

# Health Improvement

## Lanarkshire Weight Management Service (LWMS), Community Initiatives, Flash Report 2022/2023



LWMS brings together a range of existing and new programmes to support weight management, healthy eating, physical activity and green health, with interventions from Tier 1 healthy lifestyle support to Tier 4 bariatric surgery referrals. **This flash report is an update into our community initiatives (Tier 1 & Tier 2).**

### Child & Young Person (CYP)

#### healthySCHOOLS

The [Healthy Schools website](#) launched its new design, updated content and additional education frameworks for pupils in S5 and S6 in Sept 2022.

- Over 1600 users with almost 1000 primary, secondary & ASN staff across Lanarkshire engaging.
- Healthy Schools Plus relaunched as [Healthy Schools Partnerships](#).



Topics for S5 and S6 pupils launched.

#### Healthy Schools Event

Launched new website at our showcase event to NHS Lanarkshire senior managers, 3<sup>rd</sup> sector partners and teaching staff.

#### Little'N'Lively

Early Years intervention. Over the last year, **157 referrals** were received for children and families (0-2 age range) requiring intensive health & wellbeing support.

#### Full of Beans

In partnership with North Lanarkshire Council and South Lanarkshire Leisure and Culture, LWMS offers Lanarkshire residents free access to this family-based health & wellbeing programme. Over the last year, **648 participants took part.**

Full of Beans also launched six new videos to allow families to take part from home.

These were viewed 385 times combined.



CYP web page on NHSL site viewed 1314 times.

#### Tier 2 GOALS Group

We have undertaken a new pilot with a small number of families. These sessions focused on nutrition and physical activity sessions, twice a week over a 5-week period. We've taken the learning from this and moving into a Phase 2 pilot with sessions running once a week, for 10-weeks, in one area in both North and South Lanarkshire.



#### Physical Activity

- **4273** Active Health referrals were received in North Lanarkshire Council for 22/23.
- **3978** Physical Activity Prescriptions & **881** Active Health were received from South Lanarkshire Leisure for 22/23.



#### Physical Activity

#### Go Jauntly

- NHS Lanarkshire and Get Outdoors Lanarkshire joined forces with walking app Go Jauntly, to make spending time outdoors that little bit easier.
  - 161 families completed a Lanarkshire route via the Go Jauntly app
- #### Walking Challenge
- 1268 NHS Lanarkshire staff took part in the 2022 Walking Challenge.



## Adult

2-3 new 15 week courses

Viewed 2640 times in 22/23

The **online 12-week weight management programme** has been accessed by over 4000 Lanarkshire residents in 2021/2022.



12 Week Weight Management Programme  
Eat well. Feel well. Working towards a healthier weight.



### Adult Healthy Weight Web Page

Created on NHS Lanarkshire's website, [this web page](#) provides various resources and ideas of support available.

Viewed over 2000 times during 22/23.

### Weigh to Go (WTG)

The new WTG & WTG Maintenance (WTGM) programmes launched. Staff from LWMS, North Lanarkshire Council and South Lanarkshire Leisure & Culture developed a new model that emphasises behaviour change, instructor CPD and a new programme design & branding.

19 leisure venues offer WTG, with 5 offering WTG Maintenance, allowing attendees to continue to be supported on their journey to eat healthier and be more active.

4300 attended WTG and 1209 attended WTGM in South Lanarkshire. And, 3816 attended WTG and 307 attended WTGM in North Lanarkshire. 7691 viewed the web page.



### Healthy Valleys

- Health walks- 11 weekly walks, 130 active weekly walkers, 1,453 hours of walking
- Yoga sessions- 11 sessions, 21 individuals
- Cycling programme – bike maintenance, bike loans, upcycling, community events
- Practical cooking – 6 courses delivered to adult, children and young people – 36 people attended

### GBT Shotts

- Free bike loans for staff in high demand with 72 bikes all NHSL staff to access, and an additional 50 being added to the fleet for staff within bands 2-5.

## Partners

## Green Health

Web page viewed 1314 times

- NHS Lanarkshire's Green Health Partnership (LGHP), in partnership with Clydesdale Community Initiatives (CCI) and funded via NHS Charities Together, is developing the new King George Vth garden at University Hospital Hairmyres, which is the 8th garden within the project. CCI and Occupational Therapy teams continue to support volunteers and local schools to take part in the work within the garden.
- LGHP originally funded by NatureScot's 'Our Natural Health Service' programme, is the first health board to now operate independently via integration within Health Improvement.
- The LGHP received an award at the first ever NHS Scotland Assure Conference, where the theme was Excellence in the Health Care Environment, for 'Collaboration - Working in Partnership'.



LWMS will continue to focus on developing the new Weigh to Go with leisure and 3rd sector partners and also commission 3rd sector partners to continue to develop healthy lifestyle interventions across Lanarkshire. The new Tier 2 Child Young Person Weight Management intervention is under development and will be added to the offering whilst existing ones will continue to be rolled out. Healthy Schools+ events will return with a focus on Early Years and the overall community partnership work will expand. For more information please contact Jonathan Cavana, Service Manager, by emailing [jonathan.cavana@lanarkshire.scot.nhs.uk](mailto:jonathan.cavana@lanarkshire.scot.nhs.uk).