

Improvement of Own Health						
NO6 LO11 608838	Key Action 1	Achieve and maintain a healthy weight	Tracey Gervaise	NHS		✓
612617	Key Action 2	Reduce impact of tobacco on Moray population	Tracey Gervaise	NHS		✓
612618	Key Action 3	Aid to reduce impact of long term conditions on the population	Tracey Gervaise	NHS		✓
Elderly and Vulnerable						
NO6 LO12 608844	Key Action 1	Improve support to carers	Jane Mackie	MHSCP		✓
612620	Key Action 2	Expand preventative and anticipatory care	Jane Mackie	MHSCP		✓
612621	Key Action 3	Improving Pathways	Andrew Fowlie	NHS		X
616971	Key Action 4	Adult support and protection	Sharon Milton	GP		✓
Alcohol and Substance Abuse						
NO6 LO13 608853	Key Action 1	Implementation of substance misuse strategy	John Campbell	TMC		X
612623	Key Action 2	Redesign local substance misuse services	John Campbell	TMC		X
612624	Key Action 3	Evaluate clinical/social outcomes for service users	John Campbell	TMC		X

NO = National Outcome; LO = Local Outcome; GP = Grampian Police; MC = Moray College; MHSCP = Moray Health and Social Care Partnership; TMC = The Moray Council

National Outcome 6 – We live longer, healthier lives

Local Outcome 11 – An increased number of people in Moray will be active in improving their own health

KEY ACTION	Aid to increase the number of people in Moray to achieve and maintain a healthy weight	
SMART Targets for Key Action		
<ul style="list-style-type: none"> NHS HEAT target H3: Achieve agreed completion rates for child healthy weight intervention programme by 2010/11 (5 – 15 years of age only) NHS HEAT target H7: Increase the proportion of new born children exclusively breastfed at 6-8 weeks from 26.6% in 2006/07 to 33.3% in 2010/11 		
Quarter 1 Milestone		Date
Establish average baseline for obesity for the previous three years (data to be extracted from MCHSCP General Practice Prevalence Data Framework)		May 2009
Quarter 2 Milestone		Date
Development and implementation of a local Healthy Eating and Active Living Action Plan.		August 2009
Quarter 3 Milestone		Date
Local implementation of Grampian's Healthy Weight Strategy		October 2009
Quarter 4 Milestone		Date
Implementation of The Moray Council Food Policy		January 2010
Expected outcome/contribution to the local and national outcome		
<ul style="list-style-type: none"> To enable and support an increased number of the Moray population to be active in improving their own health To enable and support an increased number of the Moray population to achieve and maintain a healthy weight To decrease the risk of the Moray population developing long term conditions which overweight/obesity is a significant pre-disposing factor i.e. Diabetes Type 2, Hypertension, Coronary Heart Disease To aid to increase life expectancy 		

Resources

Existing

- MCHSCP Health Improvement Team
- NHS Grampian Primary and Secondary Care Services
- Sports and Leisure Department TMC
- Education Department TMC
- NHS Grampian Food in Focus Fund
- NHS Grampian Health Improvement Fund
- TMC Hungry for Success Funding

Potential Additional Funding

- Promoting Moray is Safe – Grampian Police
- Staff Nutritional Health – ALL community planning partners
- Increased delivery of community led weight management services
- Preventative activity – ALL community planning partners
- Funding to support identified and agreed actions within the local Healthy Eating and Active Living Action Plan i.e. Sports Development Officer, targeted physical activity initiatives.

Lead Officer, including contact details

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National Outcome 6 – We live longer, healthier lives

Local Outcome 11 – An increased number of people in Moray will be active in improving their own health

KEY ACTION	Aid to reduce the impact of tobacco on the Moray population.	
SMART Targets for Key Action		
<ul style="list-style-type: none"> NHS HEAT target H6: Through smoking cessation services support 8% of your Board's population in successfully quitting (at one month post quit) over the period 2008/09-2010/11 		
Quarter 1 Milestone		Date
Establish a baseline for smoking for the previous three years (data to be extracted from MCHSCP General Practice Data Framework and NHS Grampian Smoking Advice Services Data)		May 2009
Quarter 2 Milestone		Date
Establishment of a Moray Local Tobacco Alliance.		August 2009
Quarter 3 Milestone		Date
Development and implementation of a Moray Local Tobacco Alliance Action Plan.		October 2009
Quarter 4 Milestone		Date
Development and implementation of a local Smoking Cessation Workforce Training Plan		January 2010
Expected outcome/contribution to the local and national outcome		
<ul style="list-style-type: none"> To enable and support smokers in Moray to be active in improving their own health To reduce the impact of tobacco on the Moray population To shift cultural attitudes to smoking To reduce the prevalence of disease(s) within the Moray population where smoking is a significant predisposing factor i.e. Coronary Obstructive Pulmonary Disease (COPD) and Lung Cancer To aid to increase life expectancy 		

Resources

Existing

- MCHSCP Health Improvement Team
- NHS Grampian Smoking Advice Services
- NHS Grampian Primary and Secondary Care Services
- Scotland is Smoke Free funding to be allocated to NHSG and The Moray Council (amounts to be confirmed)
- NHS Grampian Health Improvement Fund

