

Have your say on how we support people to lead a healthy lifestyle



Tell us how this might affect you.

Online: www.leicestershire.gov.uk/lifestyle-services

For general enquiries or comments about this consultation phone
0116 305 0705 or e-mail PHConsultation@leics.gov.uk

Public consultation: Please submit your views by midnight on
Wednesday 25 July 2018

Why change?

Unhealthy lifestyles - physical inactivity, unhealthy diet, tobacco use and harmful use of alcohol -all increase the risk of developing and dying from diseases like cardiovascular disease, cancer and chronic respiratory diseases. Healthy lifestyle choices can prevent up to 80% of these diseases and reduce the risk of premature death. Encouraging and supporting people to make the best choices about their health can make a real difference to people's quality of life.

The county council has a statutory duty to take appropriate steps to improve the health of people living in Leicestershire and currently commissions a number of services (e.g. weight management support and targeted physical activity), as well as providing some in-house services (e.g. smoking cessation) all of which are aimed at preventing diseases by tackling the key lifestyle risk factors - smoking, physical inactivity, and poor diet. These services currently operate separately, however approximately 25% of the adult population engages in combinations of 3 to 4 such unhealthy behaviours.

A more coordinated, integrated approach to lifestyle services would mean that people accessing one service could also be offered other lifestyle advice where appropriate, thus improving access, avoiding duplication of effort and providing a more holistic, person-centred service.

The recent implementation of First Contact Plus and the new stop smoking service, Quit Ready, has shown that the way the public want to access health improvement advice and support is changing. These services have reported good outcomes through the increased use of phone, text and online support. The proposed new integrated lifestyle service will build on what has been learnt through these programmes and make greater use of such digital approaches.

The council also has an ongoing need to make financial savings in all service areas. By joining up services more efficiently, we think we can offer a service that is effective but will also save around £65,000.

We aim to develop a better integrated and co-ordinated service to support Leicestershire's residents in adopting healthy lifestyles. This would involve introducing a holistic assessment and case management system to assess support needs and to better co-ordinate people's access to support services as well as better integrating weight management and physical activity services with existing in-house services such as Quit Ready and First Contact Plus.

Current Lifestyle Services

The following lifestyle support services are currently provided for adults. These services operate separately, but would be included in future within the integrated lifestyle service model. Most services will be delivered in the same way (with the exception of the weight management service) but introducing the holistic assessment and case management may involve changes to how people can access these services.

1. Weight management services - The programmes are called LEAP (for all adults) and Dahl (all adults but with a focus on South Asian diets). This service is currently provided by Leicestershire Nutrition and Dietetic Service within the Leicestershire Partnership Trust. It offers face to face, mainly group-based support with integrated diet and physical activity plans and support is delivered by dietitians. There are also cookery programmes in the community. The physical activity component is delivered through physical activity development officers in the 7 district & borough councils and their partners. The adult weight management service supported 623 people to lose weight in 2016/17.
2. Alcohol Brief Advice - Identification of higher risk drinkers through a screening questionnaire and the delivery of brief advice about reducing alcohol consumption or referral on to treatment services as appropriate. This is provided by GPs and pharmacists. In 2017/18 47,867 people were assessed for their alcohol use using a standardised questionnaire.
3. Physical Activity Services - Assessment of current physical activity levels and targeted support through predominantly group-based community physical activity programmes for inactive children and adults, offered through the 7 district & borough council leisure services and their partners. In 2017/18 this supported 29,457 people to be more active.
4. The County Council also directly provides the smoking cessation service, Quit Ready, which was brought in-house in 2017. Quit Ready provides a 12 week support programme for smokers who want to quit. This includes free 12 weeks' worth of stop smoking medications and behavioural support. This service is open to anyone who lives and or works in Leicestershire County. It offers telephone support, text support and face to face appointments for pregnant women, vulnerable people, people with mental ill health and young people. In the first year of service (2017-2018) Quit Ready has supported over 3000 people to quit smoking.
5. The County Council already operates First Contact Plus, a health information, advice and support service. First Contact Plus provides signposting, information and advice or onward referral to a range of preventative services through a single point of contact. It is designed to promote independence and well-being by identifying people's needs and then enabling access to appropriate information or services. The aim of the service is to act early, improve the outcomes for residents of Leicestershire aged 16 years and over, reduce the need for more costly services and prevent admissions and re-admissions to hospital.

What are we consulting on?

We are proposing to develop an integrated lifestyle service for adults. Achieving our vision of a more integrated and co-ordinated behaviour change system means better integration of weight management and physical activity services with existing in-house services (Quit Ready and First Contact Plus) and co-ordinating access to these through a centralised assessment and case management function.

To achieve this, it is proposed that we:

- Develop an improved online offer for supported self-help. This will involve more comprehensive web-based information and advice, available to everyone, to help people adopt healthy lifestyles on their own.
- Introduce a telephone-based holistic assessment to determine what lifestyle behaviour changes people want to make and to ensure that they are ready to make those changes. For those ready to make changes towards healthier lifestyles, we would develop an individualised behaviour change plan. The plan will include co-ordinated referrals to appropriate specialist lifestyle support (smoking cessation, weight management and physical activity) and scheduled follow ups to re-assess progress and future goals. This assessment and follow up would be delivered through an extension of the First Contact Plus service.
- Align the referral of service users into physical activity services with the above holistic assessment process. Please note we would continue to fund district leisure services and their partners to deliver these physical activity services.
- Recommission the weight management service so that it is in-line with approaches used to help people stop smoking, i.e. using more digital and phone-based behaviour change support with some face to face support for targeted groups.

