



COUNCIL: 28 February 2024

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**Report of:** Corporate Director of Transformation, Housing & Resources

**Relevant Portfolio Holder:** Councillor Cummins

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**SUBJECT:** PUBLIC HEALTH, HEALTHY WEIGHT COLLABORATION AGREEMENT

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Wards affected: Borough wide

## **1.0 PURPOSE OF THE REPORT**

- 1.1 To seek approval to enter into a Collaboration Agreement with Lancashire County Council (Public Health Team) to deliver a five-year Healthy Weight service in West Lancashire for adults, children and families.
- 1.2 To request authority to receive £75,000 per annum funding from Lancashire County Council's Public Health Team to deliver Healthy Weight Programmes and interventions.
- 1.3 To request the authority to spend the funding received from Lancashire County Council's Public Health Team, to deliver Healthy Weight Programmes and interventions in West Lancashire between April 2024 to 31<sup>st</sup> March 2029.
- 1.4 To request authority to receive and spend any additional funding beyond the initial term of this agreement by a further period up to a maximum 36 months.

## **2.0 RECOMMENDATIONS TO COUNCIL**

- 2.1 That approval is granted to receive £75,000 per annum funding from Lancashire County Council for five years (possible plus 3) to deliver Healthy Weight services across West Lancashire
- 2.2 That approval is granted to enter into a collaboration agreement with Lancashire County Council, April 2024 to March 2029, to deliver the Healthy Weight services for an initial five-year period.
- 2.3 That approval is granted to allow the spending of the grant monies received to deliver healthy weight management services across West Lancashire.

### **3.0 BACKGROUND**

- 3.1 The whole systems approach to obesity recognises that obesity is a complex issue with multiple causes and has significant implications beyond health. There is no one solution in tackling this problem and it requires a long-term, system wide approach to support change. Evidence suggests a family based holistic approach to be more effective, acknowledging that working with whole families extends the reach of services and increases the likelihood of making and sustaining behaviour change. ([Health matters: whole systems approach to obesity – GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/health-matters-whole-systems-approach-to-obesity)).
- 3.2 Lancashire's Cardiovascular Disease (CVD) mortality rates are well above the England average which in part is likely to be associated with correspondingly high levels of deprivation. Two of the common modifiable risk factors of CVD is being overweight or obese and physically inactive.
- 3.3 Lancashire County Council's Health and Wellbeing Board have made a commitment to prioritise Healthy Hearts as one of its initial three priorities. The Healthy Weight service will form a key part of supporting the Healthy Hearts Strategy and will report to the Healthy Hearts Steering group.
- 3.4 Addressing unhealthy weight and supporting people to sustain weight loss is complex and it is recognised that just providing traditional weight management services is no longer enough.
- 3.5 A flexible service is needed that adapts to meet need and promotes sustainability whilst contributing to a whole systems approach to tackling obesity, working closely and in partnership with stakeholders to improve outcomes for all.
- 3.6 West Lancs Borough Council's Community and Wellbeing Team have for the last five years been successfully delivering the Adult Weight Management services across the borough.
- 3.7 The Children and Young People (Family healthy weight programme) has recently been delivered by Shares Lancashire Ltd in West Lancs, delivering targeted interventions to families identified by schools in our priority wards.
- 3.8 In 2017 Lancashire County Council adopted and signed the Healthy Weight Declaration (HWD). The HWD outlines 16 commitments which tackle a range of issues influencing unhealthy weight.

### **4.0 CURRENT POSITION**

- 4.1 Lancashire County Council have engaged partners and residents to gather insight and design a new collaboration agreement that support the delivery of a healthy weight service in each district across Lancashire.
- 4.2 At a community level the healthy weight service will support a reduction in health inequity by engaging all eligible members of the local community. The venues used for delivery and methods will need to vary depending on the need in the community.

