

TACKLING THE WEIGHT IN WALSALL

**A CONFERENCE
HELD AT BANKS'S STADIUM, WALSALL
ON WEDNESDAY 19th SEPTEMBER 2007**

SUMMARY REPORT

**Report prepared by Graham Fee and Harjinder Taggar, Walsall Teaching
Primary Care Trust**

October 2007

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This report and the presentations made at the conference will be made available shortly in the reports section of the Walsall Public Health website:

<http://www.walsall.nhs.uk/PublicHealth/PublicHealthHome.asp>

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1. INTRODUCTION

Obesity increases the risk of heart disease, cancer and diabetes. It reduces average life expectancy by 9 years and is responsible for over 9000 premature deaths per year in England.

Nationally, the prevalence of obesity has trebled since 1980 and a recent survey suggested that obesity prevalence in Walsall was higher than the West Midlands average, with almost one in five Walsall adults obese (equivalent to about 37000 adults in Walsall). Similarly, a pilot survey of Walsall primary and secondary schools found 20% of children in the sample were obese. Moreover, prevalence varies substantially according to socio-economic deprivation and where people live. For example, obesity prevalence across Walsall wards ranges from 12% to 28% of the adult population.

Tackling obesity is therefore a major national and local public health priority. NICE has recently published the first integrated clinical and public health guidance, which includes a focus on prevention in addition to clinical intervention. The guidance contains recommendations for tackling obesity not just for the NHS but also for local authorities and partners, schools and early year's providers, employers, self-help, commercial and community programmes.

Obesity is a complex lifestyle issue requiring a comprehensive plan of action on physical activity, diet, personalised support, information and, as a last resort, surgical intervention. A multi-agency Obesity Management Team has been set up to coordinate work across Walsall. A number of initiatives are already in place but more needs to be done, including revising the Adult Obesity Strategy for Walsall.

Against this background, the aims of the conference were to provide delegates with the opportunity:

- To gain an understanding of obesity in Walsall
- To learn how local agencies are presently working together to tackle obesity
- To participate in determining what more should be done and the priorities for moving forward, and to contribute to development of a revised obesity strategy for Walsall.

2. WHO ATTENDED THE CONFERENCE

Invitations were distributed to members of a wide range of agencies, voluntary groups and individuals, both by hard copy cascade and by electronic means. This included health professionals and managers in Walsall hospital and primary care Trusts, Walsall GPs, Walsall elected Councillors and Walsall Council Directors/ Managers, members of Walsall Strategic Borough Partnership, Local Neighbourhood Partnerships, Walsall New Deal for Communities, representatives of local supermarkets, and a range of voluntary groups (including those representing ethnic minorities). Local MPs were also invited.

A total of 121 registered delegates attended on the day and a summary of the main agencies and groups attending is tabulated below. A full list of delegates is given in Appendix 1.

Where people came from	Numbers Attending
Walsall Teaching Primary Care Trust	42
Walsall Hospitals NHS Trust	26
General Practitioners and Practice Staff	15
Walsall Council Managers/ Directors	12
Walsall (elected) Councillors	3
Education services	6
Voluntary / community groups	3
Other, incl service users	14

A conference pack was passed to each delegate at Registration, comprising the Programme for the day, copies of the morning presentations, a delegate list, a guide to websites on Government health priorities, standards and targets relating to tackling overweight and obesity, and an Evaluation Form. Delegates assembled into table groups of 10 persons per table. During the morning, delegates were asked to select which workshop they wished to attend during the afternoon session. The conference was facilitated throughout the day by Carol Coombes of Caret Management Consultants.

3. OUTLINE OF THE DAY

The conference Programme is attached as Appendix 2. Mr Mike Brown, Medical Director of Walsall Hospitals Trust, welcomed delegates and introduced the conference, and in his introductory address emphasised that overweight and obesity is an issue affecting all of us - not just patient groups. Tackling the rising trend in overweight and obesity was a complex issue, which the conference aimed to explore. Following a wide range of information-disseminating presentations in the morning, the afternoon would provide an opportunity for delegates to participate in workshop discussions around the issues precluded from the morning presentation by time limitations. These were themed around the recent NICE recommendations and the outcomes would provide input for updating the Walsall strategy for tackling overweight and obesity.

