

Priority Themes and Delivery Plan

Theme One

Pre-birth and early years

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Increase the percentage of mothers booked with Maternity Services by the 13 th week of pregnancy.	<ul style="list-style-type: none"> Develop a project to improve support to parents in primary care through integration of health visiting and children's centres by October 2016. Work with providers to deliver preparation for parenthood classes – via children's centre staff/health visitors/midwives. 	<ul style="list-style-type: none"> 80% of mothers booked in by 9 weeks year-on-year. 80% new parents report awareness of preparation for parenthood classes. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Wendy Matthews - Director of Midwifery BHRUT.
2	Support expectant mothers to achieve an appropriate weight gain during pregnancy.	<ul style="list-style-type: none"> Provide programme of cooking skills classes. Sign post expectant mothers, where appropriate, to weight management support services. Work with providers to deliver preparation for parenthood classes to increase awareness of healthy lifestyle. 	<ul style="list-style-type: none"> Deliver a minimum of 10 courses per annum by 2018. New mothers report awareness of weight management support. 100 % expectant mothers seen by health professional by 13 weeks. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Wendy Matthews - Director of Midwifery BHRUT.
3	Increase the number of babies who are breastfed.	<ul style="list-style-type: none"> Support towards stage 1 of Baby Friendly Initiative accreditation. Develop a multi-borough breastfeeding strategy owned by the Children and Maternity Subgroup by April 2018. Maintain existing Baby Feeding Cafes. Develop a project to improve support to parents in primary care through integration of health visiting and children's centres by October 2016. Primary care and children's centres education programme to support by signposting. 	<ul style="list-style-type: none"> Stage 1 Baby Friendly accreditation maintained. Multi-borough breastfeeding strategy in place by 2018. 75% breastfeeding initiation within 48 hours of delivery by 2018. 60% breastfeeding prevalence at 6-8 week check. 95% of children seen by health visitor by day 14. 30% mothers have individually tailored breastfeeding plans. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Wendy Matthews - Director of Midwifery BHRUT.

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
4	Support parents and carers to establish a healthy lifestyle (diet and physical activity) for their children from a very early age.	<ul style="list-style-type: none"> • Provide programme of cooking skills classes for parents. ALSO SEE BELOW. • Provide training for Early Intervention Workers and Health visitors to deliver the healthy nutrition for the really young (HENRY) programme to parents across the children's centre network. • Practitioners at children's centres to teach and signpost food growing schemes using the early years foundation stage curriculum. • Primary care and children's centres' education programme to support awareness of healthy lifestyle undertaken jointly by health services and Children's Services. • We will harness resources for families and practitioners in early year's settings to enable children to be physically active, particularly through floor based play and water-based play in safe environments. 	<ul style="list-style-type: none"> • 95% of children aged 2-2½yrs receive an assessment as part of the Healthy Child Programme or an integrated review. • Parents report awareness of food growing programmes by 2018. • Parents report increases in healthiness of family lifestyle, parenting attributes and emotional well-being after attendance at the HENRY programme. • Both parents and children report an increase in daily fruit/vegetable consumption and a reduction in consumption of high fat/high sugar foods and positive changes in eating behaviours, physical activity and screen time. • Families report access to a range of physical activities and to start well in the Early Years Foundation Stage through schools, children's centres and other centre by 2018. 72% children who have attended local children's centres' play and communication services who achieve a good level of development in the Early Years Foundation Stage Profile. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Jacque Hutchinson – Strategic Lead for Health, Early Intervention.
5	We will support children and parents in settings and encourage healthy activity in the family.	<ul style="list-style-type: none"> • Through the provision of enhancement programmes of structured and free active play, use creative environments that introduce and develop children's control and coordination in large and small movements. (ACTIVE START). • Help children and parents to understand the factors that contribute to keeping healthy, such as physical exercise through shared and independent activity. 	<ul style="list-style-type: none"> • Ensure settings are offering programmes such as Active Start and families report engagement in programmes; child-minders; nurseries, children's centres; schools. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Jacque Hutchinson – Strategic Lead for Health, Early Intervention.

