

Annual report and annual plan template

BDA Specialist Groups

Specialist Groups are integral to the BDA; providing a huge variety of benefits and services to members, representing dietitians at a national and local level and developing the profession. The BDA is hugely grateful to all those members who serve on a committee to ensure this work continues. On an annual basis, we ask that each Group and Branch to complete an annual report reflecting on past achievements and an annual plan to ensure the success of the next year. We use this information to celebrate your achievements to the membership, BDA Council and staff and also to ensure we can fully support each Group and Branch in their aims and work plan for the next year. We also hope it helps the committee reflect, celebrate and plan.

Please complete the following template to report on your Group activities in the past year and to outline your plans for the coming year, returning to us by **23rd April 2018**.

The annual report will cover all activities from 1st March of the previous year to the 28th February of the current year. The annual plan will cover activities planned from 1st March of the current year to the 28th February of the following year.

Thank you

Name of Group	Obesity Specialist Group
Date of report	March 2017 to February 2018
Date of plan	March 2018 to February 2019
Completed by (Name and committee position)	Lucy Perrow (Chair)
Date	April 2018

Committee information

Please list any changes in your committee, state who has replaced who and any other structure changes, e.g. the development of new committee roles.

The obesity group has 16 committee members with 12 defined committee roles

Chairperson - Lucy Perrow – Reinstated as Chair after Maternity Leave

Vice-chairs - Amanda Avery and Adrian Brown (continue)

Secretary - Carol Raaff (was Anna bell Higgs)

Treasurer -Karen Thomas (continues)

Training Officers - Lucy Marquis (continues) and Anna Bell-Higgs (was Gillian Moore)

Childhood Obesity Officer -Louise Tse (continues)

Bariatric Officer -Mary O'Kane (continues)

Press Officer -Carolyn Pallister (continues)

Resources Officer -Lindsay Cary (New)

Best Practice Development Officer -Hilda Mulrooney (continues)

Website Co-Ordinator - Marion Cliffe (continues)

Student Member – Vacant (was Jonathon Silver)

Ordinary Members - Jo Hoensch, Helen Croker, Gillian Galway (continue)

Membership details

How many members, in total, do you have?	293 (it was 220 in 2016/2017)
Please break down the membership into sections – Full, Dietetic Support Workers, Students, etc.	TBC by BDA
Please detail any membership recruitment activities that you carried out in the past year and if carried out, did you measure the success of this activities?	
OSG 2 day Training event in Nov 2017, BDA live event in March 2018, Twitter (1858 Followers), Linked in, Webinars, regular newsletters	

Meetings and Events

Please list the dates of group events that you held in the past year with the number of attendees and topic/title.
<p>1. Childhood Obesity Webinar 16th Oct 2017 7:30-8:30pm</p> <p>2. 2 day training event Obesity: Thoughts, Feelings and Behaviours 29th and 30th November 2017, The Studio, Birmingham</p> <p>3. BDA Live (TBC by BDA) The cutting edge of Obesity research Thursday 15th March</p>
Please list the dates of group committee meetings held in the past year.
<p>OSG Meetings: Face to face meetings are held at the BDA Head offices, Birmingham</p> <p>22 March 2017: Teleconference (9:30 am – 11:30 am) 24 May 2017: Meeting (9:30 am – 4:30 pm) 11 July 2017: Teleconference (9:30 am – 11:30 am) 6 September 2017: AGM and meeting (9:30 am – 4:30 pm) 13 November 2017: Teleconference (2:00 pm – 4:00 pm)</p>

1 February 2018: Meeting (10:00 am – 4:00 pm)

Please state the date of your AGM and the number of attendees.

6th Sept 2017 and 11 committee members, 0 group members

Did you have any sponsors or 'in kind support' for any events? Please detail here.

Tantia
Slimming World
Baricol

Group activities

What have been the key activities and achievements in the year?

