



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

Agenda Item: 6

Please see attached paper for information.

WALES

Project/Work area	
Quality of Food	
Summary/background of work (No more than 250 words)	
<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 It will be superseded by the Quality of Food Strategy. 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>	
Current position	
<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 and create a synergy with Division the work being undertaken in the Food and Market Development Division.</p>	
Next steps	
Currently awaiting Ministerial approval.	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
<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>	
Evaluation of process or impact?	

Project/Work area		
Food and Fitness – Promoting Healthy Eating and Physical Activity for Children and Young People in Wales 5 Year Implementation Plan		
Summary/background of work (No more than 250 words)		
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		
Current position		
See individual actions		
Next steps		
EVALUATION		
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed	Evaluation of process or impact?
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 of Programme Budgeting and Marginal Analysis and Cost Benefit Analysis are both being explored in the context of the Plan.	March 2009	The Plan is being used as a Case study for assessing the usefulness of these techniques. Whilst there will be some learning about the plan itself, the main outcome is the learning about the economic evaluation techniques.

Project/Work area	
National Programme to Support Breastfeeding in Wales	
Summary/background of work (No more than 250 words)	
<p>A year long campaign for 2009-10 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. Comprises of the following elements:</p> <p>Part-time BFI Professional Officer for Wales funded by grant from Welsh Assembly Government</p> <p>OCN Level 2 course Breastfeeding Support</p> <p>Breastfeeding Peer Support Grant Scheme</p> <p>Breastfeeding Data Collection Pilot Scheme</p> <p>Best Beginnings DVD</p> <p>Schools Pack adapted from Northern Ireland</p> <p>Breastfeeding Welcome Scheme and Returning to Work</p> <p>Materials linked to Change 4 Life</p>	
Current position	
<p>Campaign Work 2009-10 began in Breastfeeding Awareness Week with Welcome Scheme in Cardiff Bay. This years campaign includes a range of activities that incorporate working with the NHS, community, schools and voluntary sector. Open College Network Level 2 course launched Grant scheme established to deliver training and maintain support groups. Data Collection Pilot begun. BFI Professional Officer contract extended for a further year and Wales-only course delivered April 09.</p>	
Next steps	
<p>Local roadshows to be held across Wales raising profile of breastfeeding in public. Second BFI Wales-only course to be delivered by March 10. Breastfeeding education pack being produced based on NI resource. Data collection pilot to extend to the whole of Gwent and data at birth and 10 days to be added.</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Evaluation of process or impact?
<p>BFI courses delivered and BFI participation</p> <p>OCN courses delivered and credits awarded</p> <p>No of Grants provided to support groups</p> <p>Data collection levels in Gwent</p> <p>Best Beginnings national research project outcomes</p> <p>No of packs distributed and courses delivered</p> <p>New premises in Welcome Scheme and take-up of</p> <p>Return to Work materials</p> <p>Volume and value of media coverage</p>	<p>Process</p>
<p>April 2010</p>	

Project/Work area	
The Welsh Network of Healthy School Schemes	
Summary/background of work (No more than 250 words)	
<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 make a profit from incorporating healthy vending into their whole-school food 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.</p>	
Current position	
<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. Currently 90% of schools are involved. Over 1000 fruit tuck shops in WNHSS in Wales</p>	
Next steps	
<p>A commitment has been made to extend the Welsh Network of Healthy School Schemes to all maintained schools by March 2010.</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Evaluation of process or impact?
A review of the operation and achievements of the scheme has been commissioned.	Both, mainly process
December 2008	

