

***HEALTH SCRUTINY  
Overview & Scrutiny Committee  
Agenda supplement***

Date Tuesday 26 January 2021

Time 6.00 pm

Item No

8 Health Improvement and Weight Management Service (Pages 1 - 12)

Presentation in support of/additional to the report to this item.

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# Your Health Oldham

## Oldham Health Improvement and Weight Management Service



# Our History



**ABL was founded in 2009 by people who believed they could and should change the world!**

Our founders had first-hand experience of public services that had failed the people who needed them most and believed that a different, more flexible approach was needed.

“By putting people at the heart of our services, stepping into their shoes and trying to view life from their perspective then we could start to create a new approach to healthcare and find a way to support and empower people to live healthier, happier for longer”

**Denise Leslie CEO**

# Vision and Values

Healthier, Happier for Longer - we make lives better

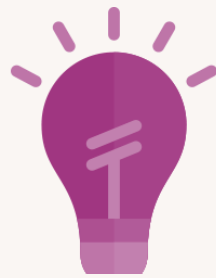
**Vision: To eradicate health inequalities.**

We do this by supporting people to become active participants in their health

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People powered



Bold



Effective



Thoughtful



### Our Team

- GPs
- Psychologists
- Dietitians
- Nutritionists
- Lifestyle Coaches
- Physical Activity Specialists
- Smoking Cessation Advisors
- Triage Officers



