

## NHS Physical Activity and Nutrition Initiatives in Renfrewshire CHP

### Vitality

Vitality is a quality assured graded low-level activity model which meets the needs of a wide range of “patient groups” and individuals with low functional ability. Vitality will replace all existing condition specific maintenance activity classes delivered by partner local authority leisure providers.

Vitality programme is comprised of 4 levels of group-based exercise classes, designed to enable individuals to access an appropriate level of class to suit their ability.

Class Names	Descriptions	Client group
<b>Strength &amp; Balance Class</b>	For clients that can walk slowly and may have limited dynamic standing balance or require mobility aids	Includes - Frail elderly, Parkinson's disease, MS, Stroke, Cardiac, Osteoporosis, Cognitive impairments, selected COPD
<b>Strength &amp; Balance Circuit</b> (‘Low Level’ circuit)	For those with independent (with or without an aid) but with low functional capacity	Includes - Frail elderly, Parkinson's disease, MS, Stroke, Cardiac, Osteoporosis, Cognitive impairments, selected COPD
<b>Step In Circuit</b> (‘Moderate’ circuit)	For those with independent (with or without an aid) but with moderate functional capacity	Includes - Parkinson's disease, MS, Stroke, Cardiac, Osteoporosis, Cognitive impairments, selected COPD
<b>Step Up Circuit</b> (‘Advanced’ Circuit)	For those with independent aid and good functional capacity	Includes - MS, Stroke, Cardiac, Osteoporosis, Cognitive impairments,

Quality standards for each class level have been developed by NHSGGC and leisure staff to ensure class specification meets professional standards for the safe and effective delivery of exercise for adults with chronic health conditions.

The Vitality programme will link into the local authorities fitness programme which has a wide range of activity classes and ensure there is a smooth transition for people if they are wanting to progress.

### Live Active

The Live Active Referral Scheme aims to increase levels of physical activity amongst sedentary participants within Greater Glasgow and Clyde and to equip them with the skills to help them lead a regularly active life.

Patients referred, enrol onto the scheme for 12 months and receive an evidence based one-to-one physical activity counselling service. The intervention aims to address benefits and barriers to change, and offer access to a variety of physical activity programmes exploring which might be most acceptable to the patient. There is also an opportunity for referral onto other support services for other health behaviours e.g. healthy eating advice, smoking etc. By the end of the consultation patients agree on activity goals that are suitable to their individual needs. Participants receive reduced price access to local authority leisure centres where they can take part in a variety of activities or exercise independently. Support and advice is also provided for home-based exercise. There is ongoing support and follow-up at 1 months, 3 months, 6 months and a year and are contacted regularly by their exercise counsellor in between times. Patients can be referred by GPs, practice nurses, physiotherapists or cardiac healthcare staff.

### Shape Up

Shape Up is a healthy eating and physical activity programme designed to assist you in achieving your lifestyle goals. At the session you will receive:

- healthy eating booklet with general advice on healthy eating/nutrition
- weigh in session/exercise advice
- a 20/30 minute exercise session

Anyone can attend these classes which take place in local leisure facilities and attract a small charge.

### ACES – Active Children Eating Smart

ACES (Active Children Eating Smart) is a brand new childhood obesity intervention developed by NHS Greater Glasgow and Clyde in partnership with local authority leisure services. The aim of the initiative is to assist children and young people, in cooperation with their families, to either lose weight or not gain further weight. The programme will initially focus upon the children who most exceed their healthy weight. Programme content for ACES has been finalised and most of the coaches have been recruited and trained in conjunction with local authority partners.

The programme includes diet and physical activity modification. The diet modification is based on “The Traffic Light Healthy Eating System” and the physical activity intervention is based around reducing sedentary behaviour using “TOP activity, Walking to School” and activities available locally, eg out of school activities.

The practical food sessions support a shift in behaviour relating to issues addressed in the diet modification component.

All components are underpinned by behaviour change principles and techniques with specific emphasis on goal setting and rewards. A lifestyle diary is used on a weekly basis to support the goal setting.

## Eat Up

The Eat Up programme aims to raise awareness of the link between diet and health. It is a six week group programme with one session per week lasting approximately 1 hour. Access is by referral from a health professional and is for people aged 18 years and over.

Each session explores different topics including:

- Key healthy eating messages
- Fats and their effect on health
- Hidden salt in everyday foods, and how to reduce this
- The importance of fruit and vegetables in the diet and how to increase this
- Goal setting and motivation
- Food labelling
- Shopping
- Cookery demonstration and recipes

Sessions are informal and include practical demonstrations.