3.1 The Morning Session – Presentations

Dr Jammi Rao (Deputy West Midlands Regional Director of Public Health) presented the historic background and national perspective on the rising trend in obesity levels. Obesity levels in the UK had risen by 50% in 12 years and the UK was now among the top 3 of 15 European countries for overweight and obesity prevalence. This translated to huge human costs and economic costs and the potential health gains from reducing weight among obese and overweight people were immense. Dr Rao went on to explore issues around the 'energy balance', including particularly the much cheaper and easier access to food and food energy than in the past, the use of sophisticated marketing techniques and the power of branding. There was some cause for optimism: food labelling was being improved (although much of this was often still confusing), brands can adapt to changing tastes (eg healthier veggie burgers were being marketed in India to meet local tastes) and the membership of private leisure/ fitness clubs was increasing. However, much more needed to be done on a wide front, involving multi-agency partnership working, to deliver the Government strategies to halt and reverse rising obesity levels.

Dr Sam Ramaiah (Director of Public Health, Walsall tPCT) outlined the situation in Walsall, which had received much adverse media publicity on obesity issues in recent years. Successive lifestyle surveys confirmed a rising trend and, having regard to this data and data from primary care, obesity prevalence in Walsall was probably between 19-32% of the adult population. Height and weight data collected among over 5500 primary school children in Walsall suggested that over 10% of children in Reception classes were obese, rising to 19% among year 6 (10-11yr old) children. There were huge inequalities in obesity prevalence across Walsall and these were reflected in physical activity, diet and alcohol patterns across the borough, which represented significant public health challenges. A wide range of local programmes were in place to tackle obesity and Dr Ramaiah ended by summarising progress so far and some of the future work.

Dr Matt Capehorn (General Practitioner at Clifton Medical Centre Rotherham) outlined his work in Rotherham in establishing a primary care weight management clinic, which had led to proposals for the Rotherham Institute for Obesity (RIO) at Rotherham Health Village. The first clinic was established by Dr Capehorn in 2001 with the support of all 8 partners in the practice and developed into a weekly session with a nurse, HCA, and dietician. 12000 patients were invited to attend. Average weight loss of patients at the first year audit was 3kg for those not on medication and 6kg for those on medication. The lessons learned from a three year appraisal were that there was an initial over-emphasis on weight loss through diet/ exercise/ lifestyle changes on patients who had already tried these measures (leading to loss of motivation and depression). For these patients, medications used earlier can achieve good weight loss, improvements in lipids and blood sugar. The resulting improved motivation then provides opportunities to concentrate on sustainable lifestyle changes. The experience has led to development of the RIO proposal. Located at a new Health Village, RIO will provide a fully integrated Tier2 service, including dedicated clinics for more specialist needs (Physio/OT/psychology/CBT/surgery), dedicated education / training facilities for staff and patients as well as on-site aerobic gym facilities.

Tim Challans (Assistant Director, Leisure, Culture and Lifelong Learning at Walsall Council) outlined Walsall Council's strategic approach to tackling weight. The key was for the local authority to encourage healthy lifestyles (including physical activity) and healthy eating through planning of the built environment, provision of leisure facilities (including safe open spaces for people to walk/ exercise as well as access to fitness centres), healthy schools, transport and accessibility planning, and developing a Walsall Community Activity Network to include both mass participation events and targeting hard-to-reach groups. There was also an important role for the Council to educate and inform.

A series of brief presentations followed which outlined some of the activities in Walsall to tackle obesity and overweight:

Dr Andrew Askey (Walsall GP) outlined a role for primary care. This focussed particularly on weight gain and the rising risk of diabetes, its prevention through weight loss and the potential benefits of weight loss among diabetic patients. He illustrated this with a case study of a 45 year old where weight loss of 6-8kg was associated with significant lowering of cholesterol, blood pressure, CHD risk and HbA1c (diabetes control indicator). Dr Askey concluded that the data is now available in primary care to identify high risk patients and target interventions to promote effective lifestyle change, with the potential to reduce obesity, diabetes and CHD. This will require primary care to work together with patients and with the recently appointed Health Trainers.

Marie Newton (Principal Regeneration Officer, Walsall Council) outlined the role of accessibility planning and transport policy. The framework policies for this were the Walsall Unitary Development Plan (planning policy), the West Midlands Local Transport Plan (transport policy) and Regional Planning Guidance for the West Midlands (regional spatial strategy). Key policy objectives included ensuring the right things were in the right place, controlling the quality and nature of developments, providing leisure and community needs, and promoting sustainable transport modes. An example of

accessibility planning was to ensure journey times to Manor Hospital of 15-30 minutes (weekdays/ Sundays) and 15 minute journey time to leisure centres (weekdays).

