

**REPORT TO:** Health and Wellbeing Board  
**DATE:** 29 March 2017  
**REPORTING OFFICER:** Director of Public Health  
**PORTOLIO:** Health and Wellbeing  
**SUBJECT:** Integrated Wellness Service  
**WARD(S):** Borough-wide

**1.0 PURPOSE OF REPORT**

1.1 To provide an update to the Health and Wellbeing Board of the performance of the Integrated Wellness Service for the period January – December 2016.

**2.0 RECOMMENDATION: That the report be noted**

**3.0 SUPPORTING INFORMATION**

3.1 Halton's Integrated Wellness service comprises Halton Health Improvement team and Sure Start to Later Life and is an in House service within Halton Borough Council. The integrated team via Divisional Manager is jointly accountable to the Director of Public Health and Health Protection and the Director for Adult Services.

3.2 The current functions of the Integrated Wellness Service can be summarised into three areas, as follows: -

- Start Well – Working within the community and schools to give every child in Halton the best possible start in life.
- Live Well – Helping adults and families lead healthier and more active lifestyles
- Age Well – Supporting healthy and active ageing for all people in the Borough.

The team plays a significant role in addressing the five priorities contained in Halton's Health and Wellbeing Strategy (2015 – 2018) and works with local clinicians and Health and Social Care colleagues to deliver innovative, evidence based and measurable interventions such as breastfeeding support, stop smoking, healthy weight, falls prevention and access to low level early intervention and prevention services across the community.

3.3 The most recent performance report (Halton Integrated Wellness Service Review January – December 2016) demonstrates the positive health and wellbeing outcomes delivered by the integrated

service - please refer to full report included as appendix A.

- 3.4 Throughout 2016, the service has launched several new programmes including pre-diabetes, Youth Health Champions, Your Baby and You, Age Well training and specialist exercise programmes for stroke and cancer, as well as the continuation of all our successful existing programmes.

The Health Improvement Team was a finalist at the RSPH Health and Wellbeing Awards this year in the Healthier Lifestyles category, in recognition of its innovative work to reduce health inequalities across Halton. The team was also featured on national TV on ITV's Tonight programme in October for its work on pre-diabetes (impaired glucose regulation) which is leading the way in preventing diabetes across Cheshire and Merseyside.

The service continues to promote local, regional and national public health campaigns such as One You, Maketime Halton, Be Clear on Cancer and Change 4 Life.

Overall, The service has seen an upturn in people accessing all of our initiatives, extending the reach of our programmes across Cheshire and Merseyside. In total, over the period we have engaged with in excess of 18,000 people across our range of programmes and work continues to develop and grow the service throughout 2017.

#### 4.0 **POLICY IMPLICATIONS**

The Integrated Wellness Service contributes to the outcomes outlined in Halton's Health and Wellbeing Strategy. The service also contributes to the outcomes required by Public Health, NHS Better Care Fund and Adult Social Care Outcome Frameworks.

#### 5.0 **OTHER/FINANCIAL IMPLICATIONS**

- 5.1 The service will continue to look to generate income via training and the delivery of external contracts.

#### 6.0 **RISK ANALYSIS**

- 6.1 N/A

#### 7.0 **EQUALITY & DIVERSITY ISSUES**

- 7.1 It has not been appropriate, at this stage, to complete a Equality Impact Assessment (EIA).

**8.0 LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF  
THE LOCAL GOVERNMENT ACT 1972.**

None under the meaning of the Act.