

Position Statement

Healthy weight remains a priority for the Joint Health and Wellbeing Board and the Integrated Care Partnership. Nearly two thirds of Lincolnshire's adult population is overweight. Being overweight is a key risk for some conditions such as type two diabetes, coronary vascular disease (CVD), some cancers and can also be a risk factor for musculo-skeletal conditions. Preventing the onset of unhealthy weight gain and helping people enjoy being fitter and more active are some of the key preventative actions to enable more Lincolnshire people benefit from long term good health.

One You Lincolnshire is the county's commissioned provider of targeted healthy adult weight management services, part of an integrated healthy lifestyle offer (encompassing healthy weight, moving more, stopping smoking and drinking less). This preventative service is fundamental to improving the health inequalities experienced by many of our vulnerable or deprived communities, due to interacting socio-economic, physical, cultural, environmental reasons.

One You Lincolnshire commenced a new Child Weight Management service, Gloji Energy, targeting children and families in the communities of greatest deprivation in Lincolnshire.

An evaluation by the University of Lincoln, has found that One You Lincolnshire is exceeding national benchmarks for weight management interventions and is positively addressing health inequalities through targeting lower socio-economic groups.

Referral pathways remain through Primary Care and health professionals. Self-referrals introduced during the pandemic remain in place due to their success.

Governance for Healthy Weight - the Healthy Weight Partnership (which reports to the Joint Health and Wellbeing Board) has reconvened since the pandemic, with a refreshed all age terms of reference and membership.

What we said we would do in 2022/23

One You Lincolnshire

The adult weight management pathway of the integrated healthy lifestyle service continues to recover well post Covid, achieving record numbers of both referrals and outcomes. The service has returned to its face-to-face offer, and also maintained a strong digital and hybrid offer, to enable greatest reach and flexibility for client groups.

OYL continue to run specialist schemes directly addressing health inequalities and hard to reach groups such as:

- Gloji Mind+: a holistic one to one healthy lifestyle programme for people with mental health problems, addressing healthy weight, moving more and drinking less
- Man V Fat Football Leagues in Lincoln and Boston targeted at male obesity. Lincoln now has a double league, meaning it has become the second largest Man v Fat football league in the UK
- Gloji Digital – 38% of clients on this online pathway have achieved a 3% loss of bodyweight, exceeding national guidance.
- Gloji Gym and Gloji Man V Fat Gym – online offer

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- Gloji Groups – a holistic hybrid offer, addressing the 5 pillars of nutrition, activity, sleep, mind and alcohol
- Work based health MOTs with a view to referring eligible clients into the service
- Support to unpaid family carers of all ages

Gloji Energy from One You Lincolnshire – the new Child and Family Weight Management Service

The new Child Weight Management service – Gloji Energy – funded by LCC for two years and delivered by One You Lincolnshire, commenced in September 2022. It takes a holistic approach to children's overall wellbeing and targets schools, children and families in Lincolnshire's most deprived communities. It will therefore also support the JHWS' Emotional Wellbeing and Mental Health (Children and Young People) and Physical Activity priorities. The service aligns closely to a range of services, in particular the National Child Measurement Programme (NCMP) and the Holidays Activities and Food (HAF) programme.

Holiday Activities and Food Programme (HAF)

The HAF programme is a government funded initiative that provides free holiday clubs in Lincolnshire over the summer, Christmas and Easter holidays. Managed by LCC, it is designed to ensure a high-quality, enjoyable experience for children and young people providing healthy and nutritious meals and physical activity. Children and young people who attend HAF clubs develop a greater understanding of food, nutrition and other health-related issues, make new friends and have the opportunity to take part in fun and engaging activities. Whilst not principally concerned with weight management, it supports key public health functions such as reducing obesity and supporting healthy weight in children, through placing a strong focus on healthy eating and physical activity.

HAF is for children and young people from Reception to Year 11 in receipt of benefits related free school-meals, with some additional discretionary targeting of other groups of children with needs, such as children at risk of school exclusion, young carers, children in care, home educated children, special educational needs etc. There is a wide geographical range of clubs available across Lincolnshire with thousands of children benefiting from happy, healthy holidays. Clubs provide a range of physