



Oldham
Council

Report to Health Scrutiny Committee

Health Improvement and Weight Management Service - Update

Portfolio Holder:

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17 January 2023

Purpose of the Report

To update the Health Scrutiny Committee on the progress made by the Health Improvement and Weight Management Service, Your Health Oldham, delivered by ABL Health Limited, during the last 12 months, as requested by the committee in January 2022.

Executive Summary

Having a high functioning health improvement offer is an essential component of the range of activity required to achieve better population health and reduce demand on health and social care services.

'Your Health Oldham', delivered by ABL Health Limited, is Oldham's Health Improvement and Weight Management Service and commenced delivery in January 2021 following a comprehensive tender process.

Representatives from ABL Health have been invited to attend the meeting to present an update on progress made by the service during its second year.

Recommendations

Health Scrutiny Committee are asked to consider the progress made by the Health Improvement and Weight Management Service, Your Health Oldham, delivered by ABL Health Limited, and note the highlights and challenges of the last 12 months.

Health Improvement and Weight Management Service

1 Context

- 1.1. Local authorities have responsibility for improving the health and wellbeing of their local population and for public health services. There is also a responsibility to reduce health inequalities across the life course, including within hard to reach groups, and to ensure the provision of population healthcare advice. As such, statutory duties for public health include the provision of public health advice on obesity and physical activity for both adults and children and smoking and tobacco (including smoking cessation and intervention).
- 1.2. Oldham's adult population is less physically active, smokes more, and carries more excess weight than the England average. Nearly a third of children aged 2 to 15 are overweight or obese and younger generations are becoming obese at earlier ages and staying obese for longer. These unhealthy behaviours mean Oldham has significantly higher numbers of people with recorded diabetes, and deaths from smoking-related diseases, cardiovascular disease and cancer (which are significantly higher than the England average). Tobacco, high fasting plasma glucose, high body mass index, and dietary risks are the top four risk factors for disability and death in North West England.
- 1.3. Smoking is also the single biggest preventable cause of health inequalities. Smoking is far more common among routine and manual workers, and the more disadvantaged someone is, the more likely they are to smoke and suffer from smoking-related disease and premature death. Obesity does not affect all communities equally – it is more common among people from more deprived areas, older age groups, some black and minority ethnic groups (including South Asian communities) and people with disabilities. As such, people in one or more of these groups are more likely to be affected by obesity related harms including being less likely to be in employment, increased risk of hospitalisation, discrimination and stigmatisation and reduced healthy life expectancy and pre-mature death.
- 1.4. Reducing smoking prevalence, levels of obesity and increasing physical activity levels are behavioural risk factors, with strong connections to the wider socio-economic determinants of health, that have the potential to have the biggest impact on the improvement of population health, reduce demand on health and social care services and reduce health inequalities.

2 Background - Health Improvement and Weight Management Service

- 2.1 Your Health Oldham, Oldham's Health Improvement and Weight Management Service, delivered by ABL Health launched on 1 January 2021, following a comprehensive tender exercise. The service was collaboratively commissioned with the NHS as an integrated service offer. The length of the contract is five-years, until 31 December 2025, with the option to extend the contract for a further two years, until 31 December 2027
- 2.2 The service has a specific focus on working with those most at risk of tobacco, dietary or physical inactivity-related harm and supports both individual adults and children, young people and families.

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- 2.3 The Health Improvement and Weight Management Service delivers the following themed interventions, for residents of Oldham and those registered with an Oldham GP:
1. Single Point of Assessment and Signposting
 2. Community Stop Smoking Support
 3. Weight Management Support
 4. Physical Activity Support
 5. Post NHS Health Checks Support
 6. Targeted Community Health MOTs and support
 7. Alcohol Brief Interventions and support
 8. Mental Wellbeing Support

All of which will help to improve the health outcomes for the borough and ensure that children and young people have the best start in life and are growing up in families that are thriving and that individuals are supported to make and maintain informed health decisions and behaviours

The service is also enabled and developed by the provision and delivery of the following:

- Delivery of evidence-based training programmes to equip community facing staff with the knowledge and competence to support a population health approach
- A comprehensive Digital Offer to increase access, reach, engagement and motivation.

- 2.4 Your Health Oldham is a borough wide service that has a specific focus on working with the most socially disadvantaged, least likely to engage and those groups who are most at risk of health behaviour related harms with a view to reducing health inequalities.
- 2.5 An overview of the service, including the delivery model and anticipated outputs and outcomes, was presented to Health Scrutiny Committee at the start of the contract term in January 2021. Health Scrutiny Committee received an update for their consideration in January 2022 and requested a further update in January 2023.

