

Preventing Obesity

Regional Delivery, Going Further Faster

A Department of Health West Midlands Conference
Tuesday 18th March 2008 at the Paragon Hotel, Birmingham

Conference Summary

Dear Colleague

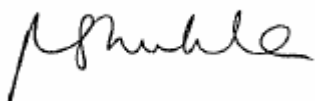
Thank-you for your attendance and contribution to this conference; judging from the feedback received about the day it was a positive and productive experience, identifying how our work on obesity has progressed and supporting relationships across the West Midlands to help build on this.

I have included in this document a number of documents which I hope you will find helpful which were drawn from the workshops and mapping exercise undertaken as part of the day.

- Conference Evaluation summary
- Feedback from the Workshops
- Summary of Childhood Obesity Services in the West Midlands
- Summary of Adult Obesity Services in the West Midlands
- Summary of PCT's with Obesity Strategies and Care pathways for children and Adults
- West Midlands Leisure Centre Survey

I hope these documents will support you in your ongoing work on preventing obesity.

Yours sincerely



Dr Rashmi Shukla
Regional Director of Public Health/Medical Director

Conference Evaluation Summary

	Unsatisfactory	Satisfactory	Good	Excellent	No reply
Morning Presentations	2%	16.3%	61.2%	18.3%	2%
Workshops	2%	20.4%	46.9%	24.4%	6.1%
Content	2%	18.3%	59%	16.3%	4%
Relevance	2%	18.3%	55.1%	20.4%	4%
Overall	2%	14.2%	57.1%	18.3%	8.1%

Delegates commented positively on:

It is a good idea to hold such a conference; I would like to attend annually

Presentations

- the good range of speakers & presentations, in particular presentations from Linda Hindle, Suzanne Gardner, Catherine Goodridge and Will Cavendish.
- Overall a good insight into current initiatives /ideas re reducing obesity and good to see what's happening across the region rather than just your own PCT.
- the inclusion of National & Regional perspectives and positive partnerships were welcomed.
- a good overview of different services for different levels of intervention
- the feedback session was useful
- having such a broad mix of professionals - Clive Wilkinson & Yvonne Thomas's presentation very informative.
- the whole experience was very productive and confirms how our work has progressed in Obesity
- the mapping exercise.

Workshops

- social Marketing & Mend workshops very inspirational.
- workshop evidence & effectiveness very good.
- question time in the workshops was more focussed and easier in smaller groups
- it was good to see the importance of breastfeeding & infant feeding in the prevention of obesity as this so often missed or played down.
- there were quick informative inputs and a chance for networking

Venue

- Good venue & easy to get to and availability of car parking.
- The day was well organised and worthwhile and the pack given out was extremely helpful and excellent quality as was the information received prior to the day.
- Table arrangements for seating, the healthy food, dried fruit, fresh fruit were good.

Delegates suggested the improvements to:

Presentations

- It would be useful for everyone to compare obesity stats - children, young people, and adults.
- To build on the mapped services back to PCTs/areas, what each has and will have.
- More reference to how the 'new communities' are targeted or included in the plans to improve health and reduce obesity.
- To look at obesity on a wider context such as cultural level. How do you educate obese people from black and other ethnic groups?
- More in depth information on specific initiatives available i.e. where to get funding to set up services/training.

- More on wider partnerships - the contribution education makes to health agendas as well as housing, planning, regeneration, transport etc all which contribute to obesogenic environment.

Workshops

- Opportunity to attend more than one workshop because they all have very valid/relevant contents.
- More time in workshops to interact and come up with ideas on how to tackle certain issues
- some time allowed for networking purposes for people attending from each LA/CS

Feedback from workshops

The workshops provided a summary to the conference

- Leisure Centres need to consider the food choices they provide. There is a need to advocate that standards for food in schools, particularly related to healthier vending, should be taken into consideration when planning food provision in leisure centres. A copy of the report is attached.
- Leisure providers should be lobbied to look at different membership rates based on leisure activities that are required eg swimming but not gym.
- The food access mapping needs to link with the Regional Spatial Strategy
- Issues around the insurance of unpaid workers running cooking sessions needs to be resolved.
- Behaviour management and environment design seem to offer some good results.
- Have to be prepared to take risk in area with little evidence of effectiveness
- Many projects similar to smoking cessation in behaviour change approaches;
- Trainers/workers in projects need to be sympathetic to perceptions/needs of obese children (training in a "fat suit" example)

Summary of Childhood Obesity Services in the West Midlands. (Based on mapping exercise)

