



Foodwise for Life (Foodwise) is a community weight management programme developed by Public Health Dietitians in Wales and designed to be delivered by appropriately trained community based staff including leisure centre staff and community food workers. Completion of the Agored Cymru accredited Community Food and Nutrition Skills course (Level 2, 3 credits) is an essential requirement for tutors to be able to deliver the Foodwise programme. The programme will particularly benefit individuals with a BMI > 25

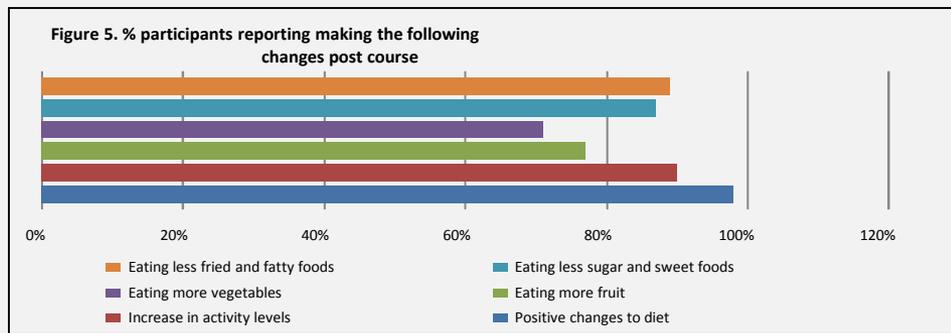
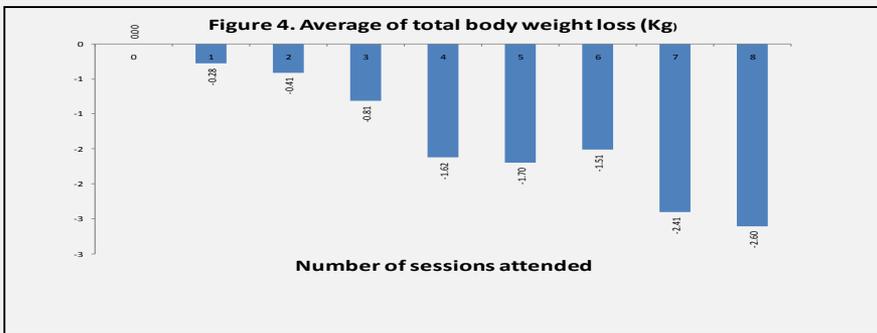
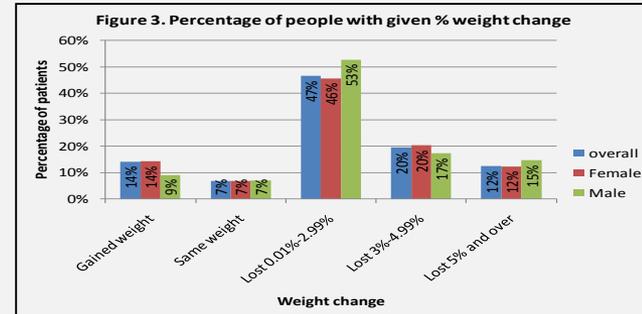
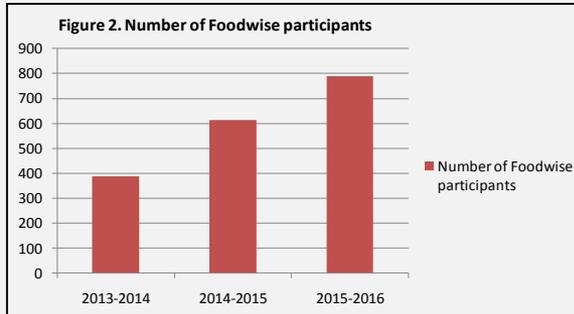
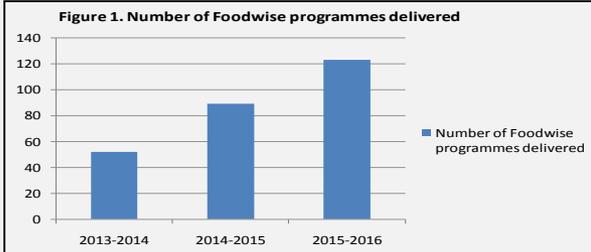
### Purpose of Service

- Build capacity within the community workforce to enable staff to deliver community weight management programmes, to provide services at level 1 and 2 of the All Wales Obesity Pathway.
- Provide a standardised approach for accredited weight management programmes across Wales, promoting consistent messages and methods to support sustained lifestyle behaviour change.
- Work in partnership with other services to ensure signposting to appropriate activities in relation to food and physical activity.
- Link in with other national initiatives such as Change4Life, National Exercise Referral Scheme, food co-ops, walk for health and Get Cooking schemes.
- Focus on lower socioeconomic groups and adults with a BMI >25kg/m<sup>2</sup>

### Headline Performance Measures

**123** Foodwise for Life programmes delivered for **789** participants  
**88%** Community based staff trained to deliver Foodwise completing post course questionnaire felt confident (**65%**) or very confident (**23%**) to deliver the programme  
**79%** Foodwise participants, with weight recorded pre and post programme, lost weight as a result of attending Foodwise (average weight loss = 2.9kg)  
**98%** Foodwise participants completing evaluation questionnaires reported making positive changes to their diet as a result of attending Foodwise  
**90%** Foodwise participants completing evaluation questionnaires reported increasing their activity levels as a result of attending Foodwise

### How Are We Doing?



## HOW MUCH?

- **28** Agored Cymru Level 2 Community Food and Nutrition Skills Courses delivered
- **8** Facilitating Foodwise training sessions delivered
- **250** community staff recruited to Agored Cymru Level 2 Community Food and Nutrition Skills training
- **62** community staff recruited to Facilitating Foodwise training
- **123** Foodwise programmes delivered
- **789** eligible people recruited to Foodwise with **731** recorded as booked onto the programme and **597** completing the programme

