

Health and Wellbeing Board			
Report Title	Reconfiguring Community Based Healthy Eating and Physical Activity Initiatives		
Contributors	Director of Public Health	Information Item No.	7C
Class	Part 1	Date:	24 March 2015
Strategic Context	Achieving a healthy weight in children and adults is a priority in Lewisham's Health and Wellbeing Strategy and the Children and Young People's plan. Promoting the uptake of physical activity is one of the key actions in the Lewisham Health and Wellbeing Delivery Plan.		

1. Purpose

- 1.1 To inform the Board about a report discussed and agreed by Mayor and Cabinet to change the model of delivery and contracts for the provision of community-based healthy eating and physical activity initiatives from mainly designated local services in specific wards to a single contract and provision that is available more widely in the borough.

2. Recommendation/s

- 2.1. Board is recommended to note:
- a) The plan to reconfigure the delivery of community based healthy eating and physical activity initiatives.
 - b) The proposal to tender the delivery of borough-wide healthy eating and physical activity initiatives to a suitable provider.

3. Policy Context

- 3.1 The Health and Social Care Act (2012) places a statutory obligation on the Council, Clinical Commissioning Group (CCG) and the NHS Commissioning Board to develop a Joint Strategic Needs Assessment to produce a joint Health & Wellbeing Strategy to meet identified needs.
- 3.2 Achieving a healthy weight in children and adults is a priority in Lewisham's Health and Wellbeing Strategy and the Children and Young People's plan. Promotion of nutrition and healthy eating are key actions in delivering this priority.
- 3.3 Promoting the uptake of physical activity is one of the key actions in the Lewisham Health and Wellbeing Delivery Plan.
- 3.4 Achieving a healthy weight and promoting the uptake of physical activity also support the Sustainable Communities priority of healthy, active and enjoyable-where people can actively participate in maintaining and improving their health and well-being.

3.5 Healthy eating and physical activity interventions contribute to the preventative and health behaviour change aspects of Lewisham's Adult Integrated Care Programme.

3.6 The mayor's manifesto commitments include developing comprehensive local food and nutrition policies to tackle food poverty.

4. Background

4.1 The Public Health Service currently fund a number of community-based healthy eating/nutrition and physical activity initiatives delivered mainly in specific localities in the borough. These are outlined in section 4.1 of the appended report.

4.2 There are currently separate contracts amounting in total to £109,200 for the lifestyle initiatives and these are delivered by four different providers.

5. Proposed changes

5.1 Options for the proposed changes:

- a) Continue with the current model of delivery reaching only some sectors of the community or;
- b) Deliver an alternative model so that the healthy eating/nutrition and physical activity initiatives would be more widely available in the borough.

5.3 It is felt that this second option b) is preferable so that more communities will benefit from lifestyle changes leading to greater health equality opportunities.

5.4 The Mayor and Cabinet, at its meeting of the 11th February 2015, approved the proposals to reconfigure the delivery of community-based healthy eating and physical activity initiatives and also to tender the delivery of borough-wide healthy eating and physical activity initiatives to a suitable provider, but asked for the detail on the procurement process as they were concerned that existing local community organisations involved in promoting healthy eating and physical activity are included. A response is currently being prepared.

7. Financial Implications

7.1 This report proposes a reconfiguration of nutrition and physical activity initiatives in 2015/16. The funding for these activities is the ring fenced Public Health Grant.

7.2 The annual total funding available for 2015/16 is £124,000. This is derived from the budgets for the schemes described above less savings included in the 2015/16 Community Services savings proposals. Full details in section 7.1 of the appended report.

8. Legal Implications

8.1 The Council has responsibility for the public health of its residents and as set out in the Financial Implications received central government funding for

this function. It is required to obtain efficiencies and value for money in all of its tendering and contracting activities.

9. Crime and Disorder Implications

9.1 There are no specific crime and disorder implications arising from this report.

10. Equality Implications

10.1 An Equality Analysis Assessment (EAA) was undertaken on the options. It was concluded that the recommended option, whereby healthy eating/nutrition and physical activity initiatives would be more widely available in the borough will lead to greater health equality opportunities.

10.2 An Equality Analysis Assessment (EAA) has also been carried out on the Lewisham Health and Wellbeing Strategy. The Lewisham Health and Wellbeing Strategy, which promotes healthy eating and physical activity, is underpinned by the principle of reducing inequalities.