Dr Andrew Hartland (Consultant Pathologist at Manor Hospital) explained the role of the Bariatric Surgery Service at Manor Hospital, which was only one of 12 approved NHS centres for bariatric surgery. This was provided in accordance with NICE guidelines and was for patients with a BMI over 40, or a BMI over 35 with other conditions which would be improved by significant weight loss. There was strong evidence (meta analysis of 136 studies covering over 22000 patients) that surgery was effective in achieving weight loss and co-morbidity improvements (diabetes, hyperlipidaemia, hypertension, obstructive sleep apnoea) and was a relatively safe procedure. Two patients, Joanne Holmes and Joanne Fletcher described their experiences of the benefits of the procedures.

Following a short refreshment break, further brief presentations were made on some of the programmes through which Walsall was tackling obesity:

Sue Morgan (Deputy Head of Health Promotion at Walsall tPCT) outlined the new Health Trainer Service, which provided one-to-one personalised support to help people make changes to improve their health. She introduced Kathleen Smith, a client of the service, who described how she had been helped by the service to gradually change her dietary habits and take increased exercise. Kathleen now felt in control of her life and felt much better physically and emotionally, having lost 21lbs weight, reduced her cholesterol level and stabilised her blood sugar.

Debbie Reynolds (Fun4Life Coordinator at Walsall tPCT) briefly outlined the Fun4Life programme, which is a family based intervention. Debbie introduced mother and daughter Agnes and Samantha Wallwork, who described how they had been through the programme together and the particular benefits of parents and their children being involved. Agnes had reduced her BMI and Samantha's weight was being controlled proportionately as she grew. Samantha had also grown in confidence through the programme and through the considerable local and national media exposure she had been involved in as a result.

Joe Holding (Sport and Leisure Development Services, Walsall Council) outlined the Time to Change Exercise Consultation on Referral Scheme, which was an exercise advice and support service started in Walsall in 2001. Robert Langston, a client of the scheme, described his involvement in the programme and how undertaking more exercise and controlling his diet had enabled him to reduce his weight by 35kg over a 12 month period.

Peter Bispham (Head Teacher at Millfield Primary School) described the Brownhills Cluster Healthy Living Project, involving six local schools. The project, aimed at reducing childhood obesity, is in its infancy but an audit of all activities being undertaken has been carried out. The group believe that parent education and involvement is critical to reducing childhood obesity and this will form a major part of the work. In addition the work needs to be integrated into the curriculum. The University of Wolverhampton is helping devise evaluation methods to measure project outcomes.

Suni Desai (Senior Health Promotion Specialist) referred to the range of projects in Walsall to raise awareness of the risks of obesity to BME groups, the value of healthy eating and the steps people can make through diet and exercise to prevent obesity. The targeted projects embraced 'exploring motherhood' aimed at pregnant women and mothers, 'cook and eat' trainer sessions, a project promoting healthy eating at school, and an interactive theatre piece performed in the community. Suni conducted a dialogue with Tanuja Bhargava on her involvement.

The morning session concluded with Tim Challans, Paul Jennings and Mike Brown hosting a question and answer forum on tackling overweight and obesity in Walsall and issues raised during the morning session.

3.2 The Afternoon Session – Workshops

Paul Jennings introduced the afternoon session. As a preliminary to the workshops, **Tommy Mooney** of Walsall Football Club presented delegates with an entertaining account of how a professional footballer keeps fit.

Delegates then joined workshops themed around tackling obesity and overweight in Walsall. An expert Facilitator(s) lead each workshop, briefed delegates on the current situation in Walsall regarding the workshop topic and lead the workshop group discussions. Workshop groups were asked to identify things that we are doing well in Walsall and three top priorities for future action in order to deliver better outcomes in the topic area. These could include continuing with particular aspects of current programmes as well as any new initiatives.

The Facilitators fed back their conclusions to all delegates in a plenary session and the outcomes are summarised below:

Workshop 1 - Obesity Pathway (Adults) – Facilitators Philip Stimpson, Dr Sinha, Neeraj Malhotra.

The group felt that a good start had been made with a plan of action (pathway) in place, which was evidence based (using NICE guidance), and resources such as Health Trainers and physical activity referral programmes already in place.

The key priorities for further action were:

- Communications – raising awareness of services among adults and in primary care including raising awareness of services of the pathway and its implications.
- Capacity building to deliver – who is best placed to deliver in primary care and is there the capacity to do so currently?
- Need to ensure shared understanding and information to prevent duplication.

Workshop 2 – Childhood Obesity – Facilitators Jeff Chandra and Debbie Reynolds.

