

**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

<b>KEY ACTION</b>	<b>Increase the number of people in Moray to achieve and maintain a healthy weight</b>	
<b>SMART Targets for Key Action</b>		
<p>The following targets have been identified to measure the progress being made in increasing the number of people in Moray who are achieving and maintaining a healthy weight –</p> <p>Targets:</p> <ul style="list-style-type: none"> <li>• NHS HEAT target H3: Achieve agreed completion rates for child healthy weight intervention programme by 2010/11 (5 – 15 years of age only)</li> <li>• 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</li> </ul>		
<b>Quarter 1 Milestone</b>		<b>Date</b>
○ Establish average baseline for obesity for the previous three years (data to be extracted from MCHSCP General Practice Prevalence Data Framework)		May 2009
<b>Quarter 2 Milestone</b>		<b>Date</b>
○ Development and implementation of a local Healthy Eating and Active Living Action Plan.		August 2009
<b>Quarter 3 Milestone</b>		<b>Date</b>
○ Local implementation of Grampian’s Healthy Weight Strategy		October 2009
<b>Quarter 4 Milestone</b>		<b>Date</b>
○ Implementation of The Moray Council Food Policy		January 2010

<p><b>Expected outcome/contribution to the local and national outcome</b></p> <ul style="list-style-type: none"> <li>• To enable and support an increased number of the Moray population to be active in improving their own health</li> <li>• To enable and support an increased number of the Moray population to achieve and maintain a healthy weight</li> <li>• 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</li> <li>• To aid to increase life expectancy</li> </ul>		
<p><b>Resources</b></p> <p><b>Existing</b></p> <ul style="list-style-type: none"> <li>• MCHSCP Health Improvement Team</li> <li>• NHS Grampian Primary and Secondary Care Services</li> <li>• Sports and Leisure Department TMC</li> <li>• Education Department TMC</li> <li>• NHS Grampian Food in Focus Fund</li> <li>• NHS Grampian Health Improvement Fund</li> <li>• TMC Hungry for Success Funding</li> </ul> <p><b>Potential Additional Funding</b></p> <ul style="list-style-type: none"> <li>• Promoting Moray is Safe – Grampian Police</li> <li>• Staff Nutritional Health – ALL community planning partners</li> <li>• Increased delivery of community led weight management services</li> <li>• Preventative activity – ALL community planning partners</li> <li>• 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.</li> </ul> <p>Submit a report giving details of what potential resources are required</p>		
<p><b>Lead Officer, including contact details</b></p>	<p>Tracey Gervaise Public Health Lead MCHSCP Spynie Hospital Duffus Road Elgin IV30 5PW Telephone: 01343 567133 Email: <a href="mailto:tracey.gervaise@nhs.net">tracey.gervaise@nhs.net</a></p>	<p>P.A contact details: Angie McColl Telephone: 01343 567137 Email: <a href="mailto:angie.mccoll@nhs.net">angie.mccoll@nhs.net</a></p>

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<b>KEY ACTION</b>	<b>Reduce the impact of tobacco on the Moray population.</b>	
<b>SMART Targets for Key Action</b>		
<p>The following target has been identified to measure the progress being made in reducing the impact of tobacco in Moray –</p> <p>Target:</p> <ul style="list-style-type: none"> <li>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</li> </ul>		
<b>Quarter 1 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>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)</li> </ul>		May 2009
<b>Quarter 2 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>Establishment of a Moray Local Tobacco Alliance.</li> </ul>		August 2009
<b>Quarter 3 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>Development and implementation of a Moray Local Tobacco Alliance Action Plan.</li> </ul> <p>Investigate the status of Moray Local Tobacco Alliance group</p>		October 2009
<b>Quarter 4 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>Development and implementation of a local Smoking Cessation Workforce Training Plan</li> </ul>		January 2010

