

Nottingham City Council Delegated Decision



Nottingham
City Council

Reference Number:

3698

Author:

Claire Novak

Department:

Strategy and Resources

Contact:

Claire Novak

(Job Title: Insight Specialist - Public Health, Email: claire.novak@nottinghamcity.gov.uk, Phone: x 63954)

Subject:

Adult weight management on referral

Total Value:

£192,900 (Type: Revenue)

Decision Being Taken:

- a) To approve spend of up to £64,300 per annum for 3 years (expected to commence on 1 April 2020) for the adult weight management on referral service;
- b) To approve the procurement of a contract for the delivery of this service through a full tender process; and
- c) To delegate authority to the Director of Procurement and Children's Commissioning to award the outcome of the tender process and the Head of Contracting and Procurement to sign the contract.

Reasons for the Decision(s)	<p>Happier Healthier Lives, Nottingham City's Joint Health and Wellbeing Strategy 2016-2020, sets out joint ambition to achieve four outcomes, one of which is healthier lifestyles. Within this outcome, the Strategy commits to priority actions of improving physical activity to levels which benefit citizens' health, improving diet and nutrition and supporting citizens to achieve and maintain a healthy weight. There is a clear indication that Nottingham is not achieving the key performance indicators associated with these actions.</p> <p>The percentage of adults classed as overweight or obese continues to increase, year on year and Nottingham is similar to the national average. Communities with higher levels of deprivation have higher proportions of overweight or obese adults.</p> <p>The Nottingham Labour Manifesto 2019-2023, which has been approved by Council as forming the basis for Council policy for the next four years, includes a commitment to work with 5,000 people to help them become more physically active and improve their health. The adult weight management on referral service will help to achieve this commitment by engaging approximately 1,300 citizens per year.</p> <p>There is a strong body of evidence in support of weight-loss achieved at 12 months for a number of readily available weight management programmes, including commercial ones. Adult weight management on referral, provided by commercial weight management programmes, has achieved cost-effective positive outcomes in Nottingham City in previous years, including significant weight loss and improvements in physical and mental health and wellbeing.</p> <p>A weight management on referral service will deliver at least 12 support group sessions for each service user to address dietary intake, physical activity levels and behaviour change that focuses on life-long lifestyle change and the prevention of future weight gain. It will have BMI eligibility criteria based on national recommendations and access is via GP referral.</p> <p>Carrying out a full tender process will enable the Council to identify a provider offering value for money.</p>
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Other Options Considered:	<p>To make no financial contribution to improving physical activity and diet in order to reduce obesity has been rejected because obesity continues to be a city priority and obesity measures are not showing improvement. Excess weight is a leading cause of type 2 diabetes, heart disease and cancer.</p> <p>Options to provide alternative weight management programmes were rejected because commercial weight management on referral has shown to be impactful and comparably cost-effective at a local level.</p>
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Background Papers:	None
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Published Works:	None
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Affected Wards:	Citywide
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Colleague / Councillor Interests:	None
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Any Information Exempt from publication:	Yes
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Exempt Information:

Description of what is exempt:	Finance advice
	An appendix (or appendices) to this decision is exempt from publication under the following paragraph(s) of Schedule 12A of the Local Government Act 1972
3 - Information relating to the financial or business affairs of any particular person (including the authority holding that information).	The public interest in maintaining the exemption outweighs the public interest in disclosing the information because disclosure of the finance advice could have a negative impact on the tender process.
Documents exempt from publication:	DDM - exempt finance advice.docx
Consultations:	Those not consulted are not directly affected by the decision.
Crime and Disorder Implications:	None
Equality:	Please login to the system to view the EIA document: AWM EIA Oct19 Final draft.docx
Social Value Considerations:	<p>Excess weight disproportionately affects socially disadvantaged communities within Nottingham City. The adult weight management on referral programme specifically targets priority groups who are more at risk of excess weight and the clinical consequences thereof, and have additional barriers so are less likely to access commercial groups.</p> <p>Priority groups: people of African, Caribbean and South Asian descent, people with learning disabilities, people with mental health problems, pregnant women and men.</p> <p>Through the prevention of type 2 diabetes, heart disease and cancer in the long term, the adult weight management on referral programme should improve the economic and social wellbeing of citizens by keeping people healthier for longer, thereby reducing illness-related absence from the workplace and decreasing demand on health and social care services.</p>

Regard for NHS
Constitution:

Local authorities have a statutory duty to have regard to the NHS Constitution when exercising their public health functions under the NHS Act 2006. In making this decision relating to public health functions, we have properly considered the NHS Constitution where applicable and have taken into account how it can be applied in order to commission services to improve the health of the local community.

