

TONBRIDGE & MALLING BOROUGH COUNCIL
COMMUNITIES AND HOUSING ADVISORY BOARD

08 June 2016

Report of the Director of Planning, Housing and Environmental Health

Part 1- Public

Matters for Recommendation to Cabinet - Non-Key Decision (Decision may be taken by the Cabinet Member)

1 LOCAL HEALTH IMPROVEMENT PROGRAMMES

Summary

This report describes the range of health improvement projects for which Kent County Council Public Health funding has been allocated for the current year and reviews the performance of these initiatives in 2015/16.

1.1 Background

1.1.1 The long term health and wellbeing of Tonbridge & Malling residents is key to the way in which we plan and deliver many of our services. Underpinning this are two principle strands to local delivery of health; the integration of services across the Council to both protect and improve health and wellbeing and the delivery and commissioning of specific targeted and universal health projects and initiatives using Kent County Council's (KCC) Public Health funding. It is this second strand on which this report focuses.

1.1.2 It is recognised that to improve long term health we have to improve lifestyles, encourage healthy eating, increase physical activity levels, reduce alcohol consumption and reduce smoking. It is also important to raise awareness of the causes and risks associated with disease and ill health and give people the knowledge of how to prevent these conditions.

1.1.3 The objectives of these programmes and initiatives support national and local outcomes that aim to:

- give every child the best start in life
- deliver effective prevention of ill health programmes that encourage people to take responsibility for their own health and wellbeing
- improve the quality of life for people with long-term conditions
- support people with mental health conditions to 'live well'
- support people with Dementia to 'live well'
- tackle health inequalities
- improve health outcomes

1.1.4 The key priorities of this work is not only to tackle key national and local health issues where Tonbridge & Malling may be performing worse or the same as the England average, but also to tackle health inequalities by improving access to services and address the overall health inequity that still exists between those living in the most deprived wards compared to those comparatively more affluent areas.

1.1.5 Through the West Kent Health and Wellbeing Board it is recognised that District Councils are essential partners in working collaboratively with Primary Care Clinical Commissioning Groups in the prevention of ill health and to reduce health inequalities. It is recognised that Districts have a good and close working knowledge of their communities, manage a range of services that are related to health and well-being, have access to a range of data that supports the identification of specific health issues and so are well placed to deliver locally based programmes for health improvement.

1.2 Health Improvement projects and initiatives

1.2.1 The Health Improvement budget is currently split into four key areas with a specific Service Level Agreement sitting behind each area of work, which sets out expected aims, objectives and outcomes for;

- Adult weight management;
- Family weight management;
- Mental Health, Wellbeing, and Community-led programmes; and
- Kent Healthy Business Awards

The Health Improvement Team deliver interventions at Tier 1, which are universal programmes and Tier 2, which are programmes targeted to individuals with specific eligibility criteria. For example to access an Adult Weigh Management programme there is a requirement that the individual has a BMI of over 28. A more detailed explanation of the tiered approach to preventative health is given in **[Annex 1]**.

1.2.2 The key performance outcome data for 2015/16 is summarised in in **[Annex 2]** and includes key specific outcome/output data expected by KCC for each area of work, for example:

- 80% of adult participants who engage with the tier 2 adult weight management programme are expected to lose 3% of their body weight at 12 weeks with the aim of losing 5-10% of body weight as a long term goal
- 225 adults to be recruited onto the Tier 2 weight management programme
- 40 families to be recruited onto the Tier 2 family weight management programme with baseline and end of 12 week intervention reported to show a change in reported weight and behaviour change

- number of people accessing Tier 2 commissioned mental health and domestic violence interventions
- number of community events and initiatives held to support improving mental health, social cohesion and social isolation for example number of people accessing T&M Walking for Health Scheme
- number of business that are actively involved in the Kent Healthy Business Awards Scheme or/and achieved the national award

1.3 Adult Weight Management Programme

- 1.3.1 The Health Improvement Team delivers the evidence based Counterweight programme, consisting of a 12 week programme with follow up sessions at 6, 9 and 12 months. The programme has a nutritional and behavioural change element to it with an added exercise component. The programme is delivered in a way that provides a supportive environment to help clients adopt a healthier lifestyle and achieve sustainable long-term weight loss.
- 1.3.2 Last year 27 Counterweight Programmes were delivered with a total of 278 people engaging with the programme out of a target of 225. 217 people completing the programme, which is a low rate of attrition. The programmes were delivered in a range of community venues including Doctor Surgeries, community centres and children's centres, including East Malling Community Centre, Tonbridge Baptist Church, Snodland Community Centre, Borough Green Medical Practice, Wateringbury Medical Centre and in Ditton and Aylesford.
- 1.3.3 Towards the end of last year the Team piloted programmes targeting older children and young people as well as offering families more one to one support which has proved to be invaluable when working with more complex and challenging families
- 1.3.4 Through the National Child Measurement Programme Locality meetings, our Health Improvement Manager has formed close links with partners such as School Nursing, Early Years, Social Services, Health Visitors and School Pastoral Teams which has helped to ensure that this agenda is targeted and well supported.
- 1.3.5 In the current year a number of developments to weight management services are planned which include taking participants with a higher BMI (up to 40), that would normally be placed into specialist Tier 3 services and building on the positive work done last year with older children and young people by offering both one to one's and group sessions. Additionally, contracts with Maidstone Borough Council and Sevenoaks District Council have been secured for the Team to deliver a number of Counterweight programmes.