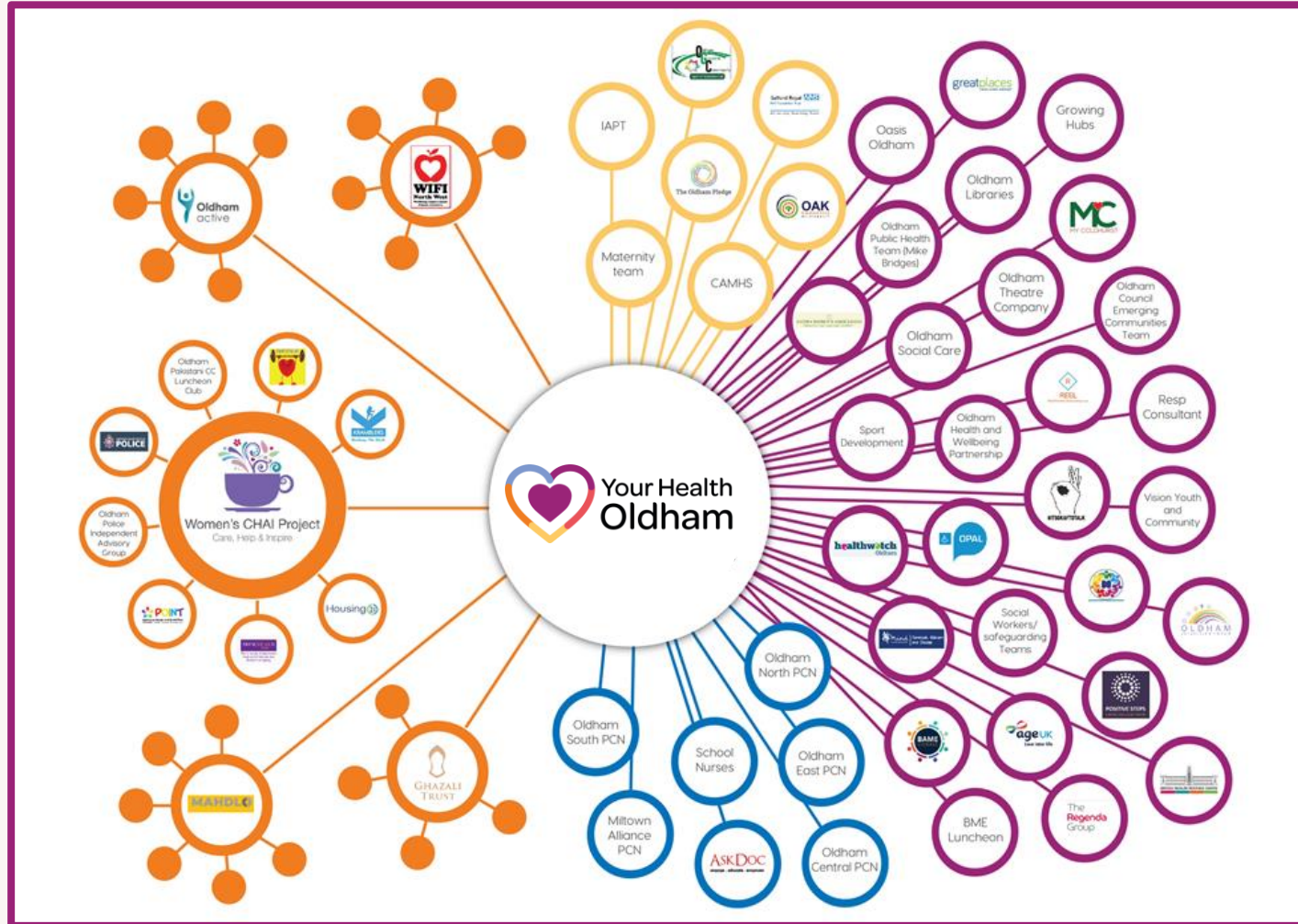
# Overview and Vision

A health and wellbeing service that combines prevention, building community capacity, and reducing health inequalities.