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Birmingham East and North	Service agreed but not commissioned	Paediatric dieticians	<ul style="list-style-type: none"> • MEND • Watch It • School nurse led weight management programme 	<ul style="list-style-type: none"> • Villa Vitality • School Nutritionists • Train and support children's centre and extended school cluster staff in healthy eating to achieve healthy eating standards • Healthy schools • Food Net for children (training health visitors and children's centres) • Support private and voluntary nursery setting to achieve early years healthy setting status
Heart of Birmingham			<ul style="list-style-type: none"> • Support private and voluntary nursery settings to achieve early years and healthy setting status 	<ul style="list-style-type: none"> • HOB under 5 programme – Healthy eating • Literacy schemes training parents on healthy eating • Health promotion packages • Food Net for children team • Birmingham community nutrition and dietetic department • Weaning • Train and support children's centre staff and extended school cluster staff in healthy eating to achieve healthy eating standards
Birmingham (South)			<ul style="list-style-type: none"> • BMI – PH employs SNA to work between PH2SH • Increased partnership this year for NCMP 	<ul style="list-style-type: none"> • My body workshops • Extended partnerships i.e.: PCT, SH to ensure healthy eating and obesity is on agendas • Support private and voluntary nursery settings to achieve early years healthy setting status • Food Net for children team • Birmingham nutrition and dietetic department • Train and support children centre and extended school cluster staff in healthy eating to achieve healthy eating standards
Coventry			<ul style="list-style-type: none"> • Active kidz • One Body, one life • MEND 	<ul style="list-style-type: none"> • Healthy Schools

Summary of Childhood Obesity Services in the West Midlands. (Based on mapping exercise)

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Dudley			<ul style="list-style-type: none"> • Weighting to Change • IN house programme pilots • Watch It! Pilot • Mini MEND (pilot) • MEND x 5 (pilots) • EM Power (pilot) HV dedicated (0-2) 	<ul style="list-style-type: none"> • Phyzkidz school club for 5 – 8 years – Addressing weight management • Fitness for kids and advice for parents • Cycle/walk to school – travel plans • Breastfeeding – baby friendly policy for community • ‘Health Matters’ school programme
Herefordshire	Out of County	Dietetics Department	<ul style="list-style-type: none"> • MEND • Dieticians • School Nurses • Health Visitors 	<ul style="list-style-type: none"> • School Nurses • Health Visitors • Sports Development • School Meals Group • Wye Wood (activity referral) • Halo Leisure Services, e.g. free swimming • Info zone • Extended schools and parenting groups • Children’s centres 0 – 5 • Child cycle training • Healthy schools including adopt a farmer • Health trainers • School travel plans
Sandwell			<ul style="list-style-type: none"> • MEND Pilot • Mini MEND Pilot • GOAL’s Pilot • Training for School Nurses and HV • School Nurse Care Plans 	<ul style="list-style-type: none"> • Healthy Schools: training, parents sessions, assemblies, school meals, catering in schools, celebration events, lets get cooking • Fab Food Characters • Dr Bike • Food and Nutrition - secondary schools • Steps project • Ready, steady, grow • Weaning • PESCCCL • Leisure Passes • Lunchbox sessions • After-school Cooking Club

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Shropshire			<ul style="list-style-type: none"> • MEND Pilot x 2 	<ul style="list-style-type: none"> • Breastfeeding and Weaning Strategy • Healthy Lunchboxes • School Travel Team contribute to a 'Walking for Life' • Food in Schools • Shropshire Schools for Health • Training for Childcare Centre Staff • Bikeability Cycle Training
Solihull	Provided by HEFT	3 year big lottery funding for Watch It! Solihull. Programme manager has been recruited, awaiting start date. First cohorts to begin in May/June 08		<ul style="list-style-type: none"> • Work with children's centres in the provision of 'cook and taste sessions, project grant being applied for to extend the project • Support for Food in Schools initiative and promotion of physical activity opportunities promoted in conjunction with Healthy Schools programme. • 'Positive futures' and 'Off the wood' programmes well established and 'NS Fusion' programme being implemented • Food for Health in Solihull Strategy helping to inform further developments of general healthy eating interventions. • Solihull Physical Activity Strategy and linked Community Sports Strategy for Solihull helping to inform further developments of physical activity interventions
Staffordshire (North)			<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Partnership working • Healthy Eating • Healthy Schools • Physical Activity
Stoke on Trent			<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Stoke fitter families – resource of school nurses who are supporting overweight children – 4 week session and 12 month support aimed at families to give healthy diet and nutrition advice • Healthy eating and physical activity criteria • National healthy schools programme
Telford and Wrekin			<ul style="list-style-type: none"> • Y W8 – researched and evaluated 9 – 13 years • No established service outside this age bracket 	<ul style="list-style-type: none"> • Nutrition: • Multi-partnerships with LA including: community food team, healthy eating award, healthy schools, school meals • Physical activity : • Established LA partnerships and programmes/school and community based initiatives and clear commissioning for prevention arrangements

