

## Cabinet

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**Date of Meeting:** 05 February 2019

**Report Title:** Re-Commissioning of Integrated Lifestyle Services

**Portfolio Holder:** Cllr Liz Wardlaw, Health

**Senior Officer:** Mark Palethorpe, Acting Executive Director of People

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### 1. Report Summary

- 1.1 This report recommends the re-commissioning of integrated lifestyle services in order to continue to improve health outcomes for the local population. This would be done by reviewing the current service model with the aim of simplifying it in order to achieve greater value for money and effectiveness for residents. In doing so, it would address the following commissioning question:

*“How can we improve the long term health of the population of Cheshire East through a lifestyle service which offers effective interventions, maximises uptake and ensures strong value for money?”*

- 1.2 The Council currently commissions an integrated lifestyle service known as ‘One You Cheshire East’. This aims to improve the long term health of the people of Cheshire East whilst also reducing health inequality. This addresses Corporate Outcome 5 – People Live Well and For Longer and is also key to the Council meeting its responsibility to take appropriate steps to improve the health of the population under the Health and Social Care Act. This primary prevention approach is also fundamental to the Commissioning Strategy; ‘People Live Well, For Longer’.

### 2. Recommendations

- 2.1 It is recommended that Cabinet:
- 2.1.1 Agrees that a new procurement exercise is undertaken for the provision of lifestyle services in Cheshire East, funded at circa £1,264,038 per year;
  - 2.1.2 Delegates authority to the Executive Director of People to award lifestyle related contracts for a period of 3 years (with options to extend for up to a further 2 years).

### **3. Reasons for Recommendations**

- 3.1 There are numerous benefits to the health of the local population through the provision of lifestyle services. This includes reduced incidence of heart attack, stroke, diabetes, obesity and cancer, and therefore improved life expectancy, improved mental health, reduced morbidity and sickness absence. It also reduces demand for statutory services including adult, children and young people's social care, as well as NHS services.
- 3.2 The Council has a statutory responsibility to improve the health of the population under the Health and Social Care Act 2012. The One You Cheshire East integrated lifestyle service is a primary means by which this is achieved. There are also key indicators set in relation to this in the Public Health Outcomes Framework.

### **4. Other Options Considered**

- 4.1 De-Commission the Services – this would mean increased pressure on social care and health services in the future and poorer life expectancy for residents.

### **5. Background**

- 5.1 One You Cheshire East is currently delivered via two major contracts. The first which is held by Peaks and Plains known as the 'Provider Plus' contract involves identifying, screening and referring residents. The contract also encompasses marketing of the service locally, general health promotion, and outreach by four Lifestyle Support Workers.
- 5.2 The second contract, held by Everybody Sport and Recreation, relates to running a series of lifestyle programmes. These include healthy eating, weight management (both adult and family), physical activity, falls prevention services, as well as a lifestyle programme aimed at pregnant women.
- 5.3 A total of £100k per annum savings will be realised to the overall budget for the contracts (through stepped reductions in 2019/20 of £50k and a further £50k in 2020/21) as part of the recommissioning process.
- 5.4 Smoking cessation services are also offered under the One You service. However, in this case provision is split between organisations. Specialist smoking provision is delivered under the Peaks and Plains Provider Plus contract which serves people with mental health problems and pregnant women. Community smoking provision (aimed at the general population) is delivered by Well Pharmacy and Rowlands Pharmacy.
- 5.5 The name 'One You Cheshire East' derives from national Public Health England 'One You' branding. This offers the key advantage of exploiting awareness from the national Public Health England campaign, as well as

allowing use of pre-established marketing materials. Cheshire East Council were one of the first Local Authorities in the country to adopt this approach. It would be logical to take this forward into any newly commissioned service.

- 5.5 Referral pathways have been put in place with a range of professionals to One You Cheshire East services including social care assessors and GPs. The latter includes a 'health optimisation' pathway in which individuals who are due to have routine or non-urgent operations are referred to appropriate One You Cheshire East services thereby improving their prospects of recovery. This has been developed in partnership with Eastern Cheshire and South Cheshire Clinical Commissioning Groups.
- 5.6 The programmes offered within One You (such as the physical activity, weight management and healthy eating programmes) target the main lifestyle factors that affect long term health and life expectancy amongst residents in the Borough. As such, they address risk relating to obesity, cardiovascular disease (including heart disease and stroke), type 2 diabetes, hypertension, some cancers, as well as mental health and wellbeing.
- 5.7 Smoking cessation services are of particular note, given that people who smoke live less than ten years on average than non-smokers. As such, getting a smoker to quit is one of the easier ways to have a substantial impact on the long term health of an individual. It also has established short term benefits such as boosting the immune system and improving circulation. The current Cheshire East smoking rate is estimated to be 16.4%, with a national target set by the Department of Health of 5%<sup>1</sup>.
- 5.8 Of additional note, is that falls are the most common cause of death from injury in the over 65s. They are also the most likely reason that an individual ends up going into long term care.<sup>2</sup> As such, provision of strength and balance classes has relatively short term benefits on the health of an older person, as well as helping to delay or prevent individuals from requiring health or social care services in the future. A strategy is currently being consulted on for Falls Prevention in Cheshire East which links with this programme.
- 5.9 In 2017/18 there were: 1,048 completers of the Physical Activity Programme (Adult and Pregnant Women) 64% of these participants had moved from physically inactive to active; 197 completers of the weight management programme with 42% of participants losing over 5% in body weight; 265 completers of the falls prevention programme with 58% stating their fear of falling had reduced and 52% having improved balanced. The average customer satisfaction score for programmes was 9 (the rating was 0-10 with 10 being the highest); 69% also stated that they had improved