The group felt that there was a clear strategy and good progress on the action plan, with the Management Team for Obesity keeping the issue high on the priority list. Work on childhood obesity is the outcome of good partnership working across all agencies in Walsall. The conference presentations confirmed that Walsall Council is alive to the wider issues, such as Transport and Planning. In addition, good data is now available on which to base plans and monitor progress.

The key priorities for further action were:

- Time for PE needs to be built into the school curriculum right across Walsall. The primary school heads in Brownhills have demonstrated that this can be achieved and the experience should be extended across all schools.
- There is an urgent need to engage with children and parents pre-school. Start from zero. Encouraging mothers to breastfeed is an essential priority. Childrens Centres have an increasing role to play to engage the most vulnerable children and their parents in education about a healthy diet and exercise.
- At present there is little engagement with private nurseries and they are important partners in this endeavour.

Workshop 3 – Prevention, the Living Environment – Facilitator Tim Challans.

The key priorities for further action were:

- Overcome perceptions to conform more to realities (eg with regard to unrealistic safety anxieties). Better training for adults and children in cycling skills; campaigns to reclaim streets for walkers and cyclists.
- Use regeneration policy to separate people from cars, eg canalsides, new pathways, parks as routes to work.
- More integrated public transport with walking/ cycling routes (eg cycle lock-ups at transport interchanges).

Workshop 4 – Prevention, the Working Environment – Facilitator Sue Caulfield.

The key priorities for further action were:

- Active lifestyles/ healthy eating needs to be promoted widely throughout businesses, to include sedentary workers, night workers, HGV drivers etc.
- Need to improve access ('opening' times) to all services / activities for those in workplaces, having regard to time constraints on employees. There is also a need to increase concessions/ subsidies for physical activity leisure activities.
- Large key local employers should lead by example (eg PCT/ LA/ Hospital Trust/ Ambulance Trust/ Police/ Emergency Services) with regard to promoting physical activity and healthy eating among employees.

Workshop 5 – Prevention, Lifestyles – Facilitators Sue Morgan, Suni Desai, Paul Wicker

The group felt that the Stop Smoking Service provided a good model for other lifestyle modifying services, eg national campaigns to encourage exercise and healthy eating linked to local services. All Walsall's health promotion services were good but not all health professionals were aware of them (eg hospital staff). The group considered free trials/ taster sessions to be a particularly good way of attracting clients to lifestyle change services.

The key priorities for further action were:

- Improved communication/ promotion both within the health economy and externally (to include a one-stop-shop – telephone number).
- Wellbeing / mental health needs to be addressed as integral to lifestyle pathway.
- There needs to be more opportunity to try an activity and for improved access to family activities. Some physical barriers need to be addressed, eg many Asian women feel unable to access Darlaston baths because of floor to ceiling windows.

Workshop 6. Because of very low numbers registering for the workshops offered on pharmacotherapies and acute interventions, these were merged with the workshop on learning from other districts. Lead facilitators Dr Matt Capehorn and Dean Hill (It should be noted that some conference evaluation feedback forms suggest that the resulting fragmentation of interests and too wide a potential range of topics lead to an unsatisfactory workshop.)

The key priorities were:

- There needs to be separate funding for auditing BMI, waist circumference data etc.

- Pharmacotherapy and tertiary care referrals have a role if we target suitable or appropriate patients, so that funding is not wasted.
- People with a BMI of 28 plus co-morbidities should be targeted so that it is not left too late to manage weight loss more easily.

3.3 Summing Up

In closing the conference, **Paul Jennings** said that the outcomes would be fed into the various planning groups (eg older people, childrens and young people, disabilities, WBSP, Health Inequalities Forum) to inform their strategies and plans. The Strategic Health Authority had established a West Midlands Obesity Task Group (chaired by Paul Jennings) and the conference proceedings will also feed into this group.

Some of the key messages from the day were that there was no ‘magic bullet’ solutions for tackling obesity and overweight, but there was already much in place which needs to be built on and supplemented. It was clear that there was a need for pathways and protocols which spanned the range of services – service users have little interest in who is the provider of the service but only in what meets their needs. It was hugely important to improve communications to ensure people are aware of the services available and how to access them.

A very powerful part of the day had been the moving personal experiences of service users. They were all stronger and confident, with their lives transformed by losing weight. We must recognise that it can be very difficult for people to control and reduce their weight. The challenge is to reach out and help overweight and obese people in this task, as well as ensuring that children are encouraged to eat healthily and take exercise.

Paul thanked the conference organisers, the speakers and facilitators, and delegates for all making the day a success.