<p><b>Expected outcome/contribution to the local and national outcome</b></p> <ul style="list-style-type: none"> <li>• To enable and support smokers in Moray to be active in improving their own health</li> <li>• To reduce the impact of tobacco on the Moray population</li> <li>• To shift cultural attitudes to smoking</li> <li>• 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</li> <li>• To aid to increase life expectancy</li> </ul>	
<p><b>Resources</b></p> <p><b>Existing</b></p> <ul style="list-style-type: none"> <li>• MCHSCP Health Improvement Team</li> <li>• NHS Grampian Smoking Advice Services</li> <li>• NHS Grampian Primary and Secondary Care Services</li> <li>• Scotland is Smoke Free funding to be allocated to NHSG and The Moray Council (amounts to be confirmed)</li> <li>• NHS Grampian Health Improvement Fund</li> </ul> <p><b>Potential Additional Resource</b></p> <ul style="list-style-type: none"> <li>• To encourage and support ALL those responsible for smoking prevention activity aimed at children and young people to support a whole system integrated approach.</li> <li>• To develop an outcome focused scheme to secure a more rigorous enforcement of tobacco sales law.</li> <li>• To reduce the illicit sales of tobacco on a local level</li> </ul> <p>Submit a report giving details of what potential resources are required</p>	
<p><b>Lead Officer, including contact details</b></p>	<p>Tracey Gervaise Public Health Lead MCHSCP Spynie Hospital Duffus Road Elgin IV30 5PW Telephone: 01343 567133 Email: <a href="mailto:tracey.gervaise@nhs.net">tracey.gervaise@nhs.net</a></p> <p>P.A. contact details: Angie McColl Address as opposite Telephone: 01343 567137 Email: <a href="mailto:angie.mccoll@nhs.net">angie.mccoll@nhs.net</a></p>

**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

<b>KEY ACTION</b>	<b>Reduce the impact of long term conditions on the Moray population.</b>	
<b>SMART Targets for Key Action</b>		
<p>The following targets have been identified to measure the progress being made in reducing the impact of long term conditions on people in Moray –</p> <p>Targets:</p> <ul style="list-style-type: none"> <li>• 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 Define “agreed reductions”</li> <li>• NHSHEAT target H8: To Achieve agreed number of inequalities targeted cardiovascular health checks during 2009/10</li> </ul>		
<b>Quarter 1 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Establish average baseline for long term conditions for the previous three years (data to be extracted from MCHSCP General Practice Prevalence Data Framework)</li> </ul>		May 2009
<b>Quarter 2 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Establishment of local Long Term Conditions Steering and Stakeholder Groups</li> </ul>		August 2009
<b>Quarter 3 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Development and implementation of a local Long Term Conditions Programme Plan (review and potential redesign of local communication strategies included)</li> </ul>		October 2009
<b>Quarter 4 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Development and implementation of a local Long Term Conditions Workforce Training Plan</li> </ul>		January 2010

<p><b>Expected outcome/contribution to the local and national outcome</b></p> <ul style="list-style-type: none"> <li>• To enable and support people with long term conditions in Moray to be active in improving their own health.</li> <li>• To reduce the impact of long term conditions on the Moray population.</li> <li>• To shift cultural attitudes on long term conditions</li> <li>• To reduce the prevalence of long term conditions</li> <li>• To aid to increase life expectancy</li> </ul>		
<p><b>Resources</b></p> <p><b>Existing</b></p> <ul style="list-style-type: none"> <li>• MCHSCP Health Improvement Team</li> <li>• Long Term Conditions Programme Manager (NHS Grampian)</li> <li>• Primary and Secondary Care Services (NHS Grampian)</li> <li>• Social Care Teams/Services TMC</li> <li>• Voluntary Sector</li> <li>• NHS Grampian Health Improvement Fund</li> </ul> <p><b>Potential Additional Resources</b></p> <ul style="list-style-type: none"> <li>• Encourage and support ALL partners involved in long term conditions to enact and facilitate Grampian's approach to long term conditions improvements</li> <li>• Identify local redesign and improvement interventions that will support improvement measures</li> <li>• Preventative activity - ALL community planning partners</li> </ul> <p>Submit a report giving details of what potential resources are required</p>		
<p><b>Lead Officer, including contact details</b></p>	<p>Tracey Gervaise Public Health Lead. MCHSCP Spynie Hospital Duffus Road Elgin IV30 5PW Telephone: 01343 567133 Email: <a href="mailto:tracey.gervaise@nhs.net">tracey.gervaise@nhs.net</a></p>	<p>P.A Contact Details: Angie McColl Address as opposite Telephone: 01343 567137 Email: <a href="mailto:angie.mccoll@nhs.net">angie.mccoll@nhs.net</a></p>