Project/Work area	
Food in Schools	
Summary/background of work (No more than 250 words)	
<p>The Primary School Free Breakfast Initiative was introduced in September 2004. 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. 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>The Appetite for Life Action Plan sets out the strategic direction and action required to improve the nutritional standards of food and drink provided throughout the school day. A two-year action research project involving four local authorities, Wrexham, Merthyr Tydfil, Ceredigion and Torfaen began in September 2008. Alongside this work, funding has been 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. 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>	
Current position	
<p>Action research project underway. Additional grants to other areas awarded. Some 62% of schools in Wales have signed up to the Primary School Free Breakfast Initiative.</p>	
Next steps	
<p>Programmes continuing</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
<p>A contract awarded to test and further develop guidelines for introducing the standards proposed in the Action Plan using an action research approach.</p> <p>The Primary School Free Breakfast 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 consumed significantly more healthy food items at breakfast and had more positive attitudes towards eating breakfast than those in schools not providing breakfasts.</p>	<p>July 2010</p> <p>March 2009</p>
Evaluation of process or impact?	<p>Both – action research</p> <p>Both – randomised controlled trial with embedded process evaluation</p>

Project/Work area		
Practical Cookery Skills Education		
Summary/background of work (No more than 250 words)		
<p>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.</p> <p>ContinuYou to provided 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 through the Cymru Cooks Programme.</p> <p>The COOKIT resource which provides quality, child appropriate cooking materials are offered to schools following Cooking Bus visits or Cymru Cooks training so that they can continue delivering cooking skills.</p> <p>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.</p>		
Current position		
Some 110 schools have benefited from Cooking Bus visits so far. Training for Cymru Cooks has been delivered in all Local Authorities. 2009 Urdd Cookery competition held.		
Next steps		
Cooking Bus will continue programme. Cymru Cooks cookery classes being set up across Wales. Continued support for Urdd Cookery competition.		
EVALUATION		
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed	Evaluation of process or impact?
Cardiff Institute for Society Health and Ethics (CISHE) conducting an evaluation of the Cooking Bus programme. Cymru Cooks being evaluated by Glyndwr University Entry levels being recorded for Urdd competition. Informal evaluation of process each year to improve following years programme.	March 2009 June 2009	Both Both

Project/Work area		
Obesity		
Summary/background of work (No more than 250 words)		
<p>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 healthy eating, physical activity and behavioural change, empowering the child, building self confidence and personal development.</p> <p>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.</p>		
Current position		
<p>Funding has provided a grant to MEND to pilot the programme in 10 health areas in 2008-11. National Launch took place on 19 January 2009. 4 areas completed programmes during Sept-Dec 08. The remainder started in January 2009 with a total of 19 programmes in sites across Wales over the spring term increasing to 21 programme per term from September.</p> <p>Feasibility study re children's height and weight completed and mplications of this work are being considered.</p>		
Next steps		
Pilots continuing		
EVALUATION		
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed	Evaluation of process or impact?
Data will be collated on the number of families attending classes, BMI reductions, participants feedback, changes in behaviour etc within the MEND pilot. An additional data collection has been built in 6 months after attendance on the course to look at sustainability.	March 20011	Both
Children's height and weight feasibility study	May 2009	Process

Project/Work area		
Improve Food in Settings for Children and Young People		
Summary/background of work (No more than 250 words)		
<p>An action within the Food and Fitness Implementation Plan was to improve access to healthier foods in places such as leisure centres, youth centres, care homes, pre-school settings and out of schools clubs.</p> <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. A seminar was held in 2008 to share the evaluation results with representatives from leisure departments across Wales</p>		
Current position		
<p>Youth Centres - Grants for small equipment items have been awarded to local authorities responsible for youth settings where staff have undertaken the OCN Level 2 Training in Cooking Skills delivered by Community Dieticians.</p> <p>Pre-school Settings - Guidance for preschool care settings has been developed on providing appropriate and nutritious food for this population group and distributed to key partners in early years settings with additional funding for training.</p>		
Next steps		
<p>Youth Centres – Guidance being developed and supported by training</p> <p>Leisure Centres - Guidance being developed and supported by training</p> <p>Care Homes – Review of current provision</p>		
EVALUATION		
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed	Evaluation of process or impact?
<p>The leisure centre pilot was evaluated by Wavehill Consulting and recommendation used to inform work in other settings</p> <p>Report at wales.gov.uk/dphhp/publication/research/2122906/Healthy_Catering_Report_-_11.pdf?lang=en</p>	April 2007	Both

