


The Fife Food & Health Action Plan



 Community Planning strengthening Fife's future

Foreword

The Fife Food and Health Action Plan sets out a framework to improve the diet and health of the people living and working in Fife. This strategic document builds on partnership work already identified in the recently published Fife Joint Health Improvement Plan (2007-10) and embraces key areas of work around access to a healthier diet, affordability of good nutritious food, awareness of healthy eating and targeted project work.

The Fife Food and Health Action Plan has been developed by the Food and Health Team (Senior Health Promotion Officer and Community Dietitian) in consultation with a wide range of partners across Fife.

The multi-agency Food and Health Strategy Group will take the lead for the co-ordination, implementation and monitoring of this strategic plan.

Overarching guiding principles

1. To identify ways of working with key partners and linked sub-groups to ensure effective communication across all groups
Action: to meet, greet & update key partners
2. To collate and share information and progress reports with each linked group to ensure action points are being taken forward.
Action: to improve communication & feedback between groups
3. To ensure accountability of all named projects and that financial monitoring is carried out to sustain project(s) and retain resources.
Action: Establish monitoring proforma to link in with JHIP indicators
4. To signpost & provide information on appropriate training on Food & Health issues to staff (NHS, Council & Voluntary Sector) within Fife.
Action: To review current available training on Food & Health issues within Fife.
Action: Review local & national training that could be made available to staff within Fife.
5. To work with organisations to help build capacity around Food & Health
Action: Identify appropriate organisations & identify need.
Action: Undertake relevant work based on identified need.
Action: To signpost local groups & organisations to the latest information and training on Food & Health issues ie. maintaining relevant food & health information on website.

Link Groups

Refer to JHIP for list of linked strategies & plans for further information.

Early Years and Childhood

Focus Area (Strategic)	Action (Operational)	Healthy Weight Strategy Recommendations	Partners
Promoting breakfast clubs, school meals, & nursery & primary school initiatives aimed at healthier eating including the provision of drinking water.	To link with Food & Schools group.	Further evaluation of the Fruit in Nursery Scheme and Fruit in P1 & P2 which looks at the longer term eating behaviours of young children.	NHS Fife <ul style="list-style-type: none"> • Health Promotion • Nutrition & Dietetics • CHPs Fife Council <ul style="list-style-type: none"> • Catering & Cleaning • Childcare & Early Years Strategy Group Local Community groups.
Encouraging wider community food projects to increase access to healthier affordable food & improve cooking skills of families with young children.	To link with CFDP, Food in Schools group, Local Retailers and local voluntary groups.	Evaluation of local fruit and vegetable initiatives in regeneration areas in relation to their effectiveness. Develop the provision of cookery training courses (Cook Well: Live Well project).	NHS Fife <ul style="list-style-type: none"> • Health Promotion • Nutrition & Dietetics • CHPs Fife Council Voluntary Organisations eg Homestart Community Food Initiatives eg. WECAN Local Community groups.
Coordinating & linking work around Healthystart/Welfare Food Scheme.	To link with Breastfeeding forum, National Public Health Nutrition Group and Community Food Development Project.		Scottish Government NHS Scotland NHS Fife: <ul style="list-style-type: none"> • Health Visitors • West Fife CHP Local Retailers Voluntary Organisations.

Lead	Targets	Local Indicators	JHIP Indicators	Progress
Education Service David Meek Keith Breasley.	<ul style="list-style-type: none"> • By Dec 2007 all schools will be Health Promoting Schools. • Increase uptake of school meals • All schools to have provision of drinking water. 	<ul style="list-style-type: none"> • % uptake of school meals • Number of schools/nurseries with water machines • Number of breakfast clubs in schools • Number of children having breakfast in schools. 		
SHPO Food & Health Education.	<ul style="list-style-type: none"> • Establish sustainable food projects across Fife • Establish Cook Well: Live Well projects in Regeneration Areas • Engage with local retailers in relation to promoting healthy eating for the community • To engage with families with young children in relation to food related issues. 	<ul style="list-style-type: none"> • Number of community Food projects established across Fife • Number of Cook Well: Live Well cooking projects in Regeneration Areas • Number of local retailers engaged with Fife Community Food Project • Number of families and young children engaged with the Fife Community Food Project. 		
Belinda Morgan.		<ul style="list-style-type: none"> • Number of vouchers redeemed • Number of retailers engaged with Healthystart. 		

