



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

Agenda Item: 5

Please see attached paper for information.

SCOTLAND

Initiative/ work area	Summary/background of work (No more than 250 words)	Current position	Next steps	EVALUATION (if applicable)		
				Plans for evaluation? (what are the outputs or outcome measures of the initiative)	Date evaluation expected/ completed	Evaluation of process or impact?
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	The programme was formally launched in July.	A monitoring tool is being developed. Quality Improvement Scotland intend to review the standards again in 2009.		

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		Specification.				
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 550 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 Resources Initiative (SNDRi)	SNDRi develop diet leaflets for the primary, secondary and tertiary prevention areas. Objectives include resource development, developing educational resources for continuing professional development and education of pre-registration students and developing a marketing strategy.	SNDRi have adopted a new business model providing more control and flexibility and more likely to lead to sustainable growth. Recent publications	SNDRi have announced the commencement of merger talks with the British Dietetic Association (BDA). The two organisations will share expertise and resources building to a full merger in			

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		include advice on wheat-free diets, early years, diabetes and culturally relevant healthy eating information in Hindi and Punjabi .	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.			
Healthy Eating, Active Living – an action plan to improve diet, increase physical activity and tackle obesity	Healthy Eating Active Living (June 2008) is a three year action plan which sets out the action the Scottish Government will take, together with partners to improve diet, increase physical activity and tackle obesity. Actions are aimed at supporting people to make healthier choices in what they eat, to build more physical activity into their everyday lives and to maintain or achieve a healthy weight. The actions identified in the plan build on the good work that has gone before and continue work to implement the existing Scottish Diet Action Plan (published in 1996 reviewed in 2006) and the National Physical Activity Strategy (published in 2003 and currently subject of a stocktake). The action plan also	The Scottish Government is providing a total of £56m over 3 years (£40m new) to support joint action on improving diet, physical activity and tackling obesity. £19m of this is allocated to the theme of improving maternal and infant nutrition, integrating the current work to develop an Infant Feeding Strategy. Funding will be	A reference group will be set up to provide guidance to support NHS Boards on delivering in year 2 and 3 (£6m/£10m,). The group will also consider how any unmet training needs can be met.	The reference group will also consider how best to evaluate the impact of the £19m.		

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	signals the intention to develop a longer term and wide reaching strategy to tackle obesity. This will involve several Ministerial portfolios in examining the key actions we can take to promote healthy weight and prevent obesity, for example through physical environments and advertising.	issued in August/September to NHS Health Boards to take forward the recommendations set out in the NICE public health guidelines 11. In year one (£3m) the particular focus will be on the 6 key recommendations. A report of the consultation exercise in response to 'Infant Feeding Strategy for Scotland' was published on the Scottish Government website in May 2007.				
Treatment programme for childhood obesity	Health boards will be expected to deliver childhood healthy weight intervention programmes in line with guidance provided by the Scottish Government from April 2008. These	All Health Boards have completed and returned their Local Delivery Plans and all but	An evaluation and monitoring system will be set up and implemented to follow the progress			

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	<p>include educational and practical sessions on healthy eating, physical activity and behavioural change. A new HEAT target¹ has been developed to monitor health boards' success in seeing a specified proportion of eligible children complete this programme and the Scottish Government has provided £6m over 3 years to support delivery across Scotland.</p> <p>The aim is to see around 20,000 children and young people complete these interventions by 2011.</p>	one have been signed off.	of this developmental target and feedback will be scrutinised to help determine if there will be any changes to the target.			
National Food Debate	<p>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 took place early in 2008. Ministers made an indicative statement was made at the Royal Highland Show on the key findings of this discussion and the next steps we will be making as we</p>	<p>Five Workstreams are currently under way - focussing on:</p> <p>Sustainable Economic Growth Food Choices Reputation Walking the talk Affordability, Access & security</p>	<p>The Leadership Forum has been tasked with presenting initial findings and recommendations to Scottish Ministers by March 2009.</p>			

¹ HEAT targets are agreed between the Scottish Government and Health Boards to progress Health improvement, Efficiency, Access and Treatment.