Project/Work area	
Food in Hospitals	
Summary/background of work (No more than 250 words)	
<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 "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>	
Current position	
<p>Nutrition Care Pathway and food charts issued to all hospitals. Agreement with RCN Wales to continue to deliver training to support Nutrition Campaign. Multidisciplinary nutrition workshops being run in each Trust Criteria for healthy vending developed and issued</p>	
Next steps	
<p>Food charts will be piloted for use in the Community. 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.</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Evaluation of process or impact?
Data from the mandatory reporting process around the Implementation of Standard 9 (Hospital Food) will be utilised to measure outputs and outcomes	Impact
Date evaluation expected/ completed	Annually

Project/Work area	
Training	
Summary/background of work (No more than 250 words)	
<p>Skills for Health and SkillsActive have been commissioned to lead the development of a coherent approach to workforce development in order to deliver Food and Physical Activity strategies.</p> <p>Grants have been provided to NHS Trusts across Wales to increase dietetic capacity in the community through utilising dietician's expertise to train and develop community workers and / or peer educators, volunteers working with children and young people in the community on food and nutrition skills.</p> <p>Working with community dietitians, the Welsh Assembly Government has produced an Open College Network (OCN) accredited course for community food and nutrition skills level two course for dietitians wishing to run the course for community food workers, nutrition assistants and people working with groups in the community. 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.</p>	
Current position	
<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. Final report on a project to scope the functions for policy initiatives to develop and promote physical activity and healthy eating received. Work underway to match functions to the existing workforce and identify gaps.</p> <p>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 are run training 4000 individuals, equipping them with OCN qualifications. A level 3 course focusing on presentation, training and delivery skills has been developed and is being piloted. A level 2 practical cookery skills has been produced.</p>	
Next steps	
<p>Development of courses to meet identified gap. Funding from Welsh Assembly and FSA Wales will fund an extension of the dietetic capacity scheme in 2 areas focusing on people working with older people and malnutrition. Continued roll out of OCN courses. Specific courses being developed around infant feeding.</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
<p>The programme has been evaluated by NEWI and the evaluation will inform future developments. First phase evaluation findings are extremely positive.</p> <p>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.</p>	<p>May 2009</p>
Evaluation of process or impact?	<p>Process and impact. 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.</p>

Project/Work area	
Nutrition and Physical Activity Network	
Summary/background of work (No more than 250 words)	
The Nutrition Network for Wales was launched in 2004 and the Physical Activity Network for Wales in 2006.	
Current position	
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.	
Next steps	
Continued development, particularly in provision of CPD.	
EVALUATION	
What are outputs/ outcome measures of initiative?	Evaluation of process or impact?
Evaluation undertaken by Wavehill Consulting.	Process and impact
March 2009	

Project/Work area	
Community Food Co-operative Programme	
Summary/background of work (No more than 250 words)	
<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. 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 presented as an example of good practice at a World Health Organization conference on community initiatives for increasing healthy eating and physical activity.</p>	
Current position	
<p>The programme is being funded for an additional 3 years until March 2011. To date 220 community food co-operatives are operating. They provide fruit and vegetables to approximately 6000 families, engaging around 800 volunteers. The annual turnover of the food co-operatives is approximately £1 million. Currently 3 growers, 10 retailers, 8 wholesalers and 1 social enterprise supply the food co-operatives.</p>	
Next steps	
<p>Pilot of meat and fish provision. Continued programme of new food co-ops. Increased focus on supply of Welsh produce.</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
<p>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.</p> <p>Spec currently being developed for a 2nd phase of evaluation</p>	<p>Report available at http://www.cf.ac.uk/socsi/resources/wrkpaper-85.pdf</p>
Evaluation of process or impact?	<p>Both but mainly process – second phase evaluation will focus on impact</p>