Focus Area (Strategic)	Action (Operational)	Healthy Weight Strategy Recommendations	Partners
<p>Develop a Fife wide agreement on infant feeding, pregnancy and pre-conception.</p> <p>Implement nutritional guidance for early years 1-5.</p>	<p>To establish current baseline information</p> <p>Roll out training programme in conjunction with Child Care Partnership.</p>		<p>Fife Council:</p> <ul style="list-style-type: none"> • Children Services • Childcare & Early Years Partnership <p>NHS Fife:</p> <ul style="list-style-type: none"> • Nutrition & Dietetic Department • Breastfeeding Forum.

Lead	Targets	Local Indicators	JHIP Indicators	Progress
Food & Health Dietitian Child Care Partnership.	<ul style="list-style-type: none"> • Develop a Fife wide infant feeding strategy • Engage with relevant partner agencies in producing the infant feeding strategy • Engage with partner agencies to implement nutritional guidance within Fife for 1-5. 	<ul style="list-style-type: none"> • Fife wide infant feeding strategy produced • Number of partner agencies consulted in producing the Infant Feeding Strategy • Number of partner agencies providing feedback to Infant Feeding Strategy • Steering group formed to develop roll out of nutritional guidance 1-5. • Number of staff trained on nutritional guidance 1-5. 		

Teenage Transitions

Focus Area (Strategic)	Action (Operational)	Healthy Weight Strategy Recommendations	Partners
<p>Improving the quality & access to healthy options in and around schools.</p>	<p>To link with Food in Schools group for update & progress disseminating good practice from evaluations carried out.</p>	<p>To encourage local retailers to stock healthier foods, particularly where they target school children at lunchtimes.</p> <p>To evaluate the Body Fuel vans and use results to inform future policy.</p> <p>Home Economics classes should provide ingredients for healthy balanced meals during practical sessions.</p> <p>Investigate ways of legally restricting the sale of less healthy foods and drinks from static and mobile food outlets outside/near schools.</p>	<p>Fife Council:</p> <ul style="list-style-type: none"> • Catering & Cleaning • Social Work Services • Community Services • Law & Administration <p>NHS Fife:</p> <ul style="list-style-type: none"> • Health Promotion • Nutrition & Dietetic Department <p>Local Retailers.</p>
<p>Provide education & information around food issues to young people.</p>	<p>To link with Breastfeeding Forum and the Food in Schools group for regular updates.</p>		<p>NHS Fife:</p> <ul style="list-style-type: none"> • Public Health Nurses • Health Promotion • Nutrition & Dietetics <p>Fife Council:</p> <ul style="list-style-type: none"> • Integrated Community Schools • Health Promoting Schools.

Lead	Targets	Local Indicators	JHIP Indicators	Progress
Education Catering David Meek Keith Breasley.	<ul style="list-style-type: none"> All school meals menus to meet National Nutritional requirements Link with 3 local retailers to promote healthy options for young people around schools. 	<ul style="list-style-type: none"> Number of schools adopting Tuck Shop policy Number of schools with menus that meet the National Nutritional requirements Number of local retailers engaged in providing healthy options. 		
SHPO Food & Health Food & Health Dietitian.	<p>To source and/or develop resources targeting young people in relation to food related issues</p> <p>To run training courses for people working with young people on food related issues.</p>	<ul style="list-style-type: none"> Number of resources developed for young people Number of resources made available to young people by people working with them on food related issues Number of people attending training events around food issues for young people. 		

Focus Area (Strategic)	Action (Operational)	Healthy Weight Strategy Recommendations	Partners
<p>Improve quality & access to healthy options within leisure centres, community centres and other venues catering for young people.</p>	<p>To establish link with community services.</p>		<p>NHS Fife:</p> <ul style="list-style-type: none"> • Public Health Nurse • Health Promotion • Nutrition & Dietetic Department <p>Fife Council:</p> <ul style="list-style-type: none"> • Community Services.

Lead	Targets	Local Indicators	JHIP Indicators	Progress
Community Services SHPO Food & Health.		<ul style="list-style-type: none"> • Member from Community Services becomes an active member of the Food and Health Strategy Group • Member from the Food and Health team to become active in relevant Community Services planning groups around food. 		