4 EVALUATION

A total of 62 people returned evaluation forms, representing 53% of delegates attending. Results are summarised below

Has the conference increased your understanding of issues relating to obesity and overweight in Walsall, and how Walsall agencies are working to tackle these?

62 people answered this question as follows, using a scale of 1-10 where 1 = not at all and 10 = fully. In summary, 79% of those replying scored 7 or above.

Scale	1	2	3	4	5	6	7	8	9	10
	2	2	1	2	2	4	10	24	11	4

Did you feel you were given the opportunity to participate in the question and Answer sessions and to express your views in the workshop sessions?

61 people answered this question as follows, using a scale of 1-10 where 1 = not at all and 10 = fully. In summary 68% of those replying scored 7 or above.

Scale	1	2	3	4	5	6	7	8	9	10
	1	2	3	3	5	5	7	14	15	6

Amongst the **'high spots of the day'** featuring in the completed evaluation forms were the following recurring themes and comments:

- By far the most common reported 'highspot' was the relating of experiences by service users (40% of those replying).
- The variety of presentations highlighting the magnitude of the problem and the contribution of different agencies collaborating to provide services to tackle obesity and overweight, including learning from the Rotherham project.

'Low Spots of the Day'

One third of respondents did not identify any 'low spots'. Of those identifying 'low spots' common themes were:

- Rushed (too many) presentations in the morning session and not enough time for productive workshops. There was also concern about merging of workshops 6, 7 and 8.
- Absence of reference to particular issues (eg role of the Dietitian in weight management, mental health/ anxiety/ depression in relation to obesity) and evidence that communication is poor between agencies and with the public.
- Venue issues.

The most significant things delegates felt they gained from the conference

The recurring theme of the response in this section was delegates raised awareness of the range of multi-agency activities and services in Walsall aimed at preventing and addressing obesity and overweight.

Other comments

These covered a wide range of issues, some the same or similar to comments reported earlier in the evaluation form.

Several commented that the conference had been well organised and complimented the catering and venue. A few felt the conference had been inadequately publicised in advance.

Some of the specific issues raised included:

- Concern about accessibility of services to people who work during the day and about the effect of Government guidelines on those who have lost vast quantities of weight and are in need of cosmetic surgery to improve their appearance.
- Need to address 16-19 year olds.
- Role of Dietitians not covered in the conference. People are not aware of the programmes being run in the community and will not be aware how to refer into them.
- Questions not answered transparently in the question and answer session.

5 THE NEXT STEPS

This report will be widely circulated in line with the summing up by Paul Jennings and the outcomes will feed into the commissioning processes of Walsall tPCT through the various planning groups, circulated to WBSP and the West Midlands Strategic Health Authority.

6 ACKNOWLEDGEMENTS

The Conference was organised by a planning team headed by Dr Sam Ramaiah, Director of Public Health, comprising:

Rachael Humphreys, Head of Health Promotion
Graham Fee Public Health Support Officer
Ruth Hall, PA to DPH
Harjinder Taggar, Public Health Administrator.
Rachel Robinson, Epidemiologist
Michelle Cummings, Communications Department
Linda Pascall, Divisional Director, Planned Care, Manor Hospital
Dr Andrew Hartland, Consultant Pathologist, Manor Hospital
Tim Challans, Assistant Director, Leisure, Culture and Lifelong Learning, Walsall Council

The conference was facilitated by Carol Coombes, Caret Management Consultants.

Additional administrative and technical support was provided by Walsall tPCT Public Health and Health Promotion Staff: Andrew Hood, Sally Andrews, Pat Lloyd, Sandra Wootton, Kate Jobson.

The conference report was prepared by Graham Fee and Harjinder Taggar.

The cost of the conference (excluding time given by speakers, workshop facilitators and organisers) was approximately £6500 and was funded by Walsall tPCT Public Health Department.

Appendix - List of Attendees at Tackling the Weight Conference (19 September 2007)

