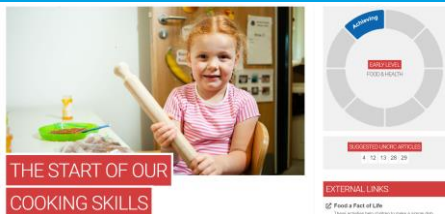


The Lanarkshire Weight Management Service (LWMS) brings together a range of existing and new programmes to support weight management, healthy eating, physical activity and green health, with interventions from Tier 1 healthy lifestyle support to Tier 4 bariatric surgery referrals. **This flash report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

Child & Young Person



There's over **150 schools** using the [Healthy Schools website](#) to deliver Health & Wellbeing. From August 2022 we will have a new format and layout. See image to the right for a sneak peek!



Topics for S5 and S6 pupils launching 2022.

Healthy Schools Plus

Over the last year, more than **350 staff** attended new Healthy Schools Plus events (online). These events support the Health and Wellbeing of pupils across Lanarkshire.

Little'N'Lively

New Early Years intervention. Over the last year, **82 referrals** were received for

children and families (0-2 age range) requiring intensive Health & Wellbeing support.

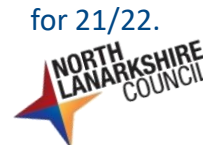
Full of Beans

In partnership with North Lanarkshire Council and South Lanarkshire Leisure and Culture, LWMS offers residents of Lanarkshire the opportunity to take part in this **FREE** family-based Health & Wellbeing programme. Over the last year, more than **300 families** took part.



Physical Activity

- **4363** Active Health referrals were received in North Lanarkshire Council for 21/22.
- **2378** Physical Activity Prescriptions & **433** Active Health were received from South Lanarkshire Leisure for 21/22.



Physical Activity & Active Travel

Active Travel

- 5 secure cycle parking units installed at NHS Lanarkshire sites
- Two sets of lockers installed at Kirklands HQ
- Spring Walking Challenge engaged 1624 staff members with 34 prizes
- 29 folding bikes loaned to staff
- Plus 10 new e-bikes purchased from Sustrans out on loan to NHS staff for active commuting.



Green Health

The Lanarkshire Green Health Action Plan 21-23 has been finalised. [View here.](#)

Launched partnership with Go Jauntly, a free app where users can access local walks and create their own.



Adult

Viewed 4101 times in 21/22

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.

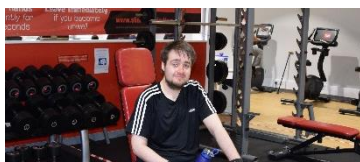
Viewed over 1000 times during 21/22.

Weigh to go!

A new look Weigh to Go is planned to pilot in August while the focus remains on the healthy eating guide, content has been revised to include holistic health messages related to healthy eating and weight and will include the implementation of an 11 week maintenance phase after the 15 week programme.

WEIGH TO GO LINUS & MARGARET

Two Weigh to Go attendees were celebrated! Linus Gunn lost four stones with the programme and Margaret Stewart reversed her Type 2 Diabetes!



2-3 new 15 week courses

Partners

Healthy Valleys

- Health walks, yoga sessions, cycling programme practical cooking and stress management courses developed.
- Active travel programme, with a fleet of E bikes and folding Brompton bikes for community loan.

Healthy n Happy

- Developing a cycling model similar to Getting Better Together Shotts including cycle library and servicing.

Getting Better Together (GBT) Shotts

- Continue to support community active travel agenda via E bike fleet development and bike hire.
- Further develop and promotion of community programmes including, community cooking classes to support healthy eating and tackle food poverty.
- GBT to continue to provide and support community physical activity via programmes aiming to target between **100-200** interventions.

Lanarkshire Community Food Group

- Continued support of Healthy play time snacks in primary schools. Nutritional intervention in two key schools in SIMD 1 & 2 areas. **12 sessions and 50 pupils.**
- Implementation of Big Chef Little Chef courses in North Lanarkshire, **12 families participating** over 2x6week sessions.