Working Lives

Focus Area (Strategic)	Action (Operational)	Healthy Weight Strategy Recommendations	Partners
<p>Ensure access to affordable healthy food & water in the workplace.</p>	<p>To link with Healthy Working Lives to provide information and support to partnership agencies and organisations on healthy food and drink provision.</p>		<p>NHS Fife:</p> <ul style="list-style-type: none"> • Health Promotion • Nutrition & Dietetic Department • Infection Control <p>Fife Council:</p> <ul style="list-style-type: none"> • Environmental Health • Occupational Health & Safety <p>Catering and Cleaning.</p>

Lead	Targets	Local Indicators	JHIP Indicators	Progress
SHPO Food & Health Food & Health Dietitian.	<ul style="list-style-type: none"> Meet with relevant partnership agencies to discuss healthier food and drink provision. 	<ul style="list-style-type: none"> Number of workplaces that contacted food and health team directly for healthy eating advice. Number of partnership agencies collaborated with to explore healthier food and drink provision. 	<ul style="list-style-type: none"> % population eating 5 or more portions of fruit and vegetables every day. 	

Adults In Later Life

Focus Area (Strategic)	Action (Operational)	Healthy Weight Strategy Recommendations	Partners
<p>Ensure community projects which target older people promote access to affordable healthy foods.</p>	<p>To link with CFDP & Physical Activity Team. Disseminate good practice.</p>		<p>NHS Fife:</p> <ul style="list-style-type: none"> • Health Promotion • Nutrition & Dietetic Department <p>Fife Council:</p> <ul style="list-style-type: none"> • Community Services • Social Work.

Lead	Targets	Local Indicators	JHIP Indicators	Progress
SHPO Food & Health Food & Health Dietitian.	<ul style="list-style-type: none"> To source and/or develop resources targeting older people in relation to food related issues To run training courses for people working with older people on food related issues. 	<ul style="list-style-type: none"> Number of resources made available to people working with older people on food related issues Number of people attending training events around food issues for older people. 	<ul style="list-style-type: none"> % adults 65+ eating 5 portions of fruit and vegetables every day. 	

Communities

Focus Area (Strategic)	Action (Operational)	Healthy Weight Strategy Recommendations	Partners
<p>Encouraging wider access to affordable, healthy food within communities, public use venues & public areas within hospitals.</p>	<p>To link with CFDP, partnership agencies and organisations to review food and drink provision.</p>		<p>NHS Fife</p> <ul style="list-style-type: none"> • Health Promotion • Public Health • Nutrition & Dietetic Department <p>Fife Council</p> <ul style="list-style-type: none"> • Community Services <p>Local Retailers Voluntary Organisations.</p>

Lead	Targets	Local Indicators	JHIP Indicators	Progress
SHPO Food & Health Food & Health Dietitian.	<ul style="list-style-type: none"> • To ensure wider access to healthier food within the Community • To ensure wider access to healthier food within public use venues • To ensure wider access to healthier food within public areas within hospitals • Review vending within NHS. 	<ul style="list-style-type: none"> • Tuck shop policy adopted by NHS Fife • Tuck shop policy adopted by Community Services • Number of establishments achieving the Healthy Living Award • Number of healthy vending machines within NHS. 	<ul style="list-style-type: none"> • % population eating 5 portions of fruit and vegetables. 	

Appendix 1

List of Food & Health Strategy Group Members:

Graham Ball
Janie Gordon
Anne Deas
Sharron Taylor
Lyndsay Clark
Keith Breasley
Vivienne Brown
Maxine Moy
Belinda Morgan
Kim Chalmers
Donna Shand
David Meek.

List of sub-groups and membership Community Food Development Project:

Lynn Leitch
Lyndsay Clark
Deborah Vanstone
Ellen McCance
Maxine Moy
Belinda Morgan
Andrew McDaniel
Jane Patterson.

Food in Schools Group:

Graham Ball
Janie Gordon
Anne Deas
Keith Breasley
David Meek.

Appendix 2:

Other actions from development day to be reviewed annually :

Generic	Priority 2
Defining what we mean by Local Food, seasonality and access groups.	
Links with improving oral health.	
Dietitian working with community/schools, linking with Food Development Workers.	
Early Years	Priority 2
What is the purpose of a Fife wide understanding of the above? (Fife wide agreement on infant feeding, pregnancy etc). It takes too much time. Focus on the action.	
The need to develop different identified populations, school children, young mothers, low income groups. It should be a priority but there is a funding gap.	
Breastfeeding. Clear accountable targets at all levels. (Strategic, operational, practical) (60% breastfeeding at 6-8 weeks by 2010).	
Stronger links between breastfeeding and food & health. Target pregnant women more (breastfeeding, healthy eating, cut smoking) in a life course approach, ie. starting well project – holistic approach.	
Breakfast clubs, link with Childcare, and catering services. (in progress).	
Communities	Priority 2
Ensure Healthy Weight Strategy rolled out as appropriate throughout Fife.	
Longterm Conditions.	