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Walsall			<ul style="list-style-type: none"> • Fun for Life (8 – 16 years) • Mini Mend • MEND 	<ul style="list-style-type: none"> • Healthy schools • School meal group • Brownhills healthy eating project • Way 4wards – young persons exercise support and advice • Obesity awareness training • Fitzone young persons gym 8 – 16 • Shlz 4 sport – develop motor skills for those at risk of being overweight • Frank F Harrison whole secondary school approach • Play scheme – children’s centres/sure start • Teen fit (girls 11 – 16) • Children’s Centres • Fit Food DVD
Warwickshire PCT		Staff with appropriate skills available but service still not commissioned	<ul style="list-style-type: none"> • Families for Health • MEND 	<ul style="list-style-type: none"> • Healthy schools
Wolverhampton	1:1 clinic with dieticians and referrals to clinical services Paediatrician for co-morbidities	Obesity clinics	<ul style="list-style-type: none"> • Fit club • Hospital youth work team • MEND • Dieticians • School nurse care plans 	<ul style="list-style-type: none"> • Breastfeeding schemes/initiatives • Healthy schools • Lets get cooking • PE and sports development • Healthy lunchboxes • Physical activity and play • Kids Kitchen • SFVS • KS2 Fruit and Veg • School nurse training • Weaning initiatives • After school cooking clubs • Children’s centre nutrition projects

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Worcestershire			<ul style="list-style-type: none"> • MEND • In house programme from 09 • Early Years in house programme by end of 09 	<ul style="list-style-type: none"> • Lunch time management reviews • Lunchbox resources and training • Increasing capacity of training in cooking skills • School travel plans • 5 hr physical activity offer • Removal of unhealthy food in all council owned/contracted leisure centres • Promotion of reduced rate leisure passes for disadvantaged families • Food in schools • NCMP • Obesity proofing of policies/plans • SFVS • Healthy Schools • Healthy Early Years Setting • Act as referral

Summary of Adult Obesity Services in the West Midlands (Based on mapping exercise)

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Birmingham East and North	Bariatric surgery commissioned from Walsall or HoEFT	Specialist Primary Care Obesity Service	<ul style="list-style-type: none"> • Due to start initiatives with 2 locality commissioning groups • Training to support practice based weight management • Community dietetic service • Exercise on prescription • Weight watchers on prescription pilot 	<ul style="list-style-type: none"> • Size down – NHS weight management course • Commercial slimming groups • Food net – cook and taste/5 a day • Walk 2000
Heart of Birmingham	Bariatric Surgery for certain cases and preferably where patients have been through all levels of the care pathway (Heartlands/Walsall manor)	Specialist Obesity Service – multi-disciplinary team	<ul style="list-style-type: none"> • Dietitian led groups • One to one dietetic appointments • Size down • Doctors referral into exercise and wellness • Exercise on prescription 	<ul style="list-style-type: none"> • Nutritionist • Stair climbing • Nation step-o-meter programme and pedometer sessions • Healthy lifestyle grant programme • Physical activity interactive workshops • Food net • Gym for free
Birmingham (South)			<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Extended partnerships with PCT, PH, SH Dietetics to ensure healthy eating and obesity is on the agenda and in plan
Coventry	Need for a co-ordinator	Under development. A lot of projects which need to be co-ordinated	<ul style="list-style-type: none"> • Body and Mind • Healthy Walks • Active for Health 	<ul style="list-style-type: none"> • Lots going on – need for a co-ordinator
Dudley		Tendering for specialist weight management service in PCT lead by an accredited GPWSI	<ul style="list-style-type: none"> • Slimmers Kitchen service • Counter Weight • Weight Watchers Contract 	<ul style="list-style-type: none"> • GP exercise – prescription/leisure reductions; self referral; action heart; green referral (walking) • Steps to Health – parks as activity centres • Walkzone website • Walk leaders • Families 'get cooking services'
Herefordshire	Surgery referral out of county	acute hospital dietetics department	<ul style="list-style-type: none"> • Pilot commercial referral e.g. weight watchers • GP services • PCT staff e.g. HV/DN • Eat to be fit • LIFT • Pilot pharmacy service 	<ul style="list-style-type: none"> • Food links (network of local food producers) • Halo leisure activities • Travel plans • Adult cycle training

