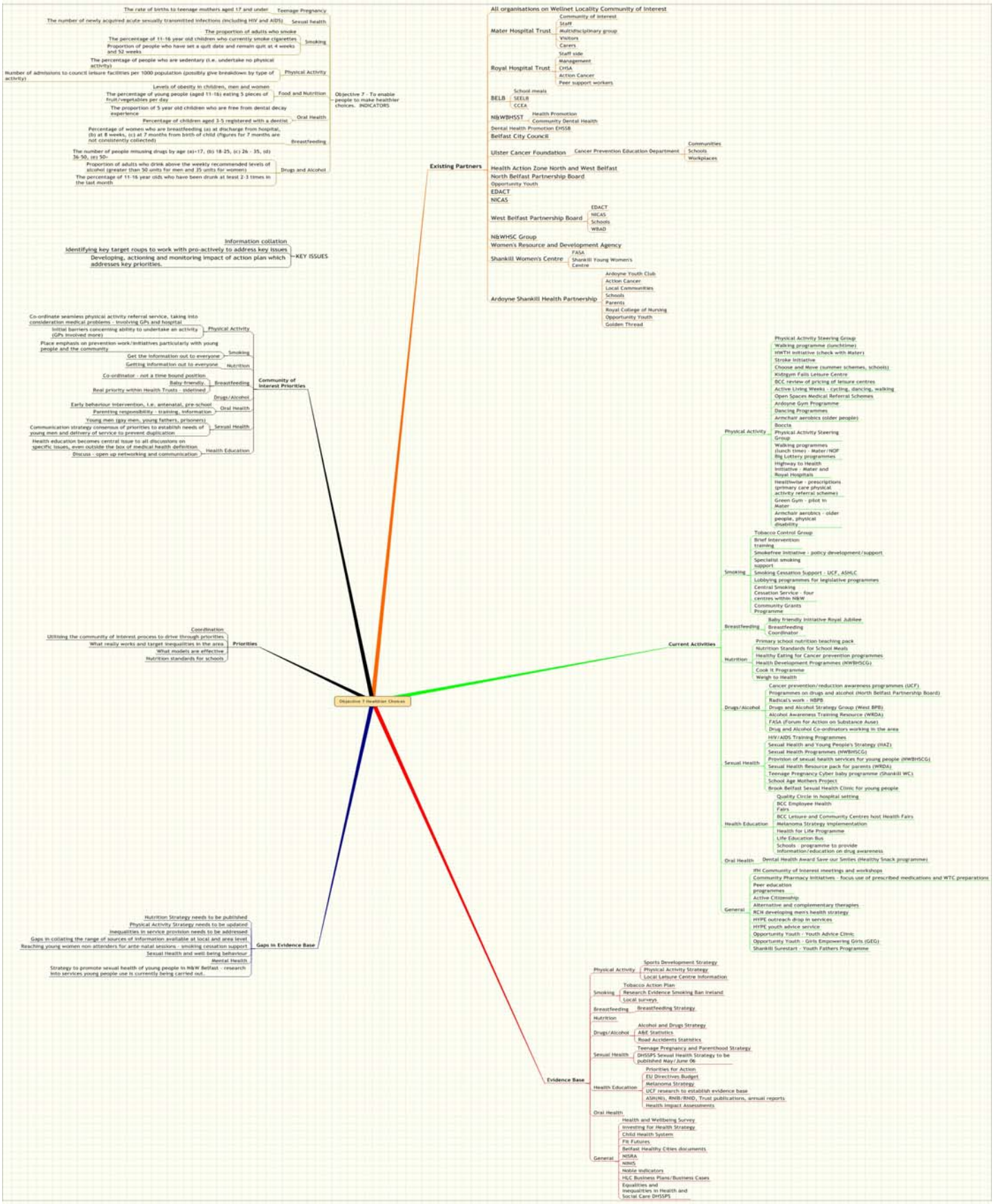
Appendix I1


Objective 7 Healthier Choices
Existing Partners
All organisations on Wellnet Locality Community of Interest
Mater Hospital Trust
Community of interest
Staff
Multidisciplinary group
Visitors
Carers
Royal Hospital Trust
Staff side
Management
CHSA
Action Cancer
Peer support workers
BELB
School meals
SEELB
CCEA
N&WBHSST
Health Promotion
Community Dental Health
Dental Health Promotion EHSSB
Belfast City Council
Ulster Cancer Foundation
Cancer Prevention Education Department
Communities
Schools
Workplaces
Health Action Zone North and West Belfast
North Belfast Partnership Board
Opportunity Youth
EDACT
NICAS
West Belfast Partnership Board
EDACT
NICAS
Schools
WBAD
N&WHSC Group
Women's Resource and Development Agency
Shankill Women's Centre
FASA
Shankill Young Women's Centre
Ardoyne Shankill Health Partnership
Ardoyne Youth Club
Action Cancer
Local Communities
Schools
Parents
Royal College of Nursing
Opportunity Youth
Golden Thread
Objective 7 - To enable people to make healthier choices. INDICATORS
Teenage Pregnancy
The rate of births to teenage mothers aged 17 and under
Sexual health
The number of newly acquired acute sexually transmitted infections (including HIV and AIDS)
Smoking
The proportion of adults who smoke
The percentage of 11-16 year old children who currently smoke cigarettes
Proportion of people who have set a quit date and remain quit at 4 weeks and 52 weeks
Physical Activity
The percentage of people who are sedentary (i.e. undertake no physical activity)
Number of admissions to council leisure facilities per 1000 population (possibly give breakdown by type of activity)
Food and Nutrition
Levels of obesity in children, men and women
The percentage of young people (aged 11-16) eating 5 pieces of fruit/vegetables per day
Oral Health
The proportion of 5 year old children who are free from dental decay experience
Percentage of children aged 3-5 registered with a dentist
Breastfeeding
Percentage of women who are breastfeeding (a) at discharge from hospital, (b) at 8 weeks, (c) at 7 months from birth of child (figures for 7 months are not consistently collected)
Drugs and Alcohol
The number of people misusing drugs by age (a)<17, (b) 18-25, (c) 26 - 35, (d) 36-50, (e) 50+
Proportion of adults who drink above the weekly recommended levels of alcohol (greater than 50 units for men and 35 units for women)
The percentage of 11-16 year olds who have been drunk at least 2-3 times in the last month
KEY ISSUES
Information collation
Identifying key target roups to work with pro-actively to address key issues
Developing, actioning and monitoring impact of action plan which addresses key priorities.
Community of Interest Priorities
Physical Activity
Co-ordinate seamless physical activity referral service, taking into consideration medical problems - involving GPs and hospital
Initial barriers concerning ability to undertake an activity (GPs involved more)
Smoking
Place emphasis on prevention work/initiatives particularly with young people and the community
Nutrition
Get the information out to everyone
Getting information out to everyone
Breastfeeding
Co-ordinator - not a time bound position
Baby-friendly
Real priority within Health Trusts - sidelined
Drugs/Alcohol
Oral Health
Early behaviour intervention, i.e. antenatal, pre-school
Parenting responsibility - training, information
Sexual Health
Young men (gay men, young fathers, prisoners)
Communication strategy consensus of priorities to establish needs of young men and delivery of service to prevent duplication
Health Education
Health education becomes central issue to all discussions on specific issues, even outside the box of medical health definition
Discuss - open up networking and communication
Priorities
Coordination
Utilising the community of interest process to drive through priorities
What really works and target inequalities in the area
What models are effective
Nutrition standards for schools
Gaps in Evidence Base
Nutrition Strategy needs to be published
Physical Activity Strategy needs to be updated
Inequalities in service provision needs to be addressed