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# Our Partners





Healthy Lifestyle and Tobacco Control Policy Development

Collaboration and integration – i.e. CURE pathways

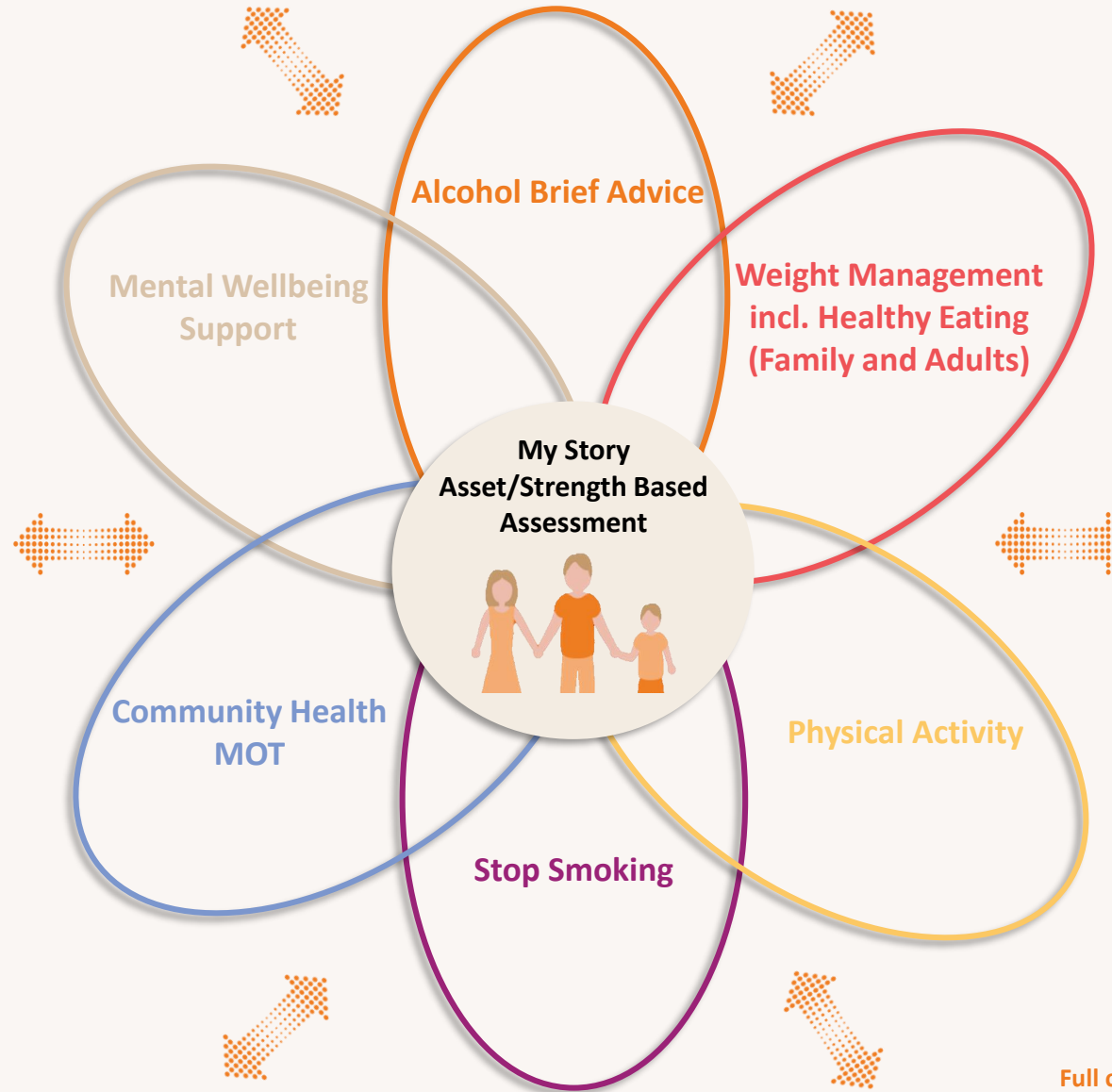
Innovative Partner Delivery

Local solutions designed around the needs of specific groups - i.e. Muslim women only sessions

Blended Digital Approach

Targeted Delivery E.g. Communities of Interest, Vulnerable Groups

Pathway Integration – e.g. primary care, secondary care, community partners



Co-Location / Co-Delivery

**Champions of own health**  
• Communities becoming experts through co-production

Shared Outcomes

Mapping and utilising local community assets – i.e. using local walking groups as exercise delivery partners