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<sup>1</sup> <https://www.gov.uk/government/publications/towards-a-smoke-free-generation-tobacco-control-plan-for-england>

<sup>2</sup> <https://publichealthmatters.blog.gov.uk/2014/07/17/the-human-cost-of-falls/>

mental wellbeing.

- 5.10 As part of the re-commissioning process a full review is being undertaken of One You Cheshire East. This will have the objective of achieving enhanced outcomes for the people of Cheshire East and maximum value from the service. It will also apply NICE guidance and be conducted with liaison with Public Health England. Review work will include investigating the scope for a simplified model of provision, which may therefore generate greater economies of scale.
- 5.11 It should be noted that NHS Health Checks and Community Sexual Health Services were originally commissioned under the One You Cheshire East name. However, these are now being treated as separate to this commission.

## **6. Implications of the Recommendations**

### **6.1. Legal Implications**

- 6.1.1 Any re-procurement of these services will need to be undertaken in accordance with the Council's Contract Procedure Rules and the Public Contracts Regulations 2015. Ongoing legal support will be given to ensure the Council meets requirements in this regard.

### **6.2. Finance Implications**

- 6.2.1 The current MTFS which is at the Pre-Budget Consultation phase currently contains a reduction of £50k in 2019/20 rising to £100k in 2020/21 in the current investment made in One You services. It is envisaged these savings will be fully achieved through both contract management savings already implemented and this proposed re-commissioning exercise. Elements of the One You contracts are activity based, but the spend in 2017/18 was £1,136,285, and the forecast spend for 2018/19 is £1,264,038. The contract is funded by, and affordable within the ring fenced Public Health Grant.

### **6.3. Equality Implications**

- 6.3.1 An initial Equality Impact Assessment has been drafted this will be refined during the course of this project.

### **6.4. Human Resource Implications**

- 6.4.1 It is likely that TUPE would apply for staff from existing providers. This would include the Provider Plus Contract (Peaks and Plains) and the Lifestyle Programme Contract (Everybody Sport and Recreation).

## **6.5. Risk Management Implications**

- 6.5.1 Ensuring that re-commissioning (including service re-design, re-procurement, and award) is delivered to time, within the agreed financial envelope and delivers a high quality provider of lifestyle services that maximises uptake as well as long-term outcomes for the population. This will be achieved using a formal project management approach including regular review of a risk log.
- 6.5.2 If a service is not procured, it would mean that lifestyle services would not be offered from October 2019. This would mean that a large number of people would no longer benefit from these services and the Council would be unable to meet its statutory obligations under the Health and Social Care Act to address the health needs of the local population.

## **6.6. Rural Communities Implications**

- 6.6.1 Lifestyle services would need to be continued to be delivered in a range of locations including in rural areas.

## **6.7. Implications for Children & Young People/ Cared for Children**

- 6.7.1 The service currently offers a family weight management service where parents and children or young people of excess weight can receive support. The intention as part of the review is to develop this provision in a more integrated way to improve support provided to children and young people, and cared for children.

## **6.8. Public Health Implications**

- 6.8.1 One You Cheshire East is fundamental to how the Council meets its statutory public health duties. There is an extensive range of evidence to demonstrate the impact that lifestyle services (such as smoking cessation services) can have both on life expectancy and also in terms of the general health of the local population.

## **7. Ward Members Affected**

- 7.1. All Wards

## **8. Consultation & Engagement**

- 8.1. Extensive consultation will take place with a range of stakeholders including residents, Clinical Commissioning Groups and GPs to ensure that any newly commissioned service addresses local need effectively including the use of strong referral pathways. We will also explore the use of Connected Community Centres in engagement work.

## **9. Access to Information**

9.1. The following documents have been key to project development:

- Joint Strategic Needs Assessment (JSNA)
- People Live Well for Longer Commissioning Plan
- Cheshire East Council Corporate Plan

## **10. Contact Information**

10.1. Any questions relating to this report should be directed to the following officer:

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