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Sandwell			<ul style="list-style-type: none"> • Slimwell • Training for health professionals 	<ul style="list-style-type: none"> • Cooking courses • Shopwell – food access • Community food advisor training • Shop tours • Information sessions • Green gym
Shropshire	Yes	community based specialist clinic (not operational yet)	<ul style="list-style-type: none"> • Help to slim (not operational yet) 	<ul style="list-style-type: none"> • Active 4 health under development
Solihull	Provided by HEFT	Community based specialist multi-disciplinary service (awaiting funding)	<ul style="list-style-type: none"> • Watch it 	<ul style="list-style-type: none"> • Solihull Active database promoting local exercise opportunities via local website • DocSpot – GP exercise referral scheme • Striders and Strollers health walk groups • Cycle Solihull initiative (including ongoing programme of cycle rides promoted through CycleSolihull website) • Commercial slimming on prescription • Weekly dietetic led community weight loss support groups – awaiting funding • Food for Health in Solihull Strategy helping to inform further development of general healthy eating interventions • Solihull Physical Activity Strategy and linked Community sports strategy for Solihull • Local Health Trainers service being developed
Staffordshire (South)	Surgery options (Walsall PCT contract)	Specialist Adult weight management services involving dietetic input and support	<ul style="list-style-type: none"> • Slimming on referral patients with BMI >30 - 35 	<ul style="list-style-type: none"> • Working with GPs to screen patients and carry out brief interventions
Staffordshire (North)			<ul style="list-style-type: none"> • Health improvement team in place and operating from April 08 	<ul style="list-style-type: none"> • Development of physical activity • Cook and eat sessions • Lifestyle programmes • WFHI
Stoke on Trent			<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Stoke fitter families – healthier lifestyle programme • Practical intensive sessions for whole family followed up with 12 month support

PCT	Morbid Obesity Services	Specialist Obesity Services	First Line Weight Management Services	Early Intervention and Prevention
Telford and Wrekin	Under development within commissioning team. Clear model in our pathway being pursued. Some enhanced services under LPSA2	Under development within commissioning team. Clear model in our pathway being pursued. Some enhanced services under LPSA 2	<ul style="list-style-type: none"> • YW8 • YW8 plus 	<ul style="list-style-type: none"> • Community food team/physical activity team and established partnerships and joint funding
Walsall		Time to change programme – community diet and emphasis on physical activity	<ul style="list-style-type: none"> • Healthy eating for weight management – offers individual dietary assessments and counselling with options for weight management groups, cook and eat groups etc 	<ul style="list-style-type: none"> • Time to change – adult exercise and advice support scheme • 1:1 exercise consultation • Signposting to relevant activity • 6 month support
Warwickshire PCT	Commissioned from Heartlands	Commission from UHCW (not primary care based)	<ul style="list-style-type: none"> • Weight Management Training – NHS Staff/GP Practice • LDP bid to offer weight watchers/slimming world on prescription • Referral to dietetic services 	<ul style="list-style-type: none"> • Workforce development • Food for health group • Physical activity strategy include action points and influence energy balance
Wolverhampton	1:1 clinic with Dieticians and referrals to clinical services	Obesity Clinics	<ul style="list-style-type: none"> • Dieticians • Weight Management Programmes • MEND • Fit Club • Cross Cultural Developments to Emotional Health, Well Being and Healthier Lifestyle Choices 	<ul style="list-style-type: none"> • Weight Management Programmes i.e. post natal • Self esteem • Post natal support for parents • Advice on eating, shopping and cooking • Walk for health • Families get cooking • CIEH training - nutrition
Worcestershire			<ul style="list-style-type: none"> • Weight Watchers through PCT • MEND 	<ul style="list-style-type: none"> • Preventing Obesity Services Obtained from Community Pharmacies

Summary of PCT's with Obesity Strategies and Care Pathways for Children and Adults (Based on mapping exercise)

PCT	Childhood Obesity Strategy	Childhood Care Pathway
Birmingham East and North	Yes	Yes
Heart of Birmingham	Yes	Yes
Birmingham (South)	Yes	
Coventry	No	No
Dudley	Yes	Under development
Herefordshire	Yes	Under development
Sandwell	Under development	Under development
Shropshire	Under development	Under development
Solihull	Yes	Under development
Staffordshire (South)		
Staffordshire (North)	Unknown	Unknown
Stoke on Trent		
Telford and Wrekin	Yes – joint adult and children	No
Walsall	Yes	Under development
Warwickshire PCT	Yes	Under development (pilot commences in September)
Wolverhampton	Yes	Under development
Worcestershire	Under development	Under development

Rationale

A healthy active lifestyle involves both physical activity and healthy eating, however sometimes the ability to make healthy choices is hampered by the limited availability of appropriate choices. It may be thought that hospitals and leisure centres would be role models for healthy environments but often the vending provision and cafes in these settings provide little opportunity to exercise a healthy choice.

