

b-You Live Well Health Hubs

SUMMARY

- 1.1 From April 2013, Leisure and Cultural Development were commissioned by Public Health to provide an Integrated Lifestyle Service in Derby. This attracts £1.5 million of funding each year for three years with an option to extend for a further two years.
- 1.2 This new b-You Live Well Service aims to reach 5,000 people and their families a year. 50% of the clients joining the scheme have to come from the areas of highest health inequality in the city. To ensure the Service reaches into and has a presence in local communities, a number of b-You Live Well Health Hubs are being established.
- 1.3 The first five Health Hubs will be located at five libraries in the city and will be referred to as b-You Live Well Libraries. These libraries are Alvaston Library; the Phillip Whitehead Memorial Library, Chaddesden Park; Mackworth Library; Pear Tree Library and Sinfyn Library. These locations have been chosen as they are in areas of high health inequalities. Some increase in opening hours at these libraries may be possible due to the health hubs being located there, which will be fully funded through the project.
- 1.4 There is also the potential to locate a further three Health Hubs at Springwood Library, Derby Moor Community School and Chellaston Library.

RECOMMENDATION

- 2.1 To note the development of the b-You Live Well Health Hubs in Derby and the location of the first Health Hubs in the five named libraries.
- 2.2 To provide views on any further links in the five communities identified above that could be explored that could help contribute to the project's success.

REASONS FOR RECOMMENDATION

- 3.1 The accessibility of these hubs are fundamental to the community approach of the b-You Live Well Service, particularly in helping to engage people in areas of high health inequalities.

- 3.2 Additional views could be very helpful in assisting with the development of this project.

SUPPORTING INFORMATION

- 4.1 The new b-You Live Well Service is the first-of-its-kind. It is an innovative programme developed to address the multitude of health and wellbeing issues faced by many Derby residents in a fully integrated and highly cost effective system.
- 4.2 Derby has approximately 250,000 residents, however there is a 12 year life expectancy gap and up to 16.6 disabilities adjusted life-years gap between different residential areas of the city. Residents in all areas have similar access to primary and secondary care services, yet significantly worse outcomes for key health areas, especially cardiovascular, cancer and other major killers, which follow the deprivation patterns.
- 4.3 It is estimated that around one-quarter of the adult population in Derby are obese, this is similar to England and the East Midlands. It is estimated that 72.9% of people in Derby do not eat healthily (calculated as the proportion of the population not consuming five or more portions of fruit/ vegetables per day). Around 25% of people aged over 16, in Derby, are smokers and the rates are much higher among deprived population groups. This is higher than the national adult smoking prevalence of 21%.
- 4.4 The new b-You Live Well Service delivers a 52 week personalised prevention programme for 5,000 clients and their families (circa 25,000 people a year) to holistically improve their health and wellbeing through a behaviour change model. It will provide support to reduce calorie intake, develop sustainable physical activity, reduce sedentary behaviour and stop smoking. Education, advice and support around nutrition, diet, exercise, fitness, smoking cessation and managing long term conditions will be given.
- 4.5 The Service is focused mainly on medium to high risk individuals but will also develop targeted/specialist referral categories (within the broad referral criteria) including pregnant women and those who have recently given birth, appropriate cultural/ability provision and older people.
- 4.6 Key to the delivery of the Service is the development of the b-You Live Well Health Hubs to ensure that there is a highly visible and accessible local presence. The Health Hubs will be places where local residents can gain health information and advice – for both people referred onto the scheme and for people considering joining the scheme.
- 4.7 Two b-You Advisors will be based at each Health Hub. Clients on the programme will be able to attend their one to one appointments and a variety of education sessions (for example weight management courses, baby massage courses) and healthy living activities will take place. For example a “growing programme” will be run using the garden at Pear Tree Library and walking activities will take place in Chaddesden Park. Links with other community venues will be developed to run additional activities to supplement those taking place at the libraries.

- 4.8 The collaboration between the Libraries Service and the b-You Live Well Service offers a number of potential benefits to both parties, including possibly some extension of library opening hours for the lifetime of the project. This will be at no cost to the Library Service as it will be fully funded through the b-You Service.
- 4.9 The b-You Live Well Service will be formally launched in October 2013 and it is envisaged that the first five Health Hubs will be up and running by late Autumn.

OTHER OPTIONS CONSIDERED

- 5.1 Other venues have been considered for the location of the b-You Live Well Health Hubs however they do not provide the mutual benefits of using libraries and in a number of cases would be more costly. Libraries are situated at the heart of their communities and already have an established footfall. By using libraries under used space in these buildings will be utilised during opening hours and there is also the possibility to extend the library opening hours for the lifetime of the project.

This report has been approved by the following officers:

Legal officer Financial officer Human Resources officer Estates/Property officer Service Director(s) Other(s)	Claire Davenport, Director of Leisure and Culture
For more information contact: Background papers: List of appendices:	Amanda Chambers 01332 641231 amanda.chambers@derby.gov.uk None Appendix 1 – Implications

IMPLICATIONS

Financial and Value for Money

- 1.1 All costs associated with the b-You Health Hubs will be covered by the b-You funding for the lifetime of the project.

Legal

- 2.1 None arising from this report

Personnel

- 3.1 Additional jobs were created and funded to assist in the delivery of the overall project.

Equalities Impact

- 4.1 The location of the b-You Health Hubs will ensure that the new Service is locally accessible to the whole community in areas of deprivation within the city.

Health and Safety

- 5.1 None arising from this report

Environmental Sustainability

- 6.1 None arising from this report

Property and Asset Management

- 7.1 Library buildings are a key asset of the Council and this project provides improved utilisation of five libraries.

Risk Management

- 8.1 None arising from this report

Corporate objectives and priorities for change

- 9.1 The b-You Live Well Health Hubs link into the Council Plan areas of – good health

and wellbeing, safer communities and an active cultural life.