

Report of	Meeting	Date
Director of Communities (Introduced by Cabinet Member (Communities, Leisure and Wellbeing))	Council	Wednesday, 22 November 2023

## Healthy Weight Collaboration

Is this report confidential?	No
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Is this decision key?	Not applicable
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### Purpose of the Report

1. To provide details of the proposed collaboration agreement with Lancashire County Council (LCC) to delivery Healthy Weight Services in South Ribble.
2. To seek approval to receive associated funding for a period of 5 years and possible further 3 years. (£69,015 per year / 5 years - £345,075 / 8 years - £552,120 which has been allocated to South Ribble.
3. To provide an overview of the proposed approach.

### Recommendations to Council

4. To receive the funding amount (£69,015 per year / 5 years - £345,075 / 8 years - £552,120) and establish an expenditure budget to administer the funding which has been allocated to South Ribble.
5. Delegate to Director of Communities and Leisure in consultation with cabinet member for Communities, Leisure and Wellbeing to agree, accept and implement the final delivery plan with Lancashire County Council.

### Reasons for recommendations

6. To ensure that South Ribble Borough Council is able to continue to provide this type of service and address healthy weights and positive based interventions with local residents, leading to improved life outcomes and reducing health inequalities.

### Other options considered and rejected

7. To not receive the grant funding would mean that LCC would proceed to tender for delivery within South Ribble and as a result there is no guarantee a provider with local insight will be awarded therefore standard of service for our residents may be compromised.

## Executive summary

5. In 2017 Lancashire County Council adopted and signed the Healthy Weight Declaration (HWD). The HWD outlines commitments which tackle a range of issues influencing unhealthy weight. They will advocate for and actively work to support these commitments as part of a whole systems approach across Lancashire.
6. In 2020, LCC commissioned South Ribble Borough Council to provide an accessible tier 2 adult weight management service, which supports obese adults to lose weight and improves knowledge and skills in maintaining healthy weight. The initial agreement commenced in April 2020 for a period of 3 years. A further 12-month extension was awarded to continue delivery to March 31st, 2024.
10. In 2022, further funding was made available to deliver a Childhood Weight Management programme (PASTA) which targeted the top three wards for overweight children in South Ribble Borough. The initial contract for 12 months and then extended for a further year to March 31st, 2024.
7. LCC have developed a new collaborative approach to delivery of the Healthy weights and PASTA services. They have developed a collaboration agreement in which Local Authorities sign up to and work in partnership to facilitate relationships with key partners and work towards national and local ambitions. This agreement will be for at least a period of five years, providing a sustainable and long-term approach to delivery within the Borough.

## Corporate priorities

8. The report relates to the following corporate priorities:

An exemplary council	<b>Thriving communities</b>
A fair local economy that works for everyone	<b>Good homes, green spaces, healthy places</b>

## Background to the report

9. Addressing unhealthy weight and supporting people to sustain weight loss is complex, with multiple causes, and has significant implications beyond health. It is recognised that just providing traditional weight management services is no longer enough. There is no one solution in tackling this problem and it requires a long-term, system wide approach to support change. A flexible service is needed that adapts to meet need and promotes sustainability whilst contributing to a whole systems approach to tackling obesity, working closely and in partnership with stakeholders to improve outcomes for all.
10. The prevalence of overweight and obesity across Lancashire was considerably worse than the English average, and therefore to halt the continued rise in unhealthy weight prevalence in adults, with a view to reversing that trend, created a weight management service which looked to work in partnership with local authorities.
11. In 2020, LCC commissioned South Ribble Borough Council to provide an accessible tier 2 adult weight management service, which supports obese adults to lose weight and improves knowledge and skills in maintaining healthy weight. The initial agreement

commenced in April 2020 for a period of 3 years. A further 12-month extension was awarded to continue delivery to March 31<sup>st</sup>, 2024.