A 'mystery shopping' survey of hospital food in 2005 found that although healthy choices were available in hospital restaurants, more often than not the vending provision gave very limited or no opportunity to make a healthy choice.

Due to the introduction of standards for school food and food other than lunch there have been many changes to food provision in schools. Healthier vending has been successfully introduced into many schools or vending has been removed altogether, however, these changes have not necessarily been translated across to sports and leisure centres although in many cases they are co-located in schools. Schools, sport and leisure centres are widely used by children and young people, and their families. It is therefore important that the healthy eating messages given in schools are reflected in settings such as sport and leisure centres.

Tackling obesity is a priority for primary care trusts and local authorities and a range of programmes involving both food and physical activity are being developed across the region, some based within leisure centres. However, the food choices in these settings have not been assessed. A snap shot survey of current vending situation in leisure and sport centres – with a particular focus on those attached to secondary schools - has been undertaken by the Department of Health West Midlands. The results of the survey will be used to make a case to sport and leisure centres to examine their vending practice.

Aim

To assess food and drink choices in sports and leisure centres across the West Midlands.

Methodology

In January 2008, a postal survey (see appendix 1) was sent to 418 leisure and sport centres in the West Midlands region. These were a mixture of local authority sport and leisure centres some of which were school-based. It also included specific sport facilities such as swimming pools and sports halls that were used for public sport. The survey was

anonymous and respondents did not need to identify their centres unless they chose to receive the results of the survey or be entered into a prize draw. The survey was re-sent in February to increase the response rate.



Definitions

The following definitions of healthy snacks/drinks were used in line with nutritional standards for school food

A healthy drink includes – water – plain or sparkling, 100% fruit/vegetable juice or diluted fruit juices, milk/yoghurt drinks with less than 5% added sugar .

The following do not count – flavoured waters, fizzy carbonated drinks, sports drinks.

Healthy food/snacks include: dried fruit, fruit pots, yoghurts, sandwiches made with wholemeal/whole grain bread, fresh fruit and vegetables, nuts and seeds with no added salt or sugar. **The following do not count – cereal bars, crisps, sweets, flapjacks.**

Results

Response Rate

Local Authority	Number of Leisure Centres	Response rate after 1 st mail shot	Response Rate after 2 nd mail shot
Birmingham	78	15% (12)	15% (12)
Coventry	37	16% (6)	24% (9)
Dudley	24	8% (2)	17% (4)
Herefordshire	18	28% (5)	44% (8)
Sandwell	23	17% (4)	30% (7)
Shropshire	28	0% (0)	25% (7)
Solihull	15	27% (4)	27% (4)
Staffordshire	36	31% (11)	36% (13)
Stoke on Trent	26	23% (6)	35% (9)
Telford and Wrekin	16	13% (2)	31% (5)
Walsall	2	19% (5)	23% (6)
Warwickshire	27	22% (6)	22% (6)
Wolverhampton	26	4% (1)	12% (3)
Worcestershire	38	21% (8)	29% (11)
Total	418	17% (72)	25% (104)

