

BHFNC summary of:

Department of Health. (2007). Second Choosing Health Progress Report. London: DH. Available to download at: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_074286

Overview

The Department of Health (DH) white paper 'Choosing health' published in 2004 set out a commitment to reduce health inequalities and better tailor health and care services to meet individual needs. The second Choosing Health progress report was published in May 2007 and gives an update of progress made, identifies where work needs to be focused next and gives examples of where actions set out in 'Choosing Health' are achieving success.

This summary details the commitments made by the Government and the subsequent progress made against the physical activity and obesity milestones. A total of 135 commitments and 386 of the actions set out in the 2005 plan have now been achieved. The objectives have been separated into young people and schools, primary care, general physical activity and workplace health.

Young People and Schools

Commitment 3.47: The Government has a vision that half of all schools will be healthy schools by 2006, with the rest working towards healthy school status by 2009. (p15)

Progress: The target of 50% of schools with healthy school status was met in November 2006. By February 2007 24% of schools achieved new healthy school status and 86% of schools were on the programme. Targets have been set for Local Education Authorities (LEAs) to work in partnership with Primary Care Trusts (PCTs) to recruit all schools by 2009.

Commitment 4.30: The Department of Health will continue to work closely with the Department for Education and Skills (DfES) to develop appropriate systems for recording lifestyle measures, for example, through weight and height measures among school age children. (p 31)

Progress: Relationships have been established with schools, nursery nurses and LEAs and areas of local need have been identified. Pilot schemes for the weighing and measuring of children in schools have been supported and National Guidance has been issued. A core set of public health data to

measure national and local progress has been agreed by the Task Force and they will be piloted as part of a roll out of the community health profiles.

Commitment 6.69: To commission further research to support the development of new approaches where there are gaps in the evidence base for public health. This will include the production of specific guidelines for children's exercise referral. (p70)

Progress: NICE have been commissioned to produce evidence and guidelines for children's exercise referral. A public health research consortium has been established and a public health research initiative has commenced. A National Prevention Research Initiative has been established to work in the fields of cancer, coronary heart disease and diabetes.

Commitment 3.68: To support and invest in school sport and the National Strategy for PE, School Sport and Club Links. To build the bridge from PE in school to lifelong participation. (p80)

Progress: To support school sport, Primary/secondary school sports co-ordinators have been appointed and are in post. School sports partnerships and sports colleges have been implemented and the target of 75% of schools in a School Sports Partnership by October 2005 was exceeded. The target of 100% of maintained schools in a partnership by September 2006 was also met. The target of 400 operational Sport Colleges was exceeded and by September 2006, 422 Sports Colleges were operational.

Commitment 3.69: To work through the PE School Sport Club Links strategy to ensure that continuing professional development programmes provide teachers with the knowledge and skills to: identify and support children who may be at risk from obesity; and work in partnership with the health sector to provide appropriate services. (p81)

Progress: see 3.68. Toolkit delivered in April 2007.

Commitment 4.45: To encourage health professionals across PCTs to use pedometers in clinical practice, with coverage of all areas by the end of 2005. To work with the Youth Sports Trust to pilot the use of pedometers in schools – both as a tool to support a wide range of curriculum topics and to increase awareness amongst pupils of the need to be active. (p84)

Progress: A national pedometer programme (Schools on the Move) was rolled-out in Schools after a successful pilot scheme. The roll-out of the programme for using pedometers in clinical practice is due to be completed in May 2007.

Primary Care

Commitment 6.65: The Department of Health commissioned NICE to prepare definitive guidance on the prevention, identification, management and treatment of obesity. (p33)

Progress: This guidance was published in December 2006.

Commitment 4.52: To consult with the medical profession on the recognition of sport and exercise medicine as a speciality within the NHS. Subject to the consultation progress, the aim was for this to lead to the training and placement within the NHS of more doctors who will have a positive role in promoting health and are specifically trained to deal with sports injuries and provide advice on how to exercise safely in the future. (p 38)

Progress: Sport and Exercise Medicine was announced as an NHS speciality. Action was taken to assess the curriculum to ensure it meets the aims of the public health strategy and the CMO's vision. This curriculum has since been submitted to the specialist training authority for approval.

Commitment 6.75: To develop a patient physical activity questionnaire to support NHS staff in understanding their patients' levels of physical activity and the possible need for intervention. (p88)

Progress: This questionnaire, the GP PAQ, was published in December 2006.

