
REPORT TO:	Housing and Community Service Committee	AGENDA ITEM: 9
DATE OF MEETING:	9th October 2014	CATEGORY:
REPORT FROM:	Director of Community and Planning	OPEN:
MEMBERS' CONTACT POINT:	Vicky Smyth 01283 595776 vicky.smyth@south-derbys.gov.uk	DOC:
SUBJECT:	Derbyshire Integrated Wellbeing Approach	REF:
WARD(S) AFFECTED:	ALL	TERMS OF REFERENCE:

1.0 Recommendations

1.1 Members approve the signing of new Derbyshire County Council Public Health funded service contracts.

1.2 These include:-

- Transfer of the 'Healthy Lifestyle Hub' referral scheme into the new County wide 'Derbyshire Health Referral Scheme' as part of the Derbyshire Integrated Wellbeing Approach.
- Refreshed service specification for 'Walking For Health'.
- Refreshed service specification for 'Five 60' programme.

2.0 Purpose of Report

2.1 To inform members of the current service provision in district and to outline the new Derbyshire County Council Integrated Wellbeing Approach.

2.2 To approve the development of Derbyshire Health Referral, Walking For Health and Five60 in South Derbyshire.

3.0 Detail

3.1 Lifestyle choices such as inactivity and unhealthy nutrition are key factors to major diseases and preventable mortality locally. Inactivity is responsible for 17% of premature deaths in England.

3.2 Inactivity is defined as doing fewer than 30 minutes of physical activity per week. The rate for South Derbyshire in 2012 was 27.5% which equates to an estimated 20,958 inactive adults.

3.3 An estimated direct cost to the NHS of physical inactivity across the UK is £1.06 billion. For Derbyshire the projected cost in 2010 was £191.3 million.

3.4 Chief Medical Officer Guidelines (2011) recommend that adults should:-

- Perform 150 minutes of moderate intensity activity per week
- Do activity to improve muscle strength on at least 2 days per week
- Minimise the amount of time being sedentary
- Adults 65+ should also incorporate activity to improve balance and coordination on at least 2 days per week

3.5 Derbyshire County Council Public Health wish to commission redeveloped services to combat high inactivity levels across the County.

Health Referral

3.6 The current 'Healthy Lifestyle Hub' scheme in South Derbyshire is designed to encourage people living with/or at risk of a medical condition, to take part in physical activity on a more regular basis to improve their health and quality of life. Participants are referred onto the service by their GP's or other health professionals.

3.7 Sessions are run out of Green Bank and Etwall Leisure Centres, with strategic support from SDDC's Sport and Health team. Currently there is a yearly target of 579 12 week completers across the district, with an additional target of 202 of them still being active after 52 weeks.

3.8 The current Healthy Lifestyle Hub contract covers 1st April 2011 until the 30th November 2014 and is worth £51,000/a.

3.9 Derbyshire County Council Public Health (Formally NHS Derbyshire County) are seeking to agree a co-commissioning model for development of a new Health Referral scheme. This will supersede the current 'Healthy Lifestyle Hub' provision. Derbyshire County Council feel that although there has been improvements over the past 3 years towards a more quality assured, standardised approach in line with national guidance, the current approach is not achieving best value or the expected results. WaistWise will be de-coupled from the current provision.

3.10 The new contract will run from 1st Dec 2014 – 30th Nov 2017, with an option to extend until the 30th November 2018. The contract value will be reduced to £33,000

3.11 Essentially the new service will remain the same as the existing service and will include:

- **Wide range of physical activity opportunities to include 4 essentials of:**
 - Walking
 - Gym
 - Swim
 - Class / group exercise
 - Plus 2 other opportunities e.g. Nordic walking, Dance, Jogging, Tai Chi in the community etc
- **Self – guided opportunities** (e.g. the use of pedometers and support at regular intervals by the Health Referral instructors)

However, WaistWise will be de-coupled from the current provision thus showing a clearer pathway into either physical activity or weight management. Sessions will also need to be free at the point of access in line with other NHS referred services.

3.12 The Health Referral Scheme, whilst focussing on improving and maintaining healthier choices in physical activity has the potential to impact on other choices and

behaviours e.g. alcohol, nutrition, smoking, social inclusion etc. There is strong acknowledgement that those in poorest health live with significant barriers to accessing support.

3.13 It is vital that 'cross working' across multiple agencies should develop at a local level to ensure maximum benefit for the client. Thus the Health Referral Scheme will form part of a new 'Derbyshire Integrated Wellbeing Approach'.

3.14 This new approach will be facilitated by a number of elements:-

- Primary contractor – who will administer, coordinate and manage referrals, data and quality assure
- Accredited provider Network for Community Weight Management
- Specialist Weight Management Service
- Wellbeing Service – will promote the Scheme and be able to facilitate referrals through General Practice.

3.15 The strong partnership formed in South Derbyshire to deliver the Healthy Lifestyle Hub Programme will continue to work collectively to support the Integrated Wellbeing Approach.

