

Report to: EXECUTIVE CABINET

Date: 28 July 2021

Executive Member: Cllr Eleanor Wills - Executive Member (Adult Social Care and Population Health)

Clinical Lead: Dr Asad Ali, Chair Tameside & Glossop CCG, Long Term Conditions Lead

Reporting Officer: Debbie Watson, Assistant Director of Population Health

Subject: **GRANT NO 31/5440: ADULT WEIGHT MANAGEMENT TIER 2 SERVICES GRANT TO LOCAL AUTHORITIES 2021/ 2022**

Report Summary: The report outlines the proposals to spend the £209,741 provided to Tameside Council as part of the government's Adult Weight Management Tier 2 services grant fund 2021/22 (No.31/5440).

The proposals are one off schemes due to the non-recurrent nature of the grant from government and are looking to scale up existing commissioned schemes, with a focus on new models of delivery and a more targeted approach.

The report also provides information on a recent bid to expand weight management services for children and families. The outcome of this bid is not yet known.

Recommendations: To agree the proposals outlined in the report go forward for formal agreement by the Strategic Commissioning Board and Executive Cabinet.

Links to Corporate Plan A key aim in the Corporate Plan is to promote longer and healthier lives with good mental health through better choices and reducing inequalities. Tier 2 weight management is a contributing part of a whole systems approach to obesity. The promotion of healthy weight in the population is essential to help increase healthy life expectancy and reduce health inequalities.

Policy Implications The report proposes the scale up and redevelopment of existing tier 2 weight management services. In the first instances to enable the distribution of some of the monies from the government's Adult Weight Management Tier 2 services grant fund (2021/22) and for that to be evaluated in the longer term as part of a wider approach to enable residents to maintain a healthy weight, and to contribute to the delivery of the Sustainable Food Strategy.

Financial Implications:
(Authorised by the statutory Section 151 Officer & Chief Finance Officer)

Budget Allocation (if Investment Decision)	
CCG or TMBC Budget Allocation	
Integrated Commissioning Fund Section – s75, Aligned, In-Collaboration	
Decision Body – SCB Executive Cabinet, CCG Governing Body	
Value For money Implications – e.g. Savings Deliverable, Expenditure Avoidance, Benchmark	

Additional Comments

The grant represents additional funding to the Council of £209,741, and potentially of a further £153,468 depending on the outcome of an ongoing application. As all expenditure under the grant must be 'newly incurred', additional income will be matched to additional expenditure and there will be no overall budget impact to the Council.

The core funding will be spent externally with the exception of a small allowance for the in-house management of the programme. As noted at 5.2-3, a variation will be made to the contract with Pennine Care NHS Trust, and a sub-grant will be made to Active Tameside. The variation is permissible given that the proposed amount is well below 50% of the Trust's original contract value. Nothing in the grant conditions prevents a sub-grant being made, although terms should be set to ensure Active Tameside remains compliant with the conditions of the original grant set out by the Department of Health and Social Care.

Both elements of the grant must be spent within FY21/22, and the department and their finance support should make arrangements to ensure that expenditure is properly monitored and accounted for. The additional application for Children and Families Weight Management involves the recruitment to one fixed-term post; for budgetary control purposes, either their contract should be aligned to the duration of the grant, or alternative funding must be identified to cover any extension beyond the grant period. This may present a difficulty if award of the grant is further delayed, although the department has sought clarification from the DHSC on this point.

The project as a whole may reasonably be expected to produce indirect cost reductions elsewhere in the Strategic Commission, particularly for health and social care.

Legal Implications: (Authorised by the Borough Solicitor)

In managing this grant the project officers need to ensure that they comply with the terms of the grant as set out in the main body of the report.

As the proposal is to expand upon existing service delivery it is important that advice is sought from STAR as set out in section 5.2 to ensure that any modification of current contracts is undertaken in accordance with the procurement regulations and the council's standing orders.

Risk Management:

The approach and activity outlined in the report ensures that Tameside Council meets its obligations with regards to spending of the grant.