Commitment 5.10 and 5.18: From 2006 NHS-accredited Health Trainers will be giving support to people who want it in the areas with highest need. From 2007 this service will progressively become available across the whole country. These Health Trainers will provide help with

- defining the changes people want to make to their lifestyle
- practical support on what people can do to change, such as taking more exercise
- motivation and support services
- explaining how to access help locally, both within the NHS and widely across the community. (p53)

Progress: The 'Health Trainers Project' was launched.

Commitment 6.66: To develop a comprehensive 'care pathway' for obesity, providing a model for prevention and treatment. (p87)

Progress: A care pathway has been implemented and evaluated and NICE/HDA guidance for adults and children has been published.

Workplace

Commitment 7.20: Sport England will provide a free consultancy service to government departments on how they can encourage and support staff to be more active in the workplace. (p55)

Progress: The initial planning meetings for the consultancy service were held with lead departments in 2005. The action taken/planned is marked as 'to be confirmed.'

Commitment 7.25: Pilots shall be established to develop the evidence base for effectiveness on promoting health and well-being in the work setting. Each pilot will focus on a specific type of workplace e.g. a local council or business. (p55)

Progress: With regards to the pilot projects, potential pilot sites were identified in 2005 under the responsibility of DH, Big Lottery Fund the BHF and Sport England and it has been ensured that regional pilots link with local NHS related support provision.

Commitment 7.27: For Investors in People (liPUK) to develop a new healthy business assessment, in conjunction with the Department of Health, identifying the advantages and disadvantages for business and employees in investing in staff health. (p56)

Progress: Further discussions about funding for this project were completed mid 2005. Planning meetings are currently being held and the development of a health model for organisations under the liP brand are on track. The review of the liP standard will be in 2007/08. The aim is to include key evidence requirements from the health framework into the standard so that when it is revised, it features the relevant health and wellbeing requirements.

General Physical Activity and Health

Commitment 2.15: To launch a new cross government campaign to raise awareness of the health risks of obesity and the steps that can be taken to prevent it. (p73)

Progress: A campaign was launched nationally in spring 2007.

Commitment 3.95: To work with PCTs to pilot a new resource aimed at delivering health information to men aged 16-30 years. This resource will be called 'FIT' magazine and will reflect local priorities such as exercise, nutrition, smoking, sexual health, drugs, violence and depression. (p52)

Progress: This magazine has been published.

Commitment 4.39: The Department for Transport (DfT) is committed to investing in programmes to link the existing National Cycle Network to hundreds of schools enabling more children to walk or cycle to school. The DfT will also incorporate local authorities' statutory plans for improving public rights of way into local transport plans. (p83)

Progress: Over £10 million has been invested by DfT to link the existing National Cycle Network to Schools. A further phase of work was funded by Cycle England. A Local Authority progress report was published in 2006.

Commitment 4.46: Building the success of LEAP, there will be investment over the next three years in initiatives to promote physical activity supported by guidance to promote best practice. This will include:

- A Physical Activity Promotion Fund to roll-out evidence-based physical activity interventions
- Regional Physical Activity Co-ordinators to co-ordinate delivery of activity interventions
- Guidance on what works for local authorities, PCTs and voluntary bodies, backed up by annual stakeholder events to promote best practice. (p 84)

Progress: LEAP pilots have been evaluated and community physical activity guidance is due to be published in Summer 07/08. Annual stakeholder events are being held.

Commitment 4.51: To publish a guide for PCTs and sports clubs to encourage best practice and foster links on health improvement work, building on existing work with football clubs and branching into other sports. (p86)

Progress: Regional seminars were held to disseminate good practice. Best practice documents such as the Football & Health and Dance & Health guides were published in 2005/06.

Commitment 4.50: To work with key interests to develop best practice guidance on providing free swimming and other sport initiatives for publication in 2005.(p86)

Progress: This was the responsibility of the DH, DCMS, Sport England and ASA. Guidance was published in 2006 and a website was launched.

Commitment 2.13, 2.14 and 2.21: The Department of Health will lead on action to promote health by influencing people's attitudes to the choices they make through a strategy that extends across all aspects of health and involves a broad range of different government departments and agencies. The strategy will include new communications that build on previously successful campaigns and extend to include information on obesity, healthy eating and physical activity. The most successful campaigns have been those that reach people through a number of sources that actively and consistently promote health, so specific campaigns should be funded by non-governmental organisations such as the BHF and Cancer Research UK. The DH will also work with the sports and recreational activity sectors and link activities into communities through schools and workplaces. (p49)

Progress: A programme of work to develop a Social Marketing Strategy has been completed and a report outlining the new social marketing strategy and recommendations for implementation have been published. Obesity, healthy eating and physical activity have been incorporated into new campaigns , along with a range of organisations and sectors.