## HOW WELL?

- **99%** community based staff completing Agored Cymru Level 2 Community Food and Nutrition Skills training rated the training as good (**21%**) or excellent (**78%**)
- **89.5%** Foodwise participants recorded as booked onto the programme had weight recorded pre and post programme
- **77%** Foodwise participants who completed the programme completed evaluation questionnaires (n=462)
- **100%** Foodwise programmes were delivered using standard resources
- **88%** community based staff trained to deliver Foodwise completing post course questionnaire felt confident (**65%**) or very confident (**23%**) to deliver the programme
- **93%** community based staff completing Agored Cymru Level 2 Community Food and nutrition Skills training achieved accreditation
- **82%** Foodwise participants completed the programme (i.e. attended 5 or more out of 8 sessions)
- **100%** Foodwise participants rated the programme as good (**17%**) or excellent (**83%**)

## IS ANYONE BETTER OFF?

- **93%** Foodwise participants completing evaluation questionnaires\* reported learning something new about food and nutrition as a result of attending Foodwise. \* 77% (462/597) completed evaluation questionnaires
- **79%** Foodwise participants, with weight recorded pre and post programme\*\*, achieved a reduction in body weight as a result of attending Foodwise Average weight loss = **2.9kg (range 0.1-17.2kg)** . \*\* Weight recorded pre and post programme for **90% (654/731)** Foodwise participants
- **92%** Foodwise participants completing evaluation questionnaires reported feeling more confident (**53%**) or much more confident (**39%**) to manage their own weight since attending Foodwise
- **98%** Foodwise participants completing post course questionnaires reported making positive changes to their diet as a result of attending Foodwise
- **90%** Foodwise participants completing post course questionnaires reported increasing their activity levels as a result of attending Foodwise
- **32%** Foodwise participants, with weight recorded pre and post programme lost 3% body weight or more including **12.4%** lost 5% body weight
- **55%** Foodwise participants completing evaluation questionnaires reported eating regular meals daily as a result of attending Foodwise
- **77%** Foodwise participants completing evaluation questionnaires reported eating more fruit and **71%** reported eating more vegetables as a result of attending Foodwise
- **87%** Foodwise participants completing evaluation questionnaires reported eating less sugar and sweet foods as a result of attending Foodwise
- **89%** Foodwise participants completing evaluation questionnaires reported eating less fatty or fried foods as a result of attending Foodwise

## Data Development Agenda

- % community based staff attending Facilitating Foodwise training who rate the training as good or excellent
- % Community based staff trained to deliver Foodwise who went on to deliver the programme.
- % Community based staff trained to deliver Foodwise went on to deliver it as an accredited programme - e.g. in Communities First areas
- % Foodwise participants gained accreditation
- % community staff trained to deliver Foodwise continuing to deliver the programme at 6 month follow up

## Story Behind 2015-2016 Performance

- During 2015-2016 Foodwise continued to be delivered by dietetic services in all 7 health boards. Training for Foodwise facilitators was provided by the **NUTRITION SKILLS FOR LIFE™** teams. Implementation and evaluation was co-ordinated by the National Nutrition Training Facilitator (NNTF), Cardiff and Vale UHB
- The number of Foodwise programmes delivered increased to **123** programmes compared with **89** programmes in 2014-2015 and **52** programmes in 2013-2014 (see figure 1)
- **789** participants attended Foodwise representing an increase in the number of people accessing the programme from **615** participants the previous year and **388** during 2013-2014 (see figure 2)
- **79%** Foodwise participants lost weight with an average 2.9kg weight loss. **32%** lost 3% of their body weight or more including **12%** who lost 5% body weight more (see figure 3)
- Figure 4 shows the relationship between the number of sessions attended and weight loss achieved with those attending 8 sessions achieving an average of 2.6kg weight loss
- Foodwise participants consistently report making changes to their lifestyle as a result of attending the programme including changes to diet (**98%**) and activity levels (**90%**) (see figure 5). **92%** of participants reported feeling more confident to manage their own weight
- Learning and teaching resources were updated with the new Eatwell Guide launched March 2016
- Two health boards supported facilitators to deliver Foodwise as an accredited programme
- Limited capacity within local NERS and Communities First teams to deliver Foodwise reported in some areas
- Foodwise Implementation Group (FWIG) meetings held May and December 2015 to ensure standardised, consistent approach to service delivery, evaluation and quality assurance
- NNTF co-ordinated the national monitoring, evaluation and QA in line with **NUTRITION SKILLS FOR LIFE™**. Access guidelines, quality assurance monitoring tool and standard evaluation framework (SEF) updated to support Foodwise tutors
- Monitoring requirements outlined in the Foodwise SEF continues to be incorporated into Facilitating Foodwise training to ensure monitoring and evaluation data is collected on an all Wales basis

## Partners Who Can Help Us Do Better

- Leisure Services commit staff time and build Foodwise service delivery into staff work plans
- NERS staff seek opportunities to work in partnership to deliver the service to NERS recipients
- Communities First cluster teams deliver Foodwise service where the need is identified within their cluster
- Neighbourhood management/ Health, Social Care and Wellbeing teams/Local Public Health Teams promote Foodwise
- Families First funding opportunity has potential to increase dietetic capacity to deliver Foodwise for young people aged 16 and above with BMI > 25kg/m<sup>2</sup>
- Agored Cymru and HB Healthcare Support Worker facilitators support partner organisations to access credit for learning for Foodwise recipients
- Primary care clusters – opportunities for trained dietetic support workers/ primary care staff to deliver Foodwise as weight management/ diabetes prevention programme.