Councillor	Adrian	Andrew	Deputy Leader of the Council	Walsall Council
	Sally	Andrews	Public Health Department	Walsall Teaching Primary Care Trust
Dr	Andrew	Askey	GP	St Johns Surgery
Mr	Robert	Astley	Health Trainer	Walsall Teaching Primary Care Trust
Mr	Ron	Bains	Lead North Practice Pharmacist (Locality)	Pinfold Health Centre
	Rosie	Bamford	Community Dietitian	Walsall Hospitals NHS Trust
	Jackie	Barakat	OPD	Walsall Hospitals NHS Trust
Miss	Claire	Barnes	Active Lifestyle Officer (Young People & Obesity)	Walsall Sport & Leisure Development Services
Dr	A	Benjamin	GP	
	Tanuja	Bhargava	Service user	
	Peter	Bispham	Headteacher	Millfield Primary School
	Cath	Boneham	Head of Health Development/ PPI	Walsall Teaching Primary Care Trust
	Helen	Boyd	Senior Radiographer	Walsall Hospitals NHS Trust
	Lee	Bromwich	Student School Nurse	Beechdale Health Centre
	Mike	Browne	Medical Director	Walsall Hospitals NHS Trust
Dr	Matt	Capehorn	General Practitioner	
Dr	Paul	Carter	Consultant Paediatrician	Walsall Teaching Primary Care Trust
	Sue	Caulfield	Senior Health Promotion Specialist (Older People)	Walsall Teaching Primary Care Trust
	Tim	Challans	Assistant Director - Leisure, Culture & Lifelong Learning	Walsall Council
	Jeff	Chandra	Management Consultant	Havayli
Dr	Jenny	Chen	Consultant Public Health Medicine	Sandwell PCT
	Denise	Cliff	Health Trainer	Walsall Teaching Primary Care Trust
	Carol	Coombes	Senior Consultant	Caret Management Consultants

	Christy	Damaso	Senior Staff Nurse	Walsall Hospitals NHS Trust
	Suni	Desai	Senior Health Promotion Specialist	Walsall Teaching Primary Care Trust
Ms	Nikki	Ehlen	Scrutiny Officer	Corporate Performance Management - Walsall Co
	Ana	Elshaw	CNS - Bariatrics/Swan Ward	Walsall Hospitals NHS Trust
	Victoria	Falconer	OPD	Walsall Hospitals NHS Trust
Mr	Graham	Fee	Public Health Support Officer	Walsall Teaching Primary Care Trust
	Louise	Fiddler	Public Protection	Walsall Council
	Joanne	Fletcher	Service user	
	Lucki	Ghag	Senior Staff Nurse	Walsall Hospitals NHS Trust
Dr	G	Gill	GP	Harden Health Centre
	Darren	Goodger	Health Trainer	Walsall Teaching Primary Care Trust
	Linda	Gostling	Senior Midwife/ Matron	Walsall Hospitals NHS Trust
	Jackie	Graves	Operational Manager Walsall Catering	Walsall Council
Sister	Carol	Green	Practice Nurse (Special Interest in Obesity)	Northgate Practice
	Hannah	Griffiths	Long Term Conditions Co-ordinator	Walsall Teaching Primary Care Trust
Dr	Robin	Gutteridge	Senior Academic in Learning & Teaching	University of Central England in Birmingham
	Ruth	Hall	PA Public Health Director/Medical Director	Walsall Teaching Primary Care Trust
	Kate	Halsey	Sports Development	Walsall Council
	Kelly	Hammond	Health Trainer	Walsall Teaching Primary Care Trust
Dr	Andrew	Hartland	Consultant Pathologist	Walsall Hospitals NHS Trust
	Janice	Hartshorne	Health Trainer	Walsall Teaching Primary Care Trust
Mr	Joe	Holding	Senior Health & Physical Activity Development Manager	Sport & Leisure Development Services
	Carol	Hollington		Walsall Hospitals NHS Trust
	Joanne	Holmes	Service user	

	Andrew	Hood	Information & Research Officer	Walsall Teaching Primary Care Trust
Councillor	Peter	Hughes	Walsall Councillor	Walsall Council
	Rachael	Humphreys	Head of Health Promotion	Walsall Teaching Primary Care Trust
	Catherine	Humphreys	Dietetic Manager	Walsall Hospitals NHS Trust
	Diana	Humphreys	Student Dietitian	Walsall Hospitals NHS Trust
	Sonia	James	Student Dietitian	Walsall Hospitals NHS Trust
	Paul	Jennings	Chief Executive	Walsall Teaching Primary Care Trust
	Kate	Jobson	Health Promotion	Walsall Teaching Primary Care Trust
	Neil	Jones	LTC Pharmacist (New Deal Project)	Walsall Teaching Primary Care Trust
	Hayley	Jones	Staff Nurse	Walsall Hospitals NHS Trust
	Sharon	Jones	Height & Weight Measuring Administrator	Walsall Teaching Primary Care Trust
	Bal	Kaur	Specialist Trainee Public Health	Dudley PCT
Miss	Joanne	Kirkby	Data Collection Co-ordinator	Walsall Teaching Primary Care Trust
	Robert	Langstone	Service user	
	Pat	Lloyd	Public Health Department	Walsall Teaching Primary Care Trust
	Sarah	Lloyd	OPD	Walsall Hospitals NHS Trust
Mr	Ian	Lockett	Partnership Development Manager	Sheffield Sports Partnership
	Kirstie	Macmillan	Research Governance & Effectiveness Facilitator	Walsall Teaching Primary Care Trust
	Harry	Madhar	Cardiac Rehabilitation Nurse	Walsall Hospitals NHS Trust
	Neeraj	Malhotra	Public Health Trainee	Walsall Teaching Primary Care Trust
	Caroline	Mansell	Breastfeeding Co-ordinator	Walsall Teaching Primary Care Trust
Dr	Sushma	Manthri	MD MRCOG MRCGP	Coalpool Surgery
	Laraine	Marston		Short Heath Clinic
	Giann	Matharu		Education Development Centre

