

DECISION ITEM

REPORT OF	MEETING	DATE	ITEM NO
DEVELOPMENT SERVICES DIRECTORATE	ENVIRONMENT, HEALTH AND HOUSING COMMITTEE	3 NOVEMBER 2020	6
ADULT WEIGHT MANAGEMENT FUNDING			

PUBLIC ITEM

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

SUMMARY

Overweight and obesity presents a major challenge to the current and future health of the population. Higher Body Mass Index (BMI) is associated with an increased risk of morbidity and mortality from a range of conditions including hypertension, heart disease, stroke, type 2 diabetes and several cancers. It also contributes to increased health and social care costs.

People who are overweight or obese may also experience low self-esteem, mental health problems, and stigmatisation and discrimination because of their weight. There is also a significant economic impact, with the annual cost of obesity estimated to be as high as around £27bn, with NHS costs estimated at around £6bn, social care costs £352m and sickness absence costs to business estimated to be around £16m.

The prevalence of overweight and obesity across Lancashire are considerably worse than the English average.

In February 2020 Lancashire County Council contacted all the district councils, including Fylde, regarding potential funding to deliver a Health and Weight Management programme that they would like to roll out across Lancashire in partnership with the district councils. Figures from LCC show an obesity level of 17.8% across Lancashire (excluding Blackpool and Blackburn with Darwen). Due to delays with Covid-19 the initiative has been delayed but the funding has now been confirmed and we are now seeking to recruit a fully funded Adult Weight Management Officer to deliver this initiative and provide a comprehensive community focussed health and weight management programme.

The funding allocated to Fylde Council by Lancashire County Council to deliver this initiative is £69,000 over 3 years. Fylde plan to recruit an officer for a three-year period to deliver a Tier 2 Weight Management Service.

RECOMMENDATIONS

Committee is requested to consider and:

1. To recommend to the Finance & Democracy Committee approval of a fully-funded revenue budget increase in the sum of £69,000 (split between the years 2021/22 £25,106, 2022/23 £27,271 & 2023/24 £16,623) to be met in full from the Lancashire County Council funding relating to this post.

SUMMARY OF PREVIOUS DECISIONS

None

CORPORATE PRIORITIES	
Economy – To create a vibrant and healthy economy	✓
Environment – To deliver services customers expect	✓
Efficiency – By spending money in the most efficient way	✓
Tourism – To create a great place to live and visit	✓

REPORT

County Context

1. The Active Lives Survey (2017/18) estimates that 64.6% of the adult population (18+ years) in Lancashire-12 are classed as overweight or obese, significantly above the England estimate of 62.0% and a slight increase from 2015/16.
2. Figures from the Quality and Outcomes Framework (QOF) for 2017/18 show that there were approximately 99,700 adults (18+) classed as obese in Lancashire-12 (10.3%), which is significantly higher than England (9.8%)
3. At a clinical commissioning group (CCG) level, NHS Fylde & Wyre CCG (12.1%), NHS East Lancashire CCG (11.3%), NHS West Lancashire CCG (10.3%), and NHS Chorley and South Ribble (10.1%) are significantly higher when compared to the rest of England.

Fylde Context

4. An estimated 16% of adults (classed as 18+) in Fylde district are obese, equivalent to 12,763 people according to figures provided by Lancashire County Council from a Health Behaviours Programme 2015. This accounts for 5.9% of obese adults within Lancashire.
5. Fylde Council has a responsibility to encourage and deliver health and sports initiatives to all sectors of the community. This includes supporting the YMCA, offering Mini Links golf, football pitches, parks and open spaces which are used for exercise, tennis and bowling.
6. This new role will sit within the Tourism and Cultural Services team where the existing Sports Development function resides. There are already strong links to national governing sporting bodies, Active Lancashire and this team is already working closely with local leisure and sports clubs and organisations and heavily involved with the future leisure offer and opportunities at Fairhaven Lake.

Adult Weight Management Officer

7. Fylde Council has been provided with external funding of £69,000 to provide a three-year Weight Management Programme. The additional resource will enable a full time equivalent with further resource to facilitate the programme.
8. A job description and person specification have been prepared which have been job evaluated by the job evaluation panel. The post will be full time, working flexible hours and will report to the Health and Sports Development Officer in the Cultural Services Team and will be responsible for delivering the following key outputs:
 - 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.
 - To implement an accessible tier 2 lifestyle adult weight management service for obese adults aged 18 and over within the district, which forms an integral part of the weight management care pathway. Tier 2 services are delivered by local community weight management service, that provides community-based diet, nutrition, life style and behaviour change advice, normally in a group setting environment. (For information,

Tier 1 generally covers universal services (such as health promotion or primary care); tier 2 covers lifestyle interventions; tier 3 covers specialist weight management services; and tier 4 covers bariatric surgery).

- To target access to the service in line with existing prevalence levels in the district.
- To comply with all appropriate industry standards, including the relevant aspects of National Institute for Health and Care Excellence (2014) Clinical Guideline 189: Obesity: identification, assessment and management.
- To comply with local and national safeguarding requirements and statutory requirements.

IMPLICATIONS	
Finance	The report recommends that Finance and Democracy Committee approve a fully-funded revenue budget increase in the sum of £69,000 (split between the years 2021/22 £25,106, 2022/23 £27,271 & 2023/24 £16,623) in order to fund a weight management post.
Legal	None arising directly from this report
Community Safety	None arising directly from this report
Human Rights and Equalities	None arising directly from this report
Sustainability and Environmental Impact	None arising directly from this report
Health & Safety and Risk Management	Improvement in community health through the outputs from this initiative.

LEAD AUTHOR	CONTACT DETAILS	DATE
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BACKGROUND PAPERS		
Name of document	Date	Where available for inspection
None		