

Report of	Meeting	Date
Director (Communities) Introduced by (Executive Member (Early Intervention))	Council	Tuesday 21 November 2023

Healthy Weight Collaboration

Is this report confidential?	No
------------------------------	----

Is this decision key?	Not applicable
-----------------------	----------------

Purpose of the Report

1. To provide details of the proposed collaboration agreement with LCC to delivery Healthy Weight Services in Chorley
2. To seek approval to receive associated funding for a period of 5 years and possible further 3 years. (£72,793 per year / 5 years - £363,965 / 8 years - £582,344 which has been allocated to Chorley.
3. To provide an overview of the proposed approach

Recommendations

4. To receive the funding amount (£72,793 per year / 5 years - £363,965 / 8 years - £582,344 40,000 and create an expenditure budget to administer the funding.
5. To proceed to further develop and implement the proposed delivery plan

Reasons for recommendations

6. To ensure the funding is best used to address unhealthy weight in Chorley and continuation of the existing work which has been successful developed and delivered.

Other options considered and rejected

7. To not receive the grant funding. This would mean that LCC would proceed to tender for delivery within Chorley and as a result there is no guarantee a provider with local insight will be awarded therefore standard of service for our residents will be compromised.

Executive summary

8. Addressing unhealthy weight and supporting people to sustain weight loss is complex, with multiple causes, and has significant implications beyond health. A flexible service is needed that adapts to meet need and promotes sustainability whilst contributing to a whole systems approach to tackling obesity, working closely and in partnership with stakeholders to improve outcomes for all.
9. To deliver the Healthy Weight Services across Lancashire, LCC have developed a collaboration agreement in which Local Authorities sign up to and work in partnership to facilitate relationships with key partners and work towards national and local ambitions.
10. The collaboration agreement has been developed to support Lancashire County Council commitment towards addressing the prevalence of being over overweight and obesity across Lancashire by delivering services that address the Healthy Weight agenda.
11. At a community level the healthy weight service will support a reduction in health inequity by engaging all eligible members of the local community. The venues used for delivery and methods will need to vary depending on the need in the community.

Corporate priorities

5. The report relates to the following corporate priorities:

Housing where residents can live well	A green and sustainable borough
An enterprising economy with vibrant local centres in urban and rural areas	Healthy, safe and engaged communities

Background to the report

12. Addressing unhealthy weight and supporting people to sustain weight loss is complex, with multiple causes, and has significant implications beyond health. It is recognised that just providing traditional weight management services is no longer enough. There is no one solution in tackling this problem and it requires a long-term, system wide approach to support change. A flexible service is needed that adapts to meet need and promotes sustainability whilst contributing to a whole systems approach to tackling obesity, working closely and in partnership with stakeholders to improve outcomes for all.
13. In 2017 Lancashire County Council adopted and signed the Healthy Weight Declaration (HWD). The HWD outlines commitments which tackle a range of issues influencing unhealthy weight. They will advocate for and actively work to support these commitments as part of a whole systems approach across Lancashire.
14. The prevalence of overweight and obesity across Lancashire was considerably worse than the English average, and therefore to halt the continued rise in unhealthy weight prevalence in adults, with a view to reversing that trend, created a weight management service which looked to work in partnership with local authorities.
15. In 2020, LCC commissioned Chorley Council to provide an accessible tier 2 adult weight management service, which supports obese adults to lose weight and improves knowledge and skills in maintaining healthy weight. The initial agreement commenced

in April 2020 for a period of 3 years. A further 12-month extension was awarded to continue delivery to March 31st, 2024.