Decision Type:

Portfolio Holder

Subject to Call In:

No

The call-in procedure does not apply to the proposed decision because the delay likely to be caused by the call in process would seriously prejudice the Council's or the public's interests. The Chair of the Overview and Scrutiny Committee (or Vice-Chair) in his/her absence has been consulted and agreed both that the decision proposed is reasonable in all circumstances and that it should be treated as a matter of urgency.

Person Consulted: Councillor Anne Peach

Consultation Date: 06/11/2019

To meet requirements for the tender process to commence on 11 November 2019

Advice Sought:

Legal, Finance, Procurement, Equality and Diversity

Legal Advice:

The proposals in this report raise no significant legal issues and are supported.

Carrying out a tender process with support of procurement and legal colleagues will ensure value for money is achieved by the Council in accordance with the Council's constitutional requirements and procurement law obligations, whilst seeking to deliver healthier lifestyles within the City.

Advice provided by Dionne Claire Screamton (Solicitor) on 26/09/2019.

Finance Advice:

This advice is exempt from publication and is contained within an exempt appendix

Equality and Diversity
Advice:

Comments provided on EIA. Approved due to all impacts on individuals from protected groups being positive. Advice provided by Sally Edwards (Equality Diversy & Inclusion Lead) on 29/10/2019.

Procurement Advice:

The decision to approve the procurement of a contract for the delivery of a Weight Management on Referral Service is supported by the Procurement Team, who will manage the tender process.

Advice provided by Nicola Harrison (Procurement Lead Officer) on 19/09/2019.

Signatures

Eunice Campbell-Clark (Portfolio Holder Health, HR and Equalities)

SIGNED and Dated: 01/11/2019

Alison Challenger (Director of Public Health)

SIGNED and Dated: 04/11/2019

Equality Impact Assessment Form

screentip-sectionA

1. Document Control

1. Control Details

Title:	Adult weight management on referral
Author (assigned to Pentana):	Claire Novak
Director:	Katy Ball and Alison Challenger
Department:	Strategy and Commissioning
Service Area:	Insight and Analysis, Commissioning, Procurement, Contracts Team and Public Health
Contact details:	claire.novak@nottinghamcity.gov.uk
Strategic Budget EIA: Y/N	Y
Exempt from publication Y/N	N

2. Document Amendment Record

Version	Author	Date	Approved
1	Claire Novak	09/10/2019	

3. Contributors/Reviewers

Name	Position	Date
Caroline Keenan	Insight Specialist – Public Health	14/10/2019
Uzmah Bhatti	Public Health Insight Manager	14/10/2019

4. Glossary of Terms

Term	Description

screentip-sectionB

2. Assessment

1. Brief description of proposal / policy / service being assessed

Under the provisions of the Health and Social Care Act (2012), Nottingham City Council (NCC) has a statutory responsibility to improve the health and wellbeing of citizens and reduce health inequalities. As part of this duty, NCC commissions adult weight management services. The adult weight management on referral service will enable citizens to get free access to a 12 week weight management programme, delivered via weekly classes and other support services such as a member website.

The service will prioritise the following identified at-risk groups by ensuring that 60% of service users meet at least one of the criteria:

- People of African, Caribbean and South Asian descent; especially women
- People with learning disabilities as defined by the Quality Outcomes Framework 2016/17
- People with mental health problems defined as adults who, at point of referral, are receiving (or have received in the last 12 months) treatment and or support for mental health problems including GP prescribed medication and or support from primary care psychological (talking) therapies and or Nottinghamshire Healthcare NHS Foundation Trust mental health services.
- Pregnant women
- Men (who are significantly less likely to access lifestyle interventions than women)

It is anticipated that the majority of service users will be referred to the programme by their GP, however there is also an option to self-refer. The service is required by the commissioner to publicise the option to self-refer to the above listed priority groups.

screentip-sectionC

2. Information used to analyse the effects on equality:

[Joint Strategic Needs Assessment chapters on Diet and Nutrition \(2016\), Physical Activity \(2016\), Obesity \(2016\), Cardiovascular Disease \(2016\) and Diabetes \(2016\).](#)

[Public Health England \(2017\) Nottingham Health Profile.](#)

The Obesity JSNA reports that data contained within the Public Health Outcomes Framework for 2012-14 indicates that 23.1% of Nottingham's adult population is obese. This is the target population for the weight management service. Public Health England [data from Fingertips](#) indicated that 63.6% of adults in Nottingham were classed as having excess weight 2017-18.

