

To: Public Health Reference Group

Date: 17th October 2016

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Healthy Eating and Physical Activity Projects – Progress Report

1.0 PURPOSE

1.1 The purpose of this report is to provide the Public Health Reference Group (PHRG) with feedback on the small healthy eating and physical activity projects that were funded.

2.0 BACKGROUND

2.1 The PHRG undertook in 2015 a review of public health evidence relating to the key lifestyle behaviours. This resulted in the prioritising of healthy eating, physical activity and community engagement for health. Organisations were invited to submit proposals for funding to be used for small pilot projects that would inform the development and implementation of the Healthy Weight Strategy. The funding was awarded in October 2015 and projects were asked to implement as soon as possible. Project leads met regularly with Public Health and provided updates on the progress of the projects. The leads were provided with a simple evaluation template to complete. The initial timeline was for project completion by March 2016. However many of the projects were slow to develop and implementation was delayed for varying reasons. A number of the projects are currently ongoing.

3.0 SUPPORTING PARAGRAPHS

3.1 Table 1 provides a summary of the projects, the funding awarded and actual spend, outputs and any other pertinent information. **Appendix 1** provides fuller description of the projects along with some evaluation information that was provided by the project leads.

Table 1: Project Summary

No.	Project	Provider	Outputs	Sustainability	Funding award	Actual spend	Unit cost
1.	<p>Fenland Walk Buggy Wild Play Walk Buggy was based in two Children’s Centres in Wisbech and Littleport, developed in partnership with the Green Spaces Team of Cambridgeshire County Council (CCC). It objectives were to encourage and enable young parents to experience the benefits of walking and ‘pushing’ their children, starting with children at a very young age</p>	CCC plus community volunteers	<p>Measures: number of sessions and participants. Target number of sessions achieved.</p> <p>Total of 18 sessions, (12 in Wisbech and 6 in Littleport) 247 participants.” Children’s centres.</p> <p>This includes 3 staff training days which along with nature kits were designed to support the sustainability of the project. Evidence of support but evaluation questionnaire was not issued.</p>	Children centres are continuing to support volunteers to organise walks.	£4,800	£4585	£19.52 per child
2.	<p>Sports and Physical Activity programme in Pre-Schools, Nurseries and Schools The objectives were to engage 2-5 year olds in physical activities, to enable nursery staff to lead physical activity sessions</p>	Living Sport	<p>Measures: number of settings and participants. Target number of settings achieved.</p> <p>The programme engaged 10 settings, which consisted of three</p>	Four of the settings have expressed the intention to continue with the programme	£6,000	£6,000	£42.00 per child

	and to support parents and carers to encourage and engage their child in physical activity at home		pre-schools, five nurseries, one primary school and one playgroup. 142 children engaged in physical activity sessions, 82 completed 10 weeks, 48 completed 5 weeks and 12 children completed activity on an ad hoc basis. Reported benefits: increased confidence, skills, shared learning, introduced to new equipment/skills, learning together, embedding physical activity into nursery settings.				
3.	Targeted Change 4 Life Programme with Primary Schools The objectives were to engage 3 to 4 year olds in physical activities, to support the school lead for physical activity by providing advice and ideas to engage children in physical activity clubs, to support parents and carers to encourage and engage their child in physical activity at home.	Living Sport	Measures: number of schools and participants. Ten schools targeted, 2 engaged in the programme. Schools were targeted across the Hunts Schools Sports Partnership with Bury Primary School and Stilton Primary School being the only schools to participate in the programme. Physical	The two schools have stated that they will continue with the programme	£7,500	£3,000	£134.00 per child