11. Environmental Implications

11.1 There are no specific environmental implications arising from this report.

If there are any queries on this report please contact **Danny Ruta** on 020 8314 8637.

Mayor and Cabinet			
Report Title	Proposal to re-configure the delivery of community-based healthy eating and physical activity initiatives		
Key decisions	Yes		
Wards	all		
Contributors	Executive Director for Community Services	Item No.	
Class	Part 1	Date:	11 February 2015

Appendix:

1 Purpose

- 1.2 The purpose of this report is to inform Mayor and Cabinet and to seek their approval to change the model of delivery and contracts for the provision of healthy eating and physical activity initiatives from mainly designated local services in specific wards to a single contract and provision that is available more widely in the borough.

2 Recommendation/s

- 2.1 Mayor and Cabinet are recommended to:

- c) Agree the plan to reconfigure the delivery of community based healthy eating and physical activity initiatives.
- d) Agree the proposal to tender the delivery of borough-wide healthy eating and physical activity initiatives to a suitable provider.

3. Policy Context

- 3.1 The Health and Social Care Act (2012) places a statutory obligation on the Council, Clinical Commissioning Group (CCG) and the NHS Commissioning Board to develop a Joint Strategic Needs Assessment to produce a joint Health & Wellbeing Strategy to meet identified needs.
- 3.2 Achieving a healthy weight in children and adults is a priority in Lewisham's Health and Wellbeing Strategy and the Children and Young People's plan. Promotion of nutrition and healthy eating are key actions in delivering this priority.

- 3.3 Promoting the uptake of physical activity is one of the key actions in the Lewisham Health and Wellbeing Delivery Plan.
- 3.4 Achieving a healthy weight and promoting the uptake of physical activity also support the Sustainable Communities priority of healthy, active and enjoyable-where people can actively participate in maintaining and improving their health and well-being.
- 3.5 Healthy eating and physical activity interventions contribute to the preventative and health behaviour change aspects of Lewisham's Adult Integrated Care Programme.
- 3.6 The mayor's manifesto commitments include developing comprehensive local food and nutrition policies to tackle food poverty.

4. Background

- 4.1 The Public Health Service currently fund a number of healthy eating/nutrition and physical activity initiatives delivered mainly in specific localities in the borough. These are:
 - i. The Downham Nutrition Partnership covering Downham, Whitefoot, Catford South and Grove Park wards. The current contract is with Downham Nutrition Partnership. It supports over 30 organisations and approximately 1000 people per year.
 - ii. The Community Development and Nutrition Project in New Cross and Evelyn wards. The current contract is with Greenwich Cooperative Development Agency. It reaches approximately 120 beneficiaries per year through a Community Development for Health post that supports local groups.
 - iii. The Food Co-operative in the north of the Borough promotes healthy eating through the provision of affordable and accessible food to those in the local community who may not have had access to healthy foods both due to location and cost. The Food Co-op reaches on average 900 people per year.
 - iv. The Community Cookery programme is delivered in different parts of the borough to enable people to learn the skills of cooking healthily on a limited budget. The current contract is with Greenwich Cooperative Development Agency. The programme reaches approximately 120 beneficiaries per year.
 - v. The Healthier Catering Commitment scheme that supports businesses to provide healthier food options while helping the business itself save money. The current contract is with Lewisham Environmental Services. The scheme supports 40 businesses per year
 - vi. The Gateway Physical Activity Project to promote physical activity opportunities to local adult residents who are sedentary or active at low levels in the North Lewisham area (Evelyn and New Cross) and Catford South and Well London Bellingham. The project supports on average 100 people per year on long term behavioural change engagement.

4.2 Current contract values

Initiative	Contract value per annum
Downham Nutrition Partnership	£34,000
Community Development and Nutrition Project	£14,500
Food Cooperative	£10,200
Community Cookery Programme	£14,500
Healthier Catering Commitment	£12,000
The Gateway Physical Activity Project	£24,000
Total	£109,200

4.3 There are currently separate contracts for the above lifestyle initiatives and these are delivered by four different providers. This report seeks agreement to reconfigure the delivery of community based healthy eating and physical activity initiatives and to tender the delivery of borough-wide healthy eating and physical activity initiatives to a suitable provider.