Theme Two - Support a whole-family and whole-school approach to promote healthy eating and physical activity

Primary school (5 – 11 years)

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Continue to support and deliver the National Childhood Measurement Programme.	<ul style="list-style-type: none"> Maintain the percentage of children measured under the National Child Measurement Programme (NCMP) at Reception and Year 6. 	<ul style="list-style-type: none"> Maintain the percentage of children measured under the National Child Measurement Programme (NCMP) at Reception and Year 6 at 95% year-on-year. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Matthew Cole – Director Public Health
2	When children and families are identified as needing support to achieve a healthy weight, we will make sure that they know where and when to go for support	<ul style="list-style-type: none"> Public Health and Children's Services will jointly review the local delivery of the NCMP and referral pathways to weight management services for obese and overweight children. Commission weight management services suitable for children and families. Children and families identified as requiring support will have access to the Change4Life programme. Children and families from vulnerable groups including BME communities will receive tailored advice. Children and families who require specialist clinical support access to this clinical support will be commissioned. 	<ul style="list-style-type: none"> Local delivery of the NCMP and referral pathways to weight management delivered by December 2016. 100% children families who need support report being offered support including via primary care. Change4Life provides tailored advice on weight change to children and families including BME communities by 2018. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Matthew Cole – Director Public Health Sharon Morrow - COO Barking and Dagenham Clinical Commissioning Group.
3	We will work with schools to enable them to achieve the provision and standards required to reflect local needs for example the 'Healthy Schools London' awards at primary school level.	<ul style="list-style-type: none"> Continued support for schools working through Healthy Schools London Award Programme in 2015/16. Schools in Barking and Dagenham will still be able to apply for the Healthy schools London Silver and Gold Awards. 	<ul style="list-style-type: none"> 95% schools will have named leads for Health. 95% of schools to be registered with the HSL programme in 2020. 80% of schools to hold current HSL bronze award in 2020. 50% of HSL silver or gold awards in the LA aim to reduce childhood obesity by 2020. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Nigel Sagar – Senior School Improvement Adviser.

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
4	Make sure that pupils have access to a range of healthy food choices, lunch boxes, school meals and vending machines (to meet statutory requirements and School Food Plan guidance).	<ul style="list-style-type: none"> Improve quality and choice of healthy eating options in schools through The School Food Plan and catering responsibilities. 	<ul style="list-style-type: none"> Healthy options in place in line with the School Food Plan by 2018. 	Make an active lifestyle and healthy eating the easier choice.	Maureen Lowes – Catering Services Manager.
5	Maintain or put in place systems so that children develop skills and confidence in their physical ability and nutrition knowledge.	<ul style="list-style-type: none"> Child-centered physical activity initiatives such as the physical activity programmes will be encouraged in schools both during school hours and as extra-curricular activities. Development of children's skills, knowledge and understanding of cooking and nutrition will be encouraged in schools as part of the curriculum entitlement and as extra-curricular activities. We will aim to improve access to community sports clubs. We will support teachers and other school staff to develop their skills and confidence to deliver high quality cooking, nutrition and physical activity support. Support schools and community provision to ensure that children leave primary school physically literate and with the knowledge, skills and motivation to equip them for a healthy, active lifestyle and lifelong participation in physical activity including sport. Ensure that physical activity is inclusive by ensuring broad access and a strong 'brand' of enhanced provision through sport and other physically active creative provision e.g. festival and mass participation. Support schools to maximise the use of Government's PE and Sport Premium Funding. 	<ul style="list-style-type: none"> Local lifestyle programmes promoting healthy lifestyle commissioned by 2018. 100% 5-11 year olds participating in 2 hours or more of physical activity by 2018. Increase the number of referrals to physical activity programmes by 2018. 100% schools offering Get Active by 2018 100% children taking regular exercise as measured at health review. 100% of 5-11 yr olds participating in 2 hours PE or more. 100% of children receiving curriculum entitlement for cooking and nutrition. Increase in the proportion of the population meeting the recommended '5-a-day' by 2018. Increase in participation in physical education (90minutes) – all sport, dance. Increase in uptake of Healthy Schools. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Nigel Sagar – Senior School Improvement Adviser.

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
		<ul style="list-style-type: none"> Promote the delivery of a minimum of 90 minutes per week of high quality P.E and additional school games, dance and other opportunities to be active, in line with best practice guidance. 			
6	Promote local community ownership and family role in achieving and maintaining a healthy weight.	<ul style="list-style-type: none"> Ensure that children and young people are consulted with and engaged in service planning and commissioning across Children's Lifestyle services on a regular basis. The review will support the commissioning of effective healthy lifestyle programmes promoting healthier eating and physical activities in schools and the community, which will be targeted where appropriate. Contribute to shaping the future plans for the Youth Zone which is planned to open in 2018. 	<ul style="list-style-type: none"> Maintain an effective range of community-based lifestyle activities by 2018. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles.