## What We Propose To Do To Improve Performance In The Next Year [2016/17]

WHAT	WHO	BY WHEN
<ul style="list-style-type: none"> <li>• Ensure the evaluation and QA process, developed and co-ordinated by Dietitians in Wales, is adhered to in order to maintain patient safety and standards of care. Work with partner organisations to explore ways to monitor weight at 12 months post Foodwise</li> <li>• Ensure Foodwise learning and teaching resources are updated annually with the <b>NUTRITION SKILLS FOR LIFE™</b> resources</li> <li>• Explore ways to promote Foodwise to encourage appropriate referrals into the programme</li> <li>• Report service outcomes to Welsh Government via Health Board Directors of Public Health and Directors of Therapies and the NNTF as provides activity at Level 1 and 2 of the All Wales Obesity Pathway</li> <li>• Engage with local NERS co-ordinators and utilise exemplars of good practice from colleagues in other health boards to influence Foodwise provision in NERS teams not delivering. In areas where NERS have limited capacity to deliver Foodwise, encourage staff to signpost their clients to other local Foodwise programmes.</li> <li>• Explore opportunities to work with primary care clusters to offer Foodwise for weight management/diabetes prevention programme.</li> <li>• Encourage tutors to deliver Foodwise as an accredited course, providing opportunities for Foodwise recipients to gain credit for learning and promoting the wider benefits of adult community learning. Develop separate learner workbook to facilitate submission of evidence of learning for accreditation</li> <li>• Support partner organisations for the first 12 months of provision of Foodwise to access credit for learning via the health boards in line with SEF and QA framework</li> <li>• Updated resources to be translated into Welsh during 2016-2017 and printed centrally to ensure the service is bilingual</li> </ul>	<p>NNTF &amp; FWIG.</p> <p>As above</p> <p>As above</p> <p>Dietetic Services lead</p> <p>Dietitians</p> <p>Dietetic leads</p> <p>FWIG/ Dietitians</p> <p>Dietitians</p> <p>NNTF</p>	<p>2016/2017</p> <p>April 2016</p> <p>Ongoing</p> <p>Annually in line with WG</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>March 2017</p>

**NUTRITION SKILLS FOR LIFE™: Performance Evaluation Report 1 April 2015 – 31 March 2016**

**Service Description:** *NUTRITION SKILLS FOR LIFE™* is an all Wales programme which aims to build the capacity of communities to support healthy eating and prevent malnutrition. Operating in all Health Boards dietitians aim to equip community based staff with the nutrition knowledge and skills to incorporate nutrition messages into their work, support more local people as community food workers and strengthen community food and nutrition input into areas of health inequality.

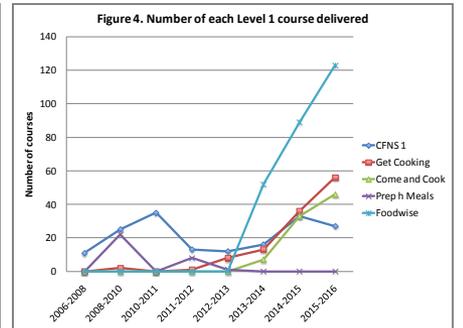
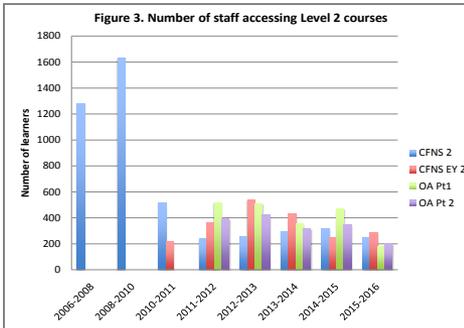
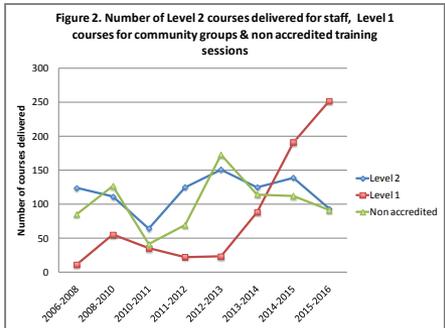
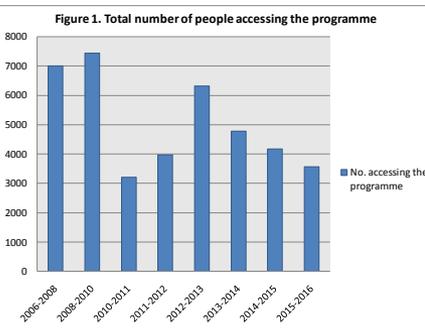
**Purpose of Service**

- Build capacity in the community workforce through nutrition training focussing on accredited Agored Cymru courses.
- Develop a standardised approach for accredited nutrition training across Wales, promoting consistent nutrition messages and contributing to preventing nutrition related disease.
- Support the development of healthier environments and improved access to nutritious foods through training and advice.
- Support local action in response to Change4Life e.g. Supporting local community food initiatives and ensure they are evidenced based.
- Support local partnerships to raise the profile of nutrition and help to achieve better outcomes in relation to nutrition and health for their population.
- Focus on lower socioeconomic/hard to reach groups.
- Focus on 0-25's and vulnerable older people.

**Headline Performance Measures**

**93** Agored Cymru (AC) accredited Level 2 nutrition skills courses delivered to **910** staff.  
**93%** staff attending AC Level 2 Community Food and Nutrition Skills (L2 CFNS) courses gained accreditation.  
**27%** of staff completing AC L2 CFNS training reported intending to deliver Level 1 accredited courses to community groups they work with .  
**41%** of Level 2 CFNS learners reported going on to deliver Level 1 accredited nutrition courses with community groups they work with at 6 month follow up.  
**76%** individuals completing evaluation questionnaires reported eating more fruit and **73%** reported eating more vegetables as a result of attending the Level 1 course.

**How Are We Doing?**



**Data Development Agenda**

- Number and type of agencies/partner organisations trained
- % of planned courses delivered.
- % of partner organisations completing evaluation questionnaires stating that the Nutrition Skills for Life scheme resulted in better outcomes for community groups (DDA.)

