased support for communities in healthy eating through, for example, incorporating nutrition into the work of other professionals working with priority groups in the community (e.g. youth workers, Sure Start project staff).
Community Food and Nutrition Skills Courses	Working with community dietitians and nutritionists, the Welsh Assembly Government has produced an Open College Network (OCN) accredited course for community food and nutrition skills. Following piloting, the support materials and lesson plans were revised and in September 2006, a level two course was made available to dietitians wishing to run the course for community food workers, nutrition assistants and people working with groups in the community such as Sure Start and youth workers.	A level 3 course focussing on presentation, training and delivery skills is currently being developed for those wishing to increase their confidence and training skills and will be piloted in Summer 2008. A level 2 practical cookery skills is being produced for delivery across Wales.		

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	A level one course has been developed and made available for community food workers, nutrition assistants and people working with groups in the community to deliver within their community areas. Whilst level two provides the nutritional information required to deliver level one of the course,			

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Nutrition and Physical Activity Network	<p>The Nutrition Network for Wales was launched in 2004 and the Physical Activity Network for Wales in 2006.</p> <p>The Welsh Assembly Government has been working with the Wales Centre for Health to integrate the networks for professionals involved in promoting physical activity and improve nutrition. The networks aim to provide information and support for professionals, identify and share good practice, and to encourage co-operative working. The aim of the integration is provide one website which will enable partners to access information where nutrition and physical activity interact and overlap, as well as continuing to provide partners with access to information relating specifically to nutrition and physical activity. The integration therefore aims to provide added value to the service currently provided by the NNW and PANW, by supporting those partners who have a role to play or an interest in both nutrition and physical activity, while retaining the interest of those who work in one field.</p>	A programme for development of the network is being drawn up.		An evaluation of networks will be commissioned shortly.
Training	<p>Skills for Health and SkillsActive have been commissioned to lead the development of a coherent approach to workforce development in order to deliver the Food and Fitness Plan and associated public health strategies. Delivery of the action plan across food and health, physical activity and sport relies on the participation of a wide range of partners from many different sectors.</p>	A workforce development plan identifying a range of solutions to improving the skills of the food and physical activity workforce together with priorities for action is currently being produced.	Development of courses to meet identified gap.	
Community Food Co- operative Programme	<p>In April 2004 a two-year grant from the Inequalities in Health Fund was awarded to the Rural Regeneration Unit to develop a minimum of 26 sustainable food co-operatives in South East and North Wales. The focus of the pilot was to supply, from locally produced sources as far as possible, quality affordable fruit and vegetables to disadvantaged communities. The pilot exceeded the targets set with 77 food co-operatives established in the two-year period.</p>	The programme is being funded for an additional 3 years until March 2011. To date 162 community food co-operatives have been set up under the programme. They provide fruit and vegetables to approximately 6000 families, engaging around 800 volunteers. The annual		The pilot was evaluated by Cardiff Institute of Society, Health and Ethics and it concluded that most people buying from the co-operatives were eating more

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	<p>In April 2006 a further two years funding was approved to support, develop and extend the programme and to further develop the supply of Welsh grown horticultural produce into the food co-operatives. In April 2007 the programme was expanded to give an all Wales coverage.</p> <p>In November 2006 the Community Food Co-operative programme won a World Health Organization award for counteracting obesity for activities in promoting fruit and vegetables, with a focus on vulnerable consumers. The programme was selected from 202 applications from 35 countries. It was recently presented as an example of good practice at a World Health Organization conference on community initiatives for increasing healthy eating and physical activity.</p>	<p>turnover of the food co-operatives is approximately £1million. Currently 3 growers, 10 retailers, 8 wholesalers and 1 social enterprise supply the food co-operatives.</p>		<p>fruit and vegetables. Other benefits highlighted included changes to the quality of social lives and connections to other people, perceived improvements to health and understanding of health related issues.</p>
Physical Activity				
Dragon Sport	<p>This project, run by the Sports Council for Wales, focuses on the development of extra curricular and community opportunities for 7-11 year olds in a range of sports, and includes the training of volunteers to deliver sporting opportunities.</p>	<p>To date over 92% of all primary schools in Wales are involved in Dragon Sport, with over 3000 Dragon Sport Clubs in schools and 800 clubs in the community supported by over 2000 volunteers and 2000 teachers.</p>		
5x60	<p>The 5X60 programme intends to make significant inroads into the Welsh Assembly's target of 90% of secondary pupils achieving 60 minutes of physical activity five times a week by 2020. Based on the success of initial pilots, the Welsh Assembly Government is investing some £7.6 million over 3 years and aims for every secondary school in Wales to be involved in the programme by 2009.</p> <p>5x60 officers are based in secondary schools and consult with the pupils, listen to their needs and the barriers which prevent them from participating in activity. They timetable a</p>			