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	<p>develop a national food policy for Scotland. A high level Food and Drink Leadership Forum as been set up to ensure consistency and coherence on broad spectrum of cross-cutting objectives. This forum met for the first time on the 20th August and are currently agreeing and finalising their programmes of work against the key themes.</p> <p>5 workstreams have been established to take forward the key themes.</p>					
Healthyliving award	<p>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:</p> <ul style="list-style-type: none"> To make the food served generally healthier by making broad changes to how food is prepared <p>To help customers make informed choices about food by including healthier items on the menu which are clearly identifiable</p>	<p>Around 895 outlets have registered for the award with around 354 establishments having successfully achieved it. These range from hospitals and day care centres to hotels and oil rigs.</p>	<p>The Scottish Government continues to support the Healthyliving Award as it looks to increase numbers and widen the scope of the Award</p>			

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Schools (Health Promotion and Nutrition) (Scotland) Act	Schools (Health Promotion and Nutrition) (Scotland) Act 2007	The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 was passed unanimously by the Scottish Parliament in March 2007. The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 were passed by the Scottish Parliament on 25 June 2008.	All duties under the Act have now commenced, with the exception of nutritional requirements for food in secondary schools which will commence on 3 August 2009. The delay in commencement for secondary schools is to allow those schools which need it more time to make a phased transition to the new nutritional requirements.	The Scottish Government has recently issued guidance to support local authorities and schools to meet the duty to ensure that all schools are health promoting. This will include guidance on improving the nutritional quality of children and young people's diets and promoting consistent messages about healthy eating. The Scottish Government will also shortly be issuing guidance for those involved in the provision of food and drink in schools to assist them in meeting the nutritional requirements in the regulations.	HMIe will monitor the nutritional content of school meals as part of their inspection regime to ensure the nutritional requirements in the regulations are being met. HMIe will also be monitoring the implementation of health promotion in schools.	

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Infant Nutrition Co-ordinator for Scotland	To progress the Scottish Government's work on infant nutrition, an Infant Nutrition Co-ordinator for Scotland has now been appointed. The Infant Nutrition Co-ordinator will lead the development of the infant nutrition strategy in Scotland, providing advice to all those involved in infant nutrition. Part of the remit for this work will be to emphasise the importance of breastfeeding in improving and maintaining health and in establishing healthy eating patterns in infancy.	Links have been established with a range of partners including NHS Boards, NHS Health Scotland, NHS Education for Scotland, NHS Quality Improvement Scotland, community & voluntary sector. Plans to scope current activity across Scotland underway.	Establish infant nutrition strategy group and sub-groups as appropriate.			
Breastfeeding	Breastfeeding is considered the optimal way of embedding good health in infants and fostering positive eating behaviours for the future. However, this needs to be viewed in the wider context of eating behaviours throughout life. Activity around breastfeeding and	Over 58% of Scottish babies are now born in a UNICEFUK Baby Friendly Initiative accredited hospital. The University of Paisley Midwifery				

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	<p>wider infant-feeding issues is not new but there has been a real and sustained campaign of activity over the past decade in particular. A wide range of innovative projects and activities have taken place largely supported by NHS Board Breastfeeding Strategy Groups and reflecting increasing co-operation between clinicians, health promotion experts, local authorities and voluntary organisations.</p> <p>The Scottish Government has set NHS Boards a HEAT target on Breastfeeding, to increase the proportion of newborn children exclusively breastfed at 6-8 weeks from 26.6% in 2006/07 to 33.3% by 2010-11.</p>	Directorate has become the first teaching department to receive a UNICEF Baby Friendly award.				
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	As part of the Scottish Executive's	The Scottish	The Scottish			

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Meals Pilot	<p>drive to improve the nation's health and encourage good eating habits from a young age, we have conducted a free school lunches trial for P1-P3 pupils in 5 local authorities, between October 2007 and June 2008. The 5 participating authorities were East Ayrshire Council, Fife Council, Glasgow City Council, Scottish Borders Council and West Dunbartonshire Council. The specific objectives of the trial were to:</p> <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>Government published the report on the independent evaluation of the trial, conducted by Ipsos MORI, on 2 October 2008.</p> <p>The necessary legislation has been introduced to Parliament to allow local authorities to provide free school meals for all P1-3 pupils.</p>	<p>Government has discussed the evaluation report with CoSLA. It has been agreed that the evaluation of the trial is positive. If the necessary legislation is passed by the Scottish Parliament, local authorities will provide free school meals to all P1-3 pupils from August 2010, as set out in the concordat.</p>			