3 Progress during the last twelve months

- 3.1 During their second year delivering the Health Improvement and Weight Management Service, Your Health Oldham has supported more of Oldham's residents to improve their health and wellbeing by stopping smoking, moving more, eating more healthily and losing weight. The service had over 100,000 meaningful engagements with residents of Oldham in 2022.
- 3.2 Your Health Oldham has seen increasing awareness of the service offer and demand has increased exponentially over the second year, resulting in the service supporting even more people than in their first year. In year two of the contract, Your Health Oldham received 4252 referrals, compared to 2766 in year one. Most referrals came from GP practices, followed by self-referrals, and 89% of referrals were for high-risk, priority groups including those living in the most deprived communities, people living with long term conditions (including respiratory conditions, diabetes and hypertension) and those with mental health issues, as well as people from communities that are most at-risk of tobacco and/or excess weight related harm.
- 3.3 More than half (2558) of referrals in year 2 were for adult Weight Management Support, with 58% of service users accessing a targeted (Tier 2) weight management (closed) group having achieved a meaningful weight loss (more than 3% weight loss from initial body weight) alongside improvements in physical activity, nutrition and well-being, life skills, self-esteem, confidence and reducing isolation. 48% of adults accessing specialist (Tier 3) weight management support have achieved meaningful weight loss and the service has an

action plan in place to further improve the weight loss outcomes for this cohort. Over 1000 adults accessed and benefitted from physical activity support.

- 3.4 The service has continued to support children, young people and their families around healthy eating and moving more. During the last year, over 160 children, young people, families and adults have been able to access family weight management support via their Healthy Families Programme, to increase fitness levels, improve healthy eating habits and receive family therapy, and at least 380 children and 120 adults have been engaged on shorter programmes through community groups, where nutrition-based activities and physical activity is delivered. The service has also supported all providers of the Holiday Activities and Food (HAF) programme 2022 with training and nutrition activity booklets to use in their HAF sessions.
- 3.5 The service continues to exceed targets in smoking cessation and has received over 1500 referrals for stop smoking support during the last year, an increase on the previous year, with 58% of those setting a quit date achieving a 4-week quit. The service offers 1-1 support (in person or remotely) and delivers 10 different weekly clinics at locations across the borough. The team is working with GP practices in wards with the highest levels of deprivation to identify smokers not currently accessing smoking cessation support to focus on increasing the number of stop-smoking referrals and contribute to tackling health inequalities by supporting those most at risk of tobacco-related harm.
- 3.6 Over 1750 people received mental wellbeing support from Your Health Oldham in the last year, with more than 1500 people receiving very brief advice or access to mental health workshops (tackling issues such as addiction, emotional eating, shame and guilt, body image and weight stigma) and almost 300 people accessing therapy and therapeutic interventions.
- 3.7 The service continues to support the workforce development of the health and care system and wider workforce with over 180 professionals accessing evidence based training programmes, including Making Every Contact Count (MECC), Raising the Issue of Weight, Cooking on a Budget and nutrition masterclasses, designed to equip community facing staff with the knowledge and competence to support a population health approach.
- 3.8 Representatives from ABL Health will attend the Health Scrutiny Committee Meeting to provide a summary presentation on progress during the second year of the contract, including performance data and their contributions towards improved health outcomes for Oldham residents, as well as how they have contributed towards tackling health inequalities locally. They will provide an overview of the highlights and challenges of the last 12 months as well as proposed next steps for the next part of the contract term.

4 Key Issues for Health Scrutiny to Discuss

- 4.1 Health Scrutiny Committee is asked to consider the health improvement offer available via Your Health Oldham for residents of Oldham and those registered with an Oldham GP, and the effectiveness of the support available to people who want to make and maintain positive health behaviours to improve their health and wellbeing.

5 Key Questions for Health Scrutiny to Consider

- 5.1 Health Scrutiny Committee is asked to consider the update on the last 12 months of delivery of the Health Improvement and Weight Management Service and note the performance information and contributions towards health outcomes made by the service as part of the second year of their 5-year contract (potentially up to 7-year contract if all options to extend are enacted).

6 Links to Corporate Outcomes

- 6.1 The Health Improvement and Weight Management Service, as with all Public Health commissioned services, fully supports the delivery of Corporate Plan objectives of residents first, place-based working, digitisation and a preventative approach. The commissioning of the service and the award of the contract to ABL Health Limited is consistent with the commitment within the Oldham Plan to take a person and community centred approach, that places prevention at the heart of our emerging new model of delivery.

7 Consultation

- 7.1 A comprehensive consultation process was undertaken as part of the development of the specification for the service and included engagement with residents and the market, as well as key stakeholders.
- 7.2 An Equality and Diversity Impact Assessment was completed prior to the tender exercise taking place. A copy is available on request. This will be regularly reviewed throughout the contract term.
- 7.3 Quarterly formal contract and performance monitoring meetings take place between the Provider and Commissioners – this includes consideration of service user engagement and feedback. The Director of Public Health, in her capacity as statutory officer, and the Cabinet Member for Health and Social Care have been appropriately briefed regarding progress and performance.

8 Appendices

- 8.1 None