Previous citizen engagement has taken place and has been taken into account when redesigning service provision, this includes:

- Improving cardiovascular disease prevention services to engage men in Nottingham – interviews with 33 men (DH Insight, 2011)
- Health and Wellbeing Strategy Consultation (Nottingham City Council, 2015)
- Men's weight management research – interviews with 60 men (Nottingham Trent University, 2013)
- NHS Health Checks Marketing Research – focus groups with men and women (DH Insight, 2014)

3. Impacts and Actions:

<u>screentip-sectionD</u>	Could particularly benefit X	May adversely impact X
<u>People from different ethnic groups.</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<u>Men</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<u>Women</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Trans	<input type="checkbox"/>	<input type="checkbox"/>
Disabled people or carers. <u>Specifically people with learning disabilities.</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pregnancy/ Maternity	<input checked="" type="checkbox"/>	<input type="checkbox"/>
People of different faiths/ beliefs and those with none.	<input type="checkbox"/>	<input type="checkbox"/>
Lesbian, gay or bisexual people.	<input type="checkbox"/>	<input type="checkbox"/>
Older	<input type="checkbox"/>	<input type="checkbox"/>
Younger Specifically 16 and 17 year olds	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Other (e.g. marriage/ civil partnership, looked after children, cohesion/ good relations, vulnerable children/ adults). <u>People with mental health problems.</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<i>Please underline the group(s) /issue more adversely affected or which benefits.</i>		

<u>screentip-sectionE</u>	<u>screentip-sectionF</u>
How different groups could be affected (Summary of impacts)	Details of actions to reduce negative or increase positive impact (or why action isn't possible)

Provide details for impacts / benefits on people in different protected groups.	1 Actions will need to be uploaded on Pentana.
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<p>1. People from different ethnic groups: evidence suggests these groups do not traditionally access commercial weight management groups and they may be at higher risk of diabetes, heart disease and stroke.</p> <p>2. Men: do not traditionally access commercial weight management groups.</p> <p>3. Women: National and local data shows that obesity levels are associated with deprivation and lower socioeconomic status particularly amongst women.</p> <p>4. People with learning disabilities: adults with learning disability are more likely to be obese or overweight than the general population.</p> <p>5. Pregnancy: maternal obesity increases the risk of complications, including pre-eclampsia, gestational diabetes and caesarean delivery and stillbirth.</p> <p>6. Younger people: the service is available to 16 and 17 year olds who do not traditionally access commercial weight management groups and benefit from early intervention.</p> <p>7. People with mental health problems: there is a two-way link between obesity and mental health problems, e.g. obese people have a 55% increased odds of developing depression and people with depression have a 58% increased odds of becoming obese.</p>	<p>1. The service actively targets this group by ensuring 60% of clients accessing the service must meet this criterion or one of the other criteria listed in the section.</p> <p>2. The service actively targets this group by ensuring 60% of clients accessing the service must meet this criterion or one of the other criteria listed in the section.</p> <p>3. The service actively targets this group by ensuring 60% of clients accessing the service must meet this criterion or one of the other criteria listed in the section.</p> <p>4. The service actively targets this group by ensuring 60% of clients accessing the service must meet this criterion or one of the other criteria listed in the section.</p> <p>5. The service actively targets this group by ensuring 60% of clients accessing the service must meet this criterion or one of the other criteria listed in the section.</p> <p>6. The service actively targets this group by ensuring 60% of clients accessing the service must meet this criterion or one of the other criteria listed in the section.</p> <p>7. The service actively targets this group by ensuring 60% of clients accessing the service must meet this criterion or one of the other criteria listed in the section.</p>
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4. Outcome(s) of equality impact assessment:

<input checked="" type="checkbox"/>	No major change needed	<input type="checkbox"/>	Adjust the policy/proposal
<input type="checkbox"/>	Adverse impact but continue	<input type="checkbox"/>	Stop and remove the policy/proposal

5. Arrangements for future monitoring of equality impact of this proposal / policy / service:

Quarterly performance monitoring of the service examines accessibility for all users, particularly priority groups at the point of referral, attendance, completion of the programme and weight loss. It will also capture wider outcomes such as service user reported changes in confidence, health problems, medication usage or other behaviour change and customer satisfaction.

6. Approved by (manager signature) and Date sent to equality team for publishing:

Approving Manager: Uzmah Bhatti, Public Health Insight Manager <u>uzmah.bhatti@nottinghamcity.gov.uk</u> Tel: 0115 876 5117 The assessment must be approved by the manager responsible for the service/proposal. Include a contact tel & email to allow citizen/stakeholder feedback on proposals.	Date sent for scrutiny: 14/10/2019 Send document or Link to: <u>equalityanddiversityteam@nottinghamcity.gov.uk</u>
SRO Approval: 	Date of final approval:

Before you send your EIA to the Equality and Community Relations Team for scrutiny, have you:

1. Read the guidance and good practice EIA's
<http://intranet.nottinghamcity.gov.uk/media/1924/simple-guide-to-eia.doc>

- 2. Clearly summarised your proposal/ policy/ service to be assessed.
- 3. Hyperlinked to the appropriate documents.
- 4. Written in clear user-friendly language, free from all jargon (spelling out acronyms).
- 5. Included appropriate data.
- 6. Consulted the relevant groups or citizens or stated clearly, when this is going to happen.
- 7. Clearly cross-referenced your impacts with SMART actions.