

Healthy Weight Priority Delivery Plan 2023-4 v0.06 18/1/24

	Action	How will we know it's working?	Relevant Strategy / Action Plan	To be delivered by	Lead Organisation	Lead Officer
System Enablers						
1	<p>Healthy Weight Partnership</p> <p>Support system wide collaboration to maximise healthy weight in adults and children through the establishment of the Healthy Weight Partnership at senior and operational officer levels.</p>	<ul style="list-style-type: none"> Group membership adds value to individual service activities Members value the group Profile of healthy weight agenda is raised 	Joint Health and Wellbeing Strategy	All members	Lincolnshire County Council	Cllr. Sue Woolley (LCC), SRO, Andy Fox, Public Health LCC
2	<p>Healthy Weight Partnership Operational Group</p> <p>Support operational level collaboration and ensure</p>	<ul style="list-style-type: none"> Membership adds value to individual service activities; members value the group Increased awareness of different workstreams across the system 	Joint Health and Wellbeing Strategy	All members	Lincolnshire County Council	Sarah Chaudhary

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	alignment of programmes in order to maximise outcomes around adults' and children's healthy weights	<ul style="list-style-type: none"> • Support one another to achieve operational goals, learn what works and overcome barriers • Work together on projects and try new approaches 				
3	<p>Active Lincolnshire</p> <p>Promote use of Let's Move Lincolnshire Activity Finder across all strands of the Healthy Weight partnership priority areas, providing signposting into physical activity options.</p> <p>Promote 'Street Tag' (digital intervention) in areas of low healthy weight, for adults and children.</p> <p>Support School Games organisers and wider</p>	<ul style="list-style-type: none"> • Signposting to Let's Move Lincolnshire Activity Finder, (including use of widget) via: <ul style="list-style-type: none"> - Primary Care - NHS Healthchecks - OYL & Gloji - HAF - Family Hubs/Children's Centres • Use of healthy weight data/insight to inform decision making around physical activity interventions and investment • Improved range of targeted sport and physical activity programmes 	<p>Joint Health and Wellbeing Strategy</p> <p>Let's Move Lincolnshire Strategy</p>	<p>HAF, Street Tag, Schools, Primary Care Networks, NHS Lincs ICB, One You Lincolnshire, Better Births</p>	Active Lincolnshire	Gemma Skaley, Head of Development, Active Lincolnshire

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	education network to provide relevant and meaningful physical activities based on healthy weight data and insight.	<ul style="list-style-type: none"> • More intergenerational opportunities and CYP specific activities listed on the Let's Move Lincolnshire Activity Finder • Increased regular participation by target audiences • Increased connections between the healthy weight agenda, physical activity and the physical activity sector 				
Start Well						
1	<p>Ante Natal Education Team</p> <p>The new antenatal education team will work face to face with families – including offering</p>	<ul style="list-style-type: none"> • Numbers of families supported, particularly targeting health inequalities 	Lincolnshire Midwifery and Neonatal System	Lincolnshire County Council, Children's Services	Lincolnshire County Council	Nicky Myers (Head of Service)

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	support around healthy eating and healthy weight					
2	<p>Infant Feeding Strategy</p> <p>Develop infant feeding strategy to include all relevant agencies, to improve breastfeeding rates. Evidence suggests a direct correlation between breastfeeding and healthy weight.</p>	<ul style="list-style-type: none"> Maternal satisfaction with breastfeeding support Breast feeding rate improves, especially in relation to health inequalities 	Lincolnshire Midwifery and Neonatal System	Lincolnshire County Council, Children's Services	Lincolnshire County Council	Nicky Myers (Head of Service)
3	<p>Gloji Energy, One You Lincolnshire</p> <p>Deliver Gloji Energy, Lincolnshire's two-year child weight management pilot programme</p> <p>Evaluation of the pilot</p>	<ul style="list-style-type: none"> Reduction or stabilisation of participating children's BMI scores Families complete the programme Target schools are engaged Referral pathway from NCMP works Feedback on service take up to NCMP Positive child and family feedback 	<p>Joint Health and Wellbeing Strategy</p> <p>ICP Interim Strategy 2023</p>	One You Lincolnshire	<p>Provider: Thrive Tribe</p> <p>Commissioner: LCC Public Health</p>	<p>Sarah Chaudhary, LCC</p> <p>(SRO, Andy Fox, LCC)</p>

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		<ul style="list-style-type: none"> Referrals from appropriate health and education professionals 				
4	<p>National Child Measurement Programme</p> <p>NCMP is a nationally mandated public health programme that provides data for the Public Health Outcome Framework.</p> <p>Children in Reception and Year 6 are weighed. Results are sent to all parents and all schools. The local NCMP works closely with Gloji Energy including sharing data to allow Gloji to contact all children identified overweight</p>	<ul style="list-style-type: none"> Parents consent to inclusion Effective partnership with Gloji including referrals Co-production of letters with families 	Joint Health and Wellbeing Strategy	Lincolnshire County Council 0-19s team	Lincolnshire County Council	Lynn Wilkinson (LCC Lead Nurse)

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5	<p>Health Visitors</p> <p>Provide ante-natal support around diet, nutrition and healthy lifestyles to parents as well as help with breastfeeding and weaning. Babies are weighed and measured and parents given appropriate advice depending on the results. The school-aged service offers advice and signposting</p>	<ul style="list-style-type: none"> Numbers of families supported, particularly in relation to health inequalities 	Lincolnshire Midwifery and Neonatal System	Lincolnshire County Council 0-19s team	Lincolnshire County Council	Lynn Wilkinson (LCC Lead Nurse)
6	<p>Holiday Activities and Food programme</p> <p>Continue to deliver a high-quality Holiday Activity and Food programme. Funded by government</p>	<ul style="list-style-type: none"> Numbers receiving healthy and nutritious meals Numbers maintaining a healthy level of physical activity 	Joint Health and Wellbeing Strategy	Children's Services – Holiday Activities and Food	Lincolnshire County Council	Geraldine O'Neill (Sustainability and Development Manager)

