

For more information

NATIONAL POLICY DRIVERS

Government health priorities, standards and targets related to tackling overweight and obesity

NATIONAL STRATEGIES

Choosing health: Making healthy choices easier (2004)

www.dh.gov.uk

Choosing health is a national strategy for improving health in England, focusing mainly on individual lifestyle changes, supported by fiscal, legislative, environmental, commercial and other changes to encourage, enable and empower the individual.

Delivering Choosing health: Making healthier choices easier (2005)

www.dh.gov.uk

Delivering Choosing health sets out the key steps that need to be taken over the three years 2005-2008 to deliver the white paper commitments. Tackling obesity is one of the key priorities.

Our health, our care, our say: A new direction for community services (2006)

www.dh.gov.uk

Our health, our care, our say is a national strategy for improving the whole health and social care system in England. There are four main goals: to provide better prevention services with earlier intervention, to improve access to social and primary care, to tackle inequalities and improve access to community services, and to provide better support for people with long-term needs.

Supporting Department of Health strategies

Choosing a better diet: A food and health action plan (2005)

www.dh.gov.uk

The aim of the action plan is to improve health in England by reducing the prevalence of diet-related disease, and to reduce obesity in England by improving the nutritional balance of the average diet.

Choosing activity: A physical activity action plan (2005)

www.dh.gov.uk

The aim of the plan is to promote activity for all, in accordance with the evidence and recommendations set out in the Chief Medical Officer's report *At least five a week* (see below).

At least five a week: Evidence on the impact of physical activity and its relationship to health (2004)

www.dh.gov.uk

This report of the Chief Medical Officer is aimed at those concerned with formulating and implementing policies or programmes that use the promotion of physical activity, sport, exercise and active travel to achieve health gain.

Tackling health inequalities: A programme for action (2003)

www.dh.gov.uk

This programme for action sets out plans to tackle health inequalities. It establishes the foundations required to achieve the challenging national target for 2010 to reduce the gap in infant mortality across social groups, and raise life expectancy in the most disadvantaged areas faster than elsewhere.

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Resources

Cross-government strategies and guidance that support tackling overweight and obesity

Strategy Unit

Game plan: A strategy for delivering government's sport and physical activity objectives (2002)

www.number-10.gov.uk

Game plan highlighted the benefits of physical activity on health, stating that 30 minutes of moderate activity five times a week can help reduce the risk of cardiovascular diseases, some cancers, and obesity.

Sport England

Sport playing its part (2005)

www.sportengland.org

A series of publications aimed at guiding and supporting policy makers and practitioners through the contribution sport can make in supporting the delivery of local community priorities and shared priorities of central and local government.

Department for Education and Skills and Department for Culture, Media and Sport

Learning through PE and school sport (2003)

www.culture.gov.uk

This report sets out the national PE, School Sport and Club Links strategy. The overall objective of the strategy is to enhance the take-up of sporting opportunities by 5-16 year olds.

Learning through PE and sport – An update on the strategy (2004)

www.teachernet.gov.uk

Department for Work and Pensions, Department of Health, and Health and Safety Executive

Health, work and well-being - Caring for our future: A strategy for the health and well-being of working age people (2005)

www.dwp.gov.uk

This report sets out a strategy to improve the health and wellbeing of the working age population. One action on healthy workplaces is to develop a cross-government campaign on obesity, raising awareness of the steps people can take through diet and physical activity to prevent obesity.

Office of the Deputy Prime Minister

Sustainable communities: People, places and prosperity. A five year plan from the Office of the Deputy Prime Minister (2005)

www.communities.gov.uk

This report sets out a programme to promote good governance, empower communities, tackle disadvantage and make places cleaner, safer and greener.

Department for Transport

Walking and cycling: An action plan (2004)

www.dft.gov.uk

This report looks at ways to encourage people to choose to walk and cycle more often.

Cross-government

Every child matters: Change for children (2004)

www.everychildmatters.gov.uk

Every child matters: Change for children sets out the national framework for local change programmes to build services around the needs of children and young people so that we maximise opportunity and minimise risk.

Department for Education and Skills

Every child matters (2003)

www.everychildmatters.gov.uk

The green paper outlines the government's commitment to improving outcomes for all children and young people, including the most disadvantaged.

