



Programme 4 - overview

Helping people and organisations live more healthy and sustainable lives



GPP Single Delivery Plan



Background

- Overlapping agendas – sustainability
- Similar approach – behaviour change



Key projects and managers

12. Regular exercise & active transport/sustainable travel – Teresa Wood
13. Healthy eating and local food – Nazia Hasan
14. Tackling fuel poverty to improve health – Janine Starling
15. Energy efficiency and renewable energy – Teresa Wood
16. Reducing smoking – Rob Newman
17. Reducing alcohol consumption – Nikki Griffiths



GPP Single Delivery Plan



Programme outcomes	Measure
Increase in active/sustainable travel	Increase in numbers walking and cycling
Decrease in childhood obesity	National Child measurement programme - reception & Yr 6
Decrease in fuel poverty	Financial savings from interventions
Increase in renewable energy	Micro generation index
Decrease in smoking	Numbers of 4 week quitters
Reduced alcohol consumption	Hospital admissions for alcohol related harm



Regular exercise, active & sustainable travel

- £5m funding for sustainable travel initiatives
- Skyride Local cycle rides programme launched
- 8,765 miles better
- Slight increase in pupils walking, cycling and using the bus to get to school from 24.3% to 24.1% of all pupils using the car
- Autumn term Bikeability starts - William Law training 70 pupils + others



Tackling fuel poverty to improve health

- Green Hero Award for PCC community energy challenges
- 269 Energy Matters visits completed, £184145 savings identified
- 55 follow up surveys - 31% people out of fuel poverty and £38,484 actual savings
- £75K city-wide loft and cavity wall insulation programme
- 8 replacement boiler and central heating schemes approved, £37,230



Energy efficiency and renewable energy

- Solar PV installed on Town Hall, Regional Pool and Freemans building
- PCC Green Directory
- Gillian's footprint counts film
- New PCC Green Champions training to 35 staff
- Employee energy challenge sees a record number of 80 people signing up to the challenge
- Schools energy resource kit - Green Apple and bookings



Healthy eating and local food

- National Childhood Obesity Week July
- Ready steady cook events
- Public Health Nutrition Student promoting healthy eating to c.650 children
- Carnegie Weight Management Programme 4-10 and 11-17 yrs, 36 registered
- 7 Healthy workplace events



Coming up...

- Travelchoice Week 3 - 7 October
www.travelchoice.org.uk
- Investigations into the suitability of council land for the development of a wind farm.
- Investigations into installation of solar PV on school buildings
- 'Powerdown Fortnight' in primary schools - Nov
- Power management software to be installed across all Peterborough schools



Live Healthy, Live Green

Your city needs you....

1. Pledge
2. Get others to pledge
3. Website info and links

www.livehealthylivegreen.org.uk



Home About us Get involved Members Contact us News and events

Live Healthy, Live Green

What if we can't enjoy our future because we are simply not well enough? Or dead? Or because we have failed to make that future sustainable?

Organisations and individuals across the city are joining forces to show their commitment to making Peterborough healthier and greener, and to give the city, and the people who live here, a better future.

Pledge today to make one small healthy and green change to your life to help make a big difference to your future and Peterborough's.

Get involved
Pledge your support
 How could you live healthy and live green?

> Local food and healthy eating



From growing your own vegetables, to how to prepare them and get your 5-A-Day

- Growing your own or choosing

> Alcohol reduction



Know your limits and know your numbers, and know the risks

- How many units should you and do you drink?

> Stop smoking



Save your health and the environment one stub at a time

- Free stop smoking advice and support

> News and events

Live healthy, Live green launch on 23 May 2011, with local leaders across the city pledging to change their lives to be healthier and greener.

Derek Harris, Chairman of Live healthy, Live green and NHS Peterborough Chairman pledges to keep his weekly alcohol consumption to 21 units (recommended NHS amount), loose 10bs in weight and exercise regularly.