The new service would be in place by 1 September 2019.

Weight management service redesign

Weight management services are categorised into 4 tiers by the National Institute for Health and Care Excellence:

- Tier 1 services are preventative services for healthy eating (including cooking, growing etc) and physical activity and are delivered population-wide and through environmental change approaches. Commissioning is the responsibility of the local authority.
- Tier 2 services are multicomponent weight management services focussed on identification, assessment and intervention. Commissioning is the responsibility of the local authority.
- Tier 3 services are multi-disciplinary specialist services targeting patients at high or immediate risk as a result of obesity. Commissioning is the responsibility of Clinical Commissioning Groups (CCGs).
- Tier 4 services are for highly specialist bariatric surgery and medical interventions for obesity. Commissioning is the responsibility of CCGs.

The current weight management service is a tier 2 service. The proposed adult weight management service would provide an integrated tier 1 and 2 service:

1. Web-based tier 1 support – The online provision of evidence-based information on healthy eating, nutrition and cooking that is consistent with NICE Guidelines. This will be available to everyone.
2. Telephone-based tier 2 support provided by nutritionists using behaviour change/ self-regulation principles designed to assist with goal setting, maintaining motivation, overcoming barriers and making sustainable lifestyle changes. This will be available for people who are assessed as being ready to make changes to their weight and are overweight or obese based on their Body Mass Index.
3. Targeted face-to-face tier 2 support for a smaller group of people who are overweight or obese for whom telephone-based support is not appropriate (e.g. people with learning disabilities or people with multiple health conditions). This will use the same behaviour change principles as the telephone-based support.

The proposal has been informed by evidence from countries such as Australia (Get Healthy Australia) where mixed-methods based weight management programmes have been successful in helping people live healthier lifestyles.

The proposed integrated lifestyle service would work collaboratively with other professionals to establish pathways and protocols for referral between local authority, voluntary sector and NHS services. This would include referral for specialist alcohol treatment, tier 3 weight management and NHS-based exercise rehabilitation programmes.

We would also review how we best integrate the provision of information, advice and training about healthy eating and cookery skills within the Lifestyle Services and other relevant council services.

NB The current weight-management service contract with Leicestershire Nutrition and Dietetic Service (Leicestershire Partnership Trust) also includes provision of a service for children and young people. We will continue to ensure there is specialist weight management support for children and young people.

Who would be affected by these proposals?

Most people looking for support to change behaviour and live a healthy lifestyle are likely to benefit from having access to a more integrated service.

However, some people may not be able to access services digitally or over the telephone. We want to know from you, who we might need to support face to face, either in groups or individually.

People with complex health conditions, may only be able to access our support following referral from their GP. It may be that NHS-based services are more appropriate for these people. Again we want to know how this might affect you.

We want to make sure that as many people as possible access the service and that everyone is clear about what we provide and how to access it. We would welcome feedback about how we could best promote the new service and encourage people to take part.

How the consultation will work

The consultation begins on 14 June 2018 and will end at midnight on 25 July 2018.

During this period, we will be having discussions with our partners and those people and organisations most affected by the changes, including the current providers of services.

To submit your views, please fill out the consultation questionnaire and make sure it reaches us by midnight on 25 July 2018 at the latest. The survey is available online at leicestershire.gov.uk/lifestyle-services

Paper copies of the questionnaire are available on request by calling 0116 305 0705.

If you are able to, please complete the questionnaire online as it will save us money.

You can send your completed questionnaire to the following freepost address:

Integrated lifestyle services consultation
Leicestershire County Council
Have Your Say
FREEPOST NAT 18685
Leicester
LE3 8XR

If you need help to complete the questionnaire, or have any questions about the consultation, please call 0116 305 0705 or email PHConsultation@leics.gov.uk

You can view the latest information in a number of ways

Visit us online at leicestershire.gov.uk/lifestyle-services

Our web pages will be kept up-to-date with the latest information and developments. You'll also be able to access the survey here.

Send an email to PHConsultation@leics.gov.uk to register for the latest news and updates.

Follow us [@leicscountyhall](https://twitter.com/leicscountyhall) for general updates from the council, including the developments on the budget.

Alternatively, you can telephone **0116 305 0705** to ask for information in printed or alternative formats.

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এই তথ্য নিজের ভাষায় বুঝার জন্য আপনার যদি কোন
সাহায্যের প্রয়োজন হয়, তবে 0116 305 0705 এই নম্বরে
ফোন করলে আমরা উপযুক্ত ব্যক্তির ব্যবস্থা করবো।

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0116 305 0705 اور ہم آپ کی مدد کے لئے کسی کا انتظام کر دیں گے۔

假如閣下需要幫助，用你的語言去明白這些資訊，
請致電 0116 305 0705，我們會安排有關人員為你
提供幫助。

Jeżeli potrzebujesz pomocy w zrozumieniu tej informacji
w Twoim języku, zadzwoń pod numer 0116 305 0705,
a my Ci pomożemy.