Smoke -Free Environments and Agendas

**Healthy Settings:**  
Parks / Faith Settings / Workplaces / Schools / Hospitals / Leisure Centres

**Full community training programme:**  
MECC / Health Literacy / Connect 5 / Raising the Issue.

Volunteers

# Example Family Journey

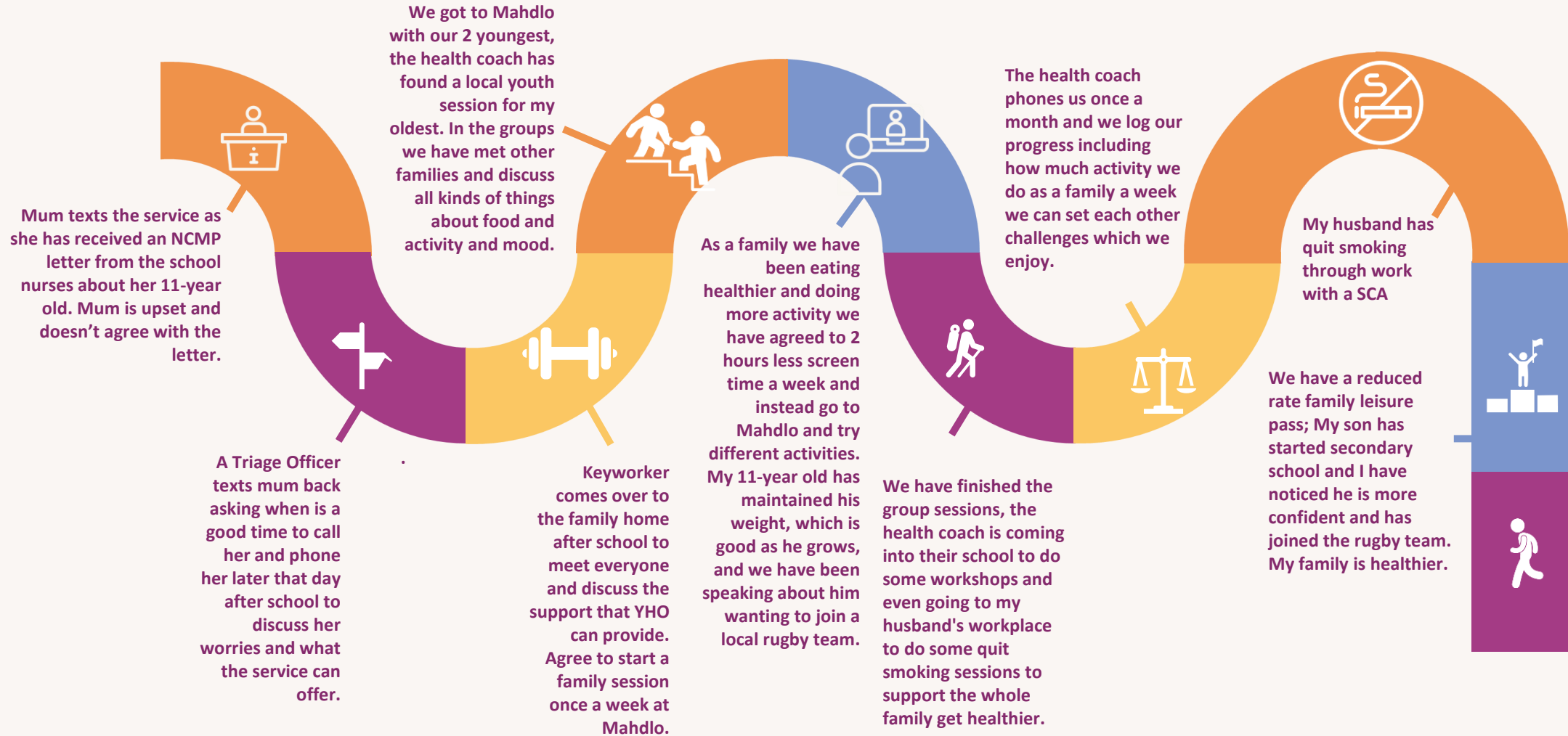
- Women, 41 lives with husband and 3 children, 7, 11 and 13 years
- All children are in school and do various after school clubs
- Mum and dad both work long hours
- Dad smokes at work, both parents drink at home

# Personalised Family Action Plan





- Family Support
- Mum's Support
- Dad's Support


# Example Family Journey




## My Family have been supported to...

 Improve and take control of their health  Become **financially stable**

 Live a **longer healthier** life  Live independently for longer


**Actively connect** with community assets, including activity providers and community groups 

Be a **champion of their own health** and supporter of others 

**Value mental health** as just as important as physical health 


Be **aspirational** 

Improve their **health literacy**

**Self manage** and **self care** 


**Reduce** their risky behaviors

Have better **wellbeing**

Be **proud** of where they live 


## The wider system has...


 Improved **healthy life expectancy**


 Reduced prescribing costs


Experienced **economic growth**

Reduced absence rates

Improved population health and **self care** management 

 Reduced pressure on **GP appointments & social care**


Economic gains through **better use of resources** and less duplication of services 

Reduced   


- emergency admissions
- alcohol related deaths
- Long term conditions i.e. CVD, COPD, Diabetes

## My community has...

 Improved **physical activity** rates

 Reduced **obesity** rates

Less preventable **cancers**

 Reduced **drug and alcohol** use

**Thriving communities** that promote, support and enable good physical and mental health



Reduced **smoking rates**

Reduced exposure to passive smoke


 **Sustainable community** led initiatives

**Co-produced** service provision as standard

 Reduced **social isolation**

More people in **productive employment** 

 Improved **mental wellbeing**

Reduction in health inequalities 



A Social movement for health

# Questions

