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Viewpark Healthy Weights Communities Project.  
Bee Healthy  
Presentation 4<sup>th</sup> November 2011



# Healthy Weights Communities

Based on the French EPODE model

Ensemble, prevenons l'obesitedes enfants...

(Together Let's Prevent Childhood Obesity)

is a community intervention that

aims to prevent childhood obesity, involving local stakeholders

in a

sustainable way

# Epode roll out

- 226 cities in France
- 84 cites in Spain
- 7 cities in Belgium



# Healthy Weights Communities

- The purpose of the Healthy Weight Communities Programme is to
- '... demonstrate the ways in which engaging communities in healthy eating, physical activity and healthy weight activities as part of a single coherent programme may have a greater impact on health outcomes than current discrete activities.'
- In other words the task was to 'bring together existing activities, and combine these with innovative approaches, to direct energy towards a clear common purpose.'<sup>1</sup>
- Inspired from experience of successful community-based interventions from across the world
- A methodology dedicated to the development of a local strategy for a sustainable involvement of local stakeholders

The town is at the heart of the initiative-fosters a group dynamic and changes professional practices to change the environment



# 8 Healthy Weights Communities Pathfinders

- · Viewpark, North Lanarkshire
- · Dundee
- · Dumfries
- · Priesthill and Househillwood, Glasgow
- · Armadale & Blackridge, West Lothian
- · Catrine, East Ayrshire
- · Barrhead, East Renfrewshire
- · Stevenston, North Ayrshire

# Viewpark



# Viewpark Information

15,841 Residents in Viewpark

6,176 Households

Bordered By the Viewpark Glen

Three primary schools:

John Paul II – 388 pupils (at end of 2009/2010 session)

Tannochside Primary school-446 pupils ( at end of 2009/2010 session)

Aitkenhead Primary School – 180 pupils ( at end of 2009/2010 sessions)



# Community Information

## Three Community Centres

Viewpark Community Centre, Old Edinburgh Road.

Burnhead Community Centre, Burnhead Road

Fallside Community Centre.

1 Gym

3 Cafes

1 Library

1 Health Centre

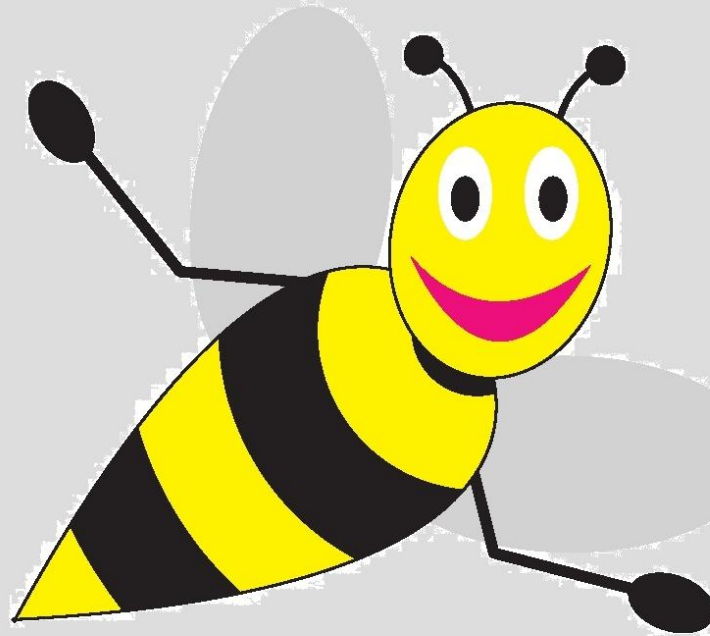
2 Supermarkets

Focus Youth Group

# Viewpark Healthy Weights Communities

- Started on March 2011
- Steering group consists of members from :
- North Lanarkshire Council, NHS and various prominent voluntary organisations.
- Initial Development Worker employed by North Lanarkshire Council in January 2010.
- Development Worker employed by Lanarkshire Community Food and Health Partnership put in post on the 29<sup>th</sup> July 2010.
- Schools project naming competition.

# Bee Healthy



**Bee Healthy**

# What has been achieved

Glasgow University research been conducted 4 research projects in eating habits in Viewpark.

3 Food Co-ops (Burnhead and Viewpark Community Centre, The Rock Cafe).



Recipe cards developed and distributed.

Walk Week at schools started on the 21<sup>st</sup> February 2011.

Fresh Fruit and Veg given to the local homeless unit.

Greenhouse and apple trees donated to the local homeless unit

# What has been achieved Pt 2

Fruit and water delivered to various mother and toddlers group.

Cookery classes organised for various schools and community organisations.

Glasgow University research been conducted in eating habits in Viewpark.

Two 'health by stealth' days organised ( 17<sup>th</sup> March 2011, 17<sup>th</sup> September 2011)

# Future

- Continue to develop the Bee Healthy brand.
- Secure future funding for Bee Healthy.
- Development of a Healthy Community Café.
- Legacy document