			activity school clubs were delivered once a week for 10 weeks in the schools. Training was provided to teachers and resources were provided to children. A total of 22 years 3 and 4 children participated. One school reported that that the pupil's activity had increased and they have the confidence to participate in school sport and physical activity.				
4.	<p>Soil Association Food For Life (FFL) Early Years Award</p> <p>To deliver an Early Years programme to support 15 nurseries with training, resources and an award scheme to help them adopt a whole setting approach to healthy eating. Ongoing.</p>	CCC	<p>Measures: number of nurseries and specified developments in the nurseries.</p> <p>Target number of nurseries 15, 12 engaged. Other measures not yet available.</p> <p>The twelve nurseries were enrolled from across all 5 districts in the county. The more deprived areas were targeted. All the participating nurseries are provided by private</p>	Ongoing support for the Programme will be assessed at the end of the year. However these programmes usually receive low level support to sustain their engagement.	<p>£19,792</p> <p>Extension £22, 346</p> <p>Total £42,138</p>	<p>£19,792</p> <p>Extension £22, 346</p> <p>Total £42,138</p>	£3,512 per nursery

			organisations. They have engaged and are participating in the programme. This has been extended as changing school policy and culture requires a minimum of one year.				
5.	<p>Park Run Park Run is an international intervention to increase physical activity through running. Run by volunteers it is a free, weekly, 5km timed run. Park Run is open to everyone as a free, safe and easy activity to take part in. They take place in parkland surroundings and encourage people of every age and ability to take part. The aim was to establish one Park Run.</p>	Living Sport	<p>Measures: One Junior Park Run in Huntingdon funded</p> <p>Two other areas still in development are Cambridge City-Trumpington and another Junior Park Run in Wisbech</p> <p>Another Park Run was established independently of PHRG funding in March.</p> <p>Other areas have been interested but have been unable to secure local volunteers to run the programme.</p>	n/a	£3,000	£0	n/a
6.	<p>Forest Schools Forest Schools encourage and inspire individuals of any age through supporting the development of innovative,</p>	CCC ETE Forest Schools	<p>Measures: number of schools and sessions No data available. This project was slow to progress largely</p>	The programme is still in its early stages.	£550	£150	n/a

	long term, educational approach to outdoor play and learning in a woodland environment. Planned engagement of 3-5 schools. Ongoing.		because of the numerous staff changes. One training event has taken place at the Clarkson Infant and Nursery School in Wisbech. Staff from the Forest School project intend to continue to develop the Project.				
7	Personal Travel Planning Established programme for promoting travel behaviour through individualised travel plans. Objective of 5,000 plans to be undertaken. Ongoing.	Commissioned : by CCC, ETE	Measures: number of LAS engaged and number of travel plans completed. Target number of travel plans 5,000. 1,379 travel plans completed. Awaiting full dataset Linked to the Workplace Programme. See below. 3 L.A.s already participating.	This could continue, but awaiting with information from new Project lead.	£9,000	£2,483	£1.80 per travel plan
8.	District and Borough Workplace Health Programme Provides health improvement interventions within the workplace setting through the development of workplace policy and providing access for employees to lifestyle services that they may not access elsewhere. LAs offered a menu of	Lifestyle Service provider Everyone Health, Business in the Community, Kaleidoscope, CAMQUIT, In House Public Health staff	Measures: number of participating Das and interventions. Target number of DAs- 5. Participation of all DAs with the exception of Cambridge City, although there has been some contact but not possible to progress. Health Champions trained or identified in	This still requires developmental support. Its sustainability will depend on the continued support of the authorities and the continued engagement of the Health Champions	Costs absorbed into existing contracts.	n/a	n/a

