

**INTEGRATED LIFESTYLE AND WEIGHT MANAGEMENT SERVICES
PROCUREMENT**

To: **Health Committee**

Meeting Date: **11th September 2014**

From: **Director of Public Health**

Electoral division(s): **All**

Forward Plan ref: **Key decision: No**

Purpose: **To update the Committee on the integrated lifestyle and weight management procurement, which was agreed in the 2014/15 County Council business plan**

Recommendation: **The Health Committee is asked to note the background to and progress with the procurement**

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1. BACKGROUND

- 1.1 Cambridgeshire County Council currently commissions and provides a number of public health services which are being tendered as an integrated lifestyle service. These services include the current Health Trainer Service, children's and adult weight management services and the National Childhood Measurement Programme (NCMP). The NCMP is one of a limited number of mandated (statutory) services that upper tier Local Authorities have responsibility for providing. The resources for all the services were transferred to the Local Authority as part of the ring-fenced public health budget
- 1.2 The aims of the current procurement are to commission a countywide lifestyle service that will improve access to a range of integrated lifestyle and weight management services. Secondly to address the inequities of service provision between the north and south of the county.
- 1.3 A recent report from NHS England (NHSE) and Public Health England (PHE) has indicated that in future, commissioning responsibilities for the more intensive weight management services (Tier 3) that are included in this procurement will sit with Clinical Commissioning Groups (CCGs). Discussions are currently underway with Cambridgeshire and Peterborough Clinical Commissioning Group (C&PCCG) on whether to return responsibility and funding for the Tier 3 service to the CCG in line with national guidance, and potentially agree a Section 75 to maintain an integrated service model.

2. MAIN ISSUES

Scope of the procurement

- 2.1 The services included in the procurement are in the main commissioned but the children's weight management service (EnergiZe) and one of the adult weight management services (CHIP) are provided in house by the Public Health Programmes team which is part of the Public Health Directorate.

Table 1

	Services included in the Integrated Lifestyle and Weight Management Services Tender	Provider
1.	Health Trainer Service	MytimeActive
2.	<i>Tier 2 Adult Weight Management Services</i>	
2.1	CHIP community based service (group sessions)	In House Public Health Programmes Team
2.2	Weigh2Go primary care based service (one to one sessions)	Cambridgeshire Community Services
2.3	Tier 2 weight Management community based service (one to one sessions)	Cambridgeshire Community Services Dietetics Service
3.	Tier 3 Adult Weight Management Services (hospital based)	Cambridge University Hospitals Foundation Trust
4.	EnergiZe Children's Weight Management Service (community)	In House Public Health Programmes Team
5.	National Childhood Measurement	Cambridgeshire Community

	Programme (school based)	Services
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- 2.2 The current Health Trainer Service is commissioned from the social enterprise MytimeActive. It was commissioned five years ago to contribute to efforts to address health inequalities and is provided in the 20% most deprived areas of Cambridgeshire. Health Trainers work with individuals, groups and communities to motivate and support them to make healthy lifestyle choices. A health trainer 'value for money' tool, which is used by a number of services nationally, demonstrated the Cambridgeshire service to be cost saving with net cost savings of £372,492 to the NHS and to other public sector services £444k, giving a 64% return on investment.

