

# KENT COUNTY COUNCIL – RECORD OF OFFICER DECISION

## DECISION TAKEN BY:

Dr Anjan Ghosh, Director of Public Health

## DECISION NO:

OD/26/00002(b)

### For publication

**Subject matter:** Public Health Service Transformation Programme - Adult Lifestyle Services  
Recommission

### Cabinet Member decision to which this action relates:

[25/00008 - Public Health Service Transformation Programme - Adult Lifestyle Services  
Recommission](#)

### Decision:

As Director of Public Health, I agree to:

- I. **AWARD** a grant agreement to District and Borough Councils, for the delivery of Weight Management and Healthy Lifestyle Services in West Kent for an initial term of three years (36 months), commencing 1 April 2026 and ending 31 March 2029. Towards the end of the Three years, a decision will need to be made on whether the Council continues to provide the service in West Kent through Grant Agreements with the District and Borough Councils.

### Reason(s) for decision:

Kent County Council (KCC) commission Adult Lifestyle Services (Weight Management and Healthy Lifestyles) as part of the service branded as One You Kent (OYK).

Under the Care Act (2014), KCC is obliged to provide or arrange for services, facilities or resources which would prevent, delay, or reduce individuals' needs for care and support. Within the Act's statutory guidance, secondary prevention or early intervention is defined as more targeted interventions aimed at individuals who have an increased risk of developing needs, where the provision of services, resources or facilities may help slow down or reduce any further deterioration or prevent other needs from developing.

KCC also has a statutory duty to improve the health of the population and reduce health inequalities (Health and Social Care Act 2012). KCC receive a ringfenced Public Health Grant to meet this duty and annually report to Government on how much of this Grant has been allocated to weight management and lifestyle services.

OYK plays a vital role in discharging these duties, ensuring the effective, timely provision of preventative health and wellbeing services and contributes to the following key priorities/outcomes:

- Reduction in overweight and obese prevalence in the general population
- Reduction in harmful and hazardous drinking prevalence in the general population
- Increase in the percentage of adult who are physically active
- Reduction in prevalence of health conditions linked to being overweight and/or living an unhealthy lifestyle
- Reduction in the number of people per 100,000 who have died under the age of 75 from cardiovascular diseases considered preventable
- Reduction of smoking prevalence in the general population
- Reduction of the under 75 smoking related cancer mortality rate

- Reduction of the mortality rate from smoking related respiratory disease
- Reduction of the mortality rate from smoking related cardiovascular disease
- Reduction in rates of related diseases such as lung cancer and Chronic Obstructive Pulmonary Disease (COPD).
- Promote independence, social inclusion and improved quality of life
- Improve mental health and wellbeing
- Reduction in health inequalities
- Prevent/reduce the number of people requiring Health and Social Care
- Play a key role in the delivery of early intervention and prevention strategies.

Weight management and healthy lifestyle services also supports the Kent & Medway Integrated Care System to achieve the following outcomes set out in the Integrated Care Strategy:

- Helping the most vulnerable and disadvantaged in society to improve their physical and mental health; with a focus on the social determinants of health and preventing people becoming ill in the first place
- Helping people to manage their own health and wellbeing and be proactive partners in their care so they can live happy, independent and fulfilling lives; adding years to life and life to years.

The current grant agreements for the delivery of weight management and healthy lifestyle services are due to expire on 31 March 2026.

The Key Decision ([25/00008](#)), taken on 19 March 2025, delegated authority to the Director of Public Health to:

- I. in consultation with the Cabinet Member for Adult Social Care and Public Health, commission the relevant services and enter into contracts or other legal agreements with providers to deliver the Adult Healthy Lifestyle Service model
- II. in consultation with the Cabinet Member for Adult Social Care and Public Health, exercise relevant contract extensions and enter into relevant contracts or legal agreements
- III. in consultation with the Cabinet Member for Adult Social Care and Public Health, take relevant actions, including but not limited to, awarding, finalising the terms of and entering into the relevant contracts or other legal agreements, as necessary, to implement the decision.