12. In 2022, further funding was made available to deliver a Childhood Weight Management programme (PASTA) which targeted the top three wards for overweight children in South Ribble Borough. The initial contract for 12 months and then extended for a further year to March 31<sup>st</sup>, 2024.
13. Evidence suggests a family based holistic approach to be more effective, acknowledging that working with whole families extends the reach of services and increases the likelihood of making and sustaining behaviour change.
14. The Active Health Team have been delivering, a term time 6-week programme has successfully been rolled out across the targeted wards within primary schools focussing mainly on Key stage 1 children (Age 5-8). The sessions are delivered to both child and parent and include physical activity, cooking, food education and making healthier lifestyle choices within the family.
15. Lancashire's Cardiovascular Disease (CVD) mortality rates are well above the England average which in part is likely to be associated with correspondingly high levels of deprivation. Two of the common modifiable risk factors of CVD is being overweight or obese and physically inactive. As such Lancashire County Council's Health and Wellbeing Board have made a commitment to prioritise Healthy Hearts as one of its initial three priorities. The Healthy Weight service will form a key part of supporting the Healthy Hearts Strategy and will report to the Healthy Hearts Steering group.
16. To deliver the Healthy Weight Services across Lancashire, LCC have developed a collaboration agreement in which Local Authorities sign up to and work in partnership to facilitate relationships with key partners and work towards national and local ambitions.

### **Collaboration agreement / service requirements**

17. The collaboration agreement has been developed to support Lancashire County Council commitment towards addressing the prevalence of being over overweight and obesity across Lancashire by delivering services that address the Healthy Weight agenda.
18. The project scope/service specification will define the requirements for the delivery of the Healthy Weight service and the responsibilities of both LCC and South Ribble Borough Council.
19. At a community level the healthy weight service will support a reduction in health inequity by engaging all eligible members of the local community. The venues used for delivery and methods will vary depending on local need and targeted to support local access.
20. The agreement would be placing the expectation on South Ribble Borough Council to commit to deliver services that support the following overarching key service outcomes:
  - To reduce overweight and obesity levels.
  - A whole system approach to healthy weight.
  - Reduce health inequalities.
  - To support service users to feel healthier and have improved well-being.

21. The Service Delivery Aims and Population profile are included at appendix A for further information.

### **South Ribble Borough Proposed Approach**

22. The Council has been successfully delivering on the Adult Weight Management and PASTA Programmes for 2 years. In that time, we have seen good engagement from the referral network for the Adult Weight Management programme and this in turn has led to good level of attendance. The feedback from those who have attended has been very positive. Going forward the collaboration will enable the Council to develop further our approach using feedback from clients. As an example, the programme will now include activities such as walking routes, which enhances the exercise offer within the course. With the PASTA Programme the team has developed strong relationships with Family Support Workers at school in target wards. The proposed collaboration will see the Council extend the use of nutrition expertise to enhance and develop the recipe offer that is prepared by the families. This will be teamed with a programme of education with Family Support Workers to ensure we continue with good attendance for those families which benefit the most.

### **Adult Weight Management Programme**

23. The Council will deliver the Adult Weight Management Programme based on a seven-week course. This will be delivered as 10 seven week courses each year. Each course will have up to 10 participants – the maximum recommended.

24. The programme consists of an initial assessment and welcome call and then participants begin with face-to-face sessions that will last for seven weeks in total. Each face-to-face session will last approx. an hour.

25. Sessions are based around a range of topics split over the weeks, which is aimed at providing participants with the tools, confidence, and support to develop healthier lifestyle changes, which are achievable and sustainable and not about 'going on a diet', but taking steps that will sustain and achieve healthy weight loss. Topics covered include:

- Energy balance
- Portion sizes
- Food groups
- New routines & habits
- Food labelling
- Sleep
- Wellbeing
- Alcohol
- Physical activity
- Maintenance

26. Beyond the seven-week programme we remain connected with participants and check in at set intervals to provide support over a 12-month period. This aims to sustain change and promote the learning and achievements reached within the initial seven-week programme. As part of the service model, we will link through into the Council's Social Prescribing Service to continue engagement and access where needed low level activity sessions and ongoing signposting to physical activity opportunities.

27. The overall programme is enhanced by further offers within the service to provide low impact exercise, such as scheduled weekly walks. These are not compulsory, but we encourage participation. The activity sessions are held separately.

28. Four tiers of weight management services care pathway

- Tier 1 - comprise of a broad spectrum of community-based interventions which are universally available to all adults living or working within the locality, for example, cook and eat sessions, walking for health, cycling highways and Change4Life.

- Tier 2 - this collaboration forms the tier 2 pathway.
  - Tier 3 - Clinical based specialist multidisciplinary service
  - Tier 4 surgical interventions are available to adults meeting the necessary eligibility criteria, as specified by the Clinical Commissioning Groups.
29. This tier 2 service sits within the existing care pathway and link to tier 1 interventions aimed to prevent unhealthy weight and tier 3 interventions to support those with greater clinical needs. Individuals eligible to access this service must be aged 18 years and over, live in the district locality and have a BMI equal to or greater than 30 with a maximum of 39.9. There will be discretion if the Council allow those that fall outside of this range to access the service. Furthermore, individuals meeting the following criteria should not be supported through this service:
- Women who are pregnant or breastfeeding.
  - Those with a diagnosed eating disorder.
  - Those with an underlying medical cause for obesity, significant co-morbidity or complex needs as identified by their GP or other healthcare professionals.