**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

<b>KEY ACTION</b>	<b>Improve support to carers</b>
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**SMART Targets for Key Action**

To measure the improvement of support being provided to carers the following targets have been agreed –

- Targets:
- Increase the annual provision of respite care by 32 weeks for 2008/09 and by a further 64 weeks for 2009/10 for all Community Service client groups (including the elderly and vulnerable).
  - Achieve 90% carer satisfaction rate with their involvement in the design of their care package and who feel supported and capable to continue in their role as a carer.

<b>Quarter 1 Milestone</b>	<b>Date</b>
<ul style="list-style-type: none"> <li>○ Telecare devices in place to support carers. Collaborated by external research being undertaken at present.</li> </ul> <p style="font-size: small; margin-top: 5px;">Investigate quarter 1 milestone comments against recent Committee report to update/amend milestone</p>	June 2009
<b>Quarter 2 Milestone</b>	<b>Date</b>
<ul style="list-style-type: none"> <li>○ Carers Service Provider Network Group established to facilitate partnership working for better outcomes for carers.</li> </ul>	Sept 2009
<b>Quarter 3 Milestone</b>	<b>Date</b>
<ul style="list-style-type: none"> <li>○ Increased respite care provision for carers to allow access to training and family social interaction to help combat isolation.</li> </ul>	Dec 2009
<b>Quarter 4 Milestone</b>	<b>Date</b>
<ul style="list-style-type: none"> <li>○ Increased completion of Carers Assessments ensuring carer’s needs are identified and carers are supported.</li> </ul>	March 2010

<b>Expected outcome/contribution to the local and national outcome</b>	
More older people supported at home. More carers feel supported to continue in their caring role.	
<b>Resources</b>	
Within existing resources.	
<b>Lead Officer, including contact details</b>	<b>Jane Mackie</b>

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

<b>KEY ACTION</b>	<b>Expand preventative and anticipatory care</b>	
<b>SMART Targets for Key Action</b>		
<p>To measure the increase and improvement in home care services in Moray to enable elderly and vulnerable people to sustain an independent quality of life the following targets have been agreed –</p> <p>Targets:</p> <ul style="list-style-type: none"> <li>• For 2009/10, 831 of service users 65+ will receive personal care at home compared to 791 in 2008/09.</li> <li>• For 2009/10, 265 service users 65+ will receive 10+ hours of home care compared with 228 in 2007/08.</li> </ul>		
<b>Quarter 1 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Falls Group established and education sessions delivered to groups of Older People and professionals.</li> </ul> <p>Define Falls Group</p>		June 2009
<b>Quarter 2 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Nutritional training and improvement programme developed and joint work established between dieticians, home care and care homes.</li> </ul>		Sept 2009
<b>Quarter 3 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Anticipatory care plan tool developed and in place for first locality area.</li> </ul>		Dec 2009
<b>Quarter 4 Milestone</b>		<b>Date</b>
<ul style="list-style-type: none"> <li>○ Community Response Team in place</li> </ul>		March 2010
<b>Expected outcome/contribution to the local and national outcome</b>		
<p>More older people supported at home. Hospital admissions prevented through improved support at home.</p>		

<b>Resources</b>	
Within existing resources	
<b>Lead Officer, including contact details</b>	<b>Jane Mackie</b>