5. Proposed changes

5.1 The community-based initiatives described in the previous section have engaged individuals, agencies and communities in their respective geographical areas in health improvement activities and projects. The self-reported outcomes indicate that participation in activities that promote healthy eating and physical activity resulted in positive behaviour lifestyle changes. Details were presented in a report to the Health and Wellbeing Board (19th September 2013): 'An Evaluation of the North Lewisham Health Improvement Programme and the Transfer of Learning'. A further report was presented to the Healthier Communities Select Committee (2nd December 2014): 'Sustainability of Community Health Initiatives'. Public Health England have also recognised the value of Lewisham's community cookery initiative and have stated that they intend to use the outcomes as a case study to support healthy eating in communities.

5.2 Options for the proposed changes:

- b) Continue with the current model of delivery reaching only some sectors of the community or;
- b) Deliver an alternative model so that the healthy eating/nutrition and physical activity initiatives would be more widely available in the borough.

5.3 It is felt that this second option b) is preferable so that more communities will benefit from lifestyle changes leading to greater health equality opportunities.

- 5.4 It is proposed that the learning from the programmes described in the previous section will be used as a basis for transferring the community-based initiatives from a localised model to a borough-wide approach.
- 5.5 The borough-wide approach aligns with plans at Neighbourhood level including the integration of health and social care. The healthy eating and physical activity initiatives will complement and enhance the existing North Lewisham Health Improvement programme in Neighbourhood 1, Bellingham Well London in Neighbourhood 4 and planned health improvement programmes in Downham (Neighbourhood 3) and Central Lewisham (Neighbourhood 2).
- 5.6 The initiatives delivered to improve the skills and resilience of local residents around food and healthy eating will form an integral component of the council's local food and nutrition policy to tackle food poverty.
- 5.6 An aspect of the long term plan is to enable some of the existing work to become self-sustaining. For example the running and management of the Food Co-operative in the north of the borough will be taken over by the community steering group allowing funds to be reallocated to support borough-wide initiatives.
- 5.7 A Train the Trainer approach will be used to enable local people to lead the planning and delivery of cook and eat sessions in their setting. This will provide sustainable local support for ongoing and future initiatives.
- 5.8 Commissioning the delivery of borough-wide healthy eating and physical activity from one provider will provide the following benefits;
- i. ensure a co-ordinated service operating via separate but linked programmes
 - ii. improved opportunity to share good practice and learning
 - iii. single procurement process
 - iv. cost-savings on management and overheads.

6. The new service model

- 6.1 The new service model will take a community development approach to delivery, supporting individuals, groups and organisations to promote healthy lifestyles with a focus on healthy eating and physical activity. The proposal is to tender the delivery of the borough-wide healthy eating and physical activity to a suitable provider. This will be undertaken through an open tender process using either a prime provider model or collaborative partnership model approach.
- 6.2 It is expected that the new model will include the appointment of a community development nutritionist, a community development physical activity specialist and a community development food worker. These posts will work to enhance the existing programmes in the Neighbourhoods and increase synergy between the varied initiatives in the community.

6.3 The objectives of these posts will be to:

- i. Promote healthy eating through the provision of appropriate information and training to develop people's knowledge and skills on healthy recipes and food choices.
- ii. Deliver nutrition sessions and workshops.
- iii. Increase local people's consumption of fruit and vegetables.
- iv. Increase the number of people who have the knowledge and interest in growing food.
- v. To promote active lifestyle for local residents.
- vi. Deliver physical activity sessions and workshops.
- vii. Increase the number of people who are active.
- viii. Increase the number of community development practitioners promoting healthy lifestyle messages.
- ix. Develop and maintain relationship with key community leaders and organizations to enhance opportunities for promoting healthy lifestyles
- x. Provide one to one support sessions to groups and individuals.
- xi. Facilitate the development and sustainability of partnerships to ensure engagement in activities and share learning.
- xii. Increase community engagement through partnership links between local volunteers and other agencies in order to improve health through promotion of healthy eating and active lifestyles.
- xiii. Increase local knowledge and skills for developing social enterprise to enable the long term sustainability of the project.

