

# Health and Adult Social Care Overview and Scrutiny Committee

BRIEFING NOTE – No.4/12

Date: 28 September 2012

Briefing paper to: All Members of the Health and Adult Social Care Overview and Scrutiny Committee

Purpose: To update Members on information requested at Health and Adult Social Care during consideration of the Council Plan

## **PB7** Number of businesses taking part in the healthy workplace initiatives.

At the meeting of Health and Adult Social Care Overview and Scrutiny Committee on 21 August 2012 Members asked for more information about PB7 to explain why the target was set at 36 businesses and on whether or not people accessing Surestart and similar initiatives in Medway were given advice on healthy weight and healthy lifestyles. The following response has been received:

The 36 businesses over 12 months was based on moving 3 business a month into the action phase of the workplace health scheme. This number is based on the previous years experience and is a minimum target. On average it takes 8 weeks to move a business from the initial meeting into the development of an action plan for their business.

Taking part in initiatives is where a business has identified steps it needs to provide for its company, based on needs assessments of staff and employer, and has developed its own action plan to takes these steps forward. A typical one might be providing a health and wellbeing area for staff to find out about local services or setting up a stop smoking group. For this financial year to date (April - August 2012) we have 15 new business moved into the action phase.

Families accessing Children's Centres can receive personal advise through their staff or volunteers at the centres (such as in the case of Breastfeeding Peer Supporters), or can be signposted to a healthy lifestyle programme run in the area. Mend 2-4 is specially run in Medway for families with under 4 year olds to support adoption of a healthy lifestyle and to tackle unwanted behaviours.

All Children's centre staff access training on healthy lifestyle aspects through the Supporting Healthy Weight team, such as training on breastfeeding, Introducing Solid Foods, healthy eating and are encourage to attend the Obesity in Pregnancy and Early Years network which meets bi-monthly to provide updates

and develop projects to promote a healthy lifestyle to families with children under 5 years. All Children's Centres also have a food policy to ensure the centre is a role model to our families.

Nurseries and Pre-schools are linked into the Children's Centres and their schools for advise and support on healthy lifestyle issues. The Supporting Healthy Weight team have also been working with these settings to find out current food and nutrition practices and see what else the team can do to support these settings to promote healthy lifestyles.

N.B we have 45 businesses in the workplace health scheme at varying stages.

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