## HOW MUCH?

**93** Agored Cymru (AC) Level 2 accredited courses delivered to **910** staff (total for all courses)  
**252** AC accredited Level 1 nutrition skills courses delivered to **1514** members of the community (including **103** courses for **606** people who went on to claim credit for learning)  
**91** non accredited training sessions delivered reaching **1134** people including **928** staff and **206** community members

### Level 2

**28** AC Level 2 Community Food and Nutrition Skills (CFNS) courses delivered for **250** staff  
**26** AC CFNS for the Early Years courses delivered for **284** staff  
**18** AC Food and Nutrition Skills for those Providing Care courses delivered for **177** staff  
**21** AC Improving Food and Nutrition Care courses delivered for **199** staff

### Level 1

**27** AC Level 1 Introduction to CFNS courses delivered for **148** participants  
**56** Get Cooking courses delivered for **338** participants  
**46** Come and Cook /Dewch i Goginio courses delivered for **239** participants (including **20** courses for **120** people who went on to claim credit for learning)  
**123** Foodwise courses delivered for **789** participants (not delivered as accredited courses)

### Non accredited training includes

**5** RCM accredited training sessions delivered (BCUHB) for **57** community midwives  
**8** Facilitating Foodwise sessions for **62** staff  
**5** training sessions delivered (Cardiff and Bangor Universities ) for **125** undergraduate midwives

## HOW WELL?

**99%** staff attending AC Level 2 CFNS/CFNS(EY)/ Food and Nutrition Skills for those providing Care/Improving Nutrition Care completing course evaluation (Q 6) rated the course as good (**21%**) or excellent (**78%**)

**99%** staff attending AC Level 2 CFNS/CFNS(EY)/ Food and Nutrition Skills for those providing Care/Improving Nutrition Care course completing course evaluation (Q7) reported they would recommend the course to others

**99%** individuals attending Level 1 Introduction to CFNS/ Developing CFNS/Get Cooking/Healthy Eating through practical cookery courses completing course evaluation rated the course as good (**10%**) or excellent (**89%**)

## IS ANYONE BETTER OFF?

**93%** staff attending AC Level 2 CFNS (**93%**) / CFNS for the Early Years (**94%**) Food and Nutrition Skills for those Providing Care (**92%**) / Improving Food and Nutrition Care (**92%**) who submitted portfolios for accreditation during the reporting period gained credit for learning  
**87%** individuals attending AC Level 1 Introduction to CFNS (**89%**) or Get Cooking/Come and Cook (**86%**) who submitted portfolios for accreditation gained credit for learning  
**45%** of staff completing Level 2 CFNS training reported intending to deliver Level 1 accredited courses to community groups they work with  
**41%** of staff completing Level 2 CFNS training reported going on to deliver AC accredited L1 nutrition courses with community groups they work with at 6 month follow up  
**94%** of staff completing Level 2 CFNS training reported feeling confident (**72%**) or very confident (**22%**) to deliver the Level 1 accredited course  
**95%** individuals completing evaluation questionnaires reported learning something new about food and nutrition as a result of attending Level 1 course  
**96%** individuals completing evaluation questionnaires reported feeling more confident (**31%**) or much more confident (**65%**) about preparing healthy foods as a result of attending Level 1 course  
**93%** individuals completing evaluation questionnaires reported feeling more confident (**36%**) or much more confident (**57%**) about shopping for healthy foods as a result of attending the Level 1 course  
**91%** individuals completing evaluation questionnaires reported making changes to what they eat as a result of attending Level 1 course  
**93%** individuals completing evaluation questionnaires reported making changes to what their family eat as a result of attending Level 1 course  
**75%** individuals completing evaluation questionnaires reported eating more fruit and **74%** eating more vegetables as a result of attending Level 1 course  
**84%** individuals completing evaluation questionnaires reported eating less sugar and sweet foods as a result of attending Level 1 course  
**88%** individuals completing evaluation questionnaires reported eating less fatty /fried foods and **84%** reported eating less sugar/sweet foods as a result of attending Level 1 course

## Story Behind (last 12 months) Performance.

- Figure 1 illustrates a reduction in the total number of people accessing the programme during 2015-2016 compared with previous years. Factors contributing to this include supporting delivery of the rising number of Level 1 courses delivered by trained staff (see below); staff contributing towards updating learning and teaching resources: implementation of successful national and local early years award schemes i.e. Gold Standard Healthy Snack Award and Tiny Tums Best Practice Certificate; contribution to development of new initiatives e.g. health visitor training, Inverse Care Law reduction of cardiovascular disease risk project training programme and strategic planning
- Figure 2 shows the substantial increase in the number of Level 1 courses delivered during 2015-2016. Dietitians reported significantly increased demand on their time to support this activity including refresher training, quality assurance visits, providing resources and ongoing advice for programme delivery, monitoring and evaluation. This has contributed to a reduction in the number of Level 2 courses delivered during this time
- Figure 3 indicates that the number of courses delivered for staff working with older adults has declined considerably during 2015-2016. **18** Food and Nutrition Skills for Those Providing Care and **21** Improving Food and Nutrition care courses were delivered this year compared with **46** and **37** respectively during 2014-2015. Other contributor factors include a change in work priorities in some areas to focus on supporting staff working with children and young people and employers unable to release staff for training
- Figure 4 indicates the continued rise in the number Foodwise for Life weight management programmes delivered by National Exercise on Referral (NERS), Communities First and Leisure Centre staff and Get Cooking/Come and Cook courses delivered by Communities First, Families First and Flying Start workers.

## Partners Who Can Help Us Do Better

- Public Health Wales Local Public Health Teams (PHW & LPHTs)- joint strategic planning to embed the **NUTRITION SKILLS FOR LIFE™** training model into local strategies and map activity to the All Wales Obesity Pathway and service delivery plans
- Communities First clusters –to prioritise healthy eating for population groups, to integrate nutrition training for staff and delivery of Level 1 nutrition skills courses with professional support into work plans
- Families First & Flying Start to embed nutrition skills training for the workforce and dietetic expertise for quality assured service delivery into future work plans
- Healthy Schools and HSSPS scheme co-ordinators- joint working to provide nutrition skills training and support to ensure healthy food and drink provision in settings in line with national standards
- Social Care Workforce Development Partnership (SCDWP) to raise awareness of nutrition for older adults training and continue to further develop nutrition training opportunities for Health and Social Care staff
- Maternity services – continued support for roll out of Compact E41\* training for community midwives and Foodwise in Pregnancy healthy lifestyle programme for pregnant women
- Welsh Government Obesity Prevention and Children's Health Branch of the Public Health Division to ensure nutrition education and training priorities are met
- Agored Cymru and health board Learning Education and Development teams to continue to provide a high quality service and to give learners the opportunity to gain credit for learning.