Project/Work area		
Climbing Higher: Creating an Active Wales		
Summary/background of work (No more than 250 words)		
<p>Building on Climbing Higher 2005, the Physical Activity Strategy for Wales, the action plan 'Creating an Active Wales' has been drafted. It recognises the importance of having a built environment that supports people to be active and having access to green spaces. The plan also acknowledges the need to provide support for people to become more physically active through targeted programmes that support behavioural change. A particular emphasis will be placed on:</p> <ul style="list-style-type: none"> • Increasing physical activity in the sedentary population; • Supporting children's lifelong participation; • Targeting drop off in physical activity levels e.g. teenage girls. <p>The action plan has four strategic themes:</p> <ul style="list-style-type: none"> • Active environments • Active children and young people • Active adults • Sport for all 		
Current position		
The plan was launched for consultation on May 5 th until 31 st July.		
Next steps		
The plan is being redrafted in line with consultation comments and will be launched in January 2010.		
EVALUATION		
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed	Evaluation of process or impact?
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.		

Project/Work area	
Children and Young People Out of School Physical Activity Programmes	
Summary/background of work (No more than 250 words)	
<p>Dragon Sports, 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>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 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>	
Current position	
<p>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.</p> <p>99% of secondary schools in Wales have now signed up to the 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>	
Next steps	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
	Evaluation of process or impact?

Project/Work area	
PE in the Curriculum	
Summary/background of work (No more than 250 words)	
Current position	
<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 have been 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>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 with training.</p>	
Next steps	
<p>90% of schools are participating in PESS. 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.</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
<p>Most recent Estyn evaluation concluded: Standards in physical education have improved in almost all schools that have been involved with the initiative. Head teachers 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>
Evaluation of process or impact?	<p>Increasingly focusing on quality of provision and standards achieved by learners as assessed by HMI</p>

Project/Work area		
Free Swimming		
Summary/background of work (No more than 250 words)		
<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>		
Current position		
<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 barriers/improve access to participation. The Free Swimming Improvement Fund is also currently supported by £1.4m of sport lottery funding. The Scheme has continued to be delivered in 2007/08 unstructured swims were 499,702 and structured were 51,952 while in 2008/09 they were 535,188 and 67,692 respectively.</p>		
Next steps		
EVALUATION		
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed	Evaluation of process or impact?
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	Completed	Both

Project/Work area	
National Exercise Referral Scheme	
Summary/background of work (No more than 250 words)	
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.	
Current position	
Third phase has been rolled out to give all Wales coverage. All local authorities in Wales delivering the programme	
Next steps	
Work is being carried out to expand the scheme to include patients with chronic disease. As from Spring 2009 opportunities are now available for cardiac rehabilitation (phase 4) and protocols are being piloted for patients at risk of falling and with lung disease. Work is now starting developing protocols for patients with diabetes and obesity.	
EVALUATION	
What are outputs/ outcome measures of initiative?	Evaluation of process or impact?
A contract for a randomised controlled trial has been awarded. The evaluation included embedded process and economic evaluations.	Both, with economic evaluation also.
Date evaluation expected/ completed	
May 2010	

Project/Work area	
Lets Walk Cymru	
Summary/background of work (No more than 250 words)	
<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 role out best practice across Wales. <p>Current position</p> <p>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. 22 new tutors trained to deliver walk leader training.</p>	
Next steps	
Work is underway to establish a sustainable future for walking groups after the project funding finishes in 2010.	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
Sports Council evaluating individual projects	2010
Evaluation of process or impact?	
Both	

Project/Work area	
Physical Activity for Older People	
Summary/background of work (No more than 250 words)	
<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. LIFT has been developed as part of the funding to support physical activity initiatives through Age Concern and Help the Aged.</p>	
Current position	
<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 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. A LIFT training package has been developed to enable older people to deliver physical activity opportunities to their peers. The first course has been run.</p>	
Next steps	
<p>Further LIFT courses are planned for later this year, with the aim of having 5 volunteers linked to each of the local Age Concern/Help the Aged Organisations.</p>	
EVALUATION	
What are outputs/ outcome measures of initiative?	Date evaluation expected/ completed
Moving More Often evaluated by British Heart Foundation	2009
	Evaluation of process or impact?
	Process