Gaps in collating the range of sources of information available at local and area level
Reaching young women non-attenders for ante-natal sessions - smoking cessation support
Sexual Health and well-being behaviour
Mental Health
Strategy to promote sexual health of young people in N&W Belfast - research into services young people use is currently being carried out.
Current Activities
Physical Activity
Physical Activity Steering Group
Walking programme (lunchtime)
HWTH initiative (check with Mater)
Stroke Initiative
Choose and Move (summer schemes, schools)
Kidzgym Falls Leisure Centre
BCC review of pricing of leisure centres
Active Living Weeks - cycling, dancing, walking
Open Spaces Medical Referral Schemes
Ardoyne Gym Programme
Dancing Programmes
Armchair aerobics (older people)
Boccia
Physical Activity Steering Group
Walking programmes (lunch times) - Mater/NOF
Big Lottery programmes
Highway to Health Initiative - Mater and Royal Hospitals
Healthwise - prescriptions (primary care physical activity referral scheme)
Green Gym - pilot in Mater
Armchair aerobics - older people, physical disability
Smoking
Tobacco Control Group
Brief Intervention training
Smokefree Initiative - policy development/support
Specialist smoking support
Smoking Cessation Support - UCF, ASHLC
Lobbying programmes for legislative programmes
Central Smoking Cessation Service - four centres within N&W
Community Grants Programme
Breastfeeding
Baby friendly Initiative Royal Jubilee
Breastfeeding Coordinator
Nutrition
Primary school nutrition teaching pack
Nutrition Standards for School Meals
Healthy Eating for Cancer prevention programmes
Health Development Programmes (NWBHSCG)
Cook It Programme
Weigh to Health
Drugs/Alcohol
Cancer prevention/reduction awareness programmes (UCF)
Programmes on drugs and alcohol (North Belfast Partnership Board)
Radical's work - NBPB
Drugs and Alcohol Strategy Group (West BPB)
Alcohol Awareness Training Resource (WRDA)
FASA (Forum for Action on Substance Ause)
Drug and Alcohol Co-ordinators working in the area
HIV/AIDS Training Programmes
Sexual Health
Sexual Health and Young People's Strategy (HAZ)
Sexual Health Programmes (NWBHSCG)
Provision of sexual health services for young people (NWBHSCG)
Sexual Health Resource pack for parents (WRDA)
Teenage Pregnancy Cyber baby programme (Shankill WC)
School Age Mothers Project
Brook Belfast Sexual Health Clinic for young people
Health Education
Quality Circle in hospital setting
BCC Employee Health Fairs
BCC Leisure and Community Centres host Health Fairs
Melanoma Strategy implementation
Health for Life Programme
Life Education Bus
Schools - programme to provide information/education on drug awareness
Oral Health
Dental Health Award Save our Smiles (Healthy Snack programme)
General
IPH Community of Interest meetings and workshops
Community Pharmacy Initiatives - focus use of prescribed medications and WTC preparations
Peer education programmes
Active Citizenship
Alternative and complementary therapies
RCN developing men's health strategy
HYPE outreach drop in services
HYPE youth advice service
Opportunity Youth - Youth Advice Clinic
Opportunity Youth - Girls Empowering Girls (GEG)
Shankill Surestart - Youth Fathers Programme
Evidence Base
Physical Activity
Sports Development Strategy
Physical Activity Strategy
Local Leisure Centre Information
Smoking
Tobacco Action Plan
Research Evidence Smoking Ban Ireland
Local surveys
Breastfeeding
Breastfeeding Strategy
Nutrition
Drugs/Alcohol
Alcohol and Drugs Strategy
A&E Statistics
Road Accidents Statistics
Sexual Health
Teenage Pregnancy and Parenthood Strategy
DHSSPS Sexual Health Strategy to be published May/June 06
Health Education
Priorities for Action
EU Directives Budget
Melanoma Strategy
UCF research to establish evidence base
ASH(NI), RNIB/RNID, Trust publications, annual reports
Health Impact Assessments
Oral Health
General
Health and Wellbeing Survey
Investing for Health Strategy
Child Health System
Fit Futures
Belfast Healthy Cities documents
NISRA
NINIS
Noble Indicators
HLC Business Plans/Business Cases
Equalities and inequalities in Health and Social Care DHSSPS