Figure 1: Response Rate

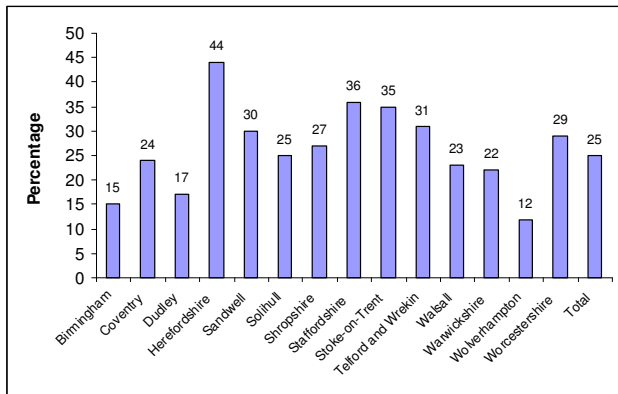


Figure 3: Type of Vending Machines in Leisure Centres

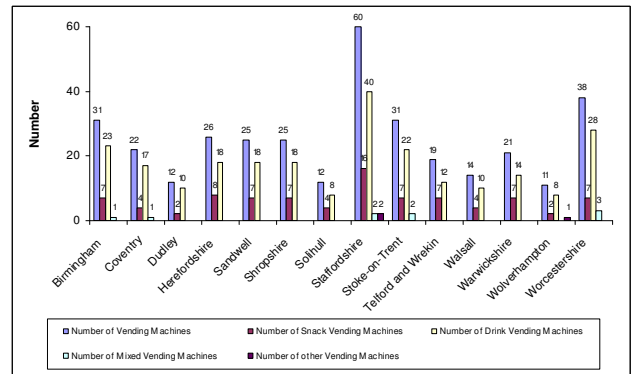


Figure 2: Number of Vending Machines

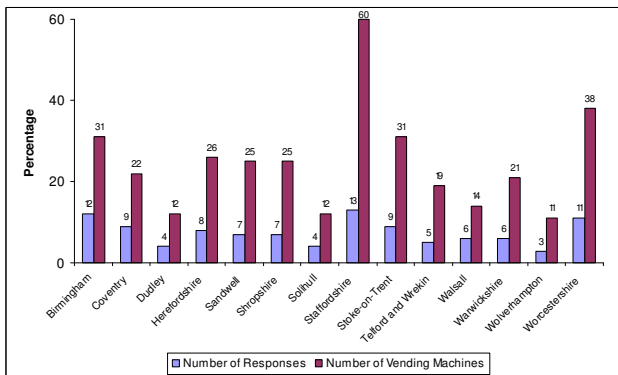


Figure 4: Snack Vending Machines

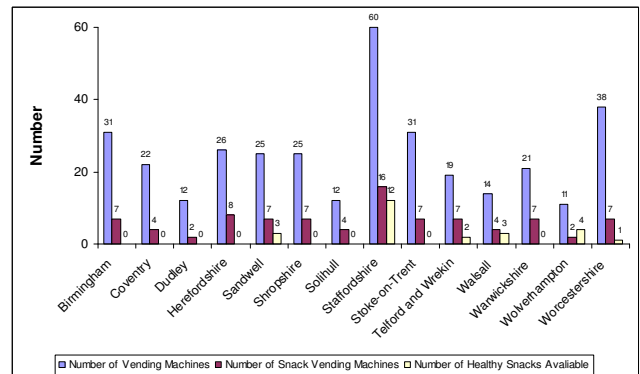


Figure 5: Drinks Vending Machines

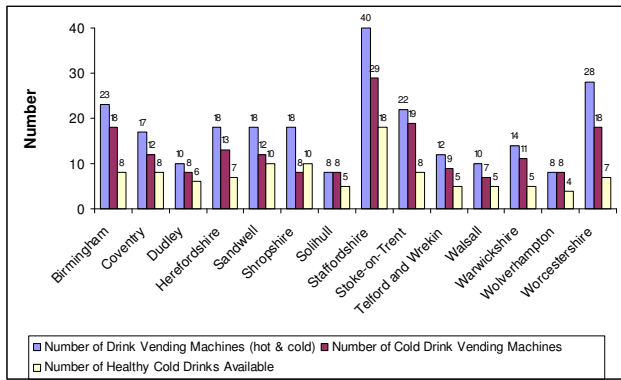


Figure 6: Mixed Vending Machines

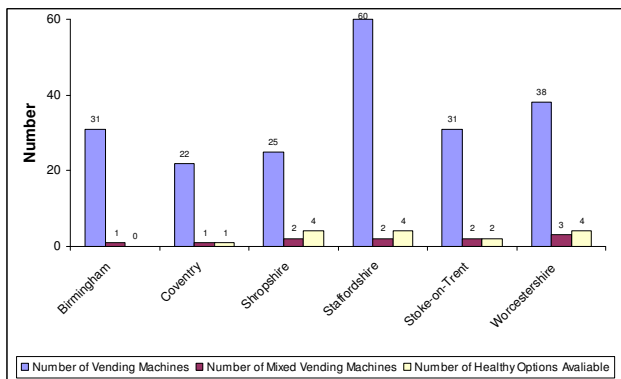


Figure 7: Access to Free Drinking Water

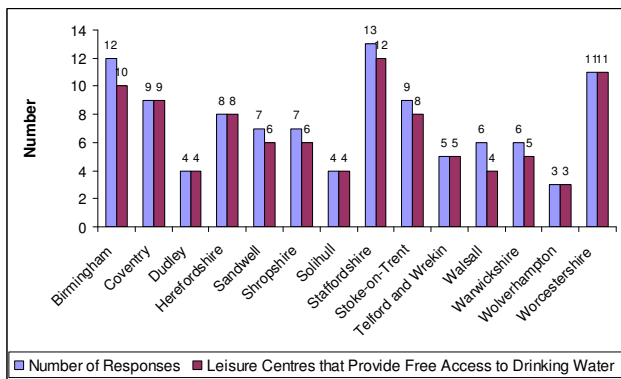


Figure 8: How is water available?