Theme Three

Adolescence (12 – 18 years)

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Support a whole family and young person approach to promote healthy eating and physical activity.	<ul style="list-style-type: none"> Ensure that young people are consulted with and engaged in service planning and commissioning across Children's Lifestyle Services on a regular basis. 	<ul style="list-style-type: none"> Positive evaluation of the impact of the engagement activity by March 2018. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles.
2	When adolescents and families are identified as needing support to achieve a healthy, we will make sure that they know where and when to go for support	<ul style="list-style-type: none"> Commission weight management services suitable for teenagers. Adolescents and families identified as requiring support will have access to the Change4Life Teenager's programme. Adolescents and families from BME communities will receive tailored advice. Teenagers and families who require specialist clinical support will have access to this clinical support. 	<ul style="list-style-type: none"> 100% adolescents and families needing support report being offered support including via primary care. Change4Life Teenager's provides tailored advice on weight change to children and families from BME communities by 2018. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles. Sharon Morrow – COO Barking and Dagenham CCG.
3	We will work with schools to enable them to achieve the provision and standards required to reflect local needs for example the 'Healthy Schools London' awards at secondary school level.	<ul style="list-style-type: none"> Continued support for schools working through Healthy Schools London Award Programme in 2015/16. Schools in the Barking and Dagenham will still be able to apply for the Healthy schools London Silver and Gold Awards. 	<ul style="list-style-type: none"> 95% schools will have named leads for Health. 95% of schools to be registered with the HSL programme in 2020. 80% of schools to hold current HSL bronze award in 2020. 50% of HSL silver or gold awards in the LA aim to reduce childhood obesity by 2020. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Nigel Sagar – Senior School Improvement Adviser.
4	We will make sure that pupils have access to a range of healthy food choices, lunch boxes, school meals and vending machines (to meet statutory	<ul style="list-style-type: none"> Improve quality and choice of healthy eating options in schools through The School Food Plan and catering responsibilities. 	<ul style="list-style-type: none"> Healthy options in place in line with the School Food Plan by 2018. 	Make an active lifestyle and healthy eating the easier choice.	Maureen Lowes – Catering Services Manager.

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
	requirements and School Food Plan guidance).				
5	Maintain or put in place systems so that enables adolescents maintain and deepen their skills, knowledge and confidence in their physical ability and nutrition knowledge.	<ul style="list-style-type: none"> We will help schools and families identify and overcome bias which discourages groups from eating healthily and being physically active such as adolescent girls. We will promote participation in extra-curricular school physical activity, sport and dance clubs. We will promote pathways for young people into community sports clubs. We will promote the School Games to increase the number of young people experiencing competitions. We will work with secondary schools to apply for the new Government Funding from September 2017 to provide more after school clubs. We will promote pathways for young people into community sports clubs. Continue to develop and support Barking and Dagenham college partnerships. Continued development of young people's skills, knowledge and understanding of cooking and nutrition will be encouraged in schools as part of the curriculum entitlement and as extra-curricular activities. We will support the development of a wide reaching, immersive climate of activity which fosters positive achievement and enjoyment among adolescents and their families. We will support schools to enable an inclusive physical culture which promotes equally, all groups to participate in varied activity, including sport and expressive physical arts such as dance. 	<ul style="list-style-type: none"> Increase the number of referrals to physical activity programmes by 2018. Adolescents report awareness of where and how they can access physical activities increases by 2018. Year on year increase in proportion competing in collaborative activities by 2018. Increase in the proportion of the population meeting the recommended '5-a-day' by 2018. 100% of young people receiving curriculum entitlement for cooking and nutrition. 	Make an active lifestyle and healthy eating the easier choice.	<p>Nigel Sagar – Senior School Improvement Adviser.</p> <p>Andy Knight – Commissioning Lead – Healthy Lifestyles.</p>

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
		<ul style="list-style-type: none"> • We will support schools and community groups to overcome bias which reduces the activity of some groups such as girls. • We will promote the provision of the recommended minimum of 90 minutes high quality P.E. and additional activity per week. • We will promote and strengthen the pathways into high quality sport and active club provision, both in schools and within the community. • We will promote collaborative and competitive opportunities between schools through school games and active festival opportunities in dance and physical theatre. • We will support and encourage the involvement of parents in young people's activity as audience and through family participation. • We will support teachers to ensure that the immersive climate of sport and physical activity is developed collaboratively and with professional development activities matched to ensure school and community improvement together. • We will coordinate initiatives to improve outdoor space to take account of school playgrounds. 			