	Kerri	Moore	Student HV	Beechdale Health Centre
	Sue	Morgan	Deputy Head of Health Promotion	Walsall Teaching Primary Care Trust
	June	Morrow	Student Services Manager	Walsall College
Dr	B J	Muhammed	Consultant Paediatrician	Walsall Hospitals NHS Trust
	Roisin	Mulligan-Parker	Governance Co-ordinator	Walsall Teaching Primary Care Trust
	Simon	Nadin	Health Care Development Executive	Sanofi
Mrs	Marie	Newton	Principal Officer (Regeneration Strategy)	Walsall Council
Dr	Krish	Nirantharakumar	SpT Public Health	Walsall Teaching Primary Care Trust
	Rachel	Parker	Principal Arts Into Health Development Officer	Walsall Council (The Creative Development Team)
	Diana	Parker	Clinical Nurse Specialist for Education & Development	Beechdale Health Centre
	Jo	Parkinson	Community Dietitian	Walsall Hospitals NHS Trust
	Linda	Pascall	Divisional Director, Planned Care	Walsall Hospitals NHS Trust
Mr	Bharat	Patel	Head of Medicines Management	Walsall Teaching Primary Care Trust
	Sandhya	Patel	Health Trainer	Walsall Teaching Primary Care Trust
Mrs	Angela	Peace	Practice Nurse	Dr Sameja's Surgery
Mrs	Andrea	Phipps		Walsall Hospitals NHS Trust
	Beverley	Pincher		Walsall Hospitals NHS Trust
Dr	Nick	Pugh	Consultant in CDC	Walsall Teaching Primary Care Trust
	Usman	Rafiq		Walsall Teaching Primary Care Trust
Dr	Sam	Ramaiah	Director of Public Health	Walsall Teaching Primary Care Trust
	Baljinder	Randhawa		Walsall Teaching Primary Care Trust
Dr	Jammi	Rao	Deputy Regional Director of Public Health	The Department of Health (West Midlands)
	Rebecca	Ravenscroft	Student HV	Beechdale Health Centre
Miss	Seeta	Reddy		Walsall Teaching Primary Care Trust

	Debbie	Reynolds	Active England Programme Co-ordinator	Walsall Teaching Primary Care Trust
	Rachel	Robinson	Epidemiologist	Walsall Teaching Primary Care Trust
Mrs	Joyti	Saini	Locality Lead Pharmacist	Walsall Teaching Primary Care Trust
	Neelam	Sangrey	Health Promotion Specialist	Walsall Teaching Primary Care Trust
	Barrie	Scrymgeour		Education Development Centre
Dr	Anandagiri	Shankar	Specialist Registrar	Walsall Teaching Primary Care Trust
	Rachel	Shepherd	Active Lifestyle Officer	Walsall Sport & Leisure Development Services
	Harjinder	Singh	Health Theme Leader	Walsall's New Deal: New Horizons
Dr		Sinha		Walsall Hospitals NHS Trust
	Sarah	Smith	Senior Staff Nurse	Walsall Hospitals NHS Trust
	Kath	Smith	Health Trainers User Group	
	Sharon	Smith	Cardiac Rehabilitation Nurse Specialist	Walsall Heart Care
	Phillip	Stimpson	Senior Health Promotion Specialist	Walsall Teaching Primary Care Trust
Dr	Judith	Sunley	Head of Public Protection	Walsall Council
	Phillipa	Swallow		
	Dawn	Swan	Public Health Nutritionist	Health Development Unit c/o Neighbourhood Management South
Mrs	Harjinder	Taggar	Public Health Department	Walsall Teaching Primary Care Trust
Mr	Simon	Toole	Active Lifestyle Officer (Young People & Obesity)	Walsall Sport & Leisure Development Services
	Salema	Ullah	Advanced Nurse Specialist in Chronic Pain Management	Anaesthetic Department
	Agnes	Wallwork		
	Samantha	Wallwork		
Councillor	Rachel	Walker	Portfolio Holder for the Environment	Walsall Council
	Leona	Walters	Child Concern Officer	Initial Response Service, The Quest
	Elizabeth	Wildey	Clinical Nurse Specialist (Diabetes)	Diabetes Centre