### **Childhood Weight Management Programme (currently named PASTA)**

30. It is encouraged that districts include the delivery of a family intervention based on the piloted programme known as PASTA (Play and skills at Teatime Activities) which will support healthy behaviours focusing on being active as a family, cooking healthy meals, playing out and reducing sedentary behaviour.
31. Therefore, due to the successful model of delivery South Ribble Borough adapted over the last two years to deliver the PASTA programme, the Active Health Team will deliver this programme.
32. Benefit of delivering in-house in South Ribble means a much more cost-effective method of delivery and ensures a high-quality service.
33. PASTA clubs would aim to promote healthier eating and physical activity in a fun, interactive and safe environment. The programme empowers families and children to engage in active play and encouraged to integrated active play within daily activities to reduce sedentary or inactive behaviours.
34. The programme will increase child and family awareness of how nutritious foods and drink and physical activity can have positive effects on wellbeing, school attainment, emotional wellbeing and general health compared to unhealthier choices which can affect longer term health.
35. The programme will be offered to families who have children aged between 5-8 years, prioritising those eligible for free school meals, however we have the discretion to include children not eligible for free school meals.
36. This will be a programme that does not place a focus on weight and instead encourages and models healthy lifestyle behaviours; and a varied balanced diet, support, and encouragement to get involved with community activities. For example, learning practical skills such a cooking and play in a fun environment.
37. PASTA clubs will be offered after the school day to targeted families in identified wards. These will be selected on local data and intelligence. At least two PASTA clubs will be delivered every half term, and each programme will run for a minimum of six weeks.
38. Each session will include preparing and enjoying a nutritious meal with the families and active play elements, with active engagement of children and families as appropriate.

39. Sessions are fun and active and include some key messages about being the importance of being active. The children receive a healthy meal and given the opportunity to help to prepare the meal, discuss their eating habits at home and be given some key messages about a healthy diet.
40. At the end of the programme children receive participation 'certificates'. Families receive end of programme summary packs, for example healthy recipes, information regarding Healthy Start, Change 4 Life and local service contacts of support.

### **Wider Strategic Context and Collaboration**

41. As part of the collaboration, there is the role for the project to work with Lancashire County Council on their commitments as part of their Healthy Wrights Declaration. These include:
  - Invest in the health literacy of local citizens to make informed healthier choices; ensuring clear and comprehensive healthy eating and physical activity messages are consistent with government guidelines.
  - Engage with the local food and drink sector (retailers, manufacturers, caterers, out of home settings) where appropriate to consider responsible retailing such as offering and promoting healthier food and drink options, and reformulating and reducing the portion sizes of high fat, sugar and salt (HFSS) products.
  - Protect our children from inappropriate marketing by the food and drink industry such as advertising and marketing near schools; 'giveaways' and promotions at schools; at events on local authority-controlled sites.
  - Consider supplementary guidance for hot food takeaways, specifically in areas around schools, parks and where access to healthier alternatives are limited.
  - Review how strategies, plans and infrastructures for regeneration and town planning positively impact on physical activity, active travel, the food environment, and food security (consider an agreed process for local plan development between public health and planning authorities)
  - Review contracts and provision at public events, in all public buildings, facilities and 'via' providers to make healthier food and drinks more available, convenient, and affordable and limit access to high-calorie, low-nutrient foods and drinks (this should be applied to public institutions & scrutiny given to any new contracts for food & drink provision, where possible)
  - Increase public access to fresh drinking water on local authority-controlled sites; (keeping single use plastics to a minimum) and encouraging re-usable bottle refills.
  - Develop an organisational approach to enable and promote active travel for staff, patients & visitors, whilst providing staff with opportunities to be physically active where possible (e.g., promoting stair use, standing desk, cycle to work/school schemes)
  - Promote the health and wellbeing of local authority staff by creating a culture and ethos that promotes understanding of healthy weight, supporting staff to each well and move more.
42. The opportunities within South Ribble will be cross departmental and may include exploring further with services and relevant portfolios:
  - Developing low level activity-based opportunities within our South Ribble Leisure services and centres.
  - Improve access to affordable activity opportunities for service users of the weight service (initial investment in the Pre-paid Leisure Card)
  - Healthy communities work to increase opportunities for increasing activity (for example, Walk This Way Penwortham).

