

HEALTH IMPROVEMENT PROGRAMMES

SUMMARY OF KEY PERFORMANCE MEASURES 2014/15

OUTPUTS

Initiative	Number of events	Details
Virtual Healthy Living Centre	various events across the borough	St James Centre, West Kent MIND, Tonbridge, Larkfield & Snodland Library, Tonbridge Angels flower show, Macmillan Cancer awareness events, Dementia awareness events, Schools events, community days.
World Mental Health Day	1	In partnership with West Kent MIND & held at the River Centre Tonbridge encompassing all areas of mental health & wellbeing
Jasmine/Headspace Programmes	4 programmes (10 weeks)	Held in the Tonbridge area and delivered by West Kent MIND
TMBC Walking For Health Scheme	Ongoing programme	Leybourne Country Park, Tonbridge Pool, Hildenborough run in partnership with Macmillan and Ramblers association.
Learn Eat & Play (LEAP)	5 programmes (10 weeks)	East Malling, Trench, Snodland, St Stephen's School
LEAP promotion events/school workshops	11 sessions	Targeted schools based on National Child Measurement figures. Working in partnership with school nurses & Children & Young people's team.
Adult Weight Management Programmes	18 programmes (12 weeks)	East Malling, Trench, Snodland, West Kent MIND, Angel & Larkfield Leisure Centre

OUTCOMES

Outcome	Number
Referrals to Stop Smoking Service	37
Brief interventions and advice re: alcohol	340
Children on weight management programmes	27
New adults on weight management programmes	240 (including MIND)
Percentage Adults lost 3% of weight at 12 weeks	50%
Percentage adults reduced BMI at 12 weeks	89%
No. clients completed Jasmine/Headspace programme	44
Walking for Health	43 (new walkers)
NHS Health Checks delivered	110
Community Wellbeing Checks	46