\* E41 = Eating for 1: Healthy and Active for 2 - healthy eating and weight management training

## What We Propose To Do To Improve Performance In The Next Year [2016/17]

WHAT	WHO	BY WHEN	Resource Rqd Y/N
• Continue to offer all Level 2 accredited courses in each health board to meet local nutrition training and workforce development needs	All	Ongoing	
• Continue to work jointly with Communities First, Families First and Flying Start to embed the all Wales <b>NUTRITION SKILLS FOR LIFE™</b> training model into their work plans including delivery of accredited Level 1 nutrition skills courses by trained community workers	All	"	
• Increase the number of Level 2 (CFNS) trained staff delivering Level 1 accredited programmes and provide professional dietetic support to ensure a high quality service enabling participants to gain credit for learning	All	"	
• Continue to support partner agencies e.g. National Exercise on Referral Scheme, Leisure Centre and Communities First staff to deliver Foodwise for Life and further develop learning and teaching resources to support participants to gain credit for learning	All	"	
• Ensure staff planning to deliver Level 1 accredited nutrition skills programmes complete Level 2 Community Food and Nutrition Skills (NH22CY001), 3 credit training and additional facilitation training to meet quality assurance requirements..	All	"	
• Continue to ensure that all <b>NUTRITION SKILLS FOR LIFE™</b> learning and teaching resources are updated with the Eatwell Guide, translated into Welsh, and printed centrally. Review demand for additional resources annually	NNTF	"	Y
• Continue to work jointly with maternity services and service users to pilot a structured healthy lifestyle in pregnancy programme (Foodwise in Pregnancy) and finalise resources to support all Wales roll out. Work with maternity services to roll out compact healthy eating and weight management training for qualified community midwives in each health board to equip them with knowledge and skills to advise on healthy eating and weight management in pregnancy	NNTF	"	Y
• Work with PHW & LPHTs to develop standardised learning and teaching resources to support Making Every Contact Count (MECC) in Wales including the development of a healthy eating e-learning module	All	Ongoing	
• Seek further funding opportunities to increase dietetic capacity to meet demands for training and to undertake additional work which provide significant opportunity for wider population reach e.g. Foodwise in Pregnancy, nutrition and hydration training for health, social care and early years workforce, nutrition and practical food skills integrated into school curriculum, School Holiday Enrichment Programme (SHEP).	NNTF	"	
	NNTF	Ongoing	Y

## Flying Start Nutrition and Dietetics Service 1<sup>st</sup> April 2015-31<sup>st</sup> March 2016



### Purpose of service:

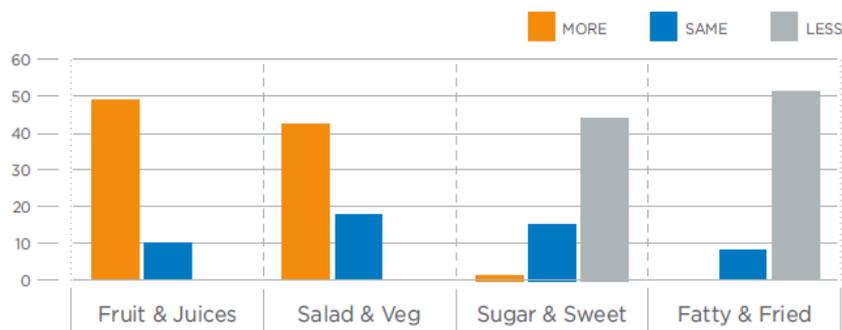
- To support parents to build knowledge, skills and confidence in healthy eating for their family.
- To ensure families have access to consistent, evidence based nutrition information through the wider programme and workforce.
- To ensure staff feel confident delivering consistent food and nutrition messages to families.

### Data development agenda:

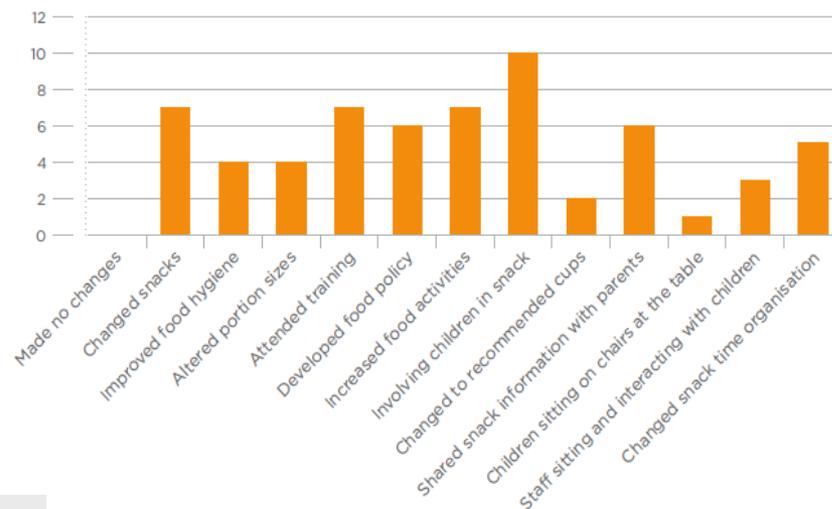
- % Health Visitors who feel confident raising the issue of weight with families.
- % increased knowledge of government vitamin D recommendations amongst health professionals.

## How well are we doing on our headline indicators?

Changes families have made to their diet as a result of Get Cooking



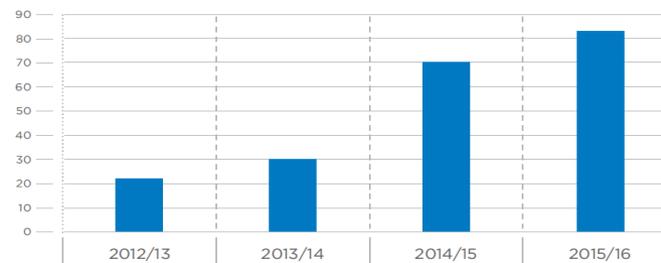
Changes in practice as a result of the Gold Standard Healthy Snack Award



### Story behind the graphs:

1. Get Cooking is reaching more families by working in partnership with trained CNNs. More families are gaining accreditation with the support of tutors.
2. Most families who complete GC making at least one change to diet, consistent with findings from small evidence base available.
3. The 11 respondents of childcare leads survey monkey questionnaire, represent 16 Flying Start settings.

