

Health Improvement Planning and Performance Action Group - Consolidated Outcome-focused Plan				
Actions	Short term outcomes	Intermediate outcomes	Long term outcomes	
Improving Mental Wellbeing				
Increased partnership working, networking and forums, marketing, training and awareness raising of each others activities through regular updates, joint training and networking opportunities	Increased suicide prevention activity	Fewer suicides		
Suicide prevention activities				
Marketing, raising awareness				
Referral schemes to complementary therapies and stress management. Self management programmes, self esteem and confidence building programmes, CBT based counselling, volunteering courses, outdoor activities, physical activity, training, befriending and supportive networks and groups	Increased health and wellbeing support in schools			
Buddying, befriending, signposting				
Emotional literacy courses and programmes, PX2 programme. Breakfast Club				
Contraception to be easily accessible to young people in Council premises				
Workshops on mental health, MHFA, partnership working	*Increased joined up activities and training to support mental health improvement work and suicide prevention	Greater mental health literacy across the public sector		Reduced inequalities in mental wellbeing in adults aged 16+
Support and coordinate activities for older people (50+) to lead a full and active life and to increase mental health and wellbeing in later life such as lunch clubs, dance clubs, outings, active aging groups, forums etc	More opportunities for social interactions particularly for isolated individuals			health life expectancy at birth
Attending local activities, e.g. Rosneath Games, Police 5 a side team				
Social interaction with peers				
Outdoor physical activity, Stramash, Atlantis Active Schools				
Timebanking/volunteering promoted				
Increased face to face support for dementia sufferers				
Respite for carers				
Development and delivery of information and training packages in the needs of young carers	*More opportunities for creative activities for vulnerable groups			
Drama, music groups U3A				
Individual support to disaffected young people	*Young people develop coping strategies to deal with personal issues			
Physical health programme based on risk reduction model - falls, admissions, dependencies	*Accessing active health provision	*Older people having confidence in accessing services appropriately		

Information and guidance to access related services	*Establish links to formal services	*Increased awareness of health and wellbeing services	
* local action plan additions Scope for more creative actions			

Reduced alcohol related deaths and hospital admissions, reduced inequalities in Healthy Life Expectancy			
Actions	Short term outcomes	Intermediate outcomes	Long term outcomes
Increased information points and access to clear, consistent information, support and advice at multiple locations.	Increased public access to information relating to risks, and attitudes to drinking in young people *Increased networking and joined action	Improvements in knowledge and attitudes towards to alcohol	Reduced alcohol related illness
Develop sign posting and referral routes Draw up local workplan for joint working and monitoring of activities Encourage GP practices to sign up to NHS programme of early screening and intervention			
Run targeted local campaigns to highlight safe use of alcohol and drugs Provide counselling, support and activities for people who misuse alcohol and drugs Awareness raising in schools	Increased understanding of risks and attitudes to drinking and drugs *Increased support to change attitudes and habits		
Encouragement of increased availability of evening and weekend activities which are perceived as acceptable to young people Range of diversionary activities by youth work providers, Discos, Youth Café, Youth Clubs	*Increased opportunities for young people to socialise and develop interests and hobbies	Less drunkenness	Less alcohol related violence
Use of Young Scot card as proof of age Forum for communication with licence holders is established/used to raise a number of issues around alcohol use	Reduced sales of alcohol to underage drinkers and their agents		
DRIVE Safe Work with new drivers	Fewer drunk driving episodes	Less drink driving	
Awareness raising re refusing to serve alcohol to drunk people		Reduced acceptability of hazardous drinking and drunkenness	Less absenteeism
Make alternatives to alcohol more attractive			Culture in which low alcohol consumption is valued and accepted as the norm
* local action plan additions Gaps: absenteeism - promote Healthy Working Lives/occupational health, sickness absence policies link with Alcohol and Drugs Plan			

Reduced illness due to obesity, reduced inequalities in Healthy Life Expectancy		Short term outcomes	Intermediate outcomes	Long term outcomes
Actions				
Use, create and maintain suitable information points for information resources about healthy eating and active lifestyles		Increased knowledge of physical activity opportunities	Increased physical activity	
Partnership working		*Increased uptake of healthy lifestyle information		
Develop, coordinate and update easy referral and signposting routes to local physical activity and healthy lifestyle programmes		Increased knowledge, skills and motivation to partake in physical activity		Reduced deaths from Coronary Heart Disease
Physical health programme based on risk reduction model - falls, admissions, dependencies		More people walking regularly		
Provide Healthy Family programme				
Provide aquanatal service				
Support the establishment of volunteer led health walks				
Dance programme - increased participation of teenage girls in physical activity				
Promote Sports Leader training course and create more opportunities for participation in PA and skills development				
Physical wellbeing monitoring -BP, heart rate monitoring, mental health and dementia tests				
Active schools programmes				
Referral process for Xprogramme				
		More options available for active travel	More journeys to work/school by active travel	Improved population mental health and wellbeing
Promote out door activity programmes and use of green spaces and routes including active travel		*Increased knowledge of the benefits of establishing patterns of active living in families	More use of outdoors for physical activity	
Run programmes and develop resources to increase skills, availability and knowledge about healthy eating		*Increased knowledge and skills about effect of food intake on health and weight		Reduced illness due to obesity
Basic skills cookery courses		*Increased skills to grow foods and cook a meal from fresh ingredients		
Support Farmers Markets and food fairs and events		*Increase in available local produce		
		*Increased knowledge of the benefits of healthy maternal and infant nutrition		
* local action plan additions Green font - links with Food and Health Strategic Plan Gap - active travel - CfE/HWLs- green travel plan/active commuting packs/stair walking signs				

Actions	Short term outcomes	Intermediate outcomes	Long term outcomes
	*Increase in resources for use in the community		
Promote Healthy Living Award	*Increased healthy food choices available		
Marketing-community baby Friendly Promotion of breast feeding	Promote a positive environment for breast feeding	Increased rate of exclusive breastfeeding at 6-8 weeks	
Bumps and babies, parent and toddler			
* local plan additions	scope for actions to promote Baby Friendly Community?		

Actions	Short term outcomes	Intermediate outcomes	Long term outcomes
Access to natural play spaces		Children have more active lifestyles, access to green space and opportunities to play	
Physical activities indoors/outdoors- raising awareness of healthy bodies through fun activities			
Promoting Forest school trips outdoors			
Children learning to take risks in a controlled environment			
Road safety - car seats, trips in the community and on outings			
Bookstart, rhyme time	*Children improve literacy and numeracy skills		
Volunteer tutor group supporting vulnerable school age children			
* local action plan additions Vulnerable families- ? able to target more			