16. Chorley Council created the 'Better Health, Better Self' programme which has been successful delivered over the last 4 years. (See appendix 1 on key data)
17. In 2022, further funding was made available to deliver a Childhood Weight Management programme (PASTA) which targeted the top three wards for overweight children in Chorley. The initial contract for 12 months and then extended for a further year to March 31st, 2024.
18. Evidence suggests a family based holistic approach to be more effective, acknowledging that working with whole families extends the reach of services and increases the likelihood of making and sustaining behaviour change.
19. Chorley Council commissioned Chorley School Sports Partnership to create and provide the programme. A term time 6-week programme has successful been rolled out across the targeted wards within primary schools focussing mainly on Key stage 1 children (Age 5-8). The sessions are delivered to both child and parent and include physical activity, cooking, food education and making healthier lifestyle choices within the family.
20. Lancashire's Cardiovascular Disease (CVD) mortality rates are well above the England average which in part is likely to be associated with correspondingly high levels of deprivation. Two of the common modifiable risk factors of CVD is being overweight or obese and physically inactive. As such Lancashire County Council's Health and Wellbeing Board have made a commitment to prioritise Healthy Hearts as one of its initial three priorities. The Healthy Weight service will form a key part of supporting the Healthy Hearts Strategy and will report to the Healthy Hearts Steering group.
21. To deliver the Healthy Weight Services across Lancashire, LCC have developed a collaboration agreement in which Local Authorities sign up to and work in partnership to facilitate relationships with key partners and work towards national and local ambitions.

Collaboration agreement / service requirements

22. The collaboration agreement has been developed to support Lancashire County Council commitment towards addressing the prevalence of being over overweight and obesity across Lancashire by delivering services that address the Healthy Weight agenda.
23. At a community level the healthy weight service will support a reduction in health inequity by engaging all eligible members of the local community. The venues used for delivery and methods will need to vary depending on the need in the community.
24. The project scope/service specification will define the requirements for the delivery of the Healthy Weight service and the responsibilities of both LCC and Chorley Council.
25. The agreement would be placing the expectation on Chorley Council to commit to deliver services that support the following overarching key service outcomes:
 - To reduce overweight and obesity levels.
 - A whole system approach to healthy weight.
 - Reduce health inequalities.

- To support service users to feel healthier and have improved well-being.

Service Delivery Aims

26. Service must include components of a Tier 2 Weight Management Service for adults, a family programme that promotes and supports healthy weight behaviours, and a wider integrated support option for individuals who wish to access independent community services that support healthy weight behaviours.
27. Service will deliver family-based programme as a group intervention. This will be a programme that does not place a focus on weight and instead encourages and models healthy lifestyle behaviours; and a varied balanced diet, support, and encouragement to get involved with community activities. For example, learning practical skills such as cooking and play in a fun environment.
28. Further component requirements of Healthy Weight Service for individuals at a minimum should include:
 - A single point of assessment for all eligible individuals, whether self-referral or via health professionals.
 - Adult weight management/healthy weight interventions that are evidence based and support healthy nutritionally balanced diets and healthier lifestyles.
 - A family intervention based on the piloted programme known as PASTA (Play and skills at Teatime Activities) which will support healthy behaviours focusing on being active as a family, cooking healthy meals, playing out and reducing sedentary behaviour.
 - Provide programmes embedded in the principles of and delivery methods that support behaviour change.
 - Advice and support to access appropriate physical activity opportunities and reduce sedentary behaviours.
 - An integrated approach that offers support outside of own delivery, utilising a place-based approach that links with community assets.
 - Maternal nutrition, healthy eating, and physical activity advice during pregnancy.
 - Development of a network of place-based opportunities and encourage ongoing peer connection and support network.
29. Chorley Council will work with Lancashire County Council to develop all elements of the service and be responsive to local population health needs and diversity and will contribute to reducing health inequalities through treatment and prevention. The Healthy Weight service must offer options to Service Users throughout service delivery but particularly on exit of the programme to support ongoing/long-term behaviour change.
30. The interventions and pathways in place will be fully explained to Service Users, and options will be offered where appropriate for the Service User to make an informed choice. The Districts/Provider(s) will signpost and refer Service Users for continued community and peer support.
31. Service Users family/carers/supporting others will be engaged in their healthy weight journey to improve their wellbeing, by discussing goals and agreeing a co-produced plan for support, where appropriate.
32. Making Every Contact Count (MECC) should be integrated within service provision to ensure families are signposted to further ongoing support if required.