Number of families gaining Agored Cymru accreditation through the Get Cooking programme (level 1, 2 credits)



## Performance Measures

### How much did we do?:

**60** visits undertaken to **26** settings by dietetic team to support snack award/CHaSPS.  
**262** staff attended non-accredited dietetics training\*  
**28** FS staff attended Agored Cymru accredited level 2 community food and nutrition skills training (*4 accredited courses delivered – 1 co-delivered with core PH dietetics*).  
**27** FS childcare settings with at least one member of staff trained to level 2 in food and nutrition.  
**37** weaning parties delivered by FS HV Team & **250** parents attended a weaning party.  
**17** Get Cooking courses started and **17** completed (**6 CNN led**) & **1** shorter cookery course in Shirenewton  
**88** parents completing a Get Cooking course.  
**630** direct face-to-face contacts made with families through Get Cooking.

### Is anyone better off?:

**98%(169)** staff stating increased knowledge and/or confidence in nutrition as a result of dietetics training.  
**100% (11)** FS childcare leads, self reporting a change in practice as result of snack award.  
**96%(22)** staff reported to have made a change to practice as a result of dietetics training at 2-6 month follow-up.  
**93% (219)** parents stating they feel more confident in weaning their baby as a result of attending a weaning party (delivered by HVs/CNNs).  
**86% (65)** parents attending a Get Cooking course reporting to have made changes to what they or their family eats, **93% (13)** maintained behavior change at 2-6 month follow-up.  
**87% (58)** parents attending a Get Cooking course reporting to be eating more fruits, salads or vegetables as result of the course (*10 omitted question*)  
**94% (83)** parents completing a Get Cooking course who achieve level one Agored Cymru accreditation.  
**81% (22)** parents travelled a distance following Get Cooking measured through distance travelled tool.

*"I pretty much eat the same as Grayson now so we do a lot of salads. He likes his fruit, he likes his vegetables. We do have a treat like a McDonalds or a KFC but it's not in our everyday diet. It has changed drastically since Get Cooking."*

*"I cook a lot of the recipes which I learnt from Get Cooking. I make all fresh and then I freeze them. I just find it easier to do that. I make the butternut squash soup, the vegetable soup, the lasagne, the cottage pie, the fish pie. It's all made for the baby".*

### How well did we do it?:

**99%** (of 170 asked) would recommend dietetics training to others.  
**77%** FS childcare settings with at least one member of staff trained to level 2 in community food and nutrition.  
**99%** parents completing an evaluation form rating weaning parties as good or very good.  
**88%** parents starting a Get Cooking course attend at least 5 out of 8 sessions.  
**100%** parents completing an evaluation form rating the Get Cooking course as good or excellent.

*"I've still got the magnets [the Eatwell Guide] up on the fridge cos I think it is really helpful knowing the portions and how much of different foods you need. And I'm much more aware with him [my son] about what I'm giving him, making sure he gets enough protein and fibre and I'd never really thought about it before".*

*"I felt proud of myself because I had a little baby and I got a qualification at the same time."*

\***9** Little Cooks, **101** HV training, **29** dietetics mandatory training, **110** conference workshops (approx.) & **13** refresher sessions – EY & Get Cooking)

## Partners who can help:

- Families First - joint planning of nutrition and cooking skills work in Cardiff.
- Flying Start Health Visiting Service – continued support to roll out Get Cooking using CNN time.
- Agored Centre Lead for continued support to offer high quality accreditation opportunities for parents.
- GSHSA & CHaSPSS implementation group - continued support for settings to implement good practice.
- FS Play Team & Management Team – for support in creche provision to deliver Get Cooking and commitment to attend training.
- All Wales Nutrition Skills for Life network – improved, standardised materials for delivering Get Cooking and accredited training.

## What we are going to do:

Action	Who	By	Status	Comment
Finalise distance travelled tool for Get Cooking and improve process for collecting 6 month follow-up data from staff attending accredited courses.	LL	Sept 2016		Support from Parenting Manager
Launch updated weaning party delivery pack to ensure quality and standard approach continues.	Team	Sept 2016		
Offer Early Years level 2 and 'Little Cooks' training for Stay and Play staff to support delivery of nutrition and cooking activities within Stay and Play service. This will allow the delivery of nutrition messages to families without the need of additional creche support and dietetics delivery time.	Team	August 2016		
Work with NSFL co-ordinator and AWTTTC group to finalise, disseminate and evaluate document 'vitamins for babies, children and pregnant and breastfeeding women'. Contribute to potential all Wales training.	LL	June 2016		<i>Depends on training needs of pharmacists</i>
Work with FF and core PH dietetics service to plan the continued nutrition/cooking skills support for Shirenewton and Homeless families in FS.	Team	ongoing		
Offer Health Visitors training session on nutrition in pregnancy , supporting national '10 steps to a healthy weight' agenda.	LL & GJ	Dec 2016		
Offer Health Visitors training session, in partnership with psychology, on raising the issue of weight with families.	LL	Dec 2016		<i>Will require partnership with FS parenting team</i>
LL to attend and contribute to national meetings on development of Wales Food and Nutrition Standards for the Early Years.	LL	Ongoing 2016/17		

# Flying Start **Get Cooking** Programme



1<sup>st</sup> April 2015 - 31<sup>st</sup> March 2016



of parents say they are eating **more fruit and veg** as a result of **Get Cooking**

(32% of adults reported eating five or more portions of fruit and vegetables the previous day - *Welsh Health Survey, 2014*)



**630** face-to-face contacts made by the **Health Team** through **Get Cooking**



**88** parents completed a **Get Cooking** course



**94%** who completed a **Get Cooking** course achieved **Agored Cymru** accreditation



**17** **Get Cooking** courses delivered - that's **135** practical cookery sessions



of parents rated **Get Cooking** as **good** or **very good**



**88%** of parents who started a course attended at least **5** sessions



**86%** of parents say they have **changed their diet** as a result of **Get Cooking**



courses led by a **Dietetics Support Worker**



led by a **Get Cooking** trained **Community Nursery Nurse**



## **Foodwise in Pregnancy**

### **Standard Evaluation Framework and Quality Assurance Guidelines.**

Terms and conditions for delivery of Foodwise in Pregnancy training.