Appendix I2

North & West Belfast IfH Locality Mind Map for Healthier Choices Narrative

The Healthier Choices mind map for North and West Belfast Wellnet partnership has been updated as an outcome of the Healthier Choices Community of Interest workshops September 2005 and March 2006, the Health Improvement Plan workshops held November 2005/February 2006, consultation with members on Wellnet site January and February 2006 and the HIP workshop March 2006.

The map details

The **existing partners** in the locality who currently undertake work/action/activity on any one or more of the 10 aspects of the healthier choices IfH objective – **28 organisations/groups are specifically mentioned on this mind map.** There are **112 organisations listed on the Wellnet site** who work in the locality.

The c**urrent activity** of which there are **69 identified overarching action plans, approaches and programmes etc.,** which aim to contribute towards the improved change in personal lifestyle behaviour which is required to address the various aspects of this IfH objective.

The **evidence base** which can/should help to inform the developing work on healthier choices – has **28 different strategies, databases, research and needs assessments identified.**

The **gaps in the evidence base** - a number of issues have been identified relating to the rage of different aspects of this IfH objective. (See map for details).

The p**riorities for future** action/activity - There are a **number of priorities** identified linked to the different aspects of this IfH objective. **(See map for details) Th**ese priorities will be **progressed by the sub communities of interest** leading on the development of a specific topic/issues within this objective.

The **key issues** which need to be addressed in North and West Belfast locality to develop the healthier choices objective include:

- Strong processes to collect information impact of programmes.
- Identification of and engagement with key target group to work with, pro-actively to address key issues.
- Developing, actioning and monitoring impact of action plan which addresses key priorities.

Current indicators for healthier choices are listed at the top left hand side of this map. These indicators come from the ESHHB area Investing for Health Indicators August 2005.

Appendix I3

Healthier Choices, North and West Belfast,

Health Improvement Planning Workshop, Feb 2006

The following information has been collated from HIP focused objective workshops.