- Play and Open Space availability through continued investment in the council's outdoor facilities in neighbourhoods.
- Through local planning policies how we can plan better around fast food outlets.
- Community Activation plans (cycling and walking)
- Use of Section 106 agreements and funding to support objectives around a healthier borough.

## Funding and Resourcing

43. The length of the collaboration agreement will be for a minimum of 5 years. There will be the right to extend the agreements by a further 3 years, thereby making the overall term up to and including a maximum of 8 years.
44. The indicative finance allocations for districts have been calculated based on the percentage of overweight and obese adults, the National Child Measurement Program (NCMP) data and index of multiple deprivation (IMD) deciles.
45. The finance allocation for South Ribble Borough district is £69,015 per year for the duration of the agreement. The budget is fixed with only possibility of increases based on inflation, but that is not guaranteed.
46. The delivery of the collaboration will be resourced by funding a full-time Healthy Weights Coach, together with further supplementation of skills and expertise within the Active Health Service and Social Prescribing Teams.
47. Resourcing will also widen out and support access to Council Leisure facilities, by building in direct links through to the Leisure estate with encouraging uptake of activities provided by those services.
48. Based on the delivery model set out, the table below outlines proposed expenditure and how delivery will be resourced. These figures are indicative only and do not include any possible inflationary increases in the funding. To mitigate the impacts, as part of the collaboration, we will seek to agree appropriate carry forwards to manage the budget over the five-year term.

Spend	Details	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029
Healthy Weights Coach	1 FTE at Level 6	37,329	38,165	38,953	39,758	40,578
Management Costs	2 Hours per week at Level 8	2,506	2,558	2,611	2,664	2,719
Project Delivery Officer	0.5 FTE Level 5	17,422	18,411	18,779	19,155	19,538
SRLL Prepaid Leisure Card	£40 Pre-loaded Leisure Card	4,000	4,000	4,000	4,000	4,000
Venue Hire / Materials	Community Venue costs and materials/equipment	3,000	2,500	2,500	2,500	2,000
Contingency	Adhoc Budget pressures	4,695	3,381	2,172	938	180

## Timescales / Next Steps

49. The following timescales have been set down by LCC to commence with the programme in April 2024.

- Completed collaboration agreements will be shared with districts mid-to-late-December 2023 for signing.
- Mobilisation for the new collaborations will take place between January and March 2024.
- The new services will be launched with effect from 1 April 2024.

### **Climate change and air quality**

50. The work noted in this report does not impact the climate change and sustainability targets of the Councils Green Agenda and all environmental considerations are in place.

### **Equality and diversity**

51. An Impact Assessment will be completed prior to commencing delivery and agreement with LCC on the proposed delivery model.

### **Risk**

52. If South Ribble Borough Council do not agree to enter the collaboration by 1 January 2024, LCC will proceed with a formal procurement exercise for delivery of healthy weight services in South Ribble Borough and commission another provider.
53. Risk associated with this funding is the ability to ensure we can engage participants onto the programmes, or we can manage the demand. Through previous delivery we have established good referral processes and we can adapt delivery to and increase number of cohorts delivered.
54. A key risk to the programme is financing and resourcing should funding not increase in line with inflation. To mitigate this we will seek to manage the whole budget allocation with seeking agreement to carry forward where possible any underspend to offset future years where the contingency is significantly limited. This will need to be agreed with LCC as part of the final collaboration agreement.

### **Comments of the Statutory Finance Officer**

55. As detailed within the report the recommendation is to establish a budget equivalent to the relevant grant funding in order to undertake the necessary works. There are no additional costs to the Council budget in accepting this grant, however, the service will need to ensure on conclusion of the funding that staffing is managed in a way to minimise any ongoing costs.

### **Comments of the Monitoring Officer**

56. The Council has power to administer the scheme under the general power of competence contained in the Localism Act 2011. Any contract awarded must comply with the best value duty in the Local Government Act 1999 and with Contract Procedure Rules. Officers will need to satisfy themselves that any processing of personal data is done in accordance with existing privacy notices and that participants' attention is drawn to the notice.



## Background documents

There are no background papers to this report.

## Appendices

Appendix A Service Delivery Aims

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