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	<p>programme of activities that suit the pupils' needs. These activities can take place before school, during lunch, after school and at weekends. The activities are mainly targeting individuals that currently do not participate or who are in danger of losing interest.</p> <p>It is anticipated that through this programme the pupils will have the opportunity to try a range of activities that are not currently available to them in school at present. The young people will have ownership of the programme and will be able to shape it to suit their needs.</p>			
PESS	<p>This initiative was developed as a result of a Report of the Physical Education and School Sport Taskforce, which was set up to advise the Welsh Assembly Government on how to strengthen the position of physical education and sport in schools. The central element of this work lies in the establishment of Development Centres (DCs) in every local authority area to pilot innovative approaches to the raising of standards of PE in schools and sharing of successful approaches with PESS partnership schools. The funding encourages schools to meet the Climbing Higher target of two hours of quality curriculum PE and school sport each week for all pupils. The development centres bring together schools and a range of local partners to promote the sharing of staff expertise, facilities and good practice. A range of specialist support projects are providing practical guidance for schools (materials and training) to support those areas of PE which teachers are least confident in teaching, including gymnastics and dance.</p>	<p>Guidance and resources covering health-related exercise have also been developed which will enable health-related exercise to be delivered throughout the whole school, both inside and outside curriculum time. The guidance are being updated to meet the health, fitness and wellbeing requirement of the National Curriculum from 2008. Central projects are improving opportunities for continuing professional development in PE for all teachers, and supporting improved opportunities for those undertaking Initial Teacher Training.</p>		Estyn inspecting PESS programme
The Class Moves!®	<p>The Class Moves!® programme helps primary school children and teachers to discover the pleasures and benefits of movement and relaxation. Developed and used widely in the Netherlands, The Class Moves!® consists of a set of illustrated</p>	<p>Staff from Trinity Fields Special School are working with us to modify the materials for use with pupils with specific special needs,</p>		

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	activity calendars and accompanying manuals for every primary school year group. The Welsh Assembly Government has provided The Class Moves! materials to all primary school throughout Wales, via local health and education personnel, who have also provided training on its use.	and to provide guidance on the use of the modified materials for pupils with a range of disabilities.		
Safe Routes to School	The Welsh Assembly Government's Safe Routes to School initiative has been enthusiastically welcomed in Wales. It was introduced in 1999, and £27 million has been made available to local authorities, benefiting over 400 schools with capital infrastructure in and around their school areas.	Each year the Welsh Assembly Government working with its local authority partners spends around £1 million on schemes allowing national and local cycle routes to safely cross or connect to the trunk road network.		
Cycle Training	The Welsh Assembly Government are in the process of commissioning the CTC to co-ordinate the implementation of National Cycle training standards in Wales.	This will involve training up instructors across Wales to deliver a variety of cycle training courses for children.		
Free Swimming	<p>In summer 2003, the Welsh Assembly Government, in partnership with the Welsh Local Government Association, local authorities in Wales, the Sports Council for Wales, the Welsh Amateur Swimming Association and the Federation of Disability Sports Wales delivered a national Free Swimming pilot for children and young people aged 16 and under - the first national scheme of its kind in Europe.</p> <p>The pilot was introduced against a background of declining juvenile swim figures in publicly owned facilities across Wales. In November 2004, the Welsh Assembly Government launched a similar scheme for older people – 60+ Free Swimming which is designed to complement and contribute to the aims of the Older People's Strategy, Climbing Higher and Health Challenge Wales.</p>	£5m is invested each year in free swimming; £2.5m to provide free swimming entitlement to children and young people and £1m to provide entitlement for older people aged 60 and over. An additional £1.5m is being invested via exchequer funding into the Free Swimming Improvement Fund to support further targeted action to increase levels of physical activity such as the provision of swimming lessons, outreach programmes, pool equipment and facility refurbishment; issues identified as		The impact of the national Free Swimming pilot initiative has been evaluated. Both schemes have a positive impact on swimming participation levels across Wales. The pilot was introduced against a background of a reducing number of juvenile swims in publicly owned

