

From: Andrew Scott-Clark, Interim Director of Public Health

To: Graham Gibbens, Cabinet Member for Adult Social Care and Public Health

Subject: Adult Healthy Weight Commissioning Plan

Classification: Unrestricted

Decision No.: 14/00148

Electoral Division: All

Summary:

Obesity is a major public health challenge. In Kent it is estimated that approximately 28% of the Kent adult population is obese (354,022).

This is not an issue that can be tackled solely by the commissioning of services from the public health grant. This will benefit from the concerted effort of the whole public sector system.

In the timetable previously agreed, healthy weight services funded by the public health grant need to be procured immediately. This paper recommends delaying this procurement until a whole system review has taken place. The development of the Public Health strategic framework, with supporting strategic delivery plans (including a Healthy Weight strategy), will show where commissioning healthy weight services will be most effective in supporting this whole system approach.

This report outlines the timetable for developing a Healthy Weight whole-system strategy, and recommends the re-procurement timetable that will be needed to align with this strategy.

Recommendation(s):

The Cabinet Member for Adult Social Care and Public Health is asked to take the decision to extend the contracts for Tier 1 and Tier 2 weight management services to 31 January 2016.

- 1.1 Obesity is a major public health challenge with, nationally, two-thirds of English adults obese or overweight. In Kent it is estimated that approximately 28% of the Kent adult population is obese (354,022).
- 1.2 The move of public health functions into local authorities provides an opportunity to engage more effectively with the wider determinants of

unhealthy weight. For example, planning, housing, leisure and recreation, early years and schools, and it is essential that a whole-system approach is utilised to tackle this challenging issue.

1.3 In May 2014, a paper was presented to the Adult Social Care and Health Cabinet Committee outlining a timeline for the commissioning of a stand-alone healthy weight service.

1.4 Since the presentation of that paper, there has been an increasing consensus amongst stakeholders that obesity needs to be tackled as a whole-system issue, and it was identified as such in the Joint Kent Health and Wellbeing Strategy, considered by the committee in July 2014, and agreed by the Health and Wellbeing Board in the same month.

1.5 The finalisation of the Health and Wellbeing Strategy, and the timetable for the development of the Public Health Healthy weight strategy, provides the opportunity to have a strategic plan to address obesity that complements these documents. It would therefore make sense to delay procurement until this strategy is finalised. This would enable commissioners to:-

- Run a series of consultation events with all stakeholders including colleagues from Clinical Commissioning Groups, District Councils, and KCC colleagues and the Voluntary sector involved in physical activity services
- Map and align resource across the system which can be coordinated to ensure the maximum capacity in a new approach including resource to address physical inactivity. This will include Healthy Living Centre resource and programmes, such as the Community Chef.
- Analyse data from the service review, including the National Child Measurement Programme data.
- Review the results of the consultation. Headlines are included in Appendix 1
- Run a series of market engagement events to explore the range of services available.

1.6 An initial stakeholder engagement event to begin this process will be held on 8 December at which this work will be planned in partnership.

2. Revised Timeline

2.1 In order to deliver the activity outlined above, a new timeline for the procurement of Healthy weight services is needed.

Current approved time line

Service Review and Needs Assessment	01/11/2014-04/04/2014
Service Planning	07/04/2014-25/07/2014

Tender Process	28/07/2014-02/01/2015
ITT issued	22/09/2014
Contract awarded	02/01/2015
Mobilisation	05/01/2015-01/04/2015

New proposed time line

Service Review and Needs Assessment	01/07/14-16/12/14
Service Planning	17/12/14-22/04/15
Tender Process	23/04/15-01/10/15
ITT issued	12/05/2015
Contract awarded	01/10/2015
Mobilisation	02/10/2015-01/01/2016

2.2 As a consequence of this revised time line, there will be a need to extend the current contracts for an additional nine months, to January 2016.

3 Conclusion

3.2 Obesity is a major public health problem that needs to be tackled by a range of partners if a significant impact is to be delivered. Approval of a revised time line for the procurement of public health funded services will enable the model for these services to be developed in line with a whole system review.

3.3 Approval of the new timeline to deliver this review requires the current contractual arrangement to be extended until 31 January 2016.

4 Recommendations:

The Cabinet Member for Adult Social Care and Public Health is asked to take the decision to extend the contracts for Tier 1 and Tier 2 weight management services to 31 January 2016.

5 Background Papers

Adult Healthy Weight Review presented to Adult Social Care Cabinet Committee in May 2014.

6 Contact Details

Report Authors

- Malti Varshney, Consultant in Public Health
- 0300 333 5919
- Malti.varshney@kent.gov.uk

- Karen Sharp Head of Public Health Commissioning
- 03000 416668
- Karen.sharp@kent.gov.uk

Relevant Director

- Andrew Scott Clark, Interim Director of Public Health
- 0300 33 6459
- Andrew.scottclark@kent.gov.uk

Appendix 1

Findings from Healthy Weight Consultations

Extending the timeline has enabled us to extend the adult consultation and subsequently to consult about healthy weight services for children.

The adult healthy weight consultation closed on 18 September and has now been analysed. 602 responses were received. This exceeds the sample size needed to represent the population. However, there may be some bias resulting in the way information about the survey was circulated.

73% of responses were from women; this reflects the gender breakdown of service usage. The majority of responses were from 36-55 and 66-75 age groups, the mean age of current commissioned service users is 50. 10% of respondents were non-white British and 11% of respondents considered that they had a disability.

Over 50% of respondents said they wanted to lose over a stone in weight. Nearly 50% gave the reason that they wanted to feel better about themselves and 40% were worried about the risk to their health/wanted to have a healthier lifestyle. 48% of people stated that they are already trying to make these changes and 25% are in the early stages. The main reasons given for not being able to make changes are pressures from their job and cost.

The majority of people stated that they would like some group support. Being more active and moving more was identified as the area where most people felt they would require support. The majority said they would attend weight management support if it was free. 59% of people stated that they would travel by car and 3% (16 people) said that they were not able to travel at all. The least common way that

people stated they wanted to receive support was telephone and on-line support. All groups were in favour of attending leisure facilities such as gyms and swimming pools.

The majority of people stated that they wanted to be able to cycle or walk near where they live, however, this was reported more in the older age groups. All groups stated that they thought providing advice on healthy eating was important, this was most apparent in the 76+ age group. A significant minority of people did not believe that sport was important.

We specifically asked questions on what the public's view was on healthy walks, food champions and health trainers. The majority of respondents were in favour of these interventions.

We also asked a specific question about whether providing weight management classes for pregnant women was important and the majority of all groups were in agreement, although 30% of men reported not knowing.

Nearly 80% of respondents were in favour of receiving information about exercise classes suggested by a GP.

Finally we asked the public where they would like to receive information about services. 82% were in agreement with having a Kent-wide website advertising a range of services, 82% were in agreement with having a web-site specifically for healthy weight related information. 64% were in agreement with having a page on the Kent County Council website. 80% said they would like to see leaflets in a range of settings including libraries and GP surgeries. 77% would like information provided by a GP, pharmacist or other health professional.