- 4.3 Lancashire County Council have designed the Collaboration Agreement to ensure that Adult Weight Management and Family based healthy lifestyles intervention funding is distributed to each District Council based on population and need.
- 4.4 West Lancashire will be due to receive £75,000 per annum for five years with a possible plus 3 to deliver the healthy weight programmes in West Lancashire.
- 4.5 The Community and Wellbeing Team will continue to deliver the Adult Weight Management programme and will look to procure services to deliver the family healthy lifestyle programme to a third sector provider.
- 4.6 The Healthy Weight Service will include components of a Tier 2 Weight Management Service for adults, a family programme that promotes and supports healthy weight behaviours, and a wider integrated support option for individuals who wish to access independent community services that support healthy weight behaviours.
- 4.7 The Healthy Weight Services will deliver its family-based programme as a group intervention. This will be a programme that does not place a focus on weight and instead encourages and models healthy lifestyle behaviours; and a varied balanced diet, support, and encouragement to get involved with community activities. For example, learning practical skills such a cooking and play in a fun environment as piloted in the programme known as PASTA (Play and skills at Teatime Activities).
- 4.8 The existing Healthy Weight Management Grant Agreement that the Community and Wellbeing Team are currently delivering comes to an end on 31<sup>st</sup> March 2024. The new Healthy Weight Collaboration Agreement is due to start 1<sup>st</sup> April 2024 and finish 31<sup>st</sup> March 2029.

## **5.0 ISSUES**

- 5.1 Timescales to gain approval and receipt of the funding before April 2024 is challenging. LCC have recognised this and extended the Grant Agreement with Shares Lancashire Ltd to ensure sustainability and continuation of the PASTA service between April and July 2024.
- 5.2 The Adult Weight Management programme requires authorisation to receive and spend the allocation of funding from April 2024 and secure existing staff in post to deliver the service.

## **6.0 SUSTAINABILITY IMPLICATIONS**

- 6.1 There are no significant sustainability impacts associated with this report and, in particular, no significant impact on crime and disorder.

## **7.0 FINANCIAL AND RESOURCE IMPLICATIONS**

7.1 There are some financial/ resource implications arising from this report in respect of the salary costs for staffing, however these will be met using existing resources.

## **8.0 RISK ASSESSMENT**

8.1 The impact and risk of this Collaboration Agreement is considered low, all risks will be managed effectively by Officers delivering the services and through any procurement of services to a third sector provider.

## **9.0 HEALTH AND WELLBEING IMPLICATIONS**

9.1 The proposal will positively impact on health wellbeing and behaviours of adults and families who engage with the healthy weight services in West Lancashire.

9.2 The service to be delivered will be an accessible multi component Healthy Weight Service for individuals which, at a minimum will include:

- A single point of assessment for all eligible individuals, whether self-referral or via health professionals.
- Adult weight management/healthy weight interventions that are evidence based and support healthy nutritionally balanced diets and healthier lifestyles.
- A family intervention based on the piloted programme known as PASTA (Play and skills at Teatime Activities) which will support healthy behaviours focusing on being active as a family, cooking healthy meals, playing out and reducing sedentary behaviour.
- Provide programmes embedded in the principles of and delivery methods that support behaviour change.
- Advice and support to access appropriate physical activity opportunities and reduce sedentary behaviours.
- An integrated approach that offers support outside of the Provider(s) own delivery, utilising a place-based approach that links with community assets.
- Maternal nutrition, healthy eating, and physical activity advice during pregnancy.
- Development of a network of place-based opportunities and encourage ongoing peer connection and support network.
- Promote good health and wellbeing and enable people to flourish.
- Prevent and tackle the causes of ill health.
- Empower people in vulnerable, deprived, and disadvantaged communities to realise their full health potential.
- Develop and support effective and high-quality health and wellbeing services.
- Encourage and enable all people to take a role in identifying and addressing barriers to improve health and wellbeing.
- Increase people's independence throughout their life course and ability to lead full active lives.)

### **Background Documents**

There are no background documents (as defined in Section 100D(5) of the Local Government Act 1972) to this Report.

### **Appendices**

None