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#### **Introduction.**

Foodwise in Pregnancy is a six week structured programme that promotes healthy weight gain during pregnancy. It is delivered as part of the all Wales **NUTRITION SKILLS FOR LIFE™** programme and is designed to be delivered by appropriately trained healthcare staff including Maternity Support Workers (MSWs), Dietetic Support Workers (DSWs) and/or Dietetic Assistant Practitioners (DAPs). It promotes healthy eating and being active during pregnancy and covers a range of topics including; guidance for what is a healthy weight gain, the Eatwell Guide, food safety, important vitamins and minerals, tips for managing healthy portions, benefits of staying active, reading food labels and planning healthy meals for a family. Following training, staff who go on to deliver Foodwise in Pregnancy must have ongoing supervision with a registered dietitian.

Evaluation data is collected on an all Wales basis to measure programme outcomes and the extent to which the aims and objectives of the programme have been met. This guidance document sets out the standard evaluation framework and governance requirements for all partner organisations to agree to before delivering the programme.

#### **Aims and objectives of Foodwise in Pregnancy**

- Build capacity within the workforce to enable staff to deliver 6 week structured healthy weight gain in pregnancy programme to help women avoid gaining too much weight during pregnancy.
- Provide a standardised approach for implementation and evaluation of Foodwise in Pregnancy across Wales, promoting consistent messages and methods to support women to make sustained lifestyle behaviour change.
- Work in partnership with other services to ensure signposting to appropriate activities in relation to food and physical activity.
- Link in with other national initiatives such as Change4Life, National Exercise on Referral Scheme, food co-ops, walk for health, Get Cooking and Come and Cook schemes.
- Include a focus on lower socioeconomic groups and women with a BMI >25kg/m<sup>2</sup>.

#### **Delivery of Foodwise in Pregnancy.**

The Foodwise in Pregnancy programme has been developed as 6 x 1-2 hour sessions for delivery over approximately 6 weeks within health and community venues. Each session consists of structured discussions, group work and activities where participants can learn more about food and nutrition.

On completion of training Foodwise in Pregnancy facilitators are provided with a facilitator manual. This includes all learning and teaching resources needed to deliver the programme such as lesson plans, quizzes, games, group activities and evaluation tools. A programme handbook is provided for participants that includes worksheets and handouts and supporting literature from the Change4Life and Start4Life campaigns.

## **Competencies required for Foodwise in Pregnancy delivery.**

In the delivery of any service, it is essential that those who are in the front line should be adequately prepared to carry out the tasks expected of them. Users have the right to expect that those who deliver the service are competent to do so. Public Health Dietitians are responsible for designing a supervision system that protects the client and maintains the highest possible standards of training and information. Staff who intend to become Foodwise in Pregnancy facilitators should therefore be appropriately trained and supported to ensure that the activity can be undertaken competently<sup>1</sup>. In line with these requirements for quality assurance it is essential that a mechanism is agreed between facilitators and dietetic services for ongoing supervision, quality assurance and programme evaluation. The supervision system developed is as follows:

- ❖ Facilitators **must** complete the following essential nutrition training before delivering Foodwise in Pregnancy;
  1. Aged Cymru accredited Level 2 Community Food and Nutrition Skills (CFNS) training (3 credits) delivered by Registered Dietitians (30 guided learning hours).
  2. Facilitating Foodwise in Pregnancy training, a half day delivered by Registered Dietitians.
- ❖ Refresher nutrition training (1 day) delivered by Registered Dietitians to be completed every 2 years.
- ❖ Facilitators can also be encouraged to access other continuing development opportunities including Level 3 Award in Education and Training or Level 4 Certificate in Education and Training. Some facilitators may choose to undertake the Professional Certificate in Education or, for graduates, the Professional Graduate Certificate in Education (Post Compulsory Education and Training).

In addition to providing nutrition training (as listed above) Public Health Dietitians will provide the following support for facilitators:

- ❖ On completion of the required training, facilitators will be eligible to access the learning and teaching resources for the delivery of Foodwise in Pregnancy from Public Health Dietetic Services. Standard learning and teaching resources will provide up to date, evidence based nutrition information. Prior to programme delivery resources and support requirements will be agreed with dietetic services. This will ensure a consistent approach to programme delivery by a range of partner organisations across Wales.

### **Quality Assurance.**

Completion of the essential training requirements and use of standardised, evidence based learning and teaching resources for Foodwise in Pregnancy will ensure delivery requirements are met. For quality assurance, facilitators will be observed by a registered dietitian during the delivery of courses. This will ensure facilitators remain 'on message' and identify whether additional training and support is needed. Dietitians in your area will arrange the observed sessions with the facilitator when planning the programme. A minimum of one observed session per programme will be required in the first 12 months of delivery. In some instances, for example if delivering for the first time, the dietitian may agree to observe 50% of the sessions e.g. 3 out of 6 Foodwise in Pregnancy sessions. A minimum of one observed session per facilitator per year will be required thereafter. A written record will be available from the dietitian (Appendix 1) to confirm quality assurance requirements have been met.

### **Results based accountability**

The Results Based Accountability approach will be used to monitor the impact of Foodwise in Pregnancy, to monitor the extent to which programme objectives are met and to ensure consistency across Wales. Performance measures will be identified and data will be collected using standard evaluation questionnaires. Data will be collected for outcomes of staff training and

Foodwise in Pregnancy (Appendix 2) including anthropometric data (Appendix 3). Data collection and completion of annual report cards to present the findings will be the responsibility of the lead Public Health Dietitian in each Health Board area. Partner organisations will be required to collect the following data;

- ❖ Completed evaluation forms for each Foodwise in Pregnancy participant at the end of the programme (Appendix 2) including anthropometrics (Appendix 3).
- ❖ Completed evaluation forms are to be given to a named individual from the Public Health Dietetic Team, to input into the **NUTRITION SKILLS FOR LIFE™** database.