NATIONAL PREVENTION PROGRAMMES – HEALTHY EATING

Sure Start

www.surestart.gov.uk

Sure Start is a government programme which aims to achieve better outcomes for children, parents and communities by:

- increasing the availability of childcare for all children
- improving health and emotional development for young children
- supporting parents as parents and in their aspirations towards employment.

Healthy Start

www.dh.gov.uk

The Department of Health website contains information about Healthy Start, which replaces the Welfare Food Scheme.

Food in Schools

www.foodinschools.org

The Food in Schools programme is a joint venture between the Department of Health and the Department for Education and Skills. A whole range of nutrition-related activities and projects are being developed as part of the programme, to complement and add value to existing healthier food initiatives in schools. The website contains the *Food in Schools toolkit* which has been sent to PCTs (see page 66).

Wired for Health

www.wiredforhealth.gov.uk

Wired for Health is a series of websites managed by NICE on behalf of the Department of Health and the Department for Education and Skills. It provides health information for a range of audiences about the National Curriculum and the National Healthy Schools Programme.

5 A DAY

www.5aday.nhs.uk

The 5 A DAY programme is a key feature of the prevention strategies to reduce early deaths from cancer and coronary heart disease and reduce health inequalities. The programme aims to increase fruit and vegetable consumption. The website includes information on the School Fruit and Vegetable Scheme, information about 5 A DAY locally, and information for health professionals and partners interested in using the 5 A DAY logo.

Better Hospital Food Programme

www.betterhospitalfood.com

This website contains best practice guidance, resources and background information to support the delivery of healthier food in NHS healthcare facilities. The site aims to be easy to use for all catering professionals, healthcare staff and patients.

NATIONAL PREVENTION PROGRAMMES – PHYSICAL ACTIVITY

Active England

www.sportengland.org

A jointly funded programme between the Big Lottery Fund and Sport England to encourage creative approaches to drive up physical activity levels and sports participation rates in England.

Inclusive Fitness Initiative (Sport England)

www.inclusivefitness.org

This initiative provides disabled people with access to gyms. The website offers information about how to get involved.

Local Exercise Action Pilots (LEAP)

www.dh.gov.uk

These are locally run pilot programmes to test and evaluate new ways of encouraging people to take up more physical activity. The website provides further information about the pilots.

PE, School Sport and Club Links (PESSCL) www.teachernet.gov.uk/pe	A joint initiative of the Department for Culture, Media and Sport and the Department for Education and Skills to implement a national strategy for school sport.
Safe Routes to School (Sustrans) www.saferoutestoschool.org.uk	Sustrans works on practical projects to encourage people to walk, cycle and use public transport for health, safety and environmental reasons. Their aim is to create a Safe Route to School for every child in the UK. The website provides information about ways to get involved.
Walking the Way to Health www.whi.org.uk	An initiative of the Countryside Agency and the British Heart Foundation which promotes walking. Pedometers are promoted to raise people's awareness of the amount of physical activity they undertake.

STANDARDS AND TARGETS

Local Delivery Plans

National standards, local action: Health and social care standards and planning framework 2005/06-2007/08 (2004) www.dh.gov.uk	<i>National standards, local action</i> sets out the framework for all NHS organisations and social service authorities to use in planning over the three financial years from 2005/06 to 2007/08.
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Public Service Agreements (PSAs) www.hm-treasury.gov.uk

2003-2006 (2002 Spending review)

Department of Health Improvement, expansion and reform: The next 3 years' priorities and planning framework, 2003-2006 www.dh.gov.uk	This document set out what organisations such as primary care trusts had to do from 2003 to 2006. It identified national priorities and targets which organisations needed to build into their local plans.
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2005-2008 (2004 Spending review)

Department of Health	Public Service Agreements (PSAs) developed in 2002 were strengthened and refined in 2004 in line with the conclusions of the Devolving Decision Making review. Although the PSA for the Department of Health aim above has been carried forward, the objectives and performance targets have been modified.
Department for Culture, Media and Sport	<ul style="list-style-type: none"> Objective 1: Further enhance access to culture and sport for children and give them the opportunity to develop their talents to the full and enjoy the full benefits of participation. Objective 2: Increase and broaden the impact of culture and sport, to enrich individual lives, strengthen communities and improve the places where people live, now and for future generations.
Office of the Deputy Prime Minister	<ul style="list-style-type: none"> Objective 5: Ensure people have decent places to live by improving the quality and sustainability of local environments and neighbourhoods, reviving brown field land, and improving the quality of housing.