This Officer decision agrees to:

- award a grant agreement to District and Borough Councils\*, for the delivery of Weight Management and Healthy Lifestyle Services in West Kent for an initial term of three years (36 months), commencing 1 April 2026 and ending 31 March 2029.

*\*Dartford Borough Council, Gravesham Borough Council, Maidstone Borough Council, Sevenoaks District Council, Tonbridge and Malling Borough Council and Tunbridge Wells Borough Council.*

### **Financial Implications:**

The estimated cost to KCC Public Health, is outlined below. This figure includes a minimum 1% incremental uplift which commences from year 2 (2027/28).

The Weight Management and Healthy Lifestyle Service – West Kent (1 April 2026 – 31 March 2029):

- £ 3,448,069.30

The above values can be funded from within the budget approved and will be funded from KCC Public Health ring-fenced grant.

In addition to the financial implications outlined above, it may also be necessary to support costs associated with service restructuring (e.g., redundancies) to ensure a smooth transition from the current service to the new one. These one-off costs will be negotiated and confirmed during service mobilisation and, if required, incorporated into the grant agreements through a variation. This will be funded from KCC Public Health ring-fenced grant. Dependent on the level of funding required, the appropriate governance routes will be determined and applied to ensure compliance and oversight.

**Legal implications:**

Appropriate legal advice was sought in collaboration with the Governance, Law & Democracy team and was utilised to ensure compliance.

**Equality Implications:**

An equalities impact assessment (EqIA) has been undertaken for the Weight Management and Healthy Lifestyle Service.

The EqIA found the impact of this work to be positive, with no negative impacts. Services will continue to play a key role in supporting KCC to reduce health inequalities and improve the health of the Kent population. Services will continue to aim to increase the number of people supported from underserved groups, to tackle inequalities that exist among high-risk populations and areas of deprivation.

Providers are required to conduct annual EqIAs as per the terms of the grant agreement.

**Data Protection Implications:**

New Data Protection Impact Assessments will be completed. Initial screening has already been completed and determined a full Data Protection Impact Assessment needs to be completed.

The providers will also be required to undertake an Data Protection Impact Assessment during mobilisation and support the completion of KCC's Data Protection Impact Assessments.

**Comments received from any Members or Officers consulted:**

The Key Decision was discussed and endorsed at the Health Reform and Public Health Cabinet Committee (now known as the Adult Social Care and Public Health Cabinet Committee) on 11 March 2025.

The Cabinet Member for Adult Social Care and Public Health took the Key Decision on 19 March 2025.

Cabinet Member for Adult Social Care and Public Health, Diane Morton comment "I endorse this decision so residents of Kent have access to evidence based services which helps the prevention agenda in keeping people well and independent "

**Any alternatives considered and rejected:**

- **Discontinue / decommission services** - Decommissioning the services was concluded as a non-viable option, due to the prevalence of unhealthy behaviours in Kent and demand for services. OYK supports the Council to achieve priorities set out in Framing Kent's Future and Securing Kent's Future and the Kent and Medway Integrated Care System to achieve key outcomes set out in the Integrated Care Strategy. The services play a key role in supporting

KCC to reduce health inequalities and improve the health of the Kent population.

- **Reduce service offer** - Reducing the services was concluded as a non-viable option, due to the prevalence of unhealthy behaviours in Kent and demand for services. OYK supports the Council to achieve priorities set out in Framing Kent's Future and Securing Kent's Future and the Kent and Medway Integrated Care System to achieve key outcomes set out in the Integrated Care Strategy. The services play a key role in supporting KCC to reduce health inequalities and improve the health of the Kent population.

**Any conflict of interest declared by any executive member consulted by the decision maker and any dispensation granted by the Proper Officer:**

None



Signed: Dr Anjan Ghosh

Date 24 March 2026