

**REPORT TO:** Executive Board

**DATE:** 18 January 2018

**REPORTING OFFICER:** Director of Public Health

**PORTFOLIO:** Health and Wellbeing

**SUBJECT:** Proposed new Halton Healthy Eating and Exercise service

**1.0 PURPOSE OF REPORT**

1.1 The purpose of this report is to provide Executive Board with details of the proposed new Halton Healthy Eating and Exercise service.

**2.0 RECOMMENDED: That the Board**

- 1) Note the contents of the report; and**
- 2) approve the outlined proposals.**

**3.0 SUPPORTING INFORMATION**

3.1 A service review of Weight Management Services in Halton has revealed that current service provision does not meet the identified needs of the local population. Current provision includes a tiered service with Tier 2 being delivered by the Halton Health Improvement Team and Tier 3 Specialist weight management being commissioned via North West Boroughs Healthcare NHS FT. The current North West Boroughs contract comes to an end on the 31st March 2018. This provides an opportunity to develop a new model of service delivery for weight management services in Halton.

3.2 We propose developing a new Halton Healthy Eating and Exercise Service. This new service will be designed to meet the needs of local people. It will be an integrated service, there will be no service tiers, and instead patients will be offered choice based upon a holistic assessment of their weight management needs. The new Service will offer group and 1-2-1 support, dietetic support and cognitive behavioural therapy (CBT). The service will be fully compliant with NICE guidelines.

3.3 In order to provide a cost-effective service it is proposed the new Halton Healthy Eating and Exercise Service be developed by enhancing the current well performing in house provision provided by the Halton

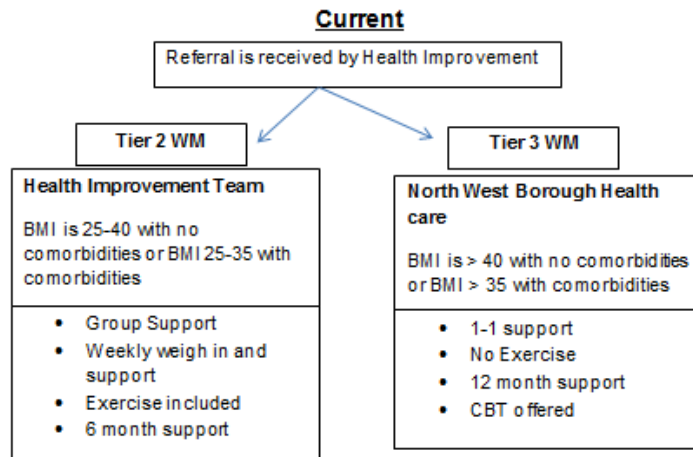
Health Improvement Team. The Halton Health Improvement Team transferred into Halton Borough Council in October 2014 and are now fully mobilised following a team restructure and in a position to host this new enhanced service.

- 3.4 A summary of the potential benefits of developing the new Halton Healthy Eating and Exercise Service include:
- A service designed to meet the needs of local people
  - No service tiers – patients are offered choice based upon a holistic assessment of their needs (not BMI thresholds).
  - A one stop shop approach avoiding multiple appointments for patients
  - Improved weight loss outcomes.
  - An efficiency saving due to reduced management costs.