Access to Information:

The background papers relating to this report can be inspected by contacting the report writer, Debbie Watson, Assistant Director of Population Health



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1 INTRODUCTION

- 1.1 On 22nd March the Department of Health and Social Care announced the Adult Weight Management Services Grant (No.31/5440) which will distribute £30.5m amongst local authorities in England, accounting for population size, obesity prevalence, and deprivation levels, to support the commissioning of behavioural (tier 2) weight management services for adults.
- 1.2 This funding underlines the government's commitment to tackling obesity and delivers on a key element of the National Obesity Strategy; expanding weight management services, so that more people get the support they need to lose weight.
- 1.3 Tameside Council has been granted £209,741 of this fund, which must be spent by the Council within the current financial year 21/22.
- 1.4 An additional £4.4 million has been made available, where local Councils have been invited to submit an application to provide children and families with healthy weight support via extended brief intervention and weight management services. Tameside MBC has submitted an application (closing date was Friday 23 April 2021), with details outlined at section 8. Similar the grant funding if successful, is a one off investment and is to be spent within the current financial year.

2. BACKGROUND

- 2.1 The current additional grant funding is in line with the Government's Obesity Strategy: [Tackling obesity: government strategy - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/strategies/tackling-obesity-governments-obesity-strategy), which was unveiled in July 2020. This puts in place a range of system-wide measures to tackle obesity, including strengthened services to support weight loss in children and adults who are overweight or obese.
- 2.2 Obesity has long been known to have a significant impact on people's health and longevity of life. This has become increasingly and urgently evident throughout the covid-19 pandemic, and there is now strong evidence linking obesity to severe covid-19.
- 2.3 There is clear evidence in the UK and internationally, indicating that being overweight or living with obesity is associated with an increased risk of hospitalisation, severe symptoms, advanced levels of treatment such as mechanical ventilation or admission to Intensive Care Units and death from COVID-19. These risks increase progressively as an individual's body mass index (BMI) increases... Excess weight is one of the few modifiable factors for COVID-19 and so supporting people to achieve a healthier weight will be crucial to keeping people fit and well as we move forward

3. OBESITY IN TAMESIDE

- 3.1 Maintaining a healthy weight is fundamental to good health and wellbeing. Being an unhealthy weight can lead to a range of poor health outcomes such as premature mortality, cardiovascular issues, reduced physical mobility, diabetes mellitus, and many more. The prevalence of obesity has increased dramatically in recent decades across the country. In Tameside, 71% of adults are now classed as overweight or obese, compared to 62% in England as a whole. This includes an estimated 22,000 patients registered with GPs in Tameside who are recorded as obese. In reception (age 4-5 years), 27% of children in Tameside are overweight or obese compared to an England average of 23%. By year 6 (10-11 years), this has increased to 36%; slightly higher than the England average of 35%.

- 3.2 Maternal obesity can increase health risks for both mother and baby both during pregnancy and after birth. For mothers, maternal obesity can increase risk of high blood pressure, gestational diabetes, and mental health conditions such as depression. Maternal obesity has also been related to low health outcomes for babies and children postpartum such as low breastfeeding rates and childhood obesity. Nationally, around half of women at childbearing age are classed as overweight or obese. In Tameside and Glossop, 25.7 women are classified as obese in early pregnancy, compared to a national average of 22.1%.
- 3.3 There are great inequalities in the distribution of obesity and overweight in society. For example, children in the most deprived 10% of households are approximately twice as likely to be obese or overweight compared to children in the wealthiest 10% of households. It is also known that people from some LGBT groups, and from certain Black and Minority Ethnic Groups are at higher risk of developing overweight and obesity.
- 3.4 In Tameside, the prevalence of overweight and obesity in children differs across the Borough, with some communities affected more than others: for example, many of the wards in the West generally having higher levels of overweight and obesity than those in the East. It is also known that the family environment has a huge influence on diet, exercise, and on the weight of parents and children. This all points towards the importance of a strong focus on both families and communities for any population-level intervention for healthy weight.
- 3.5 Obesity costs the nation a substantial amount of money, both directly and indirectly. The cost to the NHS of ill-health related to overweight and obesity was estimated to be £6.1 billion in 2014/15. The costs to wider society were even greater, at £27 billion. By 2050, these costs are expected to be magnified, at £9.7 billion to the NHS and £49.9 billion to wider society.