	Georgia	Windrass	Dietician	Walsall Hospitals NHS Trust
	Sandra	Wootton	Health Promotion	Walsall Teaching Primary Care Trust

TACKLING THE WEIGHT IN WALSALL

**Wednesday 19 September 2007, 9.30am – 3.45pm
in the Bonser Suite at Banks's Stadium**

Conference Facilitator Carol Coombes, Caret Management Consultants

PROGRAMME - MORNING SESSION

- 9.30 **Registration and refreshments**
Following registration, Delegates are requested to place their name on the afternoon workshop of their choice.
- 10.00 **Welcome and introduction** – Mr M Browne, Medical Director, Walsall Hospitals NHS Trust
- 10.05 **Why obesity matters – a national and local perspective**

The national perspective - Dr Jammi Rao, West Midlands Regional Director of Public Health
Walsall perspective - Dr Sam Ramaiah – Director of Public Health
Learning from Rotherham – Dr Matt Capehorn, General Practitioner
- 10.35 **Obesity - Walsall Council perspective**
Mr Tim Challans, Assistant Director, Leisure, Culture and Lifelong Learning, Walsall Council
- 10.50 **Where are we now in Walsall and what is being done to tackle the issues?**
- Role of primary care – Dr Andrew Askey and a service user
 - Role of planning and environmental control – Mrs Marie Newton, Principal Officer (Regeneration Strategy), Walsall Council
 - Role of the hospital – Dr Andrew Hartland Consultant Pathologist, Manor Hospital plus a service user
- 11.15 **Refreshment break**
- 11.30 **Where are we now in Walsall and what is being done to tackle the issues? (continued)**
- Health Trainer programme in Walsall – a service user perspective
 - Walsall Active Youth – The Way Forward Programme – a service user perspective
 - Time to Change Exercise Advice and Support Service – a service user perspective
 - Education Walsall, Obesity Commissioning Project – Peter Bispham, Head Teacher, Millfield Primary School
 - Targeting BME communities - Suni Desai, Senior Health Promotion Specialist, Walsall Teaching PCT
- 12.15 **Committing to a strategy to tackle obesity and overweight in Walsall**

Tim Challans – Assistant Director, Leisure, Culture and Lifelong Learning, Walsall Council
Paul Jennings – Chief Executive, Walsall Teaching Primary Care Trust
Mike Browne – Medical Director, Walsall Hospitals NHS Trust
- Questions and answers session**
- 1.00 **Close of morning session - Lunch and networking**

PROGRAMME - AFTERNOON SESSION

2.00 **Introduction to afternoon session** – Paul Jennings, Chief Executive, Walsall Teaching Primary Care Trust

Keeping trim and fit – A professional football player's perspective

2.05 Workshops: An opportunity to discuss the essential elements and priorities for a revised strategy to tackle obesity in Walsall, and how we can join up different work-streams more effectively.

- Workshop 1: Obesity pathway (adults)
- Workshop 2: Children's obesity
- Workshop 3: Prevention – the living environment
- Workshop 4: Prevention – the working environment
- Workshop 5: Prevention - lifestyles
- Workshop 6: Treatment - pharmacotherapies
- Workshop 7: Treatment – hospital interventions
- Workshop 8: Learning from other districts

Workshop Facilitators will outline very briefly what is currently underway in the theme area. Discussions in each workshop will then focus on:

- *what is already being done well*
- *what the gaps are and what more needs to be done*
- *barriers which may inhibit progress and how these barriers could be overcome.*

Each workshop is requested to conclude with their three most important priorities to be pursued within their workshop theme.

Refreshments will be available during the workshop sessions

3.05 Feedback from workshops: What are the three most important priorities within each workshop topic area which agencies need to pursue?

Workshop Facilitators

3.35 **Summing up and the way forward**

Paul Jennings, Chief Executive, Walsall Teaching Primary Care Trust

3.45 **Close**

Delegates are requested to complete the Conference Evaluation Form, which will be collected from the tables.