

Appendix 1 - Individual projects that form part of the broader BHS approach

As outlined in the paper, the whole system approach is design to be a long-term framework that will form the basis of the Staffordshire strategic approach for the next 10-15 years. However, this does not mean that interventions and activities are not being implemented now that will have an immediate impact. These interventions and activities include:

- Adult Weight Management-Everyone Health
- Family Weight Management-Time4Sport
- Numerous communication/campaigns
- National Diabetes Prevention Programme
- Active Travel and Social Prescribing Pilot in Newcastle-under-Lyme (working with colleagues in the Economy, Infrastructure and Skills Directorate to secure funding, via Department for Transport, to design, deliver and evaluate walking and cycling activities that will lead to active travel)
- Providing evidence/data to influence/support strategies and plans- including Local Plans, District Transport Plans, Staffordshire Local Cycling and Walking Infrastructure Plan
- Workplace health and wellbeing offer.
- Health and well-being app finder - ORCHA
- Influencing and engaging with the 3rd sector e.g. Food banks, Family Action to raise the profile of healthy weights/wellbeing.
- Wayfinding Project in Cannock
- Beat the Streets – worked with Newcastle-under-Lyme Borough Council, Intelligent Health and Sport England
- 60 Active Minutes in Primary Schools in all 3 Pathfinder areas.
- Ongoing development of the Active My Way Platform.
- Influencing and shaping Local District Plans to encompass BHS values.
- Collaboration and support to District and Borough colleagues in developing bespoke HWB strategies.
- Corporate colleagues – planning, service design, BHS values embedded in everything we do.

- Social prescribing – directing people to local initiatives.
- Recognising and enhancing existing strategies and delivery models across the county that aim to promote healthy lifestyles.