4. REQUIREMENTS OF THE ADULT WEIGHT MANAGEMENT SERVICES GRANT

- 4.1 The grant is for the commissioning of additional behavioural (tier 2) weight management services for adults during the 2021-22 financial year. The current providers of Tier 2 weight management services in Tameside are Be Well Tameside (Pennine Care NHS Trust) and Live Active (Active Tameside).
- 4.2 The grant must be used to commission new, or expand existing, behavioural (tier 2) adult weight management services to increase the number of Tameside residents accessing these services.
- 4.3 Behavioural (tier 2) adult weight management services are defined as multi-component programmes addressing dietary intake, physical activity, and behaviour change for adults who are overweight or living with obesity with the primary aim of promoting health behaviour change, which reduces body weight. Building peer support within the design of such services is something that PHE would encourage.
- 4.4 The grant funding can be used to increase the current offer or to deliver a tailored or bespoke adult behavioural (tier 2) weight management offer to under-serviced groups/communities.
- 4.5 There is an ambition that services will prioritise helping those who need the most support to achieve a healthier lifestyle, including men, people living with obesity from deprived areas, people living with obesity from Black, Asian and Minority Ethnic groups, and people living with obesity who are also living with physical and/or learning disabilities.
- 4.6 The funding is for expenditure that is newly incurred expenditure by the authority. It does not include expenditure that has already been incurred before 1 April 2021 or that has already been earmarked or allocated by the local authority from existing budgets.

5 PROPOSAL FOR ALLOCATION OF THE GRANT

5.1 The table below summarises the spending proposal for the grant with details of project outcomes.

Tier 2 Project	Funding allocation	Timescale
Be Well, Pennine Care NHS Trust	£100,000	Planning and Set up begins May/June 2021
Live Active, Active Tameside	£101,500*	Delivery begins end July 2021 Delivery ends 31 March 2022 Evaluation - ongoing
Management, coordination and data collation	£8,241	
Total Grant	£209,741	

* Matched with £10,345 'in kind' funding from Active Tameside.

5.2 All investment is one-off in the financial year 2021/22. Following advice received from STAR procurement, it is proposed that for Be Well tier 2 service expansion is delivered via a contract variation with Pennine Care NHS Trust. This can be utilised under Regulation 72 of the Procurement Regulations where services or supplies by the original contractor that have become necessary and were not included in the initial procurement, where a change of contractor -

- (i) cannot be made for economic or technical reasons such as requirements of interchangeability or interoperability with existing equipment, services or installations procured under the initial procurement, or
 - (ii) would cause significant inconvenience or substantial duplication of costs for the contracting authority,
- provided that any increase in price does not exceed 50% of the value of the original contract.

5.3 It is proposed that Active Tameside are awarded a grant to expand the tier 2 Live Active provision. This is allowed within the terms of the grant.

Expanding the Be Well Service

5.4 Be Well Tameside provide the current self-referral tier 2 weight management service. The grant funding will be used to increase the 1:1 support they provide for people in the community. Be well will target this additional service at the following underrepresented groups:

- Those with mental health needs
- Residents with long term conditions
- Men.

5.5 The service will use a combination of face to face and digital support to deliver the NHS 12 week weight loss programme and would collaborate with Active Tameside for the physical activity element of the tier 2 weight management programme.

5.6 Be Well will:

- Deliver services in partnership with Active Tameside
- Offer additional hours to the current part time workforce including additional training capacity (additional benefit of already knowing current systems, policies and procedures)
- Recruit additional support where required from bank staffing pool inc admin support
- Add additional reporting and fields to the current database to ensure all metrics are covered (reporting direct to NHS digital if required)
- Design work & the printing of resources for those digitally excluded or with other identified other needs based on NHS 12 week plan

- Purchase additional dedicated resources, i.e. scales with 6 monthly calibration required, weight suits, fat blobs and other visual resources to be used alongside motivational interviewing techniques by staff
- Create specific marketing for the programme
- Reinstate several training programmes ie Open Awards Training Level 3 – reinstate quality endorsed unit which requires funding for specialist reviewers, verified centre status, validation and additional costs per learner on the programme together with external verifier costs.
- RSPH Level 2 Encouraging a healthy weight and healthy eating to be reinstated, updating of materials and costs per learner on programme
- Use funding for room hire costs for delivery of new weigh ins and training
- Be Well will also create a new weight management pathway for clients wanting specific support for weight management, and in addition to providing support via existing workshop and physical activity offers will provide individualised client assessments with a dedicated weight management/loss focus and tailored behavioural support.

