

NORTH YORKSHIRE COUNTY COUNCIL**CARE AND INDEPENDENCE OVERVIEW AND SCRUTINY COMMITTEE**

3 July 2014

North Yorkshire Tier 2 Lifestyle Service**1.0 Purpose of Report**

- 1.1 This report provides information for the Care and Independence Overview and Scrutiny Committee on the North Yorkshire Tier 2 Lifestyle Service.

1. Background

1.1 North Yorkshire's strategy to focus on prevention and early intervention for health, wellbeing and care ("Looking Ahead") and North Yorkshire's proposal for the Better Care Fund identify lifestyle services as a key priority. Combining lifestyles service including older people's health issues in to a multi-component and holistic service is part of North Yorkshire distinctive public health agenda.

1.2 Being overweight or obese can lead to both chronic and severe medical conditions (Foresight 2007). It is estimated that life expectancy is reduced by an average of 2 to 4 years for those with a BMI of 30 to 35 kg/m², and 8 to 10 years for those with a BMI of 40 to 50 kg/m² (National Obesity Observatory 2010)}. Around 85% of patients with hypertension have a BMI greater than 25 kg/m², and 90% of those with type 2 diabetes have a BMI greater than 23 kg/m²(Foresight 2007). People who are obese may also experience mental health problems as a result of stigma and bullying.¹

1.3 The cost of overweight and obesity to society and the economy was estimated at almost £16 billion in 2007 (over 1% of GDP). It could rise to just under £50 billion in 2050, if obesity rates continue to rise unchecked (DH 2011).

1.4 In 2011, just over one quarter of adults in England (24% of men and 26% of women aged 16 or older) were classified as obese. A further 41% of men and 33% of women were overweight²

1.5 Key issues for North Yorkshire:

- Modelled estimates suggest that 24.2% of adults in North Yorkshire are obese, the same as the national average of 24.2%.
- However, national projections suggest that around 90% of adult men could be obese or overweight by 2050.
- The prevalence of obese adults known to all GPs in North Yorkshire during 2010/11 was 9.5%, much lower than expected levels suggesting that there is under recording in GP practices
- Obesity prevalence is known to be associated with socioeconomic status with a stronger association in women than men

¹ NICE Overweight and obese adults: lifestyle weight management services consultation draft (2014)

² The NHS Information Centre 2013

2. Progress to date

2.1 Health & Adult Services through Public Health have committed an annual investment of £1million to provide a multi-component lifestyle service that supports people to make sustained changes including; increased physically activity, stopping smoking, and eating a healthier diet.

2.2 Hambleton, Richmondshire and Whitby Clinical Commissioning Group (CCG) have committed an additional £150,000 to develop the programme. Public Health is working with all CCG's to develop joint pathways and align funding.

2.3 Each District has identified additional resource to support the delivery of the programme.

2.4 The primary purpose of the service is to deliver an adult (18+) multi-component lifestyle service that supports long-term sustainable behaviour change with specific aims to:

- increase the confidence and ability of service users to make positive, long-term behaviour changes specifically focused on; increasing physical activity levels; reducing sedentary levels and improving dietary intake and behaviour,
- a designated post to work with older people to reduce falls and provide additional lifestyle support
- improve service user's knowledge and skills for effective, independent and sustainable lifestyle change;
- develop the skills of service users to build capacity (e.g. as peer support) within the service.

2.5 Districts will provide a multi-component programme which will offer the following components in line with NICE guidance for Overweight and obese adults: lifestyle weight management services.

- Dietary advice
- Physical activity sessions (with an emphasis on variety of activities)
- Falls prevention and core strengthening activities
- Behavioural modification techniques and strategies
- Promotion of weight loss and maintenance of weight loss where necessary
- Referral to lifestyle services including: smoking cessation, alcohol and mental health services

The service will provide a comprehensive assessment of service users accepted into the programme including agreement of personal goals and creation of individual action plans. The programme will involve three main phases.

2.6 The following districts are looking to implement the lifestyle programme :

- Scarborough and Whitby
- Rydale
- Hambleton
- Richmondshire
- Harrogate
- Craven
- Selby

3 Next steps

- 3.1** An evaluation of the implementation, process and impact of the lifestyle service in each area will be undertaken.
- 3.2** Training for districts has been identified and will be provided later in the year
- 3.3** The model will be developed alongside the development of the North Yorkshire Prevention Strategy.

4 Recommendation

- 4.1** The Care and Independence Overview and Scrutiny Committee is recommended to note the information in this report.

Lincoln Sargeant
Director of Public Health
County Hall
Northallerton

Report compiled by:

Claire Robinson
Health Improvement Manager
Public Health

claire.robinson@northyorks.gov.uk

Tom Hall
Consultant in Public Health
Public Health

Gemma Mann
Health Improvement Manager
Public Health