



Open Report on behalf of Derek Ward, Director of Public Health

Report to:	Adults and Community Wellbeing Scrutiny Committee
Date:	9 October 2019
Subject:	Presentation on One You Lincolnshire

Summary:

There will be a presentation to the Committee on One You Lincolnshire, which is Lincolnshire's integrated lifestyle support programme.

Actions Required:

To consider and note the presentation.

1. Background

Evidence suggests that lifestyle risks can be clustered with more than 25% of adults in the United Kingdom having three or more risk factors. Adults with multiple risk factors tend to have greater experiences of health inequalities linked with multiple deprivation (Kings Fund, 2012).

Behavioural-based interventions (+/- pharmacotherapy for smoking cessation) have similar methodologies and an integrated lifestyle service has the potential to offer a person-centred approach supporting people to motivate, enable and generate change across four key lifestyle behaviours.

Lincolnshire County Council opted to commission an integrated lifestyle support service for key behaviours that have some of the greatest burden on health and wellbeing:

- Smoking of tobacco
- Physical inactivity
- Weight management, and
- Excessive alcohol consumption.

A procurement exercise has taken place and the contract has been awarded to Thrive Tribe (<https://thrivetribe.org.uk/>). The contract management will be undertaken by the Commercial Team-People Services.

The One You Lincolnshire integrated lifestyle programme went live from July with the smoking cessation service, with the TUPE of staff from the previous service and from 1 September 2019 for the remainder of the service implementation (<https://www.oneyoulincolnshire.org.uk/>).

The shape of the new service involves a number of pathways:

- Triage and support (with four staff) involving referral recruitment, screening, appointments, prompts and fixes for individual issues
- Go smokefree pathway (with twelve staff) involving direct service provision and sub-contracting with pharmacies and primary care
- Health coach and drink less pathway (with eight staff) involving direct service provision. Client-based works starts in October.
- Lose weight pathway (with five staff) involving direct provision, courses and sub-contracting with Weight Watchers and Slimming World. Incremental start dates across the county in September
- Move more pathway (with five staff) involving direct provision and sub-contracting with leisure providers, including the Get Health Get Active (GHGA) support programme offering free or discounted community activities.

As of the end of September the service had all but three staff recruited and had supported 586 people related to smoking cessation; 30 people enrolled for weight loss and 149 different providers engaged to support the GHGA community programme.

2. Consultation

This is not a direct consultation item.

3. Background Papers

No background papers within Section 100D of the Local Government Act 1972 were used in the preparation of this report.

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