Expanding Active Tameside's Live Active Scheme

- 5.7 Active Tameside also provide support for people in Tameside who wish to lose weight via the Live Active Programme. This service will include initial 1-2-1 sessions to understand the needs of each person and ensure the right behavioural change support is offered for them. Various coaching and goal oriented techniques will be used to support each person. The service would also include a buddy programme for physical activity and weekly catch ups with a lifestyle coach and specifically target groups that are traditionally underserved with such services including
- Young people 16-18 year olds (in partnership with Tameside College)
 - Residents with disabilities or additional needs.
 - Pre and post-natal weight management in collaboration with Maternity services (T&GICFT).
- 5.8 Active Tameside will:
- Deliver services in partnership with Be Well
 - Develop a 12-week initial pathway to run alongside Live Active scheme with appropriate branding for clients with BMI of between 30-36
 - Evaluate delivery uplift with particular regard to targeted cohorts.
 - Audit training requirements and implement training plan
 - Create a social media platform for the program.(Similar to Fuel4Fun) giving information on exercise , meal plans , food preparation etc.
 - Develop a buddy system approach to physical activity
 - Build capacity to sustain new approaches, potentially to triple referrals once all Live Active Officer are qualified and becomes part of the core referral process.

6 EVALUATION AND DATA COLLECTION

- 6.1 As part of the grant conditions, local authorities are required to ensure that providers supply PHE, or any successor body, with data on their services in the form of a minimum dataset. This will be the first time that data has been collected, in such a systematic way, on local authority adult tier 2 behavioural weight management services at a national level.
- 6.2 Quantitative and qualitative data will be collected on how many people use the service, who is using the service, weight loss achieved, and feedback on the service user experience.
- 6.3 The outcomes of the evaluation will inform local knowledge and future commissioning intentions to strengthen and improve existing services. The concurrent recommissioning of health improvement services provides a unique opportunity to flex local services alongside the generation of local knowledge and insight.

7 APPLICATION OUTLINE FOR THE CHILD AND FAMILY WEIGHT MANAGEMENT SERVICES GRANT

- 7.1 Based on the [grant criteria](#), Tameside Council has submitted an application of £153,468 to support healthy weight in children and families via extended brief intervention and Tier 2 weight management services. The application has been produced in partnership with:
- Tameside MBC, Children's Services;
 - Tameside MBC, Population Health;
 - Tameside and Glossop Clinical Commissioning Group;
 - Tameside and Glossop Integrated Care NHS Foundation Trust – Paediatricians, dietetics, School Nursing and the Children's Nutrition Team; and
 - Active Tameside.
- 7.2 The deadline for submission was Friday 23 April 2021. The guidance indicated that local authorities will be notified of the outcome of their application by early May 2021, however there has been no communication from DHSC as yet.
- 7.3 The application submitted by the partnership includes how Tameside will build on existing assets by integrating the pathways and services between local partners, with a core principle of relational and asset based approaches when working with children and families.
- 7.4 If successful, the funding of the project proposed will ensure the delivery of key outcomes through the fixed term employment of multi-disciplinary team containing: a Family Intervention Worker, with Tameside Council, a Nutrition Advisor and a Support Worker with Tameside and Glossop ICFT, and 2x Family Live Active Coaches, with Active Tameside. The key role of the Family Live Active Coaches is to provide extended brief intervention to families where children have been identified as overweight or obese via the National Child Measurement Programme (NCMP), and to support families who are dis-engaging from the current weight management service. The key role of the Family Intervention Worker is to support families in need of Early Help support, but who also have child(ren) identified overweight or obese, to either provide extended brief interventions or support engagement with the weight management service. The Nutrition Advisor and Support Worker, will build capacity in the existing Tier 2 Weight Management Service, and will focus on developing a provision for children aged 13+. The grant will also permit providing a discretionary budget to support families on the pathway with equipment tailored to their needs. Aligning to the current data from the NCMP, this project if successful in the grant application has the potential reach of 900 families.
- 7.5 The project proposed will be evaluated and monitored from a range of perspectives, including data submissions to Public Health England on a quarterly basis, and importantly the inclusion and action upon the voice of the child and family.

8 RECOMMENDATIONS

- 8.1 As set out at the front of the report.