Potential Additional Resource

- To encourage and support ALL those responsible for smoking prevention activity aimed at children and young people to support a whole system integrated approach.
- To develop an outcome focused scheme to secure a more rigorous enforcement of tobacco sales law.
- To reduce the illicit sales of tobacco on a local level

Lead Officer, including contact details

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National Outcome 6 – We live longer, healthier lives

Local Outcome 11 – An increased number of people in Moray will be active in improving their own health

KEY ACTION	Aid to reduce the impact of long term conditions on the Moray population.	
SMART Targets for Key Action		
<ul style="list-style-type: none"> NHS HEAT target T6: To achieve agreed reductions in rates of hospital admissions and bed days of patients with primary diagnosis of Coronary Obstructive Pulmonary Disease, Asthma, Diabetes or Coronary Heart Disease NHSHEAT target H8: To Achieve agreed number of inequalities targeted cardiovascular health checks during 2009/10 		
Quarter 1 Milestone		Date
Establish average baseline for long term conditions for the previous three years (data to be extracted from MCHSCP General Practice Prevalence Data Framework)		May 2009
Quarter 2 Milestone		Date
Establishment of local Long Term Conditions Steering and Stakeholder Groups		August 2009
Quarter 3 Milestone		Date
Development and implementation of a local Long Term Conditions Programme Plan (review and potential redesign of local communication strategies included)		October 2009
Quarter 4 Milestone		Date
Development and implementation of a local Long Term Conditions Workforce Training Plan		January 2010
Expected outcome/contribution to the local and national outcome		
<ul style="list-style-type: none"> To enable and support people with long term conditions in Moray to be active in improving their own health. To reduce the impact of long term conditions on the Moray population. To shift cultural attitudes on long term conditions To reduce the prevalence of long term conditions 		

- To aid to increase life expectancy

Resources

Existing

- MCHSCP Health Improvement Team
- Long Term Conditions Programme Manager (NHS Grampian)
- Primary and Secondary Care Services (NHS Grampian)
- Social Care Teams/Services TMC
- Voluntary Sector
- NHS Grampian Health Improvement Fund

Potential Additional Resources

- Encourage and support ALL partners involved in long term conditions to enact and facilitate Grampian's approach to long term conditions improvements
- Identify local redesign and improvement interventions that will support improvement measures
- Preventative activity - ALL community planning partners

Lead Officer, including contact details

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National Outcome 6 – We live longer, healthier lives

Local Outcome 12 – An increased number of elderly and vulnerable people will be able to sustain an independent quality of life

KEY ACTION	Improve support to carers	
SMART Targets for Key Action		
Quarter 1 Milestone		Date
Telecare devices in place to support carers. Collaborated by external research being undertaken at present.		30/6/09
Quarter 2 Milestone		Date
Carers Service Provider Network Group established to facilitate partnership working for better outcomes for carers.		30/9/09
Quarter 3 Milestone		Date
Increased respite care provision for carers to allow access to training and family social interaction to help combat isolation.		31/12/09
Quarter 4 Milestone		Date
Increased completion of Carers Assessments ensuring carer's needs are identified and carers are supported.		31/3/10
Expected outcome/contribution to the local and national outcome		
More older people supported at home. More carers feel supported to continue in their caring role.		
Resources		
Within existing resources		
Lead Officer, including contact details	Jane Mackie	

National Outcome 6 – We live longer, healthier lives

Local Outcome 12 – An increased number of elderly and vulnerable people will be able to sustain an independent quality of life

KEY ACTION	Expand preventative and anticipatory care	
SMART Targets for Key Action		
Quarter 1 Milestone		Date
Falls Group established and education sessions delivered to groups of Older People and professionals.		30/6/09
Quarter 2 Milestone		Date
Nutritional training and improvement programme developed and joint work established between dieticians, home care and care homes.		30/9/09
Quarter 3 Milestone		Date
Anticipatory care plan tool developed and in place for first locality area.		31/12/09
Quarter 4 Milestone		Date
Community Response Team in place		31/3/10
Expected outcome/contribution to the local and national outcome		
More older people supported at home. Hospital admissions prevented through improved support at home.		
Resources		
Within existing resources		
Lead Officer, including contact details	Jane Mackie	

National Outcome 6 – We live longer, healthier lives

Local Outcome 12 – An increased number of elderly and vulnerable people will be able to sustain an independent quality of life

KEY ACTION	Adult Support and Protection	
SMART Targets for Key Action		
Effectiveness towards achieving outcomes will be delivered, in part, through work being taken forward by Adult Protection Group, as evidenced by minutes and agendas of meeting and attendance at same of all partners		
Quarter 1 Milestone		Date
Quarter 2 Milestone		Date
Strengthen the effectiveness of Moray Adult protection group by ensuring appropriate attendance and representation by all agencies. Confirm the reporting arrangements of this Group to existing Community Planning Structures. Appoint and induct an Independent Chair		1 Sept
Quarter 3 Milestone		Date
Conduct a training needs analysis for all agencies involved in supporting vulnerable adults and agree / sign off training plan.		1 Dec
Quarter 4 Milestone		Date
Develop suite of Management Information to help monitor / evaluate progress against this outcome		1 April
Expected outcome/contribution to the local and national outcome		
Resources		
All agencies to identify appropriate representative to participate and attend Adult protection Group		
Lead Officer, including contact details	Sharon Milton	