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		a priority to meet local needs, to reduce barriers/improve access to participation. The Free Swimming Improvement Fund is also currently supported by £1.4m of sport lottery funding.		facilities across Wales. The initiative has reversed this trend and operates during all school holiday periods
National Exercise Referral Scheme	The Welsh Assembly Government is rolling out exercise referral across Wales. The scheme incorporates a randomised controlled study to investigate the effectiveness of this intervention in increasing physical activity and improving health together with a health economics study; a national training programme for exercise instructors and support for the development of schemes in local areas.	Third phase just being rolled out to give all Wales coverage	Development of scheme to cover Level 4 referrals	Subject to an RCT
Lets Walk Cymru	<p>The Welsh Assembly Government and the Countryside Council for Wales is supporting the Sports Council to co-ordinate health related Walking projects in Wales over the next three years. The project will complement Welsh Assembly Government aims increasing physical activity levels in Wales alongside improving access to the countryside and increasing access to the coast of Wales.</p> <p>The aims of the project are</p> <ul style="list-style-type: none"> • To support the development of local walking opportunities and where appropriate co-ordinate the delivery of programmes. • To develop one integrated training system for walking projects • To support projects in obtaining appropriate insurance. • To evaluate the effectiveness of a number of walking initiatives in increasing physical activity levels and promote examples across Wales. • Subsequent to the successful outcomes roll out best practice across Wales. 	A project group has been established consisting of partners from a variety of agencies. The second round of grants have just been awarded.		Sports Council evaluating individual projects

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Physical Activity for Older People	Moving More Often, a training resource developed by the British Heart Foundation is currently being piloted in Wales. The resource is aimed at promoting physical activity among frail older people. The programme provides training for care workers and volunteers to enable them to develop appropriate physical activity opportunities for older people in a range of settings such as day centres, sheltered and other supported living accommodation as well as residential and nursing settings.	Currently there are 14 areas involved in the delivery of Moving More Often across Wales. A pilot is being conducted in conjunction with Age Concern Cymru to develop a training course that will enable Age Concern volunteers to run physical activity opportunities for Older people. The first training course was run in March, and the learning from this course will feed into the re drafting of the materials.		Moving More Often evaluated by British Heart Foundation
NORTHERN IRELAND				
Fit Futures	<p>The Fit Futures Taskforce was established in 2004 by the Ministerial Group on Public Health (MGPH) in response to increasing concerns about the health implications of rising levels of overweight and obesity in children and young people.</p> <p>The role of the taskforce was to examine options for preventing overweight and obesity in children and young people, and to make recommendations to MGPH.</p> <p>The taskforce concluded that delivery of the challenging PSA target, to halt the rise in obesity in children by 2010, would require a sustained commitment to delivering on all the recommendations within the report.</p> <p>DHSSPS has allocated £800,000 to the implementation of Fit Futures in 07/08. In addition, a further £550,000 and £300,000 has been allocated for the implementation of the Physical Activity Strategy and the Food and Nutrition Strategy respectively.</p> <p>DHSSPS will shortly develop a strategic framework to address</p>	<p>Food in Schools Dietician / Nutritionist - Job description has been agreed and post has been re-advertised. This post will support the implementation of the joint Department of Education (DE) / DHSSPS Food in Schools policy, and contribute to DE's Nutritional Standards for School Meals policy and other food in schools.</p> <p>Work is continuing with DE, Health Promotion Agency (HPA) and the Food Standards Agency Northern Ireland (FSANI) to develop the policy document on Food in Schools and food-based nutritional standards (for School Meals and Catering for Healthier Lifestyles).</p> <p>Nutrition and Dental Health</p>	<p>School nurse to be appointed to support healthy schools and needs assessment</p> <p>DE will also establish a food in schools forum to support the delivery of a whole school approach to food and nutrition issues in schools and this Forum will be established to coincide with publication of the policy.</p> <p>Soon to publish the 'Working Towards</p>	

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	adult obesity, and this will incorporate actions on food & nutrition and physical activity.	<p>Guidelines for Professionals are being developed with a partnership group which will ensure that the recommendations contained in the Fit Futures Implementation Plan are adhered to and followed.</p> <p>FSANI are working towards the establishment of a public sector food procurement initiative in partnership with DFP, DARD and DHSSPS.</p> <p>FSANI have already facilitated an annual business and nutrition forum to engage local business and consumer interests in the delivery of an agreed approach to improving nutrition and to support local business to take competitive advantage from having a health focus.</p> <p>FSANI are developing a project to review and test options for integrating quality nutrition education into training programmes for those working in the food and hospitality sectors.</p> <p>A 4 year roll out of the National Diet and Nutrition Survey (NDNS) begins in 2008. 1000 people (500 adults and 500 children) per year will be sampled – all ages from 1½</p>	<p>Healthy Schools' Toolkit. The Toolkit brings together the outcomes of the pilot Health Promoting Schools initiative (2002–2006). It has been designed to assist schools in their development and planning of health and wellbeing. It also aims to fulfil the various outcomes and targets set within the Investing for Health Strategy and Fit Futures and other related strategies.</p>	

