

Appendix A Service Delivery Aims

1. Service must include components of a Tier 2 Weight Management Service for adults, a family programme that promotes and supports healthy weight behaviours, and a wider integrated support option for individuals who wish to access independent community services that support healthy weight behaviours.
2. Service will deliver family-based programme as a group intervention. 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 as cooking and play in a fun environment.
3. Further component requirements of Healthy Weight Service for individuals at a minimum should include:
 - A single point of assessment for all eligible individuals, whether self-referral or via health professionals.
 - Adult weight management/healthy weight interventions that are evidence based and support healthy nutritionally balanced diets and healthier lifestyles.
 - 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.
 - Provide programmes embedded in the principles of and delivery methods that support behaviour change.
 - Advice and support to access appropriate physical activity opportunities and reduce sedentary behaviours.
 - An integrated approach that offers support outside of own delivery, utilising a place-based approach that links with community assets.
 - Maternal nutrition, healthy eating, and physical activity advice during pregnancy.
 - Development of a network of place-based opportunities and encourage ongoing peer connection and support network.
4. South Ribble Borough Council will work with Lancashire County Council to develop all elements of the service and be responsive to local population health needs and diversity and will contribute to reducing health inequalities through treatment and prevention. The Healthy Weight service must offer options to Service Users throughout service delivery but particularly on exit of the programme to support ongoing/long-term behaviour change.
5. The interventions and pathways in place will be fully explained to Service Users, and options will be offered where appropriate for the Service User to make an informed choice. The Districts/Provider(s) will signpost and refer Service Users for continued community and peer support.
6. Service Users family/carers/supporting others will be engaged in their healthy weight journey to improve their wellbeing, by discussing goals and agreeing a co-produced plan for support, where appropriate.
7. Making Every Contact Count (MECC) should be integrated within service provision to ensure families are signposted to further ongoing support if required.

Population Need

District	Population aged 5+ years (2021) (count)	Adults overweight or obese (2021/22) (%)	Population aged 4-5 (2021) (count)	Population aged 10-11 (2021) (count)	Reception: Prevalence of overweight (including obesity) (NCMP 2021/22) (%)	Year 6: Prevalence of overweight (including obesity) (NCMP 2021/22) (%)	Deprivation (IMD) score 2019 (score)
Burnley	88,886	73.4	2,481	2,505	25.4	42.6	37.8
Chorley	111,670	61.5	2,762	2,860	22.0	34.2	16.9
Fylde	78,064	62.5	1,426	1,619	23.5	31.7	15.9
Hyndburn	77,308	71.7	2,006	2,194	24.6	42.4	34.3
Lancaster	136,192	60.7	2,865	3,060	24.0	36.6	24.2
Pendle	89,805	67.6	2,621	2,752	24.2	40.1	30.7
Preston	138,912	62.1	3,772	3,786	24.1	37.4	29.5
Ribble Valley	58,926	66.7	1,121	1,403	20.0	33.9	10.6
Rossendale	67,091	63.3	1,673	1,846	23.6	38.1	24.1
South Ribble	105,534	64.2	2,452	2,593	21.9	36.2	15.3
West Lancashire	112,183	68.6	2,246	2,564	26.5	37.9	18.6
Wyre	107,056	66.7	2,149	2,407	24.6	36.4	20.9