

Suggested structure for a local overweight and obesity strategy

Tool 1

Strategy section	Sections of this toolkit that can help
<p>Making the case for a local overweight and obesity strategy</p> <p>The introduction to the strategy should outline the main elements – prevention and management – and give the reasons why local action is necessary to tackle overweight and obesity. For example:</p> <ul style="list-style-type: none"> • national and local policy drivers • an estimate of the local prevalence and costs of overweight and obesity • an outline of the benefits of preventing, detecting and controlling overweight and obesity • an estimate of the cost of taking action. 	<p><i>Pages 55-57</i></p> <p>Tool 1 Suggested structure for a local overweight and obesity strategy</p> <p>Tool 2 Obesity prevalence ready-reckoner</p> <p>Tool 3 Measurement and assessment of overweight and obesity – ADULTS</p> <p>Tool 4 Height and weight chart – ADULTS</p> <p>Tool 5 Measurement and assessment of overweight and obesity – CHILDREN</p> <p>Tool 6 Centile BMI charts – CHILDREN</p> <p>Tool 7 Local planning proforma</p> <p>Tool 8 National Heart Forum e-News Briefing Service</p> <p><i>Further reading</i></p> <p>National policy drivers (page 183)</p>
<p>Partnership working</p> <p>This section should detail the key partners who will help to plan, implement and evaluate the strategy, and outline the establishment of an overweight and obesity action team and who it will include.</p>	<p><i>Pages 57-59</i></p> <p>Tool 9 Partnership working – A settings approach</p>
<p>Resource mapping: Reviewing current activity and identifying gaps</p> <p>This section of the strategy looks at what is currently happening at the local level on prevention and management of overweight and obesity. It could include the results of an audit to map local action and identify gaps, and the action each partner agency needs to take.</p>	<p><i>Page 59</i></p> <p>Tool 9 Partnership working – A settings approach</p> <p>Tool 10 Checklist to review current activity</p>
<p>Identifying priorities and target groups</p> <p>This section should consider how resources will be targeted and where to focus efforts.</p>	<p><i>Pages 60-61</i></p> <p>Tool 7 Local planning proforma</p> <p>Tool 11 Prioritisation and planning</p>

Aims, objectives, standards, targets and milestones

Pages 62-63

This section should give the broad aims of the strategy, specific objectives and standards, and time-scheduled targets and milestones.

Tool 12 Standards, targets and milestones

Further reading:

National policy drivers (page 183)

Interventions to prevent and manage overweight and obesity

Pages 63-80

Using a settings approach, this section should outline the interventions that will be used to prevent and manage overweight and obesity.

Tool 9 Partnership working – A settings approach

Tool 13 Evidence of effectiveness

Tool 14 Evidence of cost-effectiveness

Tool 15 Preventing overweight and obesity – NICE recommendations

Tool 16 Preventing overweight and obesity – Interventions guide

Tool 17 Dealing with overweight and obesity – Guidance for health professionals

Tool 18 Losing weight – Information for patients

Tool 19 Setting up a 'weight management on referral' scheme

Tool 20 Proforma for developing a local action plan for the prevention and management of overweight and obesity

Understanding barriers and facilitating change

Pages 80-82

This section should outline:

- the obstacles which prevent people from adopting healthier lifestyles or adhering to treatment
 - ways in which these can be overcome, and
 - the roles of the individual and of health professionals and partner agencies.
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Tool 21 Ways of involving patients and the public in tackling overweight and obesity

Infrastructure support

Page 82

This section should give details of the structures that need to be in place at the local level to implement an overweight and obesity strategy, such as capacity, IT systems, sufficient funding, and public and patient involvement.

Tool 21 Ways of involving patients and the public in tackling overweight and obesity

Monitoring and evaluation

Pages 83-84

This section should outline the methods that will be used for monitoring progress, assessing performance and evaluating the strategy.

Tool 22 Monitoring and evaluation – Research and evaluation toolbox

Mainstreaming and sustainability

Page 84

The strategy should also include plans on how to ensure that local action to prevent and manage overweight and obesity is mainstreamed and sustained.