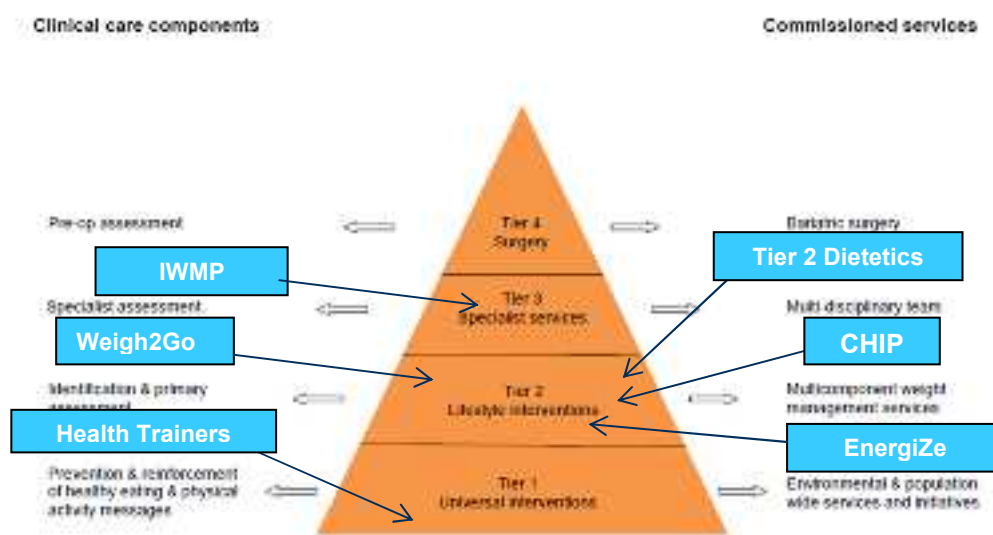
Additional investment of £200k was approved in the 2014/15 business plan to extend a partial health trainer service to the rest of the county. The level of service will remain unchanged in the 20% most deprived areas but it will be resourced to a lower level across the rest of the county and be proportionate to need. In addition by integrating weight management services with the Health Trainer Service through this procurement, ongoing support for healthy lifestyle behaviours will be provided.

- 2.3 Adult weight management services are divided into Tiers. Figure 1 indicates how the current weight management services commissioned or provided by Cambridgeshire County Council relate to the different Tiers.

- Tier 1 includes population wide prevention of obesity interventions. There is a focus upon the promotion of physical activity and healthy eating with individuals, families and communities. The Health Trainer Service includes these wider prevention activities alongside its support to individuals to make lifestyle changes.
- Tier 2 weight management services include multi-component interventions that encourage dietary and physical activity behaviour change and provide support over several months to both individuals and groups to lose weight. There are three Tier 2 services included in this tender
 - CHIP. This is the community based group service provided by the in house Public Health Programmes Team across the county.
 - Weigh2Go Cambridgeshire Community Services (CCS) is commissioned to provide 1:1 services. These are provided in primary care in Cambridge City and South Cambridgeshire.
 - Tier 2 Dietetics CCS also provides a countywide community 1:1 weight management service that offers multi-component interventions but with a focus on supporting dietary changes
- Tier 3 Intensive Weight Management Programme (IWMP). This is provided by Cambridge University Hospitals Foundation Trust at Addenbrookes Hospital. It is a clinical service for complex obese individuals that offers specialist clinical support for six months.
- Tier 4 captures bariatric surgery, which is excluded from this procurement

- 2.4 The children's weight management service, EnergiZe, is provided by the in-house Public Health Programmes Team. It is family focused and countywide. It provides multi-component interventions for children aged 7 to 11 years of age and their families to support health lifestyle changes. This procurement does not include specialist childhood obesity services provided by CCS paediatric dietitians and the Endocrinology Department at Addenbrookes Hospital to children with more complex underlying health issues, which are the responsibility of NHS commissioners.
- 2.5 The National Childhood Measurement Programme is a national programme of weighing and measuring schoolchildren that was introduced in the 2005–06 school year. Reception and Year 6 children are measured routinely to gather population-level data to increase understanding of weight issues in children and to monitor changes in levels of obesity. Additionally, the National Child Measurement Programme is a useful way to engage with children and families about healthy lifestyles and weight and the local Programme includes the offer of family based support and referral to activities and services.

