

## EXECUTIVE COUNCILLOR DECISION – 15 OCTOBER 2018

### INTEGRATED LIFESTYLE SUPPORT SERVICES

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#### COMMENTS OF THE ADULTS AND COMMUNITY WELLBEING SCRUTINY COMMITTEE

On 10 October 2018, the Adults and Community Wellbeing Scrutiny Committee agreed to support the three recommendations in the report: *Integrated Lifestyle Support Services*. The Committee indicated that the report and commissioning plan comprised a comprehensive case for the introduction of integrated lifestyle support services.

The Committee agreed to pass on the following comments to the Executive Councillor:

- The linking of services addressing four lifestyle behaviours (smoking; physical activity; food, nutrition and weight; and alcohol consumption) is strongly supported, as a means of improving overall health and wellbeing.
- The support of Primary Care, including GPs, in guiding people to integrated lifestyle support services is stressed.
- Although not part of the proposed integrated lifestyle support services, the Committee was supportive of the relevant staff groups at the County Council promoting a healthy lifestyle; and in turn the Committee urged that these staff groups should be supported in attaining a healthy lifestyle.

The Committee would like to receive a report on the outcomes of the service.