

## INFORMATION ITEM

REPORT OF	MEETING	DATE	ITEM NO
DEPUTY CHIEF EXECUTIVE	ENVIRONMENT HEALTH & HOUSING COMMITTEE	7 MAR 2023	11

### ADULT WEIGHT MANAGEMENT FUNDING

#### PUBLIC ITEM

This item is for consideration in the public part of the meeting.

#### SUMMARY OF INFORMATION

Fylde Council has been further allocated £42,636.00 for a tier 2 adult weight management programme as part of the government funding for the adult healthier weight programme. This is a 1-year extension of the funding to expand existing weight management services and commission new services.

In November 2020 Environment, Health and Housing Committee considered the allocation of Lancashire County Council to take part in the delivery of a pan-Lancashire Health and Weight Management programme. Fylde's allocation of the funding would be used to commission new services to deliver this initiative and provide a comprehensive community focussed health and weight management programme for adults within the Borough.

#### LINK TO INFORMATION

Adult weight management services grant: supporting local authorities -

<https://www.gov.uk/government/publications/adult-weight-management-services-grant-supporting-local-authorities>

Adult weight management services grant determination - <https://www.gov.uk/government/publications/adult-weight-management-services-grant-determination-2021-to-2022>

Fylde Council Weight Management Programme Referral Form -

[https://forms.office.com/Pages/ResponsePage.aspx?id=5QJ9\\_HG9WU6G9o11mEvkqV9UEI\\_KgnVCoUz00EN-W9tUMFFVFRONk9ITzdYUkc1OVQySFZCWUE4QS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=5QJ9_HG9WU6G9o11mEvkqV9UEI_KgnVCoUz00EN-W9tUMFFVFRONk9ITzdYUkc1OVQySFZCWUE4QS4u)

#### WHY IS THIS INFORMATION BEING GIVEN TO THE COMMITTEE?

Update on the arrangements of the adult weight management programme in Fylde following extension of the funding to expand existing services and commission new services.

#### FURTHER INFORMATION

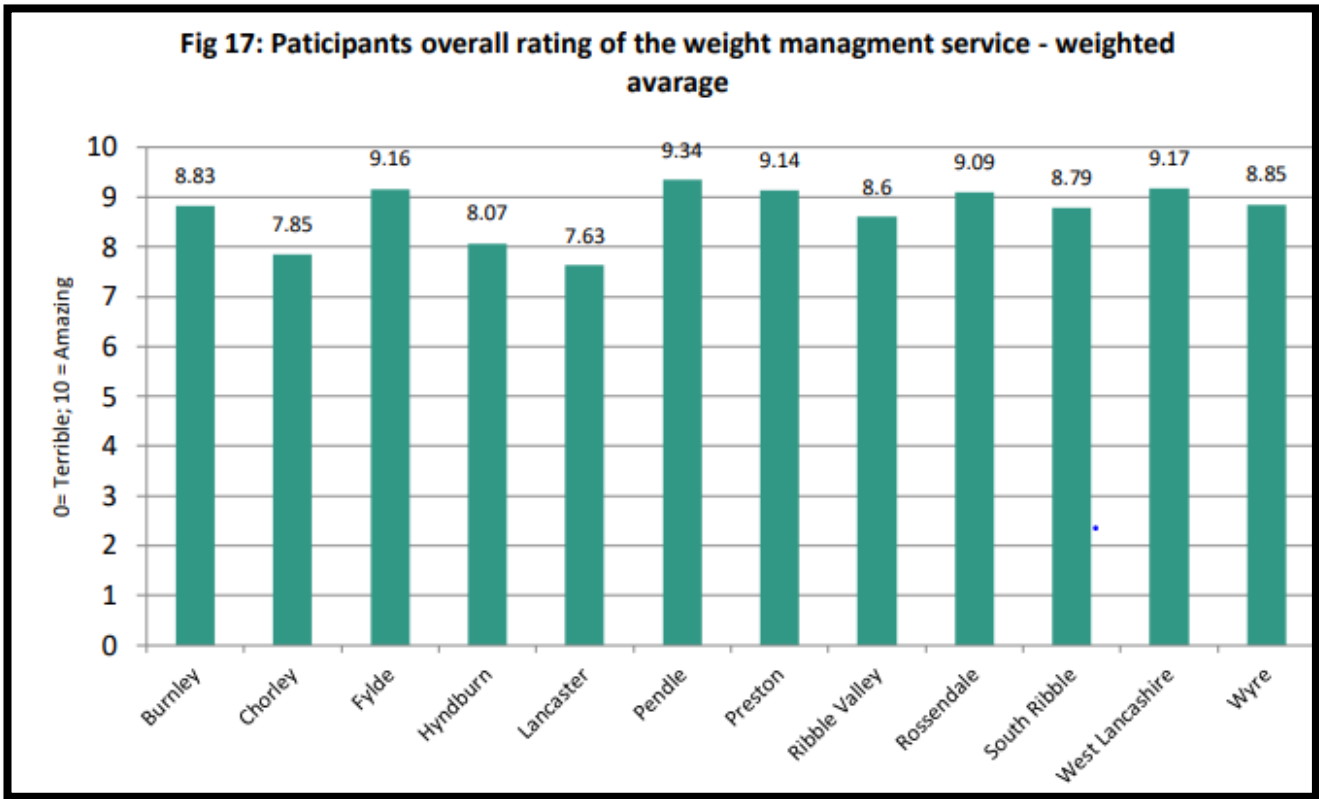
Alex Scrivens, Corporate Performance & Engagement Manager, [alex.scrivens@fylde.gov.uk](mailto:alex.scrivens@fylde.gov.uk), 01253 658543

