

Livewell Annual Report 2017/18

SUMMARY

- 1.1 The Council's Livewell integrated lifestyle and behaviour change programme has completed another successful year of meeting its targets as set by the Public Health Department and is publishing its Annual Report.

This report gives the headlines of the Annual Report.

- 1.2 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.
- 1.3 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%.
- 1.4 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.

- 1.5 Derby City Council has an excellent relationship with Derby County Community Trust (DCCT) who host 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.

RECOMMENDATION

- 2.1 To understand the highlights of the Livewell annual report and for further detail read the full annual report www.livewellderby.co.uk/professionals

REASONS FOR RECOMMENDATION

- 3.1 To keep Health and Wellbeing Board members fully apprised of Livewell performance for 2017/18

SUPPORTING INFORMATION

- 4.1 Livewell is the Council's lifestyle, behaviour change and Public Health prevention offer. At a cost of £1m per year 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.
- 4.2 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.
- 4.3 Livewell have been delivering workplace lifestyle interventions within large and small employers in Derby City.
- 4.4 Livewell have launched the Derby City Council Workwell programme as part of the Health, Wellbeing and Attendance strategy to support employee health and improve attendance.
- 4.5 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
- 4.6 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.
- 4.7 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.

- 4.8 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.
- 4.9 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.
- 4.10 DCCT have run the men's health programme with Man V Fat which has enabled 121 males to lose a total of 673kg.
- 4.11 DCCT have launched the 'Daily mile' in 17 schools across the city. They took baseline measures of all children at the start and 4 weeks later, then provided a report to each school showing the difference this made with some excellent individual results.
- 4.12 Additionally the children's team have developed an Early Years programme concentrating on physical development, ran additional healthy eating and physical activity sessions in 6 schools (Rammie's Health Hero's) which showed high levels of overweight children (identified through the National Child Measurement Programme) and supported schools to develop a physical activity policy.

OTHER OPTIONS CONSIDERED

- 5.1 N/A

This report has been approved by the following officers:

Legal officer	N/A
Financial officer	N/A
Human Resources officer	N/A
Estates/Property officer	N/A
Service Director(s)	N/A
Other(s)	Robyn Dewis, Consultant in Public Health Medicine

For more information contact: Background papers: List of appendices:	Robert Smithers 01332 641490 robert.smithers@derby.gov.uk Livewell Annual Report – https://www.livewellderby.co.uk/sites/default/files/Livewell%20Annual%20Report%202017_2018.pdf Appendix 1 – Implications
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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.