

List of recipients of Early Years Funding to build local capacity and strengthen support around childhood obesity prevention in the early years – 2020-2021

Area	Brief outline of project
Ayrshire and Arran	Reduce inequalities in the prevalence of overweight and obesity in children and young children in Ayrshire through piloting a new universal group-based programme in early years centres. The aim of the project is to provide equitable access to support for achieving healthy weights for families.
Borders	Deliver MAP Health Behaviour Change training to early years' practitioners and staff working with children and young people. This includes training on nutrition, oral health and physical activity and specific skills professionals can use to support behaviour change.
Dumfries and Galloway	Enhance weaning support through the production and delivery of educational videos. Enhance early years practitioners skills and ability to provide physical activity sessions through supporting SportScotland's delivery of a new learning module.
Forth Valley	Pilot a programme of work which seeks to: support parents living in vulnerable situations to make positive changes; support organisations working with families and parents to deliver and promote consistent key messages and to create community champions as a support mechanism for other families.
Glasgow	Pilot a whole system, community food nurturing programme with families of pre-school children combining action on food insecurity, healthy eating and physical activity in three Glasgow neighbourhoods.
Lanarkshire	Working with local partners to develop a joined up and integrated service model to deliver nutrition and physical activity interventions. The project has a particular focus on vulnerable groups/families and new and young parents deemed to be struggling to engage with mainstream services.
Lothian	Pilot an evidence based training package (HENRY) with family workers/early learning childcare practitioners, across the 4 local authority areas. This brings together support for parenting efficacy, family emotional wellbeing and behaviour change with information about nutrition, physical activity, oral health and more.

Shetland	Pilot 'HENRY', an evidence based training package, with early years' practitioners. This brings together support for parenting efficacy, family emotional wellbeing and behaviour change with information about nutrition, physical activity, oral health and more. Staff with a specific remit for diet and healthy weight in the early years will be trained as group practitioners, and frontline delivery partners will be supported to increase confidence and skills in health behaviours. The programme will focus on engaging with families at risk of diet-related health inequalities.
Tayside	Establish a localised, sustainable and long term systems change for child healthy weight in each of the three Community Planning Partnership areas in Tayside i.e. Dundee city, Perth & Kinross, and Angus.
Western Isles	Pilot an evidence based training package (HENRY) with early years practitioners. This brings together support for parenting efficacy, family emotional wellbeing and behaviour change with information about nutrition, physical activity and oral health to ensure a consistent approach across the islands. The proposal includes funding for devices and mobile internet access to better support families who would otherwise be unable to engage in the programme.