NORTHERN IRELAND

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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 £832,000 to the implementation of Fit Futures in 08/09. In addition, a further £550,000 and £300,000 has been allocated for the implementation of</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>HPANI published Nutrition and Dental Health Guidelines for professionals containing important nutritional information in June 2008</p> <p>FSANI continue to work towards the establishment of a public sector food</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>HPA are soon to publish the updated 'Working Towards Healthy Schools' Toolkit.</p>			

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	<p>the Physical Activity Strategy and the Food and Nutrition Strategy respectively.</p> <p>DHSSPS will shortly develop a strategic framework to address adult obesity, and this will incorporate actions on food & nutrition and physical activity.</p>	<p>procurement initiative in partnership with DFP, DARD and DHSSPS.</p> <p>FSANI continue to develop 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 & Nutrition Survey (NDNS) will begin in 2008.</p>				
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>	<p>The Advisory Groups now had their inaugural meetings and feedback to the OPSG at its next meeting</p>	<p>The next meeting of the OPSG is planned for 10 October 2008</p>	<p>The OPSG intends to monitor progress against targets and produce a report on progress on implementation for the Ministerial</p>		

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	<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. • To oversee Advisory Groups; <ul style="list-style-type: none"> Physical Activity Food & Nutrition Data & Research Prevention, Education & Public Information And the Workforce Training & Development <p>Thread to run through the four groups</p>			Group on Public Health (MGPH) at the end of year one.		

WALES

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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</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. 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 has been developed to support the Public Health Strategic Framework</p>	<p>Currently awaiting Ministerial approval.</p>	<p>The overall success of the action plan will be evaluated in terms of its aims and actions. Individual actions will be evidence based or innovative with evaluation built in. Actions will be influenced by the continuous gathering of information from the evidence of evaluation of programmes and activities to improve the quality of food consumed in Wales, across the UK and the world.</p>		

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	<p>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>	and create a synergy with Division the work being undertaken in the Food and Market Development Division.				
Infant Feeding						
National Awareness Programme to Support Breastfeeding	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.	Breastfeeding Awareness Campaign 2008 launched by Celebrity Charlotte Church. Focus of campaign was	Focus of campaign will be returning to work in the Autumn.	Volume and value of media coverage	April 2009	Process

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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 in public places during the Summer				
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.	Professional Officer for Wales has been appointed by UNICEF secondment from NHS Trust in Wales	To work with Welsh Assembly Government to assist healthcare facilities in Wales to achieve BFI status.	Measure increase in participation, assessments, awards and training. Trusts measure breast feeding rates	September 2009	Process and impact
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.	2008-09 Scheme has now been offered to 32 Schemes up to maximum of £4000 to focus on work with teenagers and their mothers. Also training of Maternity Care Assistants.	Funds to be transferred. Base line data to be collated.	2007 –08 scheme has been evaluated by North East Wales Institute. At end of current scheme improvements in service provision and outcomes will be identified. Individual schemes providing common data set – numbers trained, numbers attending support groups. Breastfeeding rates	June 2009	Process and impact

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				measured by Trusts		
Breastfeeding Data Collection Pilot Scheme	Pilot in Caerphilly Borough collecting data at 10 days, 6 weeks and 6 months through health visiting service.	Red Book is being adapted for Gwent Healthcare NHS Trust for 6month period.	Maternity data at birth and 10 days to be added.	Usage to be monitored with view to all-Wales recommendation.	At end of 6 month period.	
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.	Finalising production of bilingual DVD and cover	Awaiting UK launch date and Welsh event.	Contribution to UK evaluation.		
Children and Young People						
The Welsh Network of Healthy School Schemes	<p>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 schools in their areas.</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 a make a profit from incorporating healthy vending into their whole-school food</p>	As well as continuing support for introducing healthy vending, water coolers and fruit tuck shops the programme is supporting delivery of other programmes such as the Cooking Bus and Appetite for Life.	A commitment has been made <i>to</i> extend the Welsh Network of Healthy School Schemes to all maintained schools by March 2010.	A review of the operation and achievements of the scheme has been commissioned.	December 2008	Both, mainly process