Population Need

District	Population aged 5+ years (2021) (count)	Adults overweight or obese (2021/22) (%)	Population aged 4-5 (2021) (count)	Population aged 10-11 (2021) (count)	Reception: Prevalence of overweight (including obesity) (NCMP 2021/22) (%)	Year 6: Prevalence of overweight (including obesity) (NCMP 2021/22) (%)	Deprivation (IMD) score 2019 (score)
Burnley	88,886	73.4	2,481	2,505	25.4	42.6	37.8
Chorley	111,670	61.5	2,762	2,860	22.0	34.2	16.9
Fylde	78,064	62.5	1,426	1,619	23.5	31.7	15.9
Hyndburn	77,308	71.7	2,006	2,194	24.6	42.4	34.3
Lancaster	136,192	60.7	2,865	3,060	24.0	36.6	24.2
Pendle	89,805	67.6	2,621	2,752	24.2	40.1	30.7
Preston	138,912	62.1	3,772	3,786	24.1	37.4	29.5
Ribble Valley	58,926	66.7	1,121	1,403	20.0	33.9	10.6
Rosendale	67,091	63.3	1,673	1,846	23.6	38.1	24.1
South Ribble	105,534	64.2	2,452	2,593	21.9	36.2	15.3
West Lancashire	112,183	68.6	2,246	2,564	26.5	37.9	18.6
Wyre	107,056	66.7	2,149	2,407	24.6	36.4	20.9

Funding

33. The length of the collaboration agreement will be for a minimum of 5 years. There will be the right to extend the agreements by a further 3 years, thereby making the overall term up to and including a maximum of 8 years.
34. The finance allocations for Chorley district are.
 - £72,793 per year.
 - 5-year = £363,965
 - 8-year = £582,344

35. The indicative finance allocations for districts have been calculated based on the percentage of overweight and obese adults, the NCMP data and index of multiple deprivation (IMD) deciles.

LCC Timescales / Next Steps

36. LCC have provided the following timescales.
- Individual meetings with Chorley Council to take place between November and mid-December to agree the details in the specification and other collaboration commitments on a district-by-district basis.
 - Completed collaboration agreements will be shared with districts mid-to-late-December 2023 for signing.
 - If Chorley Council do not agree to enter the collaboration by 1 January 2024, LCC will proceed with a formal procurement exercise for delivery of healthy weight services in Chorley and commission another provider.
 - Mobilisation for the new collaborations will take place between January and March 2024.
 - The new services will be launched with effect from 1 April 2024.

Chorley Proposed Approach

Adult Weight Management Programme

37. Due to the success of the Better Health, Better Self, it is recommended that Chorley Council continue to use this model as a foundation for delivery. The programme is well embedded within the community and participation levels have increased over the years. The service being delivered within the communities and housing team ensures wider holistic support can be given to residents who present to improving wellbeing.
38. Appendix 1 provides programme delivery data.
39. What is Better Health, Better Self? - This is Chorley Council's healthy lifestyle advice service which aims to support participants to lose weight and feel great! It is an accessible tier 2 adult weight management service, which aims to provide participants with the confidence and knowledge to make changes within your lifestyle which improves both your physical and mental wellbeing. It aims to give the knowledge, motivation, and supportive environment to keep on the right track to Better Health ... for a Better Self.
40. The programme consists of an initial assessment and welcome call and then participants begin with face-to-face sessions that will last for 10 weeks in total. Each face-to-face session will last approx. an hour (the first one will be ever so slightly longer, so that we can take some measurements of weight and height)
41. There is new topic discussed each week to give the tools to lead a healthier lifestyle without 'going on a diet', but hopefully losing weight. Topics covered include:

Energy balance	Sleep
Portion sizes	Wellbeing
Food groups	Alcohol
New routines & habits	Physical activity
Food labelling	Maintenance