1. Dietetic Obesity Management Interventions in Adults: Evidence Review and Clinical Application (2018). Updated by Clare Grace. We are very proud of the publication of this 100 page document. This was originally published in 2009 and there has been many changes and updates to the treatment of obesity since then. The feedback we have received from this document has so far been very positive.
2. 2 day training event on Obesity: Thoughts, Feelings and Behaviours. This was attended by approximately 125 people per day including dietitians, psychologists, students. Highlights included: (full programme available on OSG website)
 - Stigma and discrimination
 - Apps for overeating
 - Obesity with disordered eating
 - Psychological issues before and after bariatric surgery
 - Early emotional eating and parental feeding practices
 - Global food practice
 - Exercise and appetite
3. Webinar on Childhood obesity "Is it just puppy fat?" An introduction to children's weight management. Presented by Rachael Brandreth, CN Paediatric Nutrition Professional of the Year 2017
4. Evidence based summary of the research into intermittent energy restriction/intermittent fasting for weight management (June 2017). Written by Dr Michelle Harvie.
5. Media profile – Twitter (1858 followers; this was 306 in 2017), Linked in (108 followers), website traffic, Newsletters (4 per year),
6. Responding to key consultations including NICE guidelines and APPG Obesity inquiry. In the past year we have responded to several NICE consultations including Working with local communities; Physical health of people in prison; BAME promoting health & preventing premature mortality; Hypertension in adults; Physical activity & the environment; Diabetes prevention; Community pharmacies; Obesity surveillance update. We also responded to the consultation on the Scottish Obesity strategy (A healthier future – action & ambitions on diet, activity & healthy weight), the NHS England

consultation on over the counter items not routinely prescribed; and reviewed the obesity section of the BDA Nutrition & Hydration Digest. In addition we gave written and verbal responses to the APPG Obesity Inquiry, represented the BDA at five of nine PHE sugar reduction meetings; chaired a session at the Obesity Health Alliance AGM and presented a talk and chaired a session at the annual BDA Live conference. Hilda continues to attend the APPG on Obesity, and is a committee member of the RCP Advisory Group on Weight & Health and the ESDN (Obesity), and has represented the BDA at the APPG Food & Health Forum.

7. The OSG research, evaluation and Audit grant is supporting a dietitian to do research into the *"The BEYOND Weight Loss Maintenance Study"*.
8. Louise Tse presented at Food Matters Live regarding 'The childhood obesity plan: one year on'.

What went well and why it was successful?

1. This has been a busy year for the OSG. The publication of our updated Obesity intervention document has been widely commended. We feel this is an invaluable resource and tool for those working or with an interest in this area.
2. Our training event was well attended and received terrific feedback. We received over 100 responses to feed (best response to an evaluation so far). Delegates particularly commented on the delegate packs and sponsors.

The single most valuable thing people said they learnt at the event was around Mindful eating, and self-compassion and stigma. Delegates also valued more time to network at the dinner event, and longer time for topics, and informality.

What was not achieved and what lessons can be learned?

We are still not getting members to access our Linked in page and to start discussions or use as a helpful tool for peer support.

Last year an idea of a blog on the website was raised. We have been informed that the BDA website does not currently have the facility to support individual group blogs feeding into social media platforms as had been envisaged.

Resources produced

E.g. newsletters for members, resources for members, public/patient information, etc.

1. Newsletters (4 per year)
2. Dietetic Obesity Management Interventions in Adults: Evidence Review and Clinical Application (2018)
3. Evidence based summary of the research into intermittent energy restriction/intermittent fasting for weight management (June 2017)
4. The website continues to be updated with information for OSG members only e.g. study event slides, access to webinars and evidence based summaries. But also information for non-members such as access to the intervention document and suggested resources. Our website currently gets approximately 300 views per month

BDA Ambassadors (members representing the BDA externally)

We really value the work that Specialist groups do to help the BDA have an impact around the table within external working groups, committees, professional bodies, etc. Please state who your Ambassadors are, representing your Group (if any) and provide a summary on progress.

The Obesity Specialist Group represented the BDA in a number of ways (please also see section 6 under Group Activities):

1. Hilda Mulrooney is a committee member of the Royal College of Physicians Advisory Group on Weight & Health ; and attends the Obesity APPG and the APPG Food Forum.
2. Amanda Avery and Hilda Mulrooney are both members of EFAD committees, in the Public Health and Obesity groups respectively. Hilda produced a webinar on behalf of the Obesity group and Amanda has been involved in the development of two policy documents on behalf of the ESDN PH group and chaired the PH roundtable session at the 2017 EFAD annual conference. Hilda presented at the 2017 EFAD annual conference.
3. The Obesity Specialist Group are members of the ASO Centres for Obesity Management.
4. Mary O'Kane, bariatric officer for the BDA Obesity specialist group is also on BOMSS Council, one of the two dietetic representatives on the multi-professional working group.
5. Louise Tse and Adrian Brown represent the OSG on the Obesity Health Alliance

6. Marion Cliffe represents the OSG on Obesity Alliance Cymru

Collaborations and alliances

Teaming up with other organisations and campaigns is another great way to maintain our impact. Please outline any relationships or non commercial partnerships you have built and share how it has benefitted the BDA or dietitians generally.