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	<p>provision.</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. 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. Fruit tuck shops are currently being run in over 800 schools involved in the WNHSS in Wales.</p>					
Food and Fitness – Promoting Healthy Eating and Physical Activity for Children and Young People	Plan launched in June 2006 and sets out actions to improve levels of physical activity and healthy eating for 0-25 year olds as detailed below	See individual actions	See individual actions	The Food and Fitness Implementation Plan is being used as a case study to explore the feasibility of applying two techniques of economic evaluation to public health programmes. The use	March 2009	The Plan is being used as a Case study for assessing the usefulness of these techniques.

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in Wales 5 Year Implementatio n Plan				of Programme Budgeting and Marginal Analysis and Cost Benefit Analysis are both being explored in the context of the Plan. Economic evaluation of plan underway		Whilst there will be some learning about the plan itself, the main outcome is the learning about the economic evaluation techniques.
Food in Schools	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	Action research project underway. Additional grants to other areas awarded		A contract has been awarded to test and further develop guidelines for introducing the food and nutritional standards proposed in the Action Plan using an action research approach. This approach will enable lessons to be learned from the process of change to inform wider application across all maintained schools in Wales.	July 2010	Both – action research

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	<p>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 two-year action research project involving four local authorities will run from September 2008 . 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	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,	Some 54% of the primary schools in Wales have now signed up to this initiative.	Continue roll out.	The Initiative has been evaluated by Cardiff Institute for Society Health and Ethics (CISHE) using a	March 2009	Both – randomised controlled trial with embedded

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	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.			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 at breakfast and had more positive attitudes towards eating breakfast than those in schools not providing breakfasts.		process evaluation
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	Report on 1 st stage due December 2008	Both

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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 15 local authority areas to date. Support resource developed.	Training to be delivered in remaining 7 areas	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	Report on 1 st stage due December 2008	Both across the two phases. Economic evaluation also included.
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 community cookery clubs following attendance at the ContinYou training.	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 '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.		

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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 and 2009 Eisteddfods. 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 were involved in local, regional and national finals of the cooking competition this year. The Urdd estimate that several thousand young people were involved in preparing healthy dishes at the individual club or school level. A further 200 young people had 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.	Entry levels being recorded. Informal evaluation of process each year to improve following years programme.		
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 5 areas of Wales.	Feasibility study	May 2009	Process
Weight Management Referral Scheme	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, 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	Funding will provide a grant to MEND to pilot the programme	First sites to be established October 2008 with a phased roll out over the next 12 months	Data will be collated on the number of families attending classes, BMI reductions, participants feedback, changes in behaviour etc. An additional data collection has been built in 6 months after attendance on the	March 20011	Both

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	healthy eating, physical activity and behavioural change, empowering the child, building self confidence and personal development.			course to look at sustainability		
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 developed	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.</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 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</p>	Nutrition Care Pathway finalised. Agreement with RCN Wales to deliver training to launch Nutrition Campaign. Criteria for healthy vending developed and issued	Nutrition Care Pathways and revised food and fluid charts being piloted throughout the Autumn. Multidisciplinary nutrition workshops being run in each Trust over next 6 months. Vending programme will be supported by work to reduce unhealthy food and drink retailed through other outlets in hospitals. An	Data from the mandatory reporting process around the Implementation of Standard 9 (Hospital Food) will be utilised to measure outputs and outcomes	Anually	Impact

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	<p>"management for meals chart" and will formalise food and fluid charts to ensure consistency. The group is also exploring 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>		assessment will be made of nutrient standards for hospitals			
Healthy Food Options in Leisure Centres	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.		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,	The pilot was evaluated by Wavehill Consulting. Report at wales.gov.uk/dphhp/publication/research/2122906/Healthy_Catering_Report_-_11.pdf?lang=en	April 2007	

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	<p>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>		including youth and pre-school settings.			

