

Appendix 2: Update on new programmes which commenced in 2015

Weight Management the newly commissioned weight management service for adults and children has a strengthened focus on prevention and early intervention services. The provider will deliver services for the prevention (Tier 1) and management (Tier 2) of excess weight providing a more integrated offer to local residents. This includes a number of new elements:

- A weight management programme for men - **Gutless**
- A maternal obesity pathway for the 600 obese pregnant women each year - **BZBumps**
- Slimming World and Weight Watchers commercial programmes
- Faith based weight management programme – community based- **Believe**
- 1-1 web chat support – **BZ Chat**
- Family weight management programmes for families with children aged 5 – 15 yrs old. **BeeZee Bodies**
- A Health, Exercise, Nutrition for the Really Young (**HENRY**) programme in Children's Centres 2 -4 yrs old.

They will also work with Health Visitors and the School Nursing teams to ensure a consistent approach to supporting healthy weight, nutrition and increased physical activity for children and families.

Multi-agency excess weight strategy and delivery – a partnership strategy to ensure that we are working effectively across Central Bedfordshire to prevent and reduce the proportion of people with excess weight. This is building on the existing offer from public health, leisure services, planning, natural environment and partners e.g. Sport England and the University of Bedfordshire to ensure opportunities are maximised and outcomes are improved. Whilst we have had good engagement at the workshops regarding the contribution that all partners can make, this is proving difficult to translate into tangible actions to deliver the strategy. The draft strategy is attached in Appendix 2 and the HWB is asked to consider what more they can bring to this strategy to tackle this important issue in Central Bedfordshire which will have a direct impact upon premature mortality.

Mobilisation of the new contract for alcohol treatment and prevention which will improve outcomes through early intervention, community based delivery, sustained recovery and place a greater emphasis on prevention. The new 5-year contract started on 1 September 2015 and whilst performance has dropped slightly (a drop in performance was expected; this is a national phenomenon when drug & alcohol providers change) the new provider has already put a number of measures in place. The new delivery model and staff structure will be in place by the end of January 2016. A communications plan to ensure that all stakeholders are aware of the new service is underway.

Re-shaped stop smoking offer providing more intensive and flexible support for more vulnerable groups including routine and manual workers, those with mental health issues and mothers smoking during pregnancy.

Review Health Checks Programme using the data from the new data management system, which supports the delivery and analysis of health checks performance and outcomes. An options appraisal of future options for delivery of health checks started in November 2015 using 2 quarters of validated data and the increasing body of evidence regarding the effectiveness of the checks.

A **Lifestyle Hub** is currently being piloted in the Chiltern Vale locality to support individuals to modify their lifestyle.

An interim evaluation has taken place using data from the first 5 months on the pilot. During that period, February to August 2015, 223 referrals of whom 80% of those referrals were due to excess weight. Clients were referred to :

- Activity4Health – 67referrals
- BeeZee Bodies - 2
- Imperative Health - 20
- Let's Get Moving/ Healthy eating goals - 43
- Slimming World - 30
- Weight Watchers - 9

Up to the end of August, data had been captured for 43 patients at follow up who had reduced their Body Mass Index (BMI) by an average 3.1%. Over half of respondents became more active as a result of the intervention.

As well as positive outcomes for weight loss and physical activity, CBC residents using the lifestyle hub have reported quitting smoking and reduction in their medication. The pilot is scheduled to run until 31 March 2016 and an options appraisal is being developed to inform future commissioning arrangements.

Community Physical Activity programme

The inactivity rate in Central Bedfordshire is 28% i.e. 1 in 4 adults are failing to do enough physical activity to benefit their health (that's equivalent to 50,000 adults doing less than 30 minutes in a 7 day period). To bring physical activity into the everyday lives, in addition to the broad programme of community based physical activity, a number of new initiatives have been put in place:

- Ensuring physical activity pathways are available to patients accessing other public health prevention programmes such as weight management and alcohol treatment. The CBC leisure team are currently meeting with new commissioners for mental health and weight management programmes to offer a joined up approach for the customer with regards to physical activity pathways. In addition physical activity pathways are offered to drug and alcohol clients as part of their recovery programme. This started off as a pilot scheme in Dunstable with participants accessing the gym and 5 aside football at a reduced rate. The leisure team have since received some additional funding to offer programmes across Central Bedfordshire.
- The Our Parks pilot project offers free exercise classes in 5 areas in Central Bedfordshire based on 20% most deprived postcodes. 985 people have participated with good outcomes. The programme is being evaluated and future funding opportunities being considered.
- A new assessment tool (Boditrax) has been introduced to measure health improvement of people accessing community activities. This has allowed participants to set realistic goals that are not just focusing on weight but the overall health of their body.