Theme Four

Adulthood (19 – 65 years)

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Put in place national/local initiatives to measure the prevalence of overweight and obesity and any linked factors, e.g. diet and exercise in our local population.	<ul style="list-style-type: none"> Monitor the prevalence of adult overweight and obesity prevalence in the borough using PHE data. 	<ul style="list-style-type: none"> Annual reporting of population weight profile and trends by locality, age, sex and ethnic origin. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Sue Lloyd – Consultant in Public Health.
2	Increase the number of adults 40 years plus who have an NHS Health Check.	<ul style="list-style-type: none"> Commission NHS Health Check from primary care providers. Support primary care providers to engage residents in an NHS Health Check. 	<ul style="list-style-type: none"> Increase uptake of NHS Health Check to 75% by 2018. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Sue Lloyd – Consultant in Public Health
3	When adults are identified as needing support to achieve a healthy weight we will enable them to access support.	<ul style="list-style-type: none"> Commission adult weight management services. Develop an outcomes-based service specification to monitor the effectiveness and impact of public-health funded adult weight management programmes. Increase engagement in commissioned adult weight management and exercise on referral programmes. Adults who require specialist clinical support will have access to this clinical support. 	<ul style="list-style-type: none"> 100% adults within families needing support report being offered support including via primary care. Adult engagement in commissioned adult weight management and exercise on referral programmes increases by 2018. Eligible adults report knowing that an adult weight management service is available increases by 2018. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	<p>Andy Knight – Commissioning Lead – Healthy Lifestyles.</p> <p>Sharon Morrow – COO Barking and Dagenham CCG.</p>

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
4	Support local community ownership, the family and individual roles in achieving and maintaining a healthy weight.	<ul style="list-style-type: none"> • Increase the number of adults participating in regular physical activity year-on-year. • Develop an outcomes-based service specification to monitor the effectiveness and impact of public-health funded adult weight management programmes by October 2015. • Increase number of adults participating in regular physical activity year-on-year. • Communicate healthy diet messages using the Eatwell Guide. 	<ul style="list-style-type: none"> • Year-on-year increase the number of adults participating in regular physical activity. • Increase by 5% year-on-year the number of LBBD workers who cycle and walk. • Increase number of adults with healthy diet knowledge. • Increased number of adults who report eating 4 or more portions of fruit and vegetables each day. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles.
5	Ensure that work places, including partner work places, promote healthy choices including diet and physical activity.	<ul style="list-style-type: none"> • Move toward achieving Healthy Workplace Charter for London – LBBD. 	<ul style="list-style-type: none"> • Achieve commitment stage of Healthy Workplace Charter for London by 2017. 	Make an active lifestyle and healthy eating the easier choice.	Fiona Wright – Consultant in Public Health.

Theme Five

Older people (66 years +)

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Encourage older adults to be physically active by accessing leisure services and recreational activities.	<ul style="list-style-type: none"> When older adults are identified as needing support to achieve a healthy weight we will enable them to access support. Increase number of adults participating in regular physical activity year-on-year. 	<ul style="list-style-type: none"> 100% of older people have access to the Leisure Pass Scheme by October 2016. 	Make an active lifestyle and healthy eating the easier choice.	Andy Knight – Commissioning Lead – Healthy Lifestyles.
2	When older adults are identified as needing support to achieve a healthy weight we will enable them to access support.	<ul style="list-style-type: none"> See Action 3 in age 19-65 years section. Communicate healthy diet messages using the Eatwell Guide. 	<ul style="list-style-type: none"> See Action 3 in age 19-65 years section. Increase number of adults with healthy diet knowledge. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles.
3	Maintain the number of activity programmes aimed at 60+ residents.	<ul style="list-style-type: none"> When older adults are identified as needing support to achieve a healthy weight we will enable them to access support. Increase number of adults participating in regular physical activity year-on-year. 	<ul style="list-style-type: none"> 100% adults and families needing support report being offered support. Year-on-year increase in number of people participating in regular physical activity. 	Make an active lifestyle and healthy eating the easier choice.	Andy Knight – Commissioning Lead – Healthy Lifestyles.

Theme Six

Vulnerable groups (people from minority ethnic groups, people with mental health issues, people with learning disabilities, teen parents, members of our gay, lesbian, bisexual and transgender community and people living with disability).