6.4 The service will also deliver the following borough-wide activities:

a) Community cookery programmes

6.5 The objectives are:

- i. To improve healthy eating behaviours amongst beneficiaries through cooking healthy meals.
- ii. To increase beneficiaries confidence to prepare healthy meals from fresh ingredients on a budget.
- iii. To improve knowledge and understanding of healthy eating to achieve a healthy lifestyle.
- iv. To evaluate behaviour change at end of course and at 6 months after completion of course.

Target: to reach approximately 120 beneficiaries per year.

b) Healthier Catering Commitment (HCC)

6.6 The scheme works with catering businesses to help them change to providing healthier food options while at the same time saving money. The four main strands of work undertaken by the provider are:

- i. Development and promoting the uptake of the HCC scheme by catering businesses in Lewisham.
- ii. Provision of expertise to manage and run the scheme.
- iii. Provision of reports on outcome of the scheme.
- iv. Provision of advice, training and to implement the scheme.

Target: To support 40 businesses per year.

e) The Gateway Physical Activity Project

6.7 The objectives are:

- i. To promote active lifestyle for local residents
- ii. Identify and recruit inactive/sedentary adults and young people from specified areas
- iii. Follow up 25% of those recruited and increase their physical activity levels from baseline over a 12 week period
- iv. Record number of residents engaged and signposted to activity opportunities over the specified period

Target: To support 100 people per year on long term behaviour change.

f) Universal Vitamin D Scheme

6.8 The service will support the implementation of the universal Vitamin D scheme in the borough through facilitating training sessions, promotion and raising awareness of the scheme.

e) Community Development approach to healthy eating and physical activity

6.9 The model will in addition support community development approach with funds for participatory budgeting in Neighbourhoods 2 and 3 (similar to the approach in the North Lewisham Health Improvement programme and Bellingham Well London). This will enable delivery of lifestyle activities aimed at promoting healthy eating and physical activity.

7. Financial Implications

7.1 This report proposes a reconfiguration of nutrition and physical activity initiatives in 2015/16. The funding for these activities is the ring fenced Public Health Grant.

- a. The annual total funding available for 2015/16 is £124,000. This is derived from the budgets for the schemes described above less savings included in the 2015/16 Community Services savings proposals.

	£
Community cookery	19,600
Downham nutrition partnership	34,000
Healthier Catering Commitment	12,000
Community Development Nutrition Project	48,000
Food co-op	10,200
Gateway Physical Activity Coop	24,000
Community physical activity	<u>6,200</u>
	154,000
Less : proposed saving	<u>30,000</u>
Available:	<u><u>124,000</u></u>

8. Legal Implications

- 8.1 The Council has responsibility for the public health of its residents and as set out in the Financial Implications received central government funding for this function. It is required to obtain efficiencies and value for money in all of its tendering and contracting activities.

12. Crime and Disorder Implications

- 12.1 There are no specific crime and disorder implications arising from this report.

13. Equality Implications

- 10.1 An Equality Analysis Assessment (EAA) was undertaken on the options. It was concluded that the recommended option, whereby healthy eating/nutrition and physical activity initiatives would be more widely available in the borough will lead to greater health equality opportunities.
- 10.2 An Equality Analysis Assessment (EAA) has also been carried out on the Lewisham Health and Wellbeing Strategy. The Lewisham Health and Wellbeing Strategy, which promotes healthy eating and physical activity, is underpinned by the principle of reducing inequalities.

14. Environmental Implications

- 11.1 There are no specific environmental implications arising from this report.

Background Documents

Report to the Health and Wellbeing Board on (19th September 2013): An Evaluation of the North Lewisham Health Improvement Programme and the Transfer of Learning:

<http://councilmeetings.lewisham.gov.uk/documents/s24587/190913%20HWB%20Evaluation%20of%20North%20Lewisham%20HIP%20and%20Bellingham%20Well%20London%20update.pdf>

Report to the Healthier Communities Select Committee on the Sustainability of Community Health Initiatives (2nd December 2014):

<http://councilmeetings.lewisham.gov.uk/documents/s32344/07%20Sustainability%20of%20community%20health%20initiatives%20021214.pdf>

Lewisham Together Towards a better Future:

http://d3n8a8pro7vhm.cloudfront.net/stevebullock/pages/15/attachments/original/1396979527/Lewisham_Labour_Manifesto_2014_FINAL.pdf?1396979527

If there are any queries on this report please contact **Danny Ruta** on 020 8314 8637.