	interventions but must recruit and ensure that there are trained Health Champions from their workforces before proceeding with the Programme. Ongoing.		the 4 participating districts. Two authorities progress mental health first aid lite training and NHS Health Checks.				
9.	<p>Workplace Health Programme Cambridge University Hospitals Foundation Trust (CUHFT) Pilot Staff Weight Management Programme. The objectives of the programme were to deliver an adult weight management programme in a workplace setting for staff with a BMI classification of overweight or obese. And to achieve a 5% weight loss over a 12 week programme.</p>	Everyone Health	<p>Measures: 1 completed weight management course with specified weight loss in line with NICE. Weight Management course completed with good weight loss outputs. (see below and Appendix1)</p> <p>15-20 places were available on the programme. 16 participants registered on the course and 13 attended an initial assessment. 8 participants completed the programme (attended 7 sessions or more).</p> <p>The mean weight loss from baseline to completion was 4.39kg, equating to 5.3% weight loss. 80% of completers recorded a weight loss greater than 3%, whilst</p>	The opportunity cost of providing this course was fewer courses in the community. An option would be for CUHFT to support courses on a regular basis	Costs absorbed into existing contracts.	n/a	n/a

			<p>40% of completers recorded a weight loss greater than 5%.</p> <p>The mean change in moderate exercise from baseline to completion was 177 minutes per week. 80% of completers achieved the physical activity guidelines, compared to just 20% at baseline. The mean intake of fruit portions increased by 1 portion per day and vegetable portions increased by 0.8 portions per day from baseline to completion. 60% of patients achieved the guidelines for fruit & vegetable intake at completion, compared with 20% at baseline.</p>				
TOTAL COST					Allocated	Actual	
					£72,988	£58,356	
TOTAL underspend					- £7,500		
Funding committed but not spent						£6,917	

Please note that the costs include the additional £22,346 for the extension of the Food for Life programme in nurseries.

- 3.2 Ten projects were awarded funding. Living Sport withdrew its Healthy Workplace project. The Food for life Programme in nurseries also has a “Healthier Options” element (funded at £2,000) which it has not introduced as the focus has been on developing the core programme.
- 3.3 Of the nine proposals that were implemented, four are ongoing. The Workplace Programme is supported by existing services and is gradually developing and expanding. Food for Life, the healthy eating project in nurseries was extended as it was difficult to achieve all the desired outputs in one year and there was a high level of support amongst the nurseries for the Project. Both the Personal Travel Planning and Forest Schools projects were late commencing and consequently have funding which is being used to continue to develop the projects.
- 3.4 There is learning from the implementation of the projects.
- Projects took longer to establish than planned. This largely reflected the issues of working with organisations and communities that had existing commitments and were consequently challenging to engage. The Park Run project in particular encountered issues with identifying community groups to support the establishment of a new site.
 - It was easier to engage with nurseries than with schools that could reflect the greater number of competing demands upon schools than for nurseries.
 - There is the issue of sustainability for the projects. The project leads were asked to engage individuals, communities and organisations in acquiring the skills and motivation to sustain the projects. Wild Buggy Play, Food for Life in Nurseries, Forest Schools, the Sports and Physical Activity in Nurseries and Pre-schools and the Change 4 Life Programme with Primary Schools included an element of staff and volunteer training to ensure sustainability along with the provision of resources to support the Programmes. Food for Life and Forest Schools are at the time of this report at too early stage to assess sustainability, the others have expressed to varying degrees a commitment to continuing with the projects However there was limited long term follow up to establish if the projects were embedded and sustainable.
 - Some projects will depend on the longer term organisational support to ensure their sustainability especially the workplace, travel planning and weight management programmes. Although they are generally popular with staff and valued by organisations and there have been requests for them to be maintained.
- 3.5 Overall it is possible to state that all of the programmes achieved most or some of the desired outputs. Appendix I supplies more detail about individual projects. However the numbers engaged, whether individuals or organisations were small in some of the projects and the lack of longer term follow limits the assessment of the projects.
- 3.6 The cost of the interventions has not been compared for cost-effectiveness with other interventions or against each other as the projects were very different and essentially very short term. Individual unit costs have been indicated where it is possible to calculate them.

4. **Recommendations**

The PHRG is asked to discuss the following.

- The summary of the funded projects and associated learning.
- The approach with regard to incomplete projects.
- The sustainability issues.
- The contribution of the learning to the implementation of Healthy Weight Strategy.