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Ensure that children with a LD under 5 years have an annual check and health plan.	<ul style="list-style-type: none"> Children with complex care needs assessed by GPs and given appropriate care. Signpost mothers to health visiting services. 	<ul style="list-style-type: none"> 100% of children with a learning disability under 5 years have an annual check and health plan by 2018. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Tudur Williams – Operational Director.
2	Increase the percentage of adults with a Learning Disability with annual health check and personal plan.	<ul style="list-style-type: none"> Support action to increase the uptake of LD health checks by GPs. 	<ul style="list-style-type: none"> 95% adults with learning disability with annual health check and personal plan by 2018. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Tudur Williams – Operational Director.
3	When vulnerable individuals are identified as needing support to achieve a healthy weight we will enable them to access support.	<ul style="list-style-type: none"> See Action 2 in age 5-11 years section. See Action 2 in age 12-18 years section. See Action 3 in age 19-65 years section. See Action 2 in age 66 + years section. 	<ul style="list-style-type: none"> See Action 2 in age 5-11 years section. See Action 2 in age 12-18 years section. See Action 3 in age 19-65 years section. See Action 2 in age 66 + years section. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles.
4	We will increase the number of vulnerable adults taking part in physical activity for example individuals with dementia.	<ul style="list-style-type: none"> Increase number of adults participating in regular physical activity year-on-year. 	<ul style="list-style-type: none"> Increase the percentage of adults cycling or walking to work by 5% year-on-year. 80% people with disabilities and those on low incomes are participating in regular physical activities by October 2016. 	Make an active lifestyle and healthy eating the easier choice.	Andy Knight – Commissioning Lead – Healthy Lifestyles.

5	Improve health outcomes for looked after children, care leavers and youth offenders by 2018.	<ul style="list-style-type: none"> • Increase specialist leisure provision for those with SEND. 	<ul style="list-style-type: none"> • Increased provision of specialist leisure provision for those with SEND from 2016 base-line. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Andy Knight – Commissioning Lead – Healthy Lifestyles Programme Director.
6	Implement an 'inclusive and active' action plan to raise participation in sport and physical activity by disabled people.	<ul style="list-style-type: none"> • We will encourage schools to ensure their physical activity and sports provision is inclusive by sustaining Change4Life School Sports Clubs targeting the least active pupils and by providing competitive opportunities through the School Games, physical education and extracurricular activities. • Widening access to physical activities through new and upgraded facilities by October 2018. 	<ul style="list-style-type: none"> • At least 95% of all vulnerable groups to have an annual health check encompassing physical, mental health, emotional health and health risk behaviours by 2018. • 80% people with disabilities and those on low incomes are participating in regular physical activities by October 2016. 	Make an active lifestyle and healthy eating the easier choice.	Andy Knight – Commissioning Lead – Healthy Lifestyles.

Cross cutting themes

To make the healthy weight strategy a reality there are a two important cross-cutting themes, healthy environment and community engagement.

Theme Seven

Healthy environment

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Develop an environment that promotes physical activity as part of daily life, including active transport e.g. a sustainable transport network that makes walking and cycling the default form of travel around our communities.	<ul style="list-style-type: none"> Increase number of adults participating in regular physical activity year-on-year. Active transport survey conducted and cycling - strategy to be developed across the partnership by June 2016. Develop guidance and support materials for those working in developing the built environment to promote physical activity including active travel. Increase awareness of the importance of active travel to both children and adults. Promote the access and use of the open green and blue spaces in the borough. 	<ul style="list-style-type: none"> Increase the proportion of walking trips from 37% in 2009/10 to 38.5% in 2025/26 (37.7% in 2016/17). Increase the proportion of cycling trips from 1% in 2009/10 to 4.3% in 2025/26 (2.4% in 2016/17). Increase the proportion of children travelling to school by non-car modes from 75% in 2009/10 to 78.5% in 2016/17. Deliver an integrated programme on School Cycle Training and Cycle Clubs year on year. Deliver an integrated programme on Adult Cycle Training, including Parent Cycling Clubs at local schools and Children Centre Family Rides year on year. 	Ensure the built and natural environment support families and individuals to be more healthy and active.	Daniel Pope – Development Planning Group Manager.
2	Include Health Impact Assessments (HIA's) into all new and existing housing developments.	<ul style="list-style-type: none"> All borough housing developments include a HIA. 	<ul style="list-style-type: none"> 100% of borough housing developments include a HIA. Recommendations of HIA included in planning. 	Ensure the built and natural environment support families and individuals to be more healthy and active.	Fiona Wright – Consultant in Public Health.
3	Support the use and development of high quality green space and infrastructure.	<ul style="list-style-type: none"> Promote the access and use of the open green and blue spaces in the borough. 	<ul style="list-style-type: none"> Green spaces included in the riverside development plan. Blue spaces included in the riverside development plan. 	Ensure the built and natural environment support families and individuals to be more healthy and active.	Paul Hogan - Commissioning Director - Culture and Recreation, Growth and Homes.