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		years upwards, living in private households. There will be a sample boost in NI to a total of 200 people per year for the first two fieldwork years (2008/09 AND 2009/10). A contract between DHSSPS, FSANI and <i>Safefood</i> has been discussed and is currently being drawn up.		
Obesity Prevention Steering Group (OPSG)	<p>This group will advise on how to effectively deliver on the outcomes contained in the proposed Fit Futures Implementation Plan, and will lead the development of a policy to tackle overweight and obesity in the adult population.</p> <p><i>Primary Functions</i></p> <ul style="list-style-type: none"> To provide advice and strategic direction on all relevant issues relating to obesity, including the development of an approach to tackle obesity in the adult population. To consider the need for additional resources to assist effective implementation and monitoring of Fit Futures. 	<p>The group held its inaugural meeting on 18 Feb 2008 and was attended by various statutory organisations as well as a range of community and voluntary groups from across Northern Ireland.</p> <p>It was proposed that a number of Advisory Groups would be established to underpin the work of the OPSG. These groups would oversee and advise on specific elements, including Food & Nutrition, Physical Activity, Education & Public Information, and Data and Research.</p> <p>It was also proposed that the Chairs of these Advisory Groups, and other relevant stakeholders would form a liaison group, aimed at enhancing joint working between these sectors and to share relevant information.</p>	<p>The next meeting of the OPSG is planned for the 3rd June 2008.</p>	<p>The OPSG intends to monitor progress against targets and produce a report on progress on implementation for the Ministerial Group on Public Health (MGPH) at the end of year one.</p>

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SCOTLAND				
Hospital Food	In 2003, NHS Quality Improvement Scotland(QIS) published a set of clinical standards on Food, Fluid and Nutrition in Hospitals. A review on these standards was undertaken between 2005/06 and the published reports recommended that the quality of nutritional care in Scotland's hospitals needed to be improved. Also in 2003 Audit Scotland made a number of recommendations to improve nutritional care.	Improving Nutritional Care Programme has been established. Deliverables will be a National Catering and Nutrition Specification for Hospital Food in Scotland, an educational framework and a practice development programme. Funding has been made available to each Health Board to appoint nutrition champions. Funding has been made available to appoint project manager to continue developments on National Catering and Nutrition Specification.	The programme is being formally launched June/July.	A monitoring tool is being developed. Quality Improvement Scotland intend to review the standards again in 2009.
SGF Healthyliving Programme	The Scottish Grocers Federation Healthyliving Programme was set up in 2004 to improve the supply and provision of fresh produce and healthier food choices in local convenience stores, particularly in deprived areas, and to promote this work to the wider trade; generating increased participation, spreading effective sales models and improving the wholesale supply chain.	The Scottish Grocers Federation Healthyliving Programme completed the first year of Phase 3 in July. The year has seen sustained growth in fruit and vegetable sales alongside an increase in participation to 500 convenience stores (an estimated 250,000 customers visit these stores every week).	The Programme is now working with Community Food and Health (Scotland) to engage with Black Minority Ethnic communities and is developing links with cash and carry operators to target independent stores in the most deprived areas.	
Scottish Nutrition and Diet	SNDRi develop diet leaflets for the primary, secondary and tertiary prevention areas. Objectives include resource development, developing educational resources for continuing	SNDRi have adopted a new business model providing more	SNDRi have announced the commencement of	

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Resources Initiative (SNDRI)	professional development and education of pre-registration students and developing a marketing strategy.	control and flexibility and more likely to lead to sustainable growth. Recent publications include advice on wheat-free diets, early years, diabetes and culturally relevant healthy eating information in Hindi and Punjabi .	merger talks with the British Dietetic Association (BDA). The two organisations will share expertise and resources building to a full merger in 2009. It is expected that the merger will further expose markets outwith Scotland to SNDRI and make it easier for health professionals to access their resources.	
Scottish Food and Health Alliance	The Scottish Food and Health Alliance was established as a national network and forum for all organisations, networks and individuals with an interest in delivering Scotland's objectives for improving diet. The Alliance provides a consultative platform for further engagement with key sectors and groupings	On the 5 February 2008 the Alliance held their annual conference 'Moving forward on Food and Health' at Murrayfield stadium, Edinburgh, Shona Robison, the Minister for Public Health opened the event. The event focused on the priorities for the delivery of food and health objectives and discussion on how best to move these forward in the context of the Scottish Government's overall National Food Policy.	The FHA will continue to disseminate output and outcomes from the National Food Policy debate and health promotion guidance for schools alongside regional events to help the FHA link more closely to local networks.	

