

Draft - Supporting Information and Impact Assessment

Proposal:	Lifestyle Services
Executive Lead:	Councillor Derek Mills
Director / Assistant Director:	Caroline Dimond

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Section 1: Background Information

1. What is the proposal / issue?

The proposal is to substantially redesign the Torbay Lifestyle Services from April 2017 which is currently commissioned by Public Health and provided by the Torbay and South Devon NHS Foundation Trust.

The proposed budget for 2017/18 is £90,000.

Lifestyle Services include:

- Stop smoking services
- Adult weight management services
- Children's weight management services
- Services to address sedentary (inactive) behaviours in adults and children
- Exercise referral for cardiac rehabilitation.

Part of this proposal is to retain a residual budget to commission a digital and self-help support service to the population and, potentially retain some specialist provision for those most at risk of a preventable life-limiting disease (e.g. for those who want to stop smoking).

Access to most Public Health Lifestyles programmes will be restricted or ceased. This has the potential to impact on a broad range of the population, some of which will be living in our most deprived communities.

In order to minimise these potential impacts the remaining service will aim to work directly with those who need services most. Through a digital and self-help service we could provide support, information and advice to people on how they can improve their own health without using specialist services

2. What is the current situation?

In Torbay, lifestyles related health issues are generally worse than the average. Torbay has:

- Higher levels of smoking
- Higher levels of smoking in pregnancy
- More overweight and obese adults
- More overweight and obese young children (age 4-5)
- Average levels of inactive adults

Source: Public health Outcomes Framework, Public Health England

The current service comprises of the following programmes:

Stop Smoking Service:

The Stop Smoking Service currently commissions GPs to provide stop smoking services for their patients and prescribe medication as required. The service also provides training and support to pharmacies across Torbay who also provide stop smoking services for their customers.

Adult weight management service and Children's weight management service:

These weight management services take referrals from a range of services to support people to maintain or return to a healthy weight. This service is provided as part of a tiered set of services aimed at preventing significant weight related health issues in the future.

Other services provided include:

- Services to address sedentary (inactive) behaviours in adults and children:
- Exercise for recovery from cardiac surgery.

This service has recently been redesigned to increase the number of Torbay residents engaging with the services, including the number who complete the intervention. The redesign has also involved including screening for:

- Emotional health and wellbeing
- Dental health
- Alcohol consumption.

However, while the numbers have increased, they not yet at the scale required by the current contract.

There is some evidence to indicate that investment in preventative services to increase healthy life expectancy will have a positive impact on the incidence of long-term conditions and as a result, will help to avoid increases in demand for health and social care services in the future.

3.

What options have been considered?

Public Health have undertaken a prioritisation process reviewing all of the commissioned services according the evidence base, need, impact of service, reach into target population, impact on health inequalities and whether there is any statutory requirement to provide the service. In this process Lifestyles services generally score lower than other commissioned services and therefore ongoing investment is considered to be less of a priority.

Specifically, lifestyles services were not considered to have as high a priority due to:

- Other services managing many more vulnerable/complex clients, where the risk of disinvestment to individuals, other services and the communities is greater than the risk posed by reducing the lifestyles provision.
- There is less evidence to demonstrate the positive impact lifestyles services have compared to other commissioned services.
- The risk of removing more funding from other services to mitigate the

	<p>impact on lifestyles services would increase the likelihood of those other services becoming unviable. This would have greater immediate consequences on individuals, communities and other services than the significant reduction in lifestyles services.</p> <ul style="list-style-type: none"> • This service is considered to be more ‘standalone’ than other public health services and there is less risk of generating immediate, significant pressures in the wider health and social care system. • Public Health has a statutory requirement to commission other services either entirely or partially and therefore the ability to reduce these services under the terms and conditions of the grant is limited. <p>Given savings are also being proposed across services for more vulnerable and complex needs, it is appropriate to consider at this stage, this proposed reduction in lifestyles services.</p>
4.	<p>How does this proposal support the ambitions, principles and delivery of the Corporate Plan 2015-19?</p> <p>This proposal supports the following principle of the Corporate Plan:</p> <ul style="list-style-type: none"> • Use reducing resources to the best effect
5.	<p>Who will be affected by this proposal and who do you need to consult with?</p> <p>There is the potential for the following to be affected by this proposal:</p> <ul style="list-style-type: none"> • Service users • The general population • Healthwatch • Torbay and South Devon NHS Foundation Trust (as a partner and service provider) • South Devon and Torbay Clinical Commissioning Group (CCG) • GP’s
6.	<p>How will you propose to consult?</p> <p>Consultation will take place as part of the general consultation on the budget proposals. However, specific consultation will also be carried out on this proposal with service users and partners through a range of mechanisms.</p> <ul style="list-style-type: none"> • Focus groups • Dedicated on-line consultation relating to lifestyles services • Discussions with partner organisations
<p>Section 2: Expected Implications and Impact Assessment (These sections will be updated and expanded following the consultation period.)</p>	
7.	<p>What are the <u>expected</u> financial and legal implications?</p> <p>This proposal would generate financial savings to meet the council’s financial</p>

requirements. However there may be financial liabilities associated with the significant reduction in this service i.e. any associated redundancy costs.

8. What are the expected risks?

As a result of this proposal, Torbay will be investing less in preventative services across Torbay and the potential consequences could be:

- Reduced ability to support those most at risk of long terms health risks in the future (diabetes, chronic obstructive pulmonary disease, cardiovascular disease etc.)
- Exacerbate the above issues by failing to work with those most at risk of multiple poor lifestyle choices and behaviours,
- Fewer smokers receiving help and support which will result in more long term cardiovascular and respiratory diseases, increasing the burden for health and social care services in the future,
- Fewer adults, families and young people receiving interventions to manage and control their weight which will make it harder to counteract the increasing trend of Torbay residents who are overweight and obese.
- People recovering from cardiac surgery may not receive specialist structured exercise training, education and psychological support and advice on risk factors, including long term maintenance of physical activity
- Should new trends around poor lifestyle behaviours emerge, Torbay Council will be unable able to react and respond to these issues.
- This service is currently a cornerstone of Torbay and South Devon NHS Foundation Trust's new model of care and core to future strategic health and social care plans for Torbay (the Torbay and South Devon Prevention Strategy and the Devon-wide Sustainable Transformation Plan (STP)) deleting this service, may compromise these developments.
- Torbay will not be compliant with best practice (e.g. National Institute for Health and Care Excellence (NICE)). This could be challenged by members of the public who require services that are no longer available.
- Greater hospitals admissions due to poor health
- Wider economic impacts and greater benefit dependencies if people are not able to work due to their health.
- Existing services for weight management (adults, young persons and family) currently form part of wider integrated system (tiers) of intervention for individuals to maintain or return to a healthy weight. This proposal would potentially result in there being no early help service (tier 2 intervention) to support the individuals before they become more obese. This could result in greater demand for specialist NHS services commissioned through the CCG.
- There may be a reduced capacity for the Stop smoking services to commission GP and to support pharmacies in the future. This may also impact on the access to prescription services for smokers. In the longer term this may create greater demand pressures on other health services.