- 1.3.6 Tonbridge & Malling Leisure Trust will continue to be commissioned to deliver an outcome target of 100 clients at the leisure centres. Clients who started the programme in 2015/16 will continue to be monitored at follow up sessions.

1.4 Mental Health, Wellbeing and Community-led Programmes

- 1.4.1 The funding for this area of work is used to commission and deliver a range of projects and initiatives to raise awareness of mental health and wellbeing, support people at risk and signpost to support services. It also aims to tackle issues such as social isolation and resilience.
- 1.4.2 Last year the charity MIND delivered two Jasmine programmes; a 12 week course supporting low level mental health problems targeting a total of 15 women. A new programme in schools, Mental Health for Schools was piloted which delivered training and education about mental health and wellbeing to teaching staff and students in four Tonbridge & Malling Schools. Three further Jasmine programmes will be commissioned this year.
- 1.4.3 The Charity DAVSS, Domestic Abuse & Violence Support Service has continued to deliver local interventions to support the victims of abuse and raise awareness of domestic abuse issues. A total of 262 clients were referred into the service involving 245 children. Along with funding from the Community Safety Partnership the Health Improvement Team will continue to fund DAVSS this year with the Team playing a bigger role in this area of work including a domestic violence campaign.
- 1.4.4 The TMBC Walking for Health Scheme funded by Public Health has continued to develop with seven weekly walks now running throughout the borough ranging from 30-90 minutes, offering slow or faster paces walks to suit all abilities and fitness levels. A total of 472 new walkers signed up to the walks programme last year and three new walks were introduced in Trench, Hadlow and Hildenborough. This year the walks will continue to be developed especially around GP practices and weight management programmes to support clients with a 'free' appropriate and accessible means of exercising, whilst reducing social isolation and loneliness.

1.5 Kent Healthy Business Award

- 1.5.1 The Kent Healthy Business award (KHBA) aims to engage businesses in improving public health by reducing the number of adults who fall out of employment due to ill health and long term conditions and supporting businesses to improve economic performance through improved workforce health and wellbeing.
- 1.5.2 In 2015/16 12 businesses engaged and 11 signed declaration of interest. Four businesses completed the Kent Health Business Award at National level, two completed Kent healthy business award for Excellence in Environmental, two completed Kent healthy business award for Excellence in Smoking & Tobacco,

two completed Kent healthy business award for Excellence in Health & Safety and two more completed Kent healthy business award for Excellence in Attendance management

1.6 Health Improvement Initiatives 2016/17

1.6.1 Throughout 2016/17 the Health Improvement Team will continue to deliver and support the following services;

- target 225 adults onto the adult weight management programmes with the aims of losing 3% of their body weight at 12 weeks
- target 40 families through the family weight management programme
- continue to develop the TMBC health walks with a more targeted approach to our priority communities
- support the Dementia Friendly Communities agenda including making Tonbridge a dementia friendly community
- actively work with 20 businesses to achieve the Kent Healthy Business Award or National award
- commission partners to deliver mental health and domestic abuse services
- raise awareness and signpost to a range of health issues and services through a range of communication channels including social media
- continue to provide NHS Health checks and healthy lifestyle health advice on alcohol, smoking, excess weight, diabetes, dementia and mental health through attendance at a range of community events and venues

1.6.2 We are also engaged in discussions with KCC and our two west Kent district partners in scoping opportunities for more joint and devolved working in the delivery of health improvement programmes with a view to maximising and focussing the use of funding and staff resources.

1.7 Legal Implications

1.7.1 Service Level agreements detailing standards of service delivery and outcomes are in place between the Council and KCC and the Council and its providers.

1.8 Financial and Value for Money Considerations

1.8.1 The delivery of these programmes is dependent on the Public Health funding being received from KCC. It is important to note that for the last two years the funding has been reduced by 7.5% from the £132,000 baseline and our targets adjusted accordingly.

1.9 Risk Assessment

1.9.1 In the short term a failure to deliver against agreed commissioning KPI targets and outcomes. These risks are mitigated through quarterly performance reports and commissioning meetings to review progress against targets.

1.10 Equality Impact Assessment

1.10.1 The decision recommended through this paper has a remote or low relevance to the substance of the Equality Act. There is no perceived impact on end users.

1.11 It is RECOMMENDED TO CABINET that the Performance information at **[Annex 2]** be ENDORSED and that the range of projects and initiatives set out in the report and delivered by the Borough Council and its partners be **APPROVED**.

Background papers:

Nil

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