4	Improve access to healthy foods in the retail and catering environment through the use of planning tools and public transport links.	<ul style="list-style-type: none"> Planners to assess the feasibility of restricting the number of fast food outlets in communities, especially near schools. Recommendations of HIA to be put in place during planning stages. Meet Healthy New Town requirements. 	<ul style="list-style-type: none"> Decrease in number of fast-food outlets within 200m of schools from 2016. Planning includes food access and open spaces. Healthy New Town actions in planning by 2020. 	Ensure the built and natural environment support families and individuals to be more healthy and active.	Theo Lamptey-Principal Officer. Naomi Pomfret-Planning Policy Manager.
5	Promote safe access to active travel.	<ul style="list-style-type: none"> Active transport survey conducted and cycling - strategy to be developed across the partnership by December 2016. 	<ul style="list-style-type: none"> Active transport survey in place. 	Ensure the built and natural environment support families and individuals to be more healthy and active.	Tim Martin – Transport Manager.

Theme Eight

Community engagement

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Undertake an asset mapping exercise to define where community assets are in place.	<ul style="list-style-type: none"> Use asset mapping techniques to create an asset map. Use asset map to help shape the function of the wellbeing hub. 	<ul style="list-style-type: none"> Asset map in place. Asset mapping shapes function of the wellbeing hub. 	Ensure the built and natural environment support families and individuals to be more healthy and active.	Andy Knight – Commissioning Lead – Healthy Lifestyles
2	Put in place a communications strategy to help residents to #makeachange and reduce the barriers to them getting healthy in the borough.	<ul style="list-style-type: none"> Social marketing campaign developed and implemented by April 2016. Engage with PHE digital communications programme of events to produce innovative digital solutions to support healthy eating decision. Engage with the community and communicate the risks of being overweight and obese to communities. 	<ul style="list-style-type: none"> Year-on-year increase in the number of lifestyle awareness activities. Increase in number of referrals to existing services. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Von Edomi – Corporate Communication Manager
3	Engage partners and residents in regular conversations about how they can improve diet and physical activity..	<ul style="list-style-type: none"> Surveys and consultations. Engagement with the Great Weight Debate – Pan London – September / October 2016. 	<ul style="list-style-type: none"> Partners and residents engaged with the Great Weight Debate. % of residents engaging. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles.

Theme Nine

Training

Action	What will we do?	How will we do it?	How will we know that we've succeeded? (KPIs - SMART)	Strategic Objective Link	Named lead
1	Support health professionals to give clear, consistent, evidence-based advice around healthy weight (diet, physical activity, play etc.).	<ul style="list-style-type: none"> Implement the Making Every Contact Count (MECC) programme. 	<ul style="list-style-type: none"> Increase number of partnership staff trained in MECC. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Sue Lloyd – Consultant in Public Health.
2	Support wider staff to give brief advice around healthy weight (diet, physical activity, play etc.).	<ul style="list-style-type: none"> Implement the Making Every Contact Count (MECC) programme. 	<ul style="list-style-type: none"> Increase number of partnership staff trained in MECC. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Sue Lloyd – Consultant in Public Health.
3	Support health professionals to help identify individuals who are already overweight and offer them support to manage their weight and signpost them to services.	<ul style="list-style-type: none"> Up skill staff with the Health Trainer and Champions model- using behaviour change techniques like motivational interviewing. 	<ul style="list-style-type: none"> Increase number of partnership staff trained on knowledge of service to signpost. Increase uptake of NHS Health Check to 75% by 2018. 	Address causes that put particular groups of families and individuals at a greater risk of obesity.	Sue Lloyd – Consultant in Public Health.
4	Support and encourage key residents in the community to become champions of healthy weight.	<ul style="list-style-type: none"> Recruit residents onto the Health Champions model. 	<ul style="list-style-type: none"> Increase activity of Health Champions. 	Enable families and individuals to take responsibility for achieving and maintaining a healthy weight.	Andy Knight – Commissioning Lead – Healthy Lifestyles.