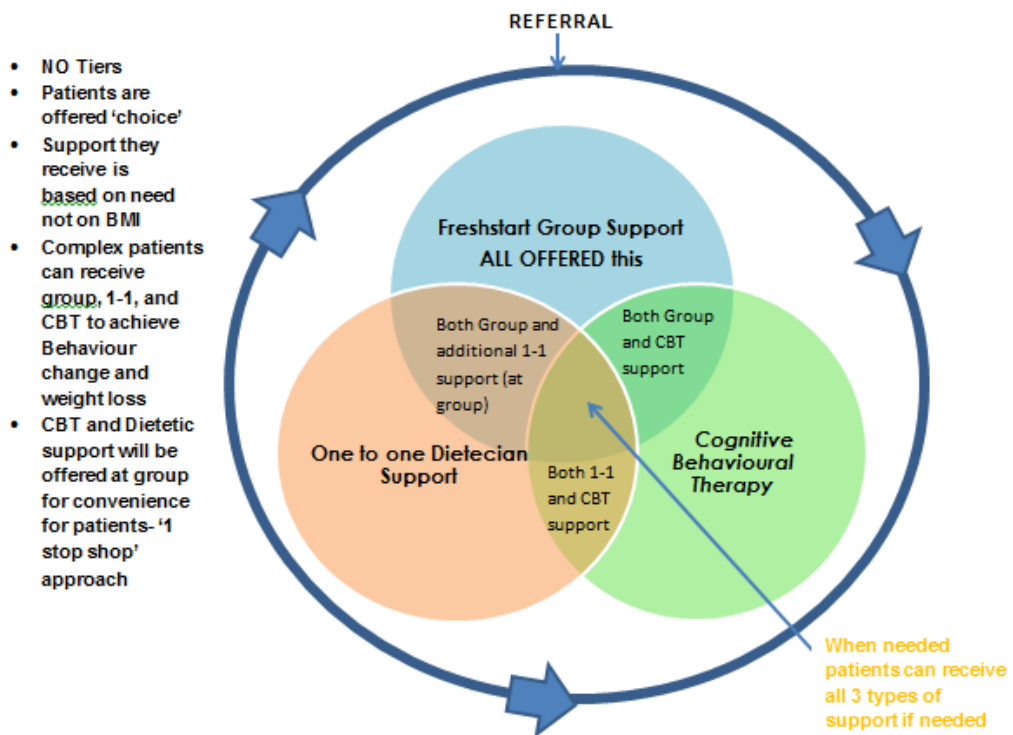
The difference between current weight management service delivery in Halton and the proposed new Halton Healthy Eating and Exercise Service are outlined in Figure 1 overleaf.

- 3.5 The proposal was approved by Chief Officers on 5<sup>th</sup> December and by the Council's HR Steering Group on 7<sup>th</sup> December. On final approval by Executive Board we will begin to set up the service, advertise posts and proceed to recruitment.

**Figure 1: Difference between current weight management service**



**Proposed- new Halton Healthy Eating and Exercise Service**



#### 4.0 **POLICY IMPLICATIONS**

4.1 The redesign of the service will have a positive impact on reducing levels of overweight and obesity in Halton, a key objective under the Generally Well priority of the One Halton Health and Wellbeing Strategy.

#### 5.0 **FINANCIAL IMPLICATIONS**

5.1 Initial costings show that the redesign of weight management services in Halton is expected to provide an efficiency saving due to reduced management costs.

#### 6.0 **IMPLICATIONS FOR THE COUNCIL'S PRIORITIES**

##### 6.1 **Children and Young People in Halton**

Addressing the issue of overweight and obesity in Halton's children and young people will continue to be a key priority for the new Halton healthy eating and exercise service. It is hoped that the new integrated model will improve outcomes for this client group as described above.

##### 6.2 **Employment, Learning and Skills in Halton**

Many of the diseases caused by overweight and obesity can have a debilitating effect on the sufferer, reduce their quality of life and make it difficult to carry out day to day activities. This can have an impact on those already in employment, due to increased periods of sickness, and can also have an impact on those seeking employment. Therefore, reducing overweight and obesity in Halton will have a positive impact for employers and employees in Halton.

##### 6.3 **A Healthy Halton**

All of the issues raised in this report relate directly to this priority.

##### 6.4 **A Safer Halton**

There are no significant implications for this priority.

##### 6.5 **Halton's Urban Renewal**

There are no significant implications for this priority.

7.0 **RISK ANALYSIS**

7.1 The key risk associated with not providing an integrated healthy eating and exercise service may result in an increase in rates of overweight and obesity in Halton residents.

8.0 **EQUALITY AND DIVERSITY ISSUES**

8.1 An Equality Impact Assessment (EIA) is not required for this report.

9.0 **REASON(S) FOR DECISION**

9.1 To provide a more in targeted and cost effective model for healthy eating and exercise services in Halton, aimed at meeting the needs of the local population and improving health outcomes.

10.0 **ALTERNATIVE OPTIONS CONSIDERD AND REJECTED**

10.1 Consideration was given to going out to tender for a separate Tier 3 Weight Management Service. However, this did not offer the opportunities presented by having an integrated Tier 2 and Tier 3 service, i.e. the potential for improved outcomes and efficiency savings.

11.0 **IMPLEMENTATION DATE**

11.1 1 April 2018.

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

12.1 None.