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	<p>until March 2025 to deliver free holiday clubs during the Easter, summer and Christmas holidays.</p> <p>Benefits-related free school meal children from reception to Year 11 (primary and secondary aged children)</p>	<ul style="list-style-type: none"> • Being happy, having fun and meeting new friends • Developing a greater understanding of food, nutrition and other health-related issues • Taking part in fun and engaging activities that support their development • Feeling safe and secure • Getting access to the right support services • Returning to school feeling engaged and ready to learn. • Regional and national recognition for achievements 		Project Team		
7	<p>Food Education Team</p> <p>support nurseries, schools and families around high quality healthy food provision and food education via traded service and ongoing</p>	<ul style="list-style-type: none"> • Schools offering better quality and more nutritious School Food Standards compliant food • School staff, families and children have improved understanding of a balanced 	Joint Health and Wellbeing Strategy	Food Education Team	Food Education Team, Childrens Services, LCC	Alison Coates/Hannah M Clark – Project Officers

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	project work in collaboration with Public Health and Early Years e.g. Defeat the Sweet, Early Years Food and Oral Health Project, Whole School Approach.	<p>diet and a greater awareness of how this impacts on health</p> <ul style="list-style-type: none"> • Positive feedback from schools • Evaluation and outcomes of project work • Requests for peer support from other LAs 				
Live Well and Age Well						
1	<p>One You Lincolnshire</p> <p>Improve Primary Care referrals and signposting, especially following NHS Health checks through development of OYL Primary Care Champions and streamlining digital pathways.</p>	<ul style="list-style-type: none"> • Referrals and signposting via Primary Care • New digital pathway following NHS Health check • Referrals from: <ul style="list-style-type: none"> - Obesity Register - NHS Health checks - National Diabetes Prevention Programme - NHS SMI Health check - NHS LD Health check 	Joint Health and wellbeing strategy	One You Lincolnshire	Thrive Tribe	Alison Jackson, Thrive Tribe

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2	<p>One You Lincolnshire</p> <p>Continue to deliver a programme of adult healthy weight management options</p>	<ul style="list-style-type: none"> • Weight management targets are met • Health inequalities are addressed • Positive preventative outcomes are achieved: adults engaging with the service improve their healthy weight, drink less and move more • High levels of satisfaction • High levels of sustaining outcomes 	Joint health and wellbeing strategy	One You Lincolnshire	Thrive Tribe	Dan Rogers, Thrive Tribe
3	<p>National Diabetes Prevention Programme</p> <p>Continue to deliver a face-to-face, group based programme, plus a tailored remote service for specialist groups and digital service.</p>	<ul style="list-style-type: none"> • Programme uptake and retention • Blood glucose level reduction • Patient weight reduction • Increased referrals to the programme as a result of: <ul style="list-style-type: none"> - Primary / Secondary Care invitation. - Patient self-referral, informed by the NHS App 	Joint Health and Wellbeing Strategy	Xyla Health & Wellbeing	NHS Lincs ICB	Lisa Marsters, Senior Engagement Lead – Lincolnshire, Xyla Health and Wellbeing

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	<p>Update and upskill colleagues in Primary and Secondary Care on referral criteria, programme format and how to have those difficult conversations.</p> <p>Raise awareness to patient groups of benefits of participation.</p>	<ul style="list-style-type: none"> - NHS Health checks - Initiatives to address health inequalities - Long term reduction in rates of Gestational Diabetes <ul style="list-style-type: none"> • Patient and carer satisfaction • Pro-active management of waiting times 				Philippa Brown, Project Officer - LICB
4	<p>NHS Health Check programme</p> <p>Deliver the NHS Health Check programme, by inviting eligible people, promoting uptake and supporting positive behaviour change such as weight management interventions.</p>	<ul style="list-style-type: none"> • Eligible people invited for an NHS Health Check • People taking up their offer of an NHS Health Check • People taking up the offer of appropriate behaviour change services following their NHS Health Check, e.g. weight management interventions 	<p>Joint Health and Wellbeing Strategy for Lincolnshire</p> <p>Better Lives Lincolnshire Integrated Care Partnership Strategy</p>	<p>GP (invite and provide NHS Health Checks)</p> <p>One You Lincolnshire provide services to support people with</p>	Lincolnshire County Council	<p>Andy Fox – SRO</p> <p>Emma Marshall – Programme Manager</p>

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				behaviour change. NHS Digital		

Date	Version Control	Notes	Author
12/05/23	V0.01	Draft delivery plan for 23-24 as submitted with JHWS HW Priority Assurance Report	EK
31/05/23	V0.02	To be refined by operational officer group of the HWP	Sarah C and members
15/6/23		To be discussed and refined further by HWP	AF/ EK
08/01/24		To be sent out to JHWS Healthy Weight Partnership and Healthy Weight Operational Partnership for updates and amendments. To be sent to Lynne Wilkinson and Nicky Myers for input on breastfeeding / 0-19s/ family hubs	SC
16/01/24		Finalised draft – all contributors have been contacted to check & amend entries	SC
18/1/24	V0.06	Checked and tidied	EK

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