

Exeter Health & Wellbeing Board

Task & Finish Group : 'Improving the diet of Exeter citizens'. 11 December 2015

Present : Sara Gibbs – Public Health/DCC, Ruby King- Public Health/DCC, Matt Bell - ECI, Dawn Rivers - ECC

Meeting Notes

Information on all of above as part of media campaign in local press and radio.

Existing initiatives in city where links could/should be made:

- Food for Life (FFL) –this programme aims to help schools improve their food culture. They use Food for Life Awards as a quality mark to endorse schools that serve good quality, nutritious food and support children to develop good eating habits for life. A co-ordinator offers support to achieve these awards to schools in Devon. Polly Frost, FFL and Ruby King, Devon Public Health, to explore what else can be done to promote the uptake of this programme within Exeter schools.
- Devon wide Healthy Lifestyle Service being tendered by Devon County Council in January 2016. The service will provide lifestyle advice and signposting for people wanting support for lifestyle changes including support around making changes to their diet
- Exeter Food Network – A forum that brings together organisations around Exeter that are concerned with food. These include anti-food poverty groups, educational initiatives, faith communities, food sustainability work and neighbourhood growing schemes as well as emergency food providers. Current priorities of group members include reducing food waste, by rescuing food from supermarkets, addressing food poverty, for example through school holiday cooking workshops and community awareness of food recycling and excessive alcohol consumption through an upcoming event. EFN has recently received a £5k grant from DCC to support the aims of the Devon Strategic Partnership Food Strategy. ECI are holding this funding and EFN are in the process of establishing clear priorities to ensure the best use of the fund.
Action – Invite Martyn Goss to take part in Task & Finish Group.
- Where Health Checks are conducted and the patient expresses a desire to make changes to their diet ensure the pathways are in place by June to signpost these people to the new healthy lifestyle service for further information and resources that may be helpful.
- Links to ICE Community Resilience/prevention proposals – GP Social prescribing to community connectors /community organisers
- Overcoming barriers to accessing weight management programmes like Slimming World. These approaches are effective for people who are able/willing to attend.
- Links to Health Visitors/School nurses/ Children's Centres/ Community organisers/ VCS generally – making every contact count.

Target group for work

NICE guidance (Obesity: working with Local Communities: PH42) notes that a whole community approach is required to tackling obesity. The Department of Health 2011 paper 'A call to action on obesity in England' highlighted the importance of synergistic efforts at a range of levels both nationally and locally. Locally some actions can be implemented across the whole community – e.g. ensuring health and social care professionals make 'make every contact count'. Where resources are limited interventions should be targeted to groups and areas within the city where obesity levels are particularly high.

Asking local communities to identify barriers and propose solutions is vitally important and an action plan to improve diet and reduce obesity should be coproduced with key community stakeholders.

Ideas for consultation to identify barriers – meeting with Children's Centre Family support workers/health visitors via for example Chestnut Centre Wonford. Discussion on barriers for families to having a healthy diet. Request that staff do short survey with family/resident contacts to identify barriers and how these may be overcome. Initial discussion to be led by members of the Task & Finish Group.

Proposal – shared Task & Finish Group with Exeter Food Network membership. Meetings to take place 2 weeks prior to EFN meetings. Next EFN meetings 8 March/7 June.

Notes and proposal to go to next H&WB Board .