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Better Health, Better Care	In June 2007, Nicola Sturgeon, Cabinet Secretary for Health and Well being announced the Scottish Government's intention to publish an Action Plan for Health and Wellbeing by the turn of the year.	After an extensive consultation, the final document <i>Better Health Better Care</i> was published on the 12 December following a statement by Nicola Sturgeon in the Scottish parliament.		
National Food Debate	A parliamentary debate in November signalled the start of a discussion to have a national policy on food that will provide better linkages across the supply chain and across Scottish Government Directorates. There is cross party support for this proposal and a national discussion will commence early in the New Year to allow a wide input of ideas on the national priorities on food. The Food and Health Delivery Plan will form an important strand of this work and will allow many of the actions outlined in the SDAP review to be actioned in partnership with others.	Discussion period closed on 25 April. Maximum engagement of all interests including public feedback was sought, with over 25,000 people visiting our website and around 500 responding. Responses to the national food policy discussion are being carefully considered to help develop Scotland's first-ever food policy.	An indicative statement will be made at the Royal Highland Show on the key findings of this discussion and the next steps we will be making as we develop a national food policy for Scotland.	
Healthyliving award	The Healthyliving Award is a national award scheme for the food service sector that rewards achievements for making it easier for customers to eat healthily when eating out. The award has two main goals: <ul style="list-style-type: none"> • To make the food served generally healthier by making broad changes to how food is prepared • To help customers make informed choices about food by including healthier items on the menu which are clearly identified using the well-established healthyliving green apple brand. 	Around 700 outlets have registered for the award with around 300 establishments having successfully achieved it. These range from hospitals and day care centres to hotels and oil rigs.	The Scottish Government continues to support the Healthyliving Award as it looks to increase numbers and widen the scope of the Award	

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Schools (Health Promotion and Nutrition) (Scotland) Act		<p>The <i>Schools (Health Promotion and Nutrition) (Scotland) Act 2007</i> (the Act), among other things:</p> <ul style="list-style-type: none"> • Places duties on the Scottish Ministers, education authorities and managers of grant-aided schools to endeavour to ensure that public schools and grant-aided schools are health-promoting; and • places duties on education authorities and managers of grant-aided schools to ensure that all food and drink provided in schools complies with nutritional requirements, specified by Scottish Ministers by regulations. <p>In May we issued health promotion guidance to accompany the Act. It will support local authorities and schools, and managers of grant-aided schools, in working with partner agencies to meet the duty to ensure that all schools are health promoting. This guidance will be of interest to all partners involved in aspects of health promotion for the benefit of children and young people. It will provide a useful guide for how partners can support local authorities and schools implement</p>		

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		<p>their health promotion strategies and plans.</p> <p>More information on the Act, the Nutritional Requirements and the Health Promotion Guidance can be found on the Scottish Government website at http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/foodnutrition/.</p>		
Healthy Start	UK Wide Scheme	A pilot project within Fife and Tayside is currently underway which aims to test the suitability of distributing Healthy start vitamins to beneficiaries Via the community pharmacy route.	To be considered in light of the outcome of the pilot	
Free School Meals Pilot Free School Meals		<p>As part of the Scottish Executive's drive to improve the nation's health and encourage good eating habits from a young age, we are conducting a free school lunches trial for P1-P3 pupils in 5 local authorities. The trial began in October 2007 and will run until the end of the current school term. The 5 participating authorities are East Ayrshire Council, Fife Council, Glasgow City Council, Scottish Borders Council and West Dunbartonshire Council. The specific objectives of the trial are to:</p>		

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		<ul style="list-style-type: none"> - Assess process and practical issues for councils and schools; - Measure changes in uptake of school lunches by P1-P3 pupils; - Investigate the potential health and other benefits of the trial, including attitudes and behaviours in relation to school lunches and healthy eating; and - Identify any unexpected impacts and barriers to roll out across the country. <p>If the evaluation of the trial is positive, we intend to roll out free school meals for all P1-P3 pupils in Scotland from August 2010, subject to the necessary legislation being passed by the Scottish Parliament.</p>		