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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	Funding from Welsh Assembly and FSA Wales will fund an extension of the scheme in 2 areas focusing on people working with older people and malnutrition.	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). Measures include development of common data set, behavioural change of those being trained and impact on the way in which they cascade messages to the target groups	May 2009	Process and impact
Community Food and Nutrition	Working with community dietitians and nutritionists, the Welsh Assembly Government has produced an Open	A level 3 course focussing on presentation, training	Continued roll out. Specific courses being	OCN courses being evaluated as part of evaluation of dietetic		

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Skills Courses	<p>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.</p> <p>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,</p>	<p>and delivery skills has currently been developed for those wishing to increase their confidence and training skills and is being piloted.</p> <p>A level 2 practical cookery skills has been produced for delivery across Wales and trainers trained.</p>	developed around infant feeding	capacity grant scheme.		
Nutrition and Physical Activity Network	<p>The Nutrition Network for Wales was launched in 2004 and the Physical Activity Network for Wales in 2006. 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</p>	<p>A programme for development of the network is being drawn up.</p>		An evaluation of networks has been commissioned.		

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	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.					

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Training	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.	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> <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</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 turnover of the food co-operatives is approximately £1million. Currently 3 growers, 10 retailers, 8 wholesalers and 1 social enterprise supply the		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 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. Spec currently being developed for a 2 nd phase of evaluation	Report available at http://www.cf.ac.uk/socsi/resources/wrkgpaper-85.pdf	Both but mainly process – second phase evaluation will focus on impact

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	<p>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>	food co-operatives.				
Physical Activity						
Dragon Sport	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.	To date over 95% 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 2500 volunteers and 2400 teachers.				
5x60	The 5X60 programme intends to make significant inroads into the Welsh Assembly's target of 90% of	96% of secondary schools in Wales have now signed up to the				

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	<p>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 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>	<p>scheme as from September 2008. In the Zone 2 has been piloted successfully and will now be extended to additional 5x60 schools. This initiative seeks to provide informal physical activity opportunities during lunchtimes</p>				

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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>		<p>Most recent Estyn evaluation concluded: Standards in physical education have improved in almost all schools that have been involved with the initiative. Headteachers report that PESS had contributed to significant improvements in pupils' attitudes and behaviour. Work in Key Stage 2 and 3 transition has been one of the most successful strands of the initiative. The most apparent long term benefit and sustainable aspect of the initiative has been in the quality of teaching in primary schools. Teaching and learning resources in dance, gymnastics and health related exercise are outstanding,</p>	<p>Published on Estyn website May 2008 www.estyn.gov.uk</p>	<p>Increasingly focusing on quality of provision and standards achieved by learners as assessed by HMI</p>

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The Class Moves!®	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 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.	Staff from Trinity Fields Special School are working with us to modify the materials for use with pupils with specific special needs, 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.	A new Safe Routes in Communities programme replaced the Safe Routes to School initiative this year and a total of £10 million has been allocated to local authorities across Wales.				
Cycle Training	The Welsh Assembly Government have commissioned the CTC to co-ordinate the implementation of National Cycle training standards in	This will involve training over 100 cycle instructors across Wales to	The cycle training officer has been recruited	CTC will be evaluating the scheme	To be determined	Both

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	Wales.	national standards 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>	<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 a priority to meet local needs, to reduce</p>		<p>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 facilities across Wales. The initiative has reversed this trend and operates during all school holiday periods</p>	Completed	Both

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		barriers/improve access to participation. The Free Swimming Improvement Fund is also currently supported by £1.4m of sport lottery funding.				
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	A contract for a randomised controlled trial has been awarded. The evaluation included embedded process and economic evaluations.	May 2010	Both, with economic evaluation also.
Lets Walk Cymru	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.	A project group has been established consisting of partners from a variety of agencies. The third round of grants have just been awarded. New training resources for health walk leaders course developed	Progression training for Walk leaders PHd student employed to evaluate project Toolkits of community groups being developed	Sports Council evaluating individual projects	2010	Both

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	<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 role out best practice across Wales. 	<p>22 new tutors trained to deliver walk leader training</p> <p>Monitoring system developed and being implemented</p>				
Physical Activity for Older People	<p>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.</p>	<p>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</p>		<p>Moving More Often evaluated by British Heart Foundation</p>	<p>2009</p>	<p>Process</p>

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		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.				