

Health Improvement Service Review

Integrated Care & Wellbeing Scrutiny Panel
March 11th 2021

Dr Sarah Exall
Population Health



The current service





BE WELL TAMESIDE



Pennine Care
NHS Foundation Trust

Being well is important to us all. We all want to feel good, healthy and happy. So if you're looking to make some small changes that will benefit your health and wellbeing, we can help you.

-  **BE SMOKEFREE**
-  **MANAGE WEIGHT**
-  **MOVE MORE**
-  **SLEEP BETTER**
-  **DRINK LESS**
-  **STRESS LESS**
-  **EAT WELL**

Call us for more information or to make a telephone or video appointment on 0161 716 2000 or email bewelltameside@nhs.net

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BECAUSE THERE'S ONLY
ONE YOU



Reach of the service

- During the six months from April to October 2020, Be Well made personal health plans with 762 people with around 80% of people achieving or part achieving their goals.
- In 2019-20, Be Well:
 - Successfully supported 395 clients to quit smoking
 - Supported 1148 households to become smoke free
 - Conducted 1460 health checks (843 full NHS Health Checks and 617 mini Checks).
- Over the past 12 months, the service have increased numbers of people setting a tobacco quit date quarter-on-quarter
 - from 153 people in April-June of 2019/20
 - To 312 people in April-June of 2020/21
 - ...of whom 50% remained quit after 4 weeks.



Scale of the local need: smoking

- Smoking is the biggest cause of ill health and early death in Tameside. There are approximately 32,000 smokers in Tameside: 18.2% of all adults.
- Over 2,000 admissions per 100,000 people in Tameside in 2018/19
- Second highest smoking-attributable mortality in GM



- Smoking is the single biggest driver of health inequalities.
- It is estimated that smoking costs the Tameside economy £55.3 million (including £11.8 million a year to the local NHS).



Scale of the need: healthy weight

- Being an unhealthy weight can lead to a range of poor health outcomes.
- In Tameside, 71% of adults are overweight or obese (England = 62%).
- An estimated 22,000 patients registered with GPs in Tameside and Glossop are recorded as obese.
- In reception, 27% of children in Tameside are overweight or obese (England = 23%). By year 6, this has increased to 36% (England = 35%).
- Large inequalities in overweight and obesity
- Estimated cost to the NHS of ill-health related to overweight and obesity = £6.1 billion in 2014/15.
Costs to wider society = £27 billion.



Proposed changes to the service

- Recommissioning the service, with new contracts to start from April 2022
- Opportunity to look at what is needed locally and review our offer
- Three separate work streams:
 - Smoking cessation
 - Community Wellness (community healthy weight and NHS Health Checks)
 - Oral health promotion
- A total budget of £906,200 has been allocated for the new Health Improvement Services. This enables efficiency savings of £185,800 towards the council's financial challenge.



Smoking Cessation Service

- To maintain:
 - specialist, high-quality service.
 - the people who are most in need of help are able to reach it.
- Opportunities for change:
 - Increase different ways of seeing people, including telephone appointments and other virtual ways of providing support, as well as keeping some face to face appointments where needed
 - Development of increased capacity for health promotion by people and organisations in communities to balance direct delivery of community development, as capacity for this may be reduced.

Community Wellness Service

- To maintain:
 - This is the part of the service which does NHS health checks in the community, and will help local residents to have a healthy diet and healthy weight
- Opportunities for change:
 - we are planning to work with the service and with local people to develop a high-quality offer
 - we are planning to move towards a community offer rather than focusing on one-to-one services for healthy eating and healthy weight.
 - we want the new service to work closely with communities, organisations and small groups of people to encourage healthy behaviours in the whole community.
 - We want to make sure that this service is something that everyone can benefit from and use, but that it works especially with those communities in greatest need.



Our ask of the panel

- Feedback on the proposed changes

- Promoting the Public Consultation:

<https://www.tameside.gov.uk/tbc/healthimprovementconsultation2021>



THANK YOU