42. Following on we stay in touch with participants monthly via, social media, email, or telephone to support further for 12 months in total. We provide opportunity to access low level activity sessions and ongoing signposting to physical activity opportunities.
43. Alongside the programme we offer low impact exercise, such as scheduled weekly walks. These are not compulsory, but we encourage participation. The activity sessions are held separately.
44. A minimum of three cohorts will be delivered per quarter, totalling a minimum 12 cohorts per year. It is anticipated each cohort will have on average 10 participants (suggested maximum recommended)
45. Four tiers of weight management services care pathway
 - Tier 1 - comprise of a broad spectrum of community-based interventions which are universally available to all adults living or working within the locality, for example, cook and eat sessions, walking for health, cycling highways and Change4Life.
 - Tier 2 - this collaboration forms the tier 2 pathway.
 - Tier 3 - Clinical based specialist multidisciplinary service
 - Tier 4 surgical interventions are available to adults meeting the necessary eligibility criteria, as specified by the Clinical Commissioning Groups.
46. This tier 2 service sits within the existing care pathway and link to tier 1 interventions aimed to prevent unhealthy weight and tier 3 interventions to support those with greater clinical needs. Individuals eligible to access this service must be aged 18 years and over, live in the district locality and have a BMI equal to or greater than 30 with a maximum of 39.9. There will be discretion if Chorley allow those that fall outside of this range to access the service. Furthermore, individuals meeting the following criteria should not be supported through this service:
 - Women who are pregnant or breastfeeding.
 - Those with a diagnosed eating disorder.
 - Those with an underlying medical cause for obesity, significant co-morbidity or complex needs as identified by their GP or other healthcare professionals.

Childhood Weight Management Programme (currently named PASTA)

47. It is encouraged that districts include the delivery of a family intervention based on the piloted programme known as PASTA (Play and skills at Teatime Activities) which will support healthy behaviours focusing on being active as a family, cooking healthy meals, playing out and reducing sedentary behaviour.
48. Therefore, due to the successful model of delivery Chorley adapted over the last two years to deliver the PASTA programme, that we look to commission a trusted and experienced local partner to continue delivery using the existing model as a foundation.
49. Benefit of commissioning the delivery is clear, it has been identified that there is scope to provide additional value to Chorley residents, the VCFS sector and wider economy by contracting a provider to undertake delivery of the programme, encompassing additional responsibilities, allocating specific resource, and committing to developing the programme. Council resource will then be allocated to oversee and manage this contract.
50. Initially a two-year contract will be awarded with option to be able to extend if required on reviewing outcomes and performance.

51. PASTA clubs would aim to promote healthier eating and physical activity in a fun, interactive and safe environment. The programme empowers families and children to engage in active play and encouraged to integrated active play within daily activities to reduce sedentary or inactive behaviours.
52. The programme will increase child and family awareness of how nutritious foods and drink and physical activity can have positive effects on wellbeing, school attainment, emotional wellbeing and general health compared to unhealthier choices which can affect longer term health.
53. The programme will be offered to families who have children aged between 5-8 years, prioritising those eligible for free school meals, however we have the discretion to include children not eligible for free school meals.
54. This will be a programme that does not place a focus on weight and instead encourages and models healthy lifestyle behaviours; and a varied balanced diet, support, and encouragement to get involved with community activities. For example, learning practical skills such a cooking and play in a fun environment.
55. PASTA clubs will be offered after the school day to targeted families in identified wards. These will be selected on local data and intelligence. At least two PASTA clubs will be delivered every half term, and each programme will run for a minimum of six weeks.
56. Each session will include preparing and enjoying a nutritious meal with the families and active play elements, with active engagement of children and families as appropriate.
57. Sessions are fun and active and include some key messages about being the importance of being active. The children receive a healthy meal and given the opportunity to help to prepare the meal, discuss their eating habits at home and be given some key messages about a healthy diet.
58. At the end of the programme children receive participation 'certificates'. Families receive end of programme summary packs, for example healthy recipes, information regarding Healthy Start, Change 4 Life and local service contacts of support.

Budget / Expenditure

59. The below table provides details of the expected expenditure associated with proposed delivery of the Healthy Weight programme.

