

**Priority: Obesity**

Aim: Reduce Obesity Levels						
Objective	Actions	Measures	Lead Partner	Resources	Progress/Timescale	RAG
<b>Healthy Eating</b>						
Increase the development of healthy cooking within communities	Develop a plan for rolling out a "Train the Trainer" type model for frontline services, to enable them to support their service users with healthier eating on a budget	Amount of front line staff trained, how many courses have been delivered by trained staff.	Claire Moran	Part of the £4,500 left over "cooking project" money from previous HIC	Course has been developed. 3 sessions delivered, 2 more booked in between now and September	Amber
	Support cooking training/sessions for residents in Winyates/Redditch	Amount of community members receiving training/support (TBC)	Claire Moran/ Louise Hall/ Early help	£1,640	Early help have successfully bid for part of the "cooking project" funding and will be delivering cooking groups to Urdu, Polish and English communities starting in October	Amber
<b>Physical Activity</b>						
Increase physical activity levels	Review the current activity on referral/ leisure opportunities pathways as part of transformation	Effectiveness of pathways	Leisure team/Laura Kerrigan		Started in April, will continue as part of the transformation process	Amber

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	Increase referrals into physical activity opportunities via GP's/Primary care via the social prescribing model	Number of referrals received through social prescribing	Claire Moran/Leisure team		Social prescribing pilot has started in May	Amber
	Strengthen links between the housing teams and leisure through transformation work	Number of referrals from housing to leisure	Leisure team/ Elise Hopkins/ Claire Moran		Ongoing meetings to progress	Amber
	Complete a PA brief intervention pilot at Hillview Medical Practice	Number of clients supported/ and uptake of new activities	Hayley Gwilliam/ Leisure	Hayley Gwilliam, 1 x half a day in Hillview	The pilot evaluated well regarding uptake of physical activity. Another pilot will begin in cat shill in October	Green
Promote active travelling. Reduce single occupancy car travelling	Support the Choose How You Move project to link in with businesses and schools		Fiona Allen "Choose How You Move"	Choose How You Move resources	On-going	Amber

**Healthy Lifestyles Information**

Objective	Actions	Measures	Lead Partner	Resources	Progress/Timescale	RAG
Improve health in the workplace	Increase the local sign up to the Worcestershire Works Well workplace accreditation programme. HIC's to promote to businesses and act as 'reps' to sign up and support businesses through change	Number of workplaces signed up and the level they achieve	Health Improvement Coordinators, Worcs Reg Services WWW Steering group	Worcester Works Well toolkit	On-going.	Amber
Ensure frontline staff across Redditch are able to deliver Healthy Lifestyle brief interventions in order to 'make every contact count'	Delivery of Health Chat Training and Train the Trainer training to frontline staff (target of 8 sessions per year)	Number of courses run/ individuals trained	Health Improvement Coordinators, WCC	Health Chats Training package provided by WCC	Ongoing, sessions run monthly across Redditch/Bromsgrove and Countywide	Green
Increase the normalisation of breastfeeding by promoting the "Worcestershire Welcomes Breastfeeding" scheme	Promote WWBF at events and support local sign up		Claire Moran/WWBF volunteers	WWBF resources	HIC has resources ready to be distributed to volunteers when needed. Ongoing	Amber