

Whole System Approach – Eyemouth Gateway to Good Health

Update to Community Planning Partnership

1 Introduction

This cover papers introduces a summary report of the Whole Systems Approach – Eyemouth Gateway to Good Health.

It recommends that the Partnership:

- Notes the successes outlined in the report
- Notes the importance of evidence based levers to supporting healthy weight for our communities
- Considers the relevance of the learning from this work to other developments

A more comprehensive report outlining the details of actions and outcomes is available here: nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/health-improvement-team/publications/

2 Background

Having a healthy weight, being active and having good emotional and mental health are some of the most important aspects of reducing health inequalities and improving population health. The Scottish Government has set an ambition to halve childhood obesity by 2030.

A Whole Systems Approach (WSA) is one method of delivering on these ambitions and can be defined as *applying systems thinking and tools that enable an ongoing, flexible approach by a broad-range of stakeholders to identify and understand current and emerging public health issues where, by working together, we can deliver sustainable change and better lives for the people of Scotland¹.*

¹Public Health Reform. 2019. *Enable a Whole System Approach to Public Health*. Available from: <https://publichealthreform.scot/media/1520/phob-enabling-the-whole-system-to-deliver-the-public-health-priorities-paper-22.pdf> [Accessed 12 October 2019]

Scottish Borders was invited to participate as a pilot area for the Whole Systems Approach through its involvement in the East of Scotland Partnership for the Prevention and Remission of Type 2 diabetes and was one of eight early adopter areas.

The Community Planning Partnership approved a proposal to take forward this work in Eyemouth with a focus on child healthy weight and inequalities. The covid pandemic stalled initial progress and the attached report outlines work undertaken between March 2021 and March 2023.

Borders benefitted from a total grant of £60,000 to support implementation. This funding supported staffing costs in third sector agencies, training and resources/logistics.

3 Highlights

The implementation of WSA in Eyemouth was led via a clear governance structure and the active involvement of stakeholders and community members including volunteers. The report outlines the considerable achievements in Eyemouth in delivering the key actions for each of the priority themes identified through a series of stakeholder workshops. The priority themes and associated actions are outlined below:

Priority Themes		
Communication	Participation and Learning	Outdoor Activities
Action 1: Eyemouth Living publications	Action 2: Book boxes Action 3: Play spaces Action 4: Community Lunch	Action 5: Visual Map Action 6: Junior parkrun Action 7: Cycling Action 8: Outdoor activities

Work continues to deliver on these themes and actions progressed since the report was produced include:

- A 'big cook, little cook' programme' was delivered in partnership with the Early Years Centre and Outside the Box to support healthier family cooking on a budget.

- The Visual Map is now complete and negotiations are ongoing to find a permanent site for its installation.
- New cycling racks have recently been installed
- Junior parkrun celebrated its first anniversary in August 2023

Reflections

A Celebration Event was held with local stakeholders and community members in May 2023 to reflect on the success and learning from the project. People attending noted a range of factors that could influence future successes in this way of working. These included ensuring engagement with key stakeholders and the allocation of time and resources to support.

In September 2023 Obesity Action Scotland published Local Levers for Diet and Healthy Weight ² which outlines evidence-based actions which could be taken forward in Scottish Borders:

1. Restrict food marketing
- 2 . Utilise planning to improve food environments
3. Strengthen public food procurement and provision standards
4. Work with the out of home sector to reduce calories on the menu
5. Improve uptake of school meals
6. Promote and support physical activity
7. Protect, promote, and support breastfeeding and healthy diets for children.

Conclusions

The WSA in Eyemouth has made a positive contribution to wellbeing in the town and thanks are given to all those involved.

There is potential to build on this good work by taking a wider systems approach to mitigating the impact of our obesogenic environment.

Authors:

² Obesity Action Scotland | Providing leadership and advocacy on preventing & reducing obesity & overweight in Scotland | New Report: Local Levers for Diet and Healthy Weight: Top Evidence Backed Opportunities

Fiona Doig, Head of Health Improvement/Strategic Lead Alcohol and Drugs
Partnership, NHS Borders

Penny Oliver, Health Improvement Specialist, NHS Borders

Report approved by:

Jenni Craig, Director of Resilient Communities, Scottish Borders Council.

Sohail Bhatti, Director of Public Health, NHS Borders