The Obesity Specialist Group collaborates with a number of organisations:

1. The Obesity Specialist Group continues to collaborate with the Children's Food Campaign through the 'Junk Free Checkout's campaign'. This has enabled the campaign to reach a wider audience and also raised the profile of dietitians.
2. As outlined above The Obesity Specialist Group are represented on a number of key groups such as the the Royal College of Physicians Advisory Group on Weight & Health, the Obesity APPG, EFAD and relevant NICE committees.. All of this work enables the voice of dietitians to be represented in these key pieces of work, raising the profile of dietitians.
3. Lucy Perrow attended the World Obesity Federation round table initiative on ending the Global obesity epidemic
4. The Obesity Specialist Group are represented on Obesity Allaince Cymru, advising the Welsh Government on the planned strategy to reduce obesity in Wales.
5. The OSG committee are involved in the Public Health England Sugar reduction programme.

External contractors/consultants

Did the Group use paid for services for a project or resource, from an individual or a company, e.g. event management, administration resources, website development, project management, design, etc? Please detail here.

1. Clare Grace was paid to update the intervention documents
2. Michelle Harvie was paid to produce the intermittent fasting evidence based summary paper

Key Achievements

Please detail your key achievements for the year.

1. The publication of the Obesity intervention document. (see above)
2. Our 2 day study day on Obesity: Thoughts, Feelings and Behaviours
3. Our social media presence – particularly on twitter and the tweet chats

Thank you Section

The BDA has a process for honouring key members who have contributed to your group, if you wish to formally recognise committee members or anyone who has made a significant contribution please go to the [BDA honours page](#) to submit a nomination form. The process is quick and simple and if successful they will have the opportunity to be honoured for their work at the BDA annual awards dinner.

If you wish to submit a general thank you please provide details below -

The chair would like to thank all of the committee members for their commitment. Everyone has an area of responsibility and each committee member contributes to the groups activities. The amount of voluntary work undertaken by each is considerable but is reflected in the activities undertaken over the past year.

We would also like to thank the BDA for their continuing support and for seeking advice from the Specialist group when appropriate

Annual plan

We ask that each Group and Branches align their activities to the vision, mission and themes within the [BDA Strategic Plan](#), when planning the work of the Group or Branch.

Please outline your planned activities for next year according to the appropriate Strategic Plan theme, please refer to the BDA Strategic Plan to help you.

1. Supporting our members

1. Another 2 day training event will be held in November 2018. The topic is going to be on tier 3 weight management services.

2. The OSG plans to develop resources which be available free to OSG members via our website. The initial plan is to provide resources on mood and behaviors following our 2 day event.
3. We will continue to keep the website up to date with information and resources for members.
4. The PR officer will continue to provide information and a presence via our social media outlets. There is opportunity to expand our presence via apps such as Instagram and facebook if this is desired by group members.
5. The OSG plan to continue providing CPD opportunities to our members via webinars. These are especially useful to those who cannot attend our training events. Our next webinar is planned in conjunction with the Freelance Dietitians Group on 26th April on “Can very low and low energy diets really help with diabetes remission and weight loss in Primary Care?”. This will be presented by OSG committee member Adrian Brown and Naomi Brosnahan (DiRECT study researcher)
6. Our new consultation officer role will follow on from our best practice officer role in responding to consultations on behalf of the OSG. They will continue to involve members in responding to consultations and giving them opportunities to be involved if they wish.
7. The OSG will continue to try and ensure that our members feel they are getting value for money from their membership – this includes access to resources, papers documents, webinars, previous study day slides and discounts to our events.

2. Leading the profession

Contribution to consultations and involvement in key groups

We will continue to contribute to all relevant NICE guidance and quality standards and also continue with our involvement in all relevant key groups (as described above).

Media and Social Media

For The Obesity Specialist Group committee to continue to raise the profile of the group, the BDA and awareness of rising obesity rates, prevention and treatment through media and social work such as newspapers, magazines, TV, Twitter, linked-in and webinars

3. Building for the future

1. Student committee post – we hope to engage more students and get them involved in the committee. Unfortunately our last committee member was unable to fulfill the requirements of this role.
2. After discussion amongst the committee we plan to create a Consultation officer post, this will replace Best Practice Officer post as we feel this name is more appropriate.

Horizon Scanning

Please help the BDA to plan for their priorities by sharing any insights/knowledge on forthcoming topics, e.g. new consultations, new clinical guidance being published, legislation, policy launches, service delivery issues.

Please return this completed template, via e-mail, to:

Carlena Probert-Baulch, Volunteer Officer (Groups and Branches) at c.probert-baulch@bda.uk.com