3.16 Part of the Health Referral development proposed includes re-location of some services to the Oakland Village complex. This centre would provide an excellent and appropriate venue to house the service. SDDC, Trident Reach and Active Nation are currently working hard to source capital funds to facilitate resourcing of the gym facility.

Walking For Health

3.17 A successful Walking For Health scheme has been in operation in South Derbyshire since 2001. Locally the scheme is delivered by Get Active in The Forest and has developed into one of the most successful schemes regionally.

3.18 The nationally accredited Walking For Health Scheme(WfH) engages sedentary adults, who would benefit from increased physical activity.

3.19 Walking has a positive impact on cardio respiratory, metabolic and muscular-skeletal fitness as well as diabetes, mental wellbeing. Walking is often described as a near perfect form of physical activity (Morris and Hardman, 1997).

3.20 Evidence suggests that for every pound spent on Walking For Health, the NHS will save £7.

3.21 Derbyshire County Council wish to re-commission the service until 30th Nov 2017, with option to extend until 30th Nov 2018. There will be an increase in funding thus enabling us provide even more access to walking programmes in the district.

3.22 Walking For Health will work closely with Health Referral in line with the integrated Wellbeing Approach.

Five 60

3.23 Five60 is a universal healthy lifestyle programme targeting all school pupils between school year 3 to 5 in junior and primary school settings across Derbyshire.

- 3.24 The National Child Measurement Programme (NCMP) shows nationally that one in five children in reception is overweight or obese. One in 3 are obese or overweight in Year 6. This trend is reflected across Derbyshire.
- 3.25 The Five60 programme actively encourages children and young people to become more physically active, reduce sedentary behaviour, understand the importance of eating healthily and promote self-confidence.
- 3.26 Funding for the re-commissioned service remains at current level until July 2017.

Associated support

- 3.27 In addition to the three contracts outlined above Derbyshire County Council Public Health are investing in physical activity prevention by two other locality focused routes
- 3.28 As part of the Integrated Wellbeing Service an 'inactivity fund' has been established. The fund aims to decrease sedentary behaviour and inactivity in adults 16+. Allocation for South Derbyshire is £30,048/a (until 2017) and funds will be released in November on submission of a locally agreed action plan. Initial ideas for allocation of funding are outlined in Appendix 1.
- 3.29 The South Derbyshire Health and Wellbeing Locality Plan (2014/2015) has identified 3 main priorities for the area:-
- Reducing health inequalities within families and young people in the urban core (75%)
 - Supporting the health of older people (20%)
 - Supporting individuals and families living in rural areas experiencing health inequality (5%)
- (% in brackets represents proportion of funding allocated to this priority area)
- As a result four physical activity projects were funded as part of the plan:-
- Outdoor Gym development in Newhall (£5,000)
 - Physical activity interventions with vulnerable communities (£5,000)
 - Junior Parkrun at Maurice Lea Park (£3,000)
 - Capital investment towards Oakland Village gym (£2,500)

4.0 Financial Implications

- 4.1 Funding for Health Referral has decreased from £51,000 p/a to £33,000 p/a. Targets have reduced proportionally to 330 (12 week completers).
- 4.2 The new Integrated Wellbeing Approach may give further opportunities for providers to deliver weight management, smoking cessation, NHS Health Checks and hosting services as part of the 'accredited provider network'. SDDC have expressed an interest in delivering against all elements in the future.
- 4.3 Derbyshire County Council's inactivity funding will be used to support physical activity development across South Derbyshire. South Derbyshire has an allocation of £30,048 (2013 – 2016). This will in part mitigate against the reduced allocation into Health Referral.
- 4.4 The South Derbyshire Health and Wellbeing Locality Plan (2014/2015) has also supported a number of physical activity initiatives across the district. Total additional investment of £15,500

4.5 Contribution towards Walking For Health has increased from £6,000/a to £8,605/a.

4.6 Support for Five60 remains static at £11,970 p/a.

5.0 Corporate Implications

5.1 The services cut across many corporate agenda's and these are shown below: -

- Sustainable growth and Opportunity
 - The project supports promotion of The National Forest and opportunities available in it e.g. Walking For Health
 - Sessions are offered free to ensure good access for all
 - Sessions will be delivered in different Hub areas around the district.
- Lifestyle Choices
 - The Project promotes increased participation in physical activity and supports the development of a healthier lifestyle.
- Value for Money
 - Development of employees by up skilling the workforce

6.0 Community Implications

6.1 The service proposals will have a significant impact on improving the health and wellbeing of South Derbyshire residents.

7.0 Conclusions

7.1 The service proposals will build on the good work of the 'Healthy Lifestyle Hub' scheme in the district. By working in collaboration across South Derbyshire there will be added value to the schemes and a decrease in physical inactivity levels across the district.

8.0 Background Papers

Appendix 1 Derbyshire Integrated Wellbeing – South Derbyshire approach