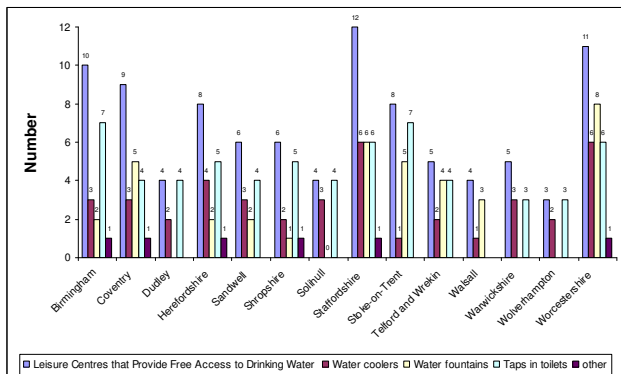


Figure 9: Healthy Eating Choices in Leisure Centre Cafes

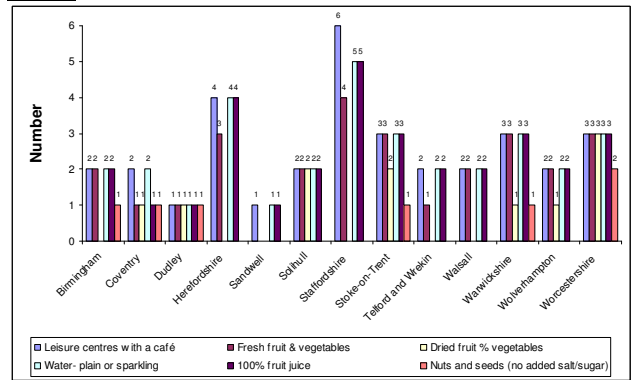
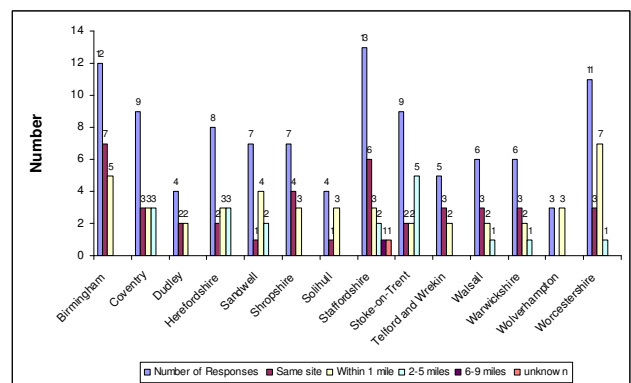


Figure 10: How far is your leisure centre from the nearest secondary school?



School Leisure Centres

Throughout the West Midlands, leisure centres were found to contain an average of three vending machines per facility, but when stand alone leisure centres were compared with leisure centres attached to schools it was found that stand alone leisure centres have on average of twice as many vending machines as school based leisure centres (4 compared to 2).

School-based leisure centres provided a wider variety of healthy drinks (see definition) with at least one healthy drink per vending machine. In comparison only 44% of cold drink vending machines within non-school-based leisure centres provided an option for a healthy cold drink. Although there were less vending machines within school-based leisure centres they were also less likely to offer a healthy snack than other leisure centres (10.5%; 32.8% respectively).

Key Findings

- 40/104 respondents were school-based leisure/sports centres
- Overall there were an average of 3 vending machines per leisure centre
- There are significantly more drinks vending machines (246) than snack vending machines (89)
- Within the 89 snack vending machines, only 25 healthy snacks were available
- Within the 180 cold drink vending machines there were 106 healthy drinks available.

- 95/104 (91%) of leisure centres provide access to free drinking water with the majority offering it via a tap in the toilet area.
- 33/104 (32%) leisure centres have a café- 27 (82%) of those cafés have fresh fruit and vegetables available.