Spend	Details	Annual Cost
Management Hours	2 x hrs per week POB	£2,490
Weight Management Officer	4 x day per week Scale 6	£32,545
WM Project Support	15 hrs per week Scale 3	£12,925
Venue Hire	Various venues across borough	£2,000
Promotion	Leaflets, pop up banners etc	£500
Equipment	Weighing scales, workbooks etc.	£500
Childhood Programme	Commissioned Service	£20,000
Contingency	To react to Adhoc delivery needs	£1,833
Total Cost		£72,793

Wider Chorley Council work

60. To develop a whole system approach to obesity over the life of the collaboration agreement Chorley Council could investigate further ways in which we work towards addressing healthy weight agenda. This would involve many sections within the council and could include.
- Chorley Leisure Company developing low level activity opportunities.
 - To provide affordable activity opportunities to service users of the weight service
 - Healthy communities work to increase opportunities for increasing activity.
 - Play and Open Space availability.
 - Fast Food Outlets and planning
 - Community Activation plans (cycling and walking)
 - Section 106 agreements and funding
 - Invest in the health literacy of local citizens to make informed healthier choices; ensuring clear and comprehensive healthy eating and physical activity messages are consistent with government guidelines.
 - Engage with the local food and drink sector (retailers, manufacturers, caterers, out of home settings) where appropriate to consider responsible retailing such as offering and promoting healthier food and drink options, and reformulating and reducing the portion sizes of high fat, sugar and salt (HFSS) products.
 - Protect our children from inappropriate marketing by the food and drink industry such as advertising and marketing near schools; 'giveaways' and promotions at schools; at events on local authority-controlled sites.
 - Consider supplementary guidance for hot food takeaways, specifically in areas around schools, parks and where access to healthier alternatives are limited.
 - Review how strategies, plans and infrastructures for regeneration and town planning positively impact on physical activity, active travel, the food environment, and food security (consider an agreed process for local plan development between public health and planning authorities)
 - Review contracts and provision at public events, in all public buildings, facilities and 'via' providers to make healthier food and drinks more available, convenient, and affordable and limit access to high-calorie, low-nutrient foods and drinks (this should be applied to public institutions & scrutiny given to any new contracts for food & drink provision, where possible)
 - Increase public access to fresh drinking water on local authority-controlled sites; (keeping single use plastics to a minimum) and encouraging re-usable bottle refills.
 - Develop an organisational approach to enable and promote active travel for staff, patients & visitors, whilst providing staff with opportunities to be physically active where possible (e.g., promoting stair use, standing desk, cycle to work/school schemes)
 - Promote the health and wellbeing of local authority staff by creating a culture and ethos that promotes understanding of healthy weight, supporting staff to each well and move more.

Climate change and air quality

61. The work noted in this report has an overall positive impact on the Councils Carbon emissions and the wider Climate Emergency and sustainability targets of the Council.

Equality and diversity

62. An Impact Assessment will be completed prior to starting delivery.

Risk

63. Risk associated with this funding is the ability to ensure we can engage participants onto the programmes, or we can manage the demand. Through previous delivery we have established good referral processes and we can adapt delivery to and increase number of cohorts delivered

64. Commissioning delivery of the Childhood programme could bring risk; however, this will be minimised with a robust process of choosing a provider that has the experience and standard in place. Partners for delivery will be scoped accordingly through previous working relationships and risks identified through appropriate policies and procedures.

Comments of the Statutory Finance Officer

65. As detailed within the report the recommendation is to establish a budget equivalent to the relevant grant funding in order to undertake the necessary works. There are no additional costs to the Council budget in accepting this grant.

Comments of the Monitoring Officer

66. The Council has power to administer the scheme under the general power of competence contained in the Localism Act 2011. Any contract awarded must comply with the best value duty in the Local Government Act 1999 and with Contract Procedure Rules. Officers will need to satisfy themselves that any processing of personal data is done in accordance with existing privacy notices and that participants' attention is drawn to the notice.

Appendices

List the appendices in the order that they are attached to the report with titles as appropriate. Any spreadsheets/diagrams should be in pdf format and be headed up.

Appendix – Summary of Adult programme delivery data

Report Author:	Email:	Telephone:	Date:
Bernie Heggarty (Neighbourhood Priorities Officer)	bernie.heggarty@chorley.gov.uk	01257 515818	10/11/2023