

Update on the Livewell Service

Purpose

- 1.1 To provide the Health and Wellbeing Board (HWB) with an update on the Livewell service including outcomes, current activities, and future plans.

Recommendation

- 2.1 The Health and Wellbeing Board is asked to note the update report.

Reason(s)

- 3.1 To ensure the Health and Wellbeing Board is kept updated on the Livewell service, its outcomes, and plans.

Supporting information

- 4.1 Livewell is Derby City Council's (DCCs) free integrated lifestyle service funded predominately by Public Health and plays a significant role in the Health and Wellbeing Board outcome indicators of:

- *reducing smoking prevalence*
- *improving the number of adults who are a healthy weight*
- *improving the participation in physical activity, and*
- *improving mental health and emotional wellbeing.*

The service supports residents who want to quit smoking and those with a BMI>30 to manage their weight. Additionally, the service delivers Community NHS Health Checks. The service also has specialist offers for pre and post pregnancy and people with learning disabilities (Liveability). Access can be through telephone, website or referral from a wide range of organisations i.e., primary care and Derby Homes. Appointments are in a variety of locations across the city – in areas of highest need and over the phone (smoking) they also are available during the day, evening, and Saturday am.

- 4.2 The service supports people for up to 12 months and offers access to community physical activity across the city as well as formal activity within DCC leisure centres. Courses and workshops are also available and include, living with and managing pain, nutrition, cooking, sleep and resilience. Livewell's health walks (16 per week) and jogging groups are all led by volunteers, many of whom have used the Livewell service.

For smokers' nicotine replacement therapy (NRT) is available for free to support them to quit.

- 4.3 Aligning with the Health and Wellbeing Board's – *How*; Work is being undertaken to further target areas of highest health inequalities and simplify. This is in partnership with other organisations and services such as Derby County Community Trust (DCCT), primary care networks (PCN), mental health charities, social housing providers, Derbyshire police and the Job Centre Plus many more. This work is to help shape how Livewell can work with individuals that it may find challenging to reach but may benefit from it the most.
- 4.4 During the pandemic many changes were initiated which included telephone appointments, NRT delivery and increased support via social media – i.e. Facebook support groups. The changes have continued post-pandemic due to their success. Demand for the weight management service has significantly increased (22% increase at Q1 vs Q1 in 2022/23) which has meant the service has had to be agile in its delivery without compromising quality. Q1 weight management outcomes remain strong with 59% achieving at least 5% weight loss.
- 4.5 The prevalence of smoking for the adult population in Derby has significantly decreased in recent years to 13.2% compared to the England average of 13%. However, this means the service must work differently to engage with those that may not typically engage with cessation services. In light of this the service is working with communities and organisations where prevalence of smoking is high i.e. routine and manual workforce and social housing providers.
- 4.6 In 2022/23 the service headline outcomes include;
- Supported 613 people to quit smoking (62% quit rate)
 - 716 people to manage their weight
 - 54% of people achieving at least 5% weight loss
 - 961 people to have a community NHS Health Check.
- 4.7 In addition to public health funding the service can be agile and flexible in its delivery model which has allowed it to lever external funding to deliver small specific pieces of work to take place, including; working in partnership with the Integrated Care Board (ICB) and partners to develop a hypertension case-finding project, working with Derby Homes on smoking screening with tenants and with businesses to deliver blood pressure and cholesterol checks.
- 4.8 Livewell is keen to get the thoughts and views of Health and Wellbeing Board members on how it can further support communities and organisations in the city.

Public/stakeholder engagement

5.1 Nothing related to this report.

Other options

6.1 Nothing related to this report.

Financial and value for money issues

7.1 Nothing related to this report.

Legal implications

8.1 Nothing related to this report.

Socio-Economic implications

9.1 The service can positively have a direct impact on reducing health inequalities in the city by supporting people to make positive changes. The service focuses resources in areas of the city that experience socio economic disadvantage.

Climate implications

10.1 Alongside other work within the city supporting people to be more active within their communities. This can have a potentially positive impact on active travel which in turn can support the reduction in short journey travel, improved air quality, reduced traffic congestion and carbon dioxide emissions.

Other significant implications

11.1 None.

This report has been approved by the following people:

Role	Name	Date of sign-off
Legal Finance Service Director(s) Report sponsor Other(s)	Alison Wynn, Assistant Director of Public Health	28/08/2023

Background papers: List of appendices:
