

***HEALTH AND WELLBEING BOARD
Agenda - supplementary***

Date Tuesday 17 March 2020

Time 2.00 pm

Venue Lees Suite, Civic Centre, Oldham, West Street, Oldham, OL1 1NL

Notes 1. DECLARATIONS OF INTEREST- If a Member requires any advice on any item involving a possible declaration of interest which could affect his/her ability to speak and/or vote he/she is advised to contact Paul Entwistle or Mark Hardman in advance of the meeting.

2. CONTACT OFFICER for this Agenda is Mark Hardman Tel. 0161 770 5151 or email

3. PUBLIC QUESTIONS – Any member of the public wishing to ask a question at the above meeting can do so only if a written copy of the question is submitted to the Contact officer by 12 Noon on Thursday, 12 March 2020.

4. FILMING - The Council, members of the public and the press may record / film / photograph or broadcast this meeting when the public and the press are not lawfully excluded. Any member of the public who attends a meeting and objects to being filmed should advise the Constitutional Services Officer who will instruct that they are not included in the filming.

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Recording and reporting the Council's meetings is subject to the law including the law of defamation, the Human Rights Act, the Data Protection Act and the law on public order offences.

MEMBERSHIP OF THE HEALTH AND WELL BEING BOARD IS AS FOLLOWS:

Councillors Ball, M Bashforth, Chadderton, Chauhan, Harrison (Chair) and Sykes

Dr Zuber Ahmed, Chris Allsop, Mike Barker, Jill Beaumont, Dr Bal Duper, Julie Farley, Nicola Firth, Majid Hussain, Val Hussain, Dr Keith Jeffery, Gerard Jones, Stuart Lockwood, Dr. John Patterson, Vince Roche, Katrina Stephens, Mark Warren, Carolyn Wilkins OBE and Liz Windsor-Welsh



Item No

9 Healthy Weight and Physical Activity Strategy (Pages 1 - 4)

Covering report attached.

10 Nutrition and Hydration for Older People (Pages 5 - 8)

Report attached.



Report to HEALTH AND WELLBEING BOARD

Title: Oldham Healthy Weight and Physical Activity Strategy (2020 – 2025)

Portfolio Holder: Councillor Zahid Chauhan, Cabinet Member – Health and Social Care

Officer Contact: Katrina Stephens, Director of Public Health

Report Author: Gabriel Agboado, Consultant in Public Health Medicine

Ext. 8302

Meeting date: 17 March 2020

Purpose of the Report

- To consult with the Health and Wellbeing Board's on the proposed strategy.
- To seek the Board's support for the implementation of the strategy when completed

Requirement from the Health and Wellbeing Board / Recommendations

The Board is requested to:

- Make recommendations on the content of the strategy.
- Support the strategy implementation when completed, including identifying actions which can be taken within their own organisation.
- Make recommendation(s) on the membership of the Steering Group

Report title: Oldham Healthy Weight and Physical Activity Strategy (2020 – 2025)**1 Background**

- 1.1 Overweight and obesity are a major public health challenge globally and in the UK obesity levels are increasing - it is estimated 60% of the population would be clinically obese by 2050. Though our tendency to develop a weight problem is influenced by complex set of factors, the underlying principle is the imbalance between food energy intake on one hand, and energy expenditure through the body's metabolism and physical activity on the other.
- 1.2 To tackle the unhealthy weight problem in Oldham, a multi-agency task-and-finish group was set up to develop a new Healthy Weight and Physical Activity Strategy which was informed by the vision set out in the 2019-2024 Locality Plan for Health and Social Care Transformation to make Oldham a place where improved health and wellbeing is experienced by all, and where the health and wellbeing gap is reducing.
- 1.3 The strategy is presented to the Board to invite comments on its content, and endorsement/support for its implementation.

2 Current Position

- 2.1 In Oldham there has been an overall increase in the proportion of our residents who are overweight or obese and latest data show that:
 - 23.4% of Reception year children are overweight or obese; 37.4% of Year 6 children are overweight or obese. These figures are above national averages
 - 67.1% of adults are either overweight or obese which is also above the national average.
- 2.2 A similar pattern has been observed regarding physical activity. Latest data show that:
 - 29.7% of children aged 5-16 years are physically active compared with 43.3% in England.
 - 56.0% of adults aged 16 years or older are physically active (compared with 63.2% in England), more than 10 percentage point reduction from 2015/16 figure of 61.6%.