Ian Brookes, Sports & Health Development Officer, [ian.brookes@fylde.gov.uk](mailto:ian.brookes@fylde.gov.uk), 01253 658461

## REPORT

1. The government announced support for people living with excess weight and obesity to lose weight and maintain healthier lifestyles. The Adult Weight Management Services Grant distributes over £30 million of funding between all local authorities in England who accepted the grant, to support the expansion of adult tier 2 behavioural weight management services commissioned by local authorities. This is part of a place-based, whole-systems approach to tackling obesity and promoting a healthier weight.
2. The Active Lives Survey (2021/22) 62% of adults are living with overweight or obese in England, of which 25% are living with obesity. Obesity is a serious health concern that increases the risk of many other health conditions, including Type 2 Diabetes, cardiovascular disease, joint problems, mental health problems and some cancers (PHE, 2020). During the COVID pandemic, there has been widespread evidence of the link between body weight and COVID severity. Obese people are more likely to become seriously ill and be admitted to intensive care compared to those with a healthy BMI (British Medical Journal, 2020). This has been recognised, leading to these grant allocations to local authorities in England, weighted by population size, deprivation and obesity prevalence.
3. Local authorities are required to use the funding to commission new or expand existing, adult tier 2 behavioural weight management services (expansion of existing services may be achieved through the use of current or different providers – this is to be determined locally).
4. Fylde Council has been provided with external funding of £42,636.00 to provide a 1-year extension of the current Weight Management Programme. The additional resource will enable the council to further facilitate the programme. The purpose is;
  - *To provide a lifestyle multi-component weight management service that supports obese adults to lose weight and increase knowledge and skills to maintain a healthier weight.*
  - *To provide one-to-one weight management sessions followed by group weight management sessions, plus signposting to physical activity opportunities.*
5. In Fylde, we set up a weight management programme called CHANGE (Creating Healthy Activities and Nutritious Gains to Empower change) programme is a weight management programme that has been designed to help people make lifestyle changes to improve their health. It is specifically for residents of Fylde who have a BMI between 30 and 39.9. This programme is to help people manage their weight in a healthy and long-lasting way. There are 8 weekly group sessions and 1:1 support on offer. Within the 8-week programme, various topics will be covered, from how to read a food label to coping with food cravings. This programme has helped people to make small changes to their lifestyle which will make a big change to their health.
6. Fylde received 139 registrations from April 2021 – May 2022. 79% of participants had taken part in a commercial weight loss programme prior to attending the council programme.
  - 21% of participants were female and 79% were male, similar to the Lancashire figures.
  - 24% of Fylde participants were over 65 and only 1% were below 35 years
7. Fylde had the 3<sup>rd</sup> highest average weight loss across all 12 districts
8. The main strengths of the programme stated by clients include:
  - *Delivery of service in local venues*
  - *Links to locals sessions*
  - *Very approachable and knowledgeable service*

9. Participants were asked to give an overall rating of the weight management programme from the point of hearing about it, through to the completion of the 12 weeks (0=Terrible; 10= Amazing). Across the county, the weighted average rating was 8.8. When results were filtered to a district level overall ratings ranged from 7.63 to 9.34 which is very positive feedback across all districts.
10. The below graph shows the results in Fylde benchmarked across the rest of the Lancashire Districts;



11. Permission was sought to extend spend into the next financial year with the Deputy Chief Executive in consultation with the Chairman of the Finance and Democracy Committee agreeing to a fully funded budget increase prior to this meeting in order to meet the conditions of the grant offer. The grant will be continued to be spent on multi-component adult tier 2 behavioural weight management services, which address dietary intake, physical activity, and behaviour change. We will continue to review a monthly dataset and limited service providers operating for us who can fulfil the grant conditions and deliver at the pace required.
12. For the grant payments to take place for the new financial year by Lancashire County Council, the formal Grant Agreement 2023/24 requirement must be signed and returned by 3<sup>rd</sup> March 2023. With Fylde only receiving this request on the 10<sup>th</sup> of February, therefore a Funding Budget Increase has been requested for approval by Deputy Chief Executive Tracy Manning, Paul O'Donoghue Chief Financial Officer and the Leader of the Council Cllr Karen Buckley.
13. The allocation of funding across the organisations enables a joined-up approach to develop a flexible adult weight management programme. The proposal is in line with the grant criteria and evidence-based utilising local knowledge and expertise to shape the offer.