Limitations of this survey

The sample size of this survey is small (only 25%) and does not represent every sport and leisure centre. The survey was not addressed to an individual and the response is therefore based on the knowledge of whoever who was filling in the survey. Although definitions were provided for consistency purpose, we cannot be certain that the definition of “healthy” was understood.

Recommendations

- Healthier options should be available in all vending machines – see the School Food Trust healthier vending resource for further advice.
- Ensure that all drink vending machines have an option of plain or sparkling water, 100% fruit juice or milk based drinks with less than 5% sugar.
- As a minimum all cafes should provide fruit and vegetables (fresh and dried) and drinks as above.
- It is important that snack vending machines also provide a healthy option such as dried fruit, nuts and seeds. The use of refrigerated vending opens up the options of vending food such as sandwiches and fresh fruit.
- Water should be freely available and palatable preferably from water coolers or fountains.

Conclusions

Vending machine is a quick and easy point for food and drinks and is also profitable. People often visit sports and leisure centres to exercise and support a healthy lifestyle, however the food and drink choices available to them do not help them to do so as they are generally high in fat, salt and sugar. Of particular concern is the limited availability of healthy snack vending in sport centres that are on the same site as schools. While a lot of work is being done to get schools to offer healthy choices to their pupils, the same needs to be done by sports and leisure centres, especially those on the same site as schools. It is pointless to introduce healthy eating in schools, only to have the pupils nipping into the on site sports centre or down the road to buy confectionery and fizzy drinks. Schools are succeeding in changing vending practice through moving away from conventional vending of processed snack products and replacing them with real food and snacks and mini-meals. The use of refrigerated vending opens up the options of vending food such as sandwiches and fresh fruit. The SFT Healthier vending resource provides clear information on healthier vending and is a useful resource to support local authorities looking at the vending on offer in their sports and leisure centres.

References

School Food Trust 2008 A Fresh Look at vending in schools www.schoolfoodtrust.org.uk

Leisure Centre Food and Drink Survey 2008



West Midlands Public Health Group
c/o 3rd Floor Kingston House
438 High Street
West Bromwich
B70 9LD

The Public Health Group of the Department of Health, West Midlands are conducting research into the provision of food and drink in sports and leisure centres within the West Midlands. The survey aims to provide a snapshot of food choices available within facilities across the region to support us in developing appropriate work programmes in diet/nutrition.

The survey has six questions, we would be very grateful if you could complete this short survey and fax or post back to Naomi Jones fax: 0121 612 1501, address: 3rd Floor, Kingston House, 438 High Street, West Bromwich **by Monday, 18th February 2008.**

All surveys will be entered into a prize draw for a fruit and vegetable hamper, you only need to provide your contact details if you wish to be entered into the draw.

	Leisure/Sports Centre Name	
	Contact Name	
	Telephone Number	
1	How many vending machines do you have in your leisure/sports centre? (please circle as appropriate)	0 1 2 3 4 5 6 7 8 9 10
<p>Definitions</p> <p>A healthy drink includes – water – plain or sparkling, 100% fruit/vegetable juice or diluted fruit juices, milk/yoghurt drinks with less than 5% added sugar .</p> <p>The following do not count – flavoured waters, fizzy carbonated drinks, sports drinks.</p> <p>Healthy food/snacks include: dried fruit, fruit pots, yoghurts, sandwiches made with wholemeal/whole grain bread, fresh fruit and vegetables, nuts and seeds with no added salt or sugar.</p> <p>The following do not count – cereal bars, crisps, sweets, flapjacks.</p>		
2.	What type of vending machines do you have?	
	Number of vending machines	Number of types of healthy snacks/drinks included (see definitions above)
	Snacks	
	Hot drinks	
	Cold drinks	
	Mixed Products	
	Other	
3	Do you provide access to free drinking water?	Yes <input type="checkbox"/> No <input type="checkbox"/>
	If yes, how is water provided	Yes/No Location
	Water coolers	
	Water fountain	
	Taps in toilets	
	Other	

4	Do you have a café?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5	If yes, does it sell any of the following (please tick as many as apply)		
	Fresh Fruit and Vegetables		
	Dried fruit and vegetables		
	Water – Plain or sparkling		
	100% fruit juice		
	Nuts and seeds without added salt or sugar		
6	Where is the nearest secondary school from your leisure/sports centre? (please tick)		
	Same site		
	Within 1 mile		
	2-5 miles		
	6-9 miles		
	10 miles or more		

The information collected from the survey will be published as a report. If you would like the results of this survey, please provide your email address:

Thank you for you time

If you have any questions about this survey, please contact:
Catherine.goodridge@sandwell-pct.nhs.uk