



Derby City Council

Adult & Health Scrutiny Review Board
25 September 2018

Report of the Strategic Director of Communities
and Place

ITEM 7

Livewell Annual Report 2017/18 and Service Developments

SUMMARY

- 1.1 Livewell is the Council's integrated lifestyle, behaviour change and Public Health prevention offer. It delivers: smoking cessation; community health checks (statutory); weight management for adults and children; physical activity interventions; cardiac rehab; and lifestyle interventions for individuals with learning disabilities. Over 3000 individuals a year benefit from the interventions delivered by Livewell – and it is considered an award winning national model of excellence in its field.
- 1.2 The Council's Livewell integrated lifestyle and behaviour change programme commissioned by Public Health has completed another successful year and is publishing its Annual Report (see appendix 2 for full report).
- 1.3 Workwell has been developed as to support businesses to improve the health and wellbeing of their employees and improve productivity – this also forms part of Derby City Council's Health, Wellbeing and Attendance Strategy.

RECOMMENDATION

- 2.1 To note the service performance and planned developments of Livewell.

REASONS FOR RECOMMENDATION

- 3.1 To keep Adult Health and Housing Scrutiny Board fully apprised of service performance and developments

SUPPORTING INFORMATION

- 4.1 Derby has higher than average (when compared to England) levels of premature mortality, preventable mortality and obesity. Life expectancy and healthy life expectancy in the city are lower than average and there are significant health inequalities. Life expectancy, for example, is 10.4 years lower for men and 8.4 years lower for women in the most deprived areas of Derby than in the least deprived areas

- 4.2 There are approximately 35,000 adult smokers in Derby and smoking costs Derby society an estimated £66.5m every year through health care, social care and lost productivity in business.
- 4.3 Nearly half (43.2%) of the adult population are inactive and 64.1% of adults are classified as overweight or obese.
- 4.4 Weight Management - 813 people accessed the weight management service; with 62% achieving a minimum of 5% weight loss and 60% of clients with learning disabilities.
- 4.5 Smoking cessation - 1160 people achieved a 4 week quit; with a quit rate of 67% and 38% of those have achieved a 52 week smoking quit rate compared to a National average of 7.7%.
- 4.6 Health Checks - 936 individuals received a community NHS health check by a member of the Livewell team. Through Livewell health checks, 192 people have been identified with high blood pressure, 90 with high cholesterol and 47 at risk of diabetes. This has enabled these clients to receive a timely referral to a qualified clinician.
- 4.7 Inpatient smoking cessation – Livewell have been supporting Royal Derby Hospital to deliver inpatient smoking cessation services on cardiac and respiratory wards as part of Right Care and MRET. They are also supporting the hospital in the implementation of the risky behaviour CQUIN
- 4.8 Livewell has developed the Workwell programme and delivering workplace lifestyle interventions within large and small employers in Derby City.
- 4.9 Livewell has launched the Derby City Council Workwell programme as part of the Health, Wellbeing and Attendance strategy to support employee health and improve attendance.
- 4.10 Volunteering - 38 former clients are now trained volunteers and have contributed over 1000 hours to the service, which includes supporting sessions, delivering walks and cycle rides
- 4.11 Livewell is recognised as a high quality programme with a National reputation, thus has been visited by Leicester City Council, Lincolnshire County Council, Croydon and Kirklees authorities to understand the service as they develop their own from Derby's best practice example.
- 4.12 Livewell has built a solid partnership with the University of Derby supporting both undergraduate and Post graduate Psychology students with meaningful long term work placements to give practical understanding of behaviour change services.
- 4.13 Livewell measures quality of life (using a validated World Health Organisation tool WHOQoL) at the start of a client's journey and again at the end of the 12 months of support, this found that 70% of clients have increased their perception of quality of life
- 4.14 Satisfaction with the service is hugely important with health services relying more and more on client satisfaction, 92% of Livewell clients would recommend the service to

family or friends.

- 4.15 Derby City Council has an excellent relationship with Derby County Community Trust (DCCT) who hosts the Children's Livewell programme – they have supported 169 children through the weight management service with 55% achieving a minimum of 3% BMI centile reduction and 1,891 under 11's becoming more active through the Active Schools programme.

Some of the key outcomes from the Active schools programme have been:

- 71% increase in pupil alertness and readiness to learn
- 63% of children increased their fitness levels
- 26 minutes of additional physical activity time added to the school day
- 68% increase in staff confidence teaching about physical activity
- 76% of pupils increased their physical development.

OTHER OPTIONS CONSIDERED

5.1 N/A

This report has been approved by the following officers:

Legal officer Financial officer Human Resources officer Estates/Property officer Service Director(s) Other(s)	NA NA NA NA NA Alison Wynn – Assistant Director Public Health
For more information contact: Background papers: List of appendices:	Rob Smithers 01332 641490 robert.smithers@derby.gov.uk None Appendix 1 – Implications Appendix 2 – Livewell Annual Report Infographic

IMPLICATIONS

Financial and Value for Money

- 1.1 No financial issues related to this report.

Legal

- 2.1 No legal issues related to this report

Personnel

- 3.1 No personnel issues related to this report.

IT

- 4.1 No IT implications for the report.

Equalities Impact

- 5.1 No equality issues for the report.

Health and Safety

- 6.1 No health and safety issues identified.

Environmental Sustainability

- 7.1 No environmental issues identified.

Property and Asset Management

- 8.1 No property or asset management issues identified.

Risk Management and Safeguarding

- 9.1 No safeguarding issues or risks identified.

Corporate objectives and priorities for change

- 10.1 This report supports the Council Plan objectives that all people in Derby will enjoy good health and wellbeing via good quality services that meet local needs.

Livewell achievements 2017/2018

 **3,065** 
people in derby joined the service

1,160 
people quit
smoking

we delivered
936 nhs
health checks



76% of children improved
their physical literacy

61% of weight clients
achieved at least **5%** weight
loss

70% 
of people experienced
an improvement in
their quality of life

over 30
volunteers
contributing
more than



1,891  engaged
in active
children schools

50% of children
achieved at least a **3%**
weight reduction

92% of clients would recommend the
service to their friends and family