

# Integrated Lifestyle Service Tender

Overview and Scrutiny May 2022

Tony Bullock

Public Health and Prevention



- **Background - current contract**
- **What went well, what not so well**
- **Proposals for new contract – from April 2023**
- **Next steps**

# Current Contract

- Everyone Health – specialist provider
- Budget £1.6m-£2m per year – depending on results
- April 2018 – March 2023 – new tender to start shortly
  - Weight management
  - Physical Activity
  - Stop Smoking
  - Social isolation
  - Falls prevention
  - NHS Health Checks
- Focus on 158 LSOAs with greatest health and care need
- Eligibility restricted – to reduce inequalities within a limited budget

## Successes

- Excellent quality indicators and user feedback
- Excellent covid response and remote delivery options
- Good uptake for weight management since eligibility change 21/22
- Smoking uptake improving since eligibility change 20/21

## Challenges

- Eligibility restriction made it difficult to promote
  - These resulted in very low take up for some interventions
- 

# Activity and outcomes 2021/22

Intervention	Throughput	% Outcomes Achieved	Outcome Target
Stop Smoking	1181	48%	43%
Weight Management	4030	40%	32%
Physical Activity	587	53%	50%
Falls	73	64%	50%
Social Isolation	1006	73%	70%

## Wider context

- **People, partners and communities – as well as services**
- **Broader scope of the Public Health and Prevention plan:**
  - Supportive Communities programme
  - Better Health Staffordshire – obesity plan
  - Public Mental Health plan in development
  - Self help approaches – Apps, social media etc

- **Current contract ends March 2023**
- **What's the most effective/efficient use of resources?**
- **Consultation with stakeholders during Spring 2022**

# Stop Smoking

## Still a huge issue:

- Smoking is the single largest cause of health inequalities and premature death and associated with disease severity for COVID-19

## Services work:

- People are 3 times more likely to quit with specialist support, with 58% of those using the service currently quitting at 12 weeks. National evidence shows that 15% of people remain quit at one year.

## Increasing problem:

- 2/3 living with excess weight - higher than national and the third highest among similar authorities.

## Good service uptake and outcomes:

- Good track record of engaging people into services, with 40% losing at least 5%\* of their original body weight at 12-weeks – benefits include reducing the risk of developing diabetes and lowering blood pressure.
- Potential health and care cost savings of £230 per participant over a lifetime.

# NHSHCs, Training and Workplace Health

- NHS Health Checks offer – statutory responsibility
- Making Every Contract Count (MECC) training – low cost, drives service activity
- Workplace health - supporting businesses to support their staff

- Low uptake of the falls services
- Are there better alternatives?
  - The Supportive Communities programme as been launched since the last contract, which offers a more sustainable alternative approach to social isolation.
  - Public Mental Health programme being developed
  - CGG commissioned services in south of the county for falls prevention
  - Support services in North Staff – our weight, physical activity alcohol, drugs programme will impact falls risk in the population.

# Proposals for new contract – from April 2023

- Focus on fewer issues – primarily smoking and weight management
- Different approaches to other issues – Supportive Community, BHS, IAG etc
- Scrap eligibility restrictions
- NHS Health Check offer to remain the same
- Making Every Contract Count (MECC) training and workplace health to be included
- Public/service user consultation informed/supports proposals

- **Tender to start in June**
- **Any initial feedback on the proposals?**
- **Opportunities to discuss individually**