Introduction

The Healthier Choices Community of Interest for North and West Belfast held in September 2005 identified a number of priorities associated with each element within this objective that could be moved forward on a locality basis. These priorities are posted on the Wellnet gallery and are currently alongside the priorities for action and commissioning intentions from EHSSB on Health Promotion informing the local development work in this objective.
The Investing for Health objective is "To enable people to make healthier choices."
The Health Improvement Plan focused workshop for this objective looked at existing partners, activity and evidence base, detailed on the mind map (see Wellnet Community of Interest publications) and identified the following omissions in the information.

Current activities

- Physical Activity Steering Group – NWBHSST
- Walking programmes (lunch time) – Mater/NOF Big Lottery Programmes and
- Highway to Health Initiative – Mater and Royal Hospitals
- Healthwise – prescriptions (primary care physical activity referral scheme).
- Green Gym – pilot in Mater.
- Armchair aerobics –older people, physical disability.
- Smoking – Central Smoking Cessation Service – four centres within N & W.
- FASA (Forum for Action on Substance Abuse)
- Drug and Alcohol Co-ordinators working in the area
- Health for Life programme
- Smoking – Community Grants Programme
- Sexual Health – School Age Mothers project.
- RCN developing men's health strategy
- HYPE outreach drop in services.
- HYPE youth advice service
- Opportunity Youth – Youth Advice Clinic
- Opportunity Youth – Girls Empowering Girls (GEG)
- Shankill Surestart – Young Fathers Programme

- Weigh to Health
- Schools –programme to provide information/education on drug awareness.
- Life Education Bus

Evidence Base

- Equalities and Inequalities in Health and Social Care DHSSPS
- DHSSPS Sexual Health Strategy to be published May/June 06

Gaps in existing healthier choices activities were identified as follows:

- Lack of information on what services young people are accessing, why they access them and why not? Suggested that some research might be done on this.
- Smoking cessation training – are those who are trained delivering training? There is a gap in monitoring delivery of training. It has been noted that equipment for smoking cessation is not being used.
- Smoking – Central Smoking Cessation Service – four centres within N & W. Information on these to go onto Wellnet (see Wellnet Community of Interest).
- Gap in training for facilitation skills, motivational interviewing skills and working with group skills. It was suggested that training programmes should be developed to upskill and update Health educators in their work.
- Work with young fathers – very limited and ad hoc.
- Healthwise – prescriptions (primary care physical activity referral scheme). Should be supported by community and voluntary organisations as well as Councils. It was suggested that there needs to be marketing of all activity schemes for increased regular physical activity – alternative supporting approaches should be included in this, i.e. walking programmes, outreach, fitness programmes.
- Green Gym – programmes need to consider alternatives to green spaces for urban local programme development. Criteria should consider implementation of Open Space policy.
- Drugs and Alcohol Issues. Co-ordination of drug and alcohol fora to influence agenda for the locality in this area.

- Need sustained programme delivery on health issues within school setting. Too many ad hoc programmes and input happening. (Encourage Health Promoting Schools to encourage schools to handle health issues on longer-term basis, utilise experts appropriately.
- Gap in co-ordination of work associated with this objective

Recommendations

Belfast Healthy Cities Healthy Ageing recommendations

- To strengthen the promotion of physical activity opportunities tailored to older people.
- To promote the development and improve awareness of the nutritional needs of older people.
- To develop health check schemes which will support screening and preventative action for older people.
- To strengthen the support provided to older people to stop smoking.
- To ensure that older people are informed and supported to manage their medicine.
- To identify good practice and develop action which will address the needs of older people in relation to alcohol misuse.
- Co-ordination of process to involve range of partners involved in current activities. How can we generate ownership of it?
- Identify with key health promoters for facilitation skills, group work training need, motivational interviewing, evaluation skills developing effective evidence base on impact of Health development work.
- Settings – schools – how to prioritise inputs into schools? Dental, nutritional, drug and alcohol, sexual education. Move this forward at higher level? Work through Health Promoting Schools instead of individual schools? Broader approach.
- Seek to find a way to sustain for the longer term the effective elements of Healthy Living Centres' programmes.

Action Planning

A) Healthwise - Exercise referral scheme - aim to widen scheme to connect with community support. Limited number of leisure centres to refer people to. Open up scheme to include other physical activity options.

Process

- Initially discuss with Board Coordinator for this scheme and the sub-group which oversees implementation of programme.
- Suggest run a pilot programme for a length of time with two Healthy Living Centres (Ardoyne Shankill and WISPA) are potential local providers. They would provide e.g. walking programme/alternative physical activity programme, in addition to referring people to leisure centres.
- Meet with local leisure services manager to explore and discuss how or if outreach support for this scheme might be developed with the two HLCs.
- Explore the issues of the scheme with local primary health care personnel.

B) Evidence Base for Health Development Programmes being delivered, sustainability issues. Improve evidence base to show ideas are worth funding, can save money in long term. This may require commissioning a piece of research on developing effective evidence basis on the impact of Health Development programmes.