National Service Frameworks

National Service Framework for children, young people and maternity services (2004)

www.dh.gov.uk

This National Service Framework (NSF) sets out a 10-year programme for sustained improvement in children's health and wellbeing through setting standards for the care of children, young people and maternity services. There are 11 standards of which standard 1 – promoting health and wellbeing, identifying needs and intervening early – is relevant to tackling obesity.

Supporting local delivery – Every child matters: Change for children in health services (2004)

www.dh.gov.uk

The NSF forms an integral part of the *Every child matters: Change for Children* programme that will, as it is implemented (by PCTs, local authorities and other partners), contribute to the achievement of improved outcomes for children, young people and pregnant women.

National Service Framework for diabetes (2001) Diabetes Delivery Strategy (2003)

www.dh.gov.uk

The NSF for diabetes sets out 12 national standards for the treatment of diabetes to raise the quality of NHS services and reduce unacceptable variations between them. Standards 1, 3 and 4 are relevant to obesity.

National Service Framework for older people (2001)

www.dh.gov.uk

The NSF for older people sets out eight national standards and service models of care across health and social services for all older people, whether they live at home or in residential care or are being looked after in hospital. Standard 8, which aims to extend the healthy life expectancy of older people, is relevant to tackling obesity.

National Service Framework for coronary heart disease (2000)

www.dh.gov.uk

The NSF for coronary heart disease sets out a strategy to modernise coronary heart disease services over 10 years. It details 12 standards for improved prevention, diagnosis, treatment and rehabilitation, and goals to secure fair access to high-quality services. Standards 1 (reducing heart disease in the population), 3 and 4 (preventing cardiac events in high risk patients) and 12 (cardiac rehabilitation) are relevant to tackling obesity.

OTHER POLICY DRIVERS

Wanless reports (2002, 2004)

Securing our future health: Taking a long-term view (2002)

www.hm-treasury.gov.uk

This report quantified the financial and other resources required to ensure the NHS could provide a publicly-funded, comprehensive, high-quality service available on the basis of clinical need and not ability to pay. This review concluded that the UK needed to devote significantly more money to health care over a 20-year period to catch up with the best developed countries, and that how those resources are used is the key to success.

Securing good health for the whole population: Final report (2004)

www.hm-treasury.gov.uk

Having accepted and acted on the first report, the government called for a second report focusing on prevention and the wider determinants of health, and requesting recommendations on how to implement cost-effective approaches to improving health, prevention, and reducing inequalities in health in this fully engaged scenario.

General Medical Services (GMS) contract (2006)

Standard GMS contract (2006)

www.dh.gov.uk and
www.nhsemployers.org

The GMS contract is designed to reward those GPs who wish to offer higher standards of care and a wider range of services to patients. Practice services under this contract will be categorised under three headings – essential, additional and enhanced services.

NOTE: The GMS Contract Regulations have been amended by the NHS Regulations 2006. As a result, the standard GMS contract (2003) has been redrafted. This document supersedes the earlier document.

Revisions to the GMS contract, 2006-07: Delivering investment in general practice

www.nhsemployers.org

This document gives primary care organisations and practices an overview of the changes to the GMS contract for 2006/07 to support implementation.

Quality and Outcomes Framework (QOF)

(2003; updated in 2004; revised in 2006)
www.nhsemployers.org

The national Quality and Outcomes Framework (QOF) was developed as an integral part of the GMS contract introduced across the UK in 2004.

With regards to overweight and obesity, the QOF offers 3 points to GP surgeries for recording BMI for patients with type 2 diabetes:

DM2: The percentage of patients with diabetes whose notes record BMI in the previous 15 months (3 points; maximum threshold 25-90%).

The 2006 revisions include the introduction of nine new QOF areas and indicators. Of specific interest is the addition of obesity as a new QOF area, offering 8 points to GP surgeries for producing a register of patients who are obese:

OBESEITY 1: The practice can produce a register of patients aged 16 years and over with a BMI greater than or equal to 30kg/m² in the last 15 months.

Quality Management and Analysis System (QMAS)

www.connectingforhealth.nhs.uk

The QMAS is a new national system, used by PCTs and SHAs involved in the QOF, which will manage payment for achievement at year end for GP practices. QMAS was updated in 2006 to support the 2006-07 GMS contract revisions.

NOTE: For more information on the revisions to the GMS contract, see *Revisions to the GMS contract, 2006-07*, at www.nhsemployers.org.