Public Health Dietitians will;

- ❖ Produce an annual RBA report card including Foodwise in Pregnancy programme performance.
- ❖ Provide learning and teaching resources and professional support for the delivery of Foodwise in Pregnancy

### **References**

1. Supervision, accountability and delegation of activities to support workers: A guide for registered practitioners and support workers (2006)

### **Appendices**

Appendix 1. Confirmation of quality assurance by Public Health Dietitian.

Appendix 2. Foodwise in Pregnancy end of programme evaluation questionnaires.

Appendix 3 Foodwise in Pregnancy anthropometric data.



## Appendix 1.

### Record of quality assurance by Public Health Dietitians

Course Name:

Course code:

Level:

Credits:

Tutor Name:

Venue:

Start date:

End date:

#### TUTOR TRAINING

Training undertaken by Tutor	Date completed	Dietitian name	Dietitian signature
Agored Cymru Level 2 Community Food and Nutrition Skills			
Facilitating Agored Cymru nutrition training			
Refresher nutrition training completed within 2 years			

#### INTERNAL VERIFICATION (IV) AND QUALITY ASSURANCE (QA)

Date of IV/ QA observation	Comments	Dietitian signature

# Appendix 2

Venue:

Date:

**Foodwise in Pregnancy** is a new programme and to measure how effective it is we want to collect certain information. We would be grateful if you would take the time to complete this questionnaire.

**1 How do you rate the following features of the Foodwise in Pregnancy programme?**

		Excellent	Good	Adequate	Poor
a	Whole programme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b	Handbook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c	Teaching methods food models / group work / discussions / activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2 How do you rate the following features of the Foodwise in Pregnancy venue?**

		Excellent	Good	Adequate	Poor
a	Location	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b	Room: size / temperature / facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c	How convenient was the time of the session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**3 Was the length of each session...**

- Too Short
  Too Long
  Just right

**4 Was the length of the course...**

- Too Short
  Too Long
  Just right

**5 Would you recommend Foodwise in Pregnancy to other pregnant women?**

- No
  Yes

Please give details of why:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**6 Was there anything which was not included in the Foodwise in Pregnancy programme which should have been?**

- No
  Yes

Please give details:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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7 Did you learn anything about food and nutrition in pregnancy that you did not know before?

No  Yes

Please give details:

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8 How do you feel about managing your weight since attending Foodwise in Pregnancy?

Much more confident  Same  Less confident  
 More confident  Much less confident

---

9 How do you feel about your food and nutrition knowledge since attending Foodwise in Pregnancy?

Much more confident  Same  Less confident  
 More confident  Much less confident

---

10 How do you feel about reading food labels since attending Foodwise in Pregnancy?

Much more confident  Same  Less confident  
 More confident  Much less confident

---

11 How do you feel about cooking healthy meals for yourself since attending Foodwise in Pregnancy?

Much more confident  Same  Less confident  
 More confident  Much less confident

### Diet & Lifestyle changes

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12 How often do you cook for yourself since attending Foodwise in Pregnancy?

More often  Same  Less often

---

13 How active are you since attending Foodwise in Pregnancy?

More active  Same  Less active

---

14 Since attending Foodwise in Pregnancy do you feel you have been able to make any changes to...

		Yes	No	Does not apply
a	Your diet	<input type="checkbox"/>	<input type="checkbox"/>	
b	Your family's diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c	Your activity levels	<input type="checkbox"/>	<input type="checkbox"/>	
d	Your family's activity levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e	How often you cook for yourself	<input type="checkbox"/>	<input type="checkbox"/>	
f	How often you cook for your family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

---

**15 Which of the following statements best describes your eating pattern before attending Foodwise in Pregnancy?**

- Regular meals daily     Miss a meal occasionally     Miss meals regularly

---

**16 Which of the following statements best describes your eating pattern since attending Foodwise in Pregnancy?**

- Regular meals daily     Miss meals regularly  
 Still miss a meal occasionally     Same as before

---

**17 In the list below indicate where you have made changes since attending Foodwise in Pregnancy.**

		<u>Eat more</u>	<u>Eat the same</u>	<u>Eat less</u>
a	Fruit including fresh / frozen / tinned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b	Salad & Vegetables including fresh / frozen / tinned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c	Sugar and sweet foods Cakes / Biscuits / Sweets / Soft drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d	Fatty or fried foods Crisps / Chips / Pies / Takeaways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

---

**Please see questions about yourself on the back of this page.**

---

**Finally a few questions about your self**

**18** Do you work?    Full time    Part time    I don't go to work

---

**19** What is your age?  
 16 and under    17 to 19    20 to 29    30 to 39    40 or over

---

**20** What is your stage of pregnancy?  
 0 - 12 weeks    13 - 27 weeks    28 - 40 week

---

**21** Which best describes you?

<input type="checkbox"/> 01 - White British	<input type="checkbox"/> 10 - Bangladeshi
<input type="checkbox"/> 02 - White Irish	<input type="checkbox"/> 11 - Any other Asian Background
<input type="checkbox"/> 03 - Any other White Background	<input type="checkbox"/> 12 - Caribbean
<input type="checkbox"/> 04 - Mixed White and Black Caribbean	<input type="checkbox"/> 13 - African
<input type="checkbox"/> 05 - Mixed White and Black African	<input type="checkbox"/> 14 - Any other Black Background
<input type="checkbox"/> 06 - Mixed White and Asian	<input type="checkbox"/> 15 - Chinese
<input type="checkbox"/> 07 - Any other Mixed Background	<input type="checkbox"/> 16 - Any Other Ethnic Group
<input type="checkbox"/> 08 - Indian	<input type="checkbox"/> 99 - Not Stated

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**22** **Would you be interested in attending a follow up session after you have had the baby?**  
 No    Yes

**Please give details of the topics you would want to be covered, if such a session were available:**

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**23** **We may want to contact you again in 6 months time to see how information has helped you. Please provide your name if you are happy for us to do this.**

Please use the space below to add any other comments:

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*Thank you for taking the time to complete this form.*

# Appendix 3

