

Food

Newsletter from the Tayside Nutrition Network

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Nutrition Resource Update

Mapping Exercise of Services in Angus that Promote Child and Family Healthy Weight

In 2009 an online survey was conducted of service planners, managers, coordinators and service providers from both statutory and non-statutory sector organisations and groups in Angus targeting a specific client groups (children & young people aged 0-18 years, women of childbearing age and those planning pregnancy, pregnant women, families with children up to 16 years, and vulnerable children and families including lone parent families). The survey aimed to:

- map existing service provision that directly or indirectly influences the rates of childhood obesity
- identify key gaps in service provision assess local monitoring, evaluation and performance measurement systems
- identify areas for service development and partnership/collaborative work assess current knowledge of key national and local policies and performance targets
- identify potential training needs
- identify the needs and expectations of future interagency and cross-sector partnership work and communications assess the level of user consultation and involvement in the assessment of service needs and delivery

Results

130 professionals took part in the survey and the majority were from public sector organisations, with almost half (45%; n=59) from Angus Council, 28% (n=36) from Angus CHP and 20% (n=26) from NHS Tayside.

Recommendations

The key recommendations for future action are to:

- Improve knowledge of national and local policies, performance targets and

relevant guidance across all sector organisations in Angus e.g. through developing effective communication tools, methods and channels for information sharing across partner organisations

- Provide more practical service provision to all relevant target groups
- Develop opportunities for effective information sharing on best practice between partners e.g. through the development of effective communication tools and mechanisms for information exchange
- Adopt and promote widely a preventative approach to childhood overweight/obesity
- Develop targeted preventative services aimed at currently underserved groups e.g. women of childbearing age and those planning pregnancy
- Embed the equality and diversity agenda into routine service planning and provision as part of implementing the health equity strategy

Since the survey was conducted, the Healthy Eating Active Living Angus (HEAL Angus) network has led on implementing the recommendations.

Your suggestions and contributions

What would you like to know? Is there a nutrition issue that you would like us to address? Are you involved in a food and nutrition project that you would like to share with others? Give us a call or send us an email.

Tayside Nutrition Network

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NHS Tayside Public Health Library and Resources Service Nutrition Resources Update

Your Guide to Healthy Eating (NHS Tayside)

This handy leaflet has been updated following helpful feedback on the first edition and is now available. For advice on healthy eating, this resource follows the same format as before but is in larger font and opens up into an A3 poster page showing the eatwell plate and examples of food portions <http://www.knowledge.scot.nhs.uk/taysidenutrition/public-health-nutrition-communication.aspx>

Your Vegetarian Guide to Healthy Eating (NHS Tayside)

This new leaflet follows the same format as the Your Guide to Healthy Eating but is specifically designed for people that don't eat meat [catalogue no. J591]
<http://www.knowledge.scot.nhs.uk/taysidenutrition/public-health-nutrition-communication.aspx>

Order on-line at <http://www.informst.com/tayside> [for 1-20 copies] or contact Resources Assistant 01382-424040 to order larger quantities or for further advice.

Eat 5 Fruit and Vegetables (Comic Company)

The content of this leaflet remains up-to-date, a few more pictures and examples have been added and the front cover has changed from pale blue to yellow.
<http://www.comiccompany.co.uk/?category=22&collection=194>

Hassle Free Food (NHS Health Scotland)

This now has an expanded recipe section and the resource is a 42 page, A5 booklet. It includes practical tips on how to eat well on a limited budget including budget shopping hints, labelling and food safety. Recipes and tips for saving time and money for breakfast, snacks, light meals and main meals, foods for kids and groups are also included. Note that only the older version is currently available on NHS Health Scotland website.
<http://www.healthscotland.com/uploads/documents/9598-MiniHassleFreeFood.pdf>

Eating Well (British Heart Foundation)

Eating Well replaces Food Should be Fun and Healthy. Eating well is a 110 page 125 x 200 mm booklet. It includes information on healthy eating for the family, the eatwell plate and five food group information, planning shopping and meal planners, labelling, eating out, losing weight, making healthier choices and recipes.
http://www.bhf.org.uk/publications/view_publication.aspx?ps=1001247



Tayside Nutrition Network Website Developments

Tayside Nutrition Network is working on two website developments in order to support all staff working in public health nutrition and clinical dietetics. Both sites are still under construction and so we welcome any feedback or suggestions. Our aim is to keep you better informed, providing access and links to relevant information and to recognise and celebrate achievements across Tayside.

NHS Tayside intranet site is **for NHS staff only** and can be found at <http://staffnet.tayside.scot.nhs.uk/OurWebsites/TaysideNutritionNetwork/index.htm>

Tayside Nutrition Network internet site is aimed at **anyone** working within the NHS or key partner agencies and the community as well as patients and carers. It sits under the umbrella of The Knowledge Network (NHS Education for Scotland) Community Space, providing a wide range of resources and services, and can be found at <http://www.knowledge.scot.nhs.uk/taysidenutrition>

Let us know what you think by emailing any comments to jenbatty@nhs.net