2.3 Our vision for the strategy

- 2.3.1 The vision set out in the strategy is:
 - Oldham will be a place where both the environment and our services promote and support health and wellbeing, encouraging and enabling everyone to be physically active and eat well in order to achieve and/or maintain a healthy weight.
- 2.3.2 We identified three strategic delivery themes to support the implementation of the strategy namely:
 1. Thriving communities which enable and encourage people to be physically active and eat well and promote health and wellbeing

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2. Encourage and support Oldham residents to achieve and maintain healthy weight and increase levels of physical activity
 3. Create an environment that makes being physically active and eating healthily the easier choices
- 2.4 Strategy consultation progress: The strategy has received comments from partners involved in its development. It has also been to the following groups:
- Strategic Reform Departmental Management Team on 05 February 2020
 - Joint Leadership Team on 02 March 2020

Feedback from these groups will be incorporated in the final version of the strategy.

- 2.5 The implementation of the strategy will start from April 2020 and will be supported by an action plan which will be monitored by a Healthy Weight and Physical Activity Strategy Steering Group to be set up. The action plan will be reviewed annually.
- 2.6 The Steering Group will be accountable to the Oldham Health and Wellbeing Board via Thriving Communities and Health Improvement Programme (TCHIP) Board.

3 Key Issues for Health and Wellbeing Board to Discuss

- 3.1 The Board is requested to consider the draft strategy in its entirety and determine if it addresses the key issues relating to overweight and obesity, and physical activity facing Oldham, and make recommendations if required.

4 Recommendation

- 4.1 The Board is request to:
- Make recommendations on the content of the strategy.
 - Support the strategy implementation when completed, including identifying actions which can be taken within their own organisation.
 - Make recommendation(s) on the membership of the Steering Group

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Oldham
Council

Report to HEALTH AND WELLBEING BOARD

Title: GM Nutrition and Hydration Programme

Portfolio Holder: Councillor Zahid Chauhan, Cabinet Member – Health and Social Care

Officer Contact: Katrina Stephens, Director of Public Health

Report Author: Marie Price, Programme Manager, Age UK Salford

Ext: 1118

Meeting date: 17th March 2020

Purpose of the Report

To update the Health and Wellbeing Board on the Greater Manchester Nutrition and Hydration programme (2-year pilot).

Requirement from the Health and Wellbeing Board / Recommendations

That the Board considers the value of the programme and the continued work needed to embed the intervention into the everyday interactions of staff and carers with people aged 65 and over who may be at risk of malnutrition and hydration.

Report title: GM Nutrition and Hydration Programme

1. Background

- 1.1 In the UK, 14% of those aged 65 years or older is at risk of malnutrition with 93% of those at risk being in the community. Malnourished people visit their GPs twice as often, have 3 times the number of hospital admissions, stay in hospital more than 3 days longer than those who were well nourished, and have more health problems.
- 1.2 The Greater Manchester Health and Social Care Partnership funded a 2-year pilot in 5 localities - Bolton, Bury, Oldham, Rochdale and Stockport - to address malnutrition and hydration in those aged 65 or older.
- 1.3 This paper aims to update the Health and Wellbeing Board on the progress of the pilot and request the Board's support for the programme to be embedded into routine practice.

2. Current Position

- 2.1 The two-year pilot started in April 2018. The pilot uses a range of simple tools to help raise awareness of malnutrition, including the paperweight armband, nutrition booklet and e-learning resources on malnutrition and dysphagia (i.e. difficulty in swallowing).
- 2.2 Over 300 staff from 40 organisations (both statutory and voluntary) have been trained to deliver the programme. Most of those trained work with organisations which work across the borough.
- 2.3 The pilot delivery has been based on five key principles, namely:
 - I. Raising awareness across the community
 - II. Identifying malnutrition and developing standards of nutritional care
 - III. Identifying malnutrition by frontline staff and provision of appropriate advice and signpost individuals to appropriate services.
 - IV. Personalising care and support using a person-centred approach
 - V. Monitoring and evaluating the implementation and impact of the intervention
- 2.4 As of 30 November 2019, over 1,500 Oldham residents were assessed and of these 106 cumulatively were identified as being at risk of malnutrition and/or dehydration and were provided with relevant interventions.
- 2.5 A preliminary evaluation of the pilot across the 5 areas by Manchester University, based on a sample of 83 people from the 5 pilot areas, showed that 81% had a positive response to the intervention in terms of gaining weight or stopping weight loss. The final evaluation report will be published later this month (March 2020).
- 2.6 As a result of the positive outcomes from the pilot, the GM Health and Social Care Partnership has extended the programme for a further 6 months to include the other boroughs in Greater Manchester.
- 2.7 There are however ongoing challenges with effectively engaging relevant agencies and data reporting – these issues are GM-wide. Ensuring the programme is embedded into routine practice will be key to ensuring its long-term viability.

3. Key Issues for Health and Wellbeing Board to Discuss

3.1 The Board is asked to consider the following:

- Note the progress of the pilot and its impact on the population.
- Measures to embed of the programme into routine practice.

4. Recommendation

4.1 That the Board considers the value of the programme and the continued work needed to embed the intervention into the everyday interactions of staff and carers with people aged 65 and over who may be at risk of malnutrition and hydration.

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