Figure 1: The Cambridgeshire Weight Management Services in relation to the Weight Management Tiers



Consultation with the public and service users

- 2.6 The public and current service user consultation on the procurement is using a variety of methods which includes focus groups and an online survey. A Community Impact Assessment has been undertaken and is found in Appendix 1

Inequalities in provision of weight management services

- 2.7 There are currently fewer weight management services in Fenland, although this is the area of Cambridgeshire which has the highest rates of childhood and adult obesity. This is a result of historical funding patterns. The new Lifestyle and Weight Management Service will address these inequities of service delivery with the provision of additional services. An integrated county-wide service model makes it easier to move or intensify the delivery of

services in areas of deprivation, where the prevalence of unhealthy lifestyles is high but demand may fluctuate. In addition the advantage of commissioning an integrated service is that it will establish a network of pathways that includes preventative and supportive lifestyles services as well as more intensive weight management treatment options. Service users can be referred to these services as their needs change. The service will be required to work closely with partners including GPs, hospital clinicians, District and City Councils, and the voluntary and community sector. An integrated service facilitates more efficient and transparent pathways with the services provided by this range of organisations.

Commissioning of Tier 3 weight management services

- 2.8 At the time of the transfer of Public Health to the Local Authority there was a lack of clarity regarding the commissioning responsibility for Tier 3 weight management services. The Services developed in Cambridgeshire had adopted an integrated model which established close working between the different tiers and was producing good outcomes. In view of this and the lack of clarity regarding commissioning responsibilities, all weight management funding was transferred to the Local Authority to retain the advantages of the integrated model.
- 2.9 However a recent report from NHS England and Public Health England that reviewed the commissioning responsibilities for weight management services recommended that Tier 3 services should be commissioned by CCGs. It is expected that this will be taken forward. Discussions are taking place with C&P CCG about the return of the funding and commissioning responsibility for Cambridgeshire Tier 3 weight management services to them, and the potential to establish a Section 75 joint commissioning agreement, which would ensure that the integrated model for weight management would be retained. The Steering Group overseeing the procurement already includes GPs and other specialist CCG staff.
- 2.10 The overall value of the tender will be over £5 million for a 3 year plus one contract (i.e. over a period of four years). The Public Health funding transferred to the Local Authority for Tier 3 weight management services was £150k per annum. The transfer of funding back to the NHS would mean that the £50k recurrent saving set against this service will not be possible, but plans are in place to manage this.
- 2.11 The contract award is scheduled for December 2014 with the new service commencing April 1 2015. The delay created by the discussions with the CCG has been accommodated within the planned schedule. However this may change if decisions are further delayed.

3. ALIGNMENT WITH CORPORATE PRIORITIES

3.1 Developing the local economy for the benefit of all

Unhealthy lifestyles and obesity result in a significant loss of productivity due to sick days and loss to the workforce.

3.2 Helping people live healthy and independent lives

This procurement will provide a range of services that will support people to make healthy lifestyle choices to improve their health and well being

3.3 Supporting and protecting vulnerable people

The Lifestyle Service will target people who adopt unhealthy lifestyles that increases their risk of poor health. Unhealthy lifestyles are associated with more deprived vulnerable individuals and communities. The Lifestyle Service will be concentrated in those areas.

4. SIGNIFICANT IMPLICATIONS

4.1 Resource Implications

The report above sets out details of significant implications in *paragraph 2.9*

4.2 Statutory, Risk and Legal Implications

The report above sets out details of significant legal implications in *paragraph 2.8*

4.3 Equality and Diversity Implications

The report above sets out details of significant legal implications in *paragraph 2.7*

4.4 Engagement and Consultation Implications

The report above sets out details of significant legal implications in *paragraph 2.6*

4.5 Localism and Local Member Involvement

The Lifestyle and Weight Management Service will facilitate individuals, groups and communities assuming responsibility for their health and well being

4.6 Public Health Implications

The Lifestyle and Weight Management Service will contribute to the prevention and management of a number of unhealthy lifestyles that increases the risk of poor health outcomes.

Source Documents	Location
<i>Report of the working group into: Joined up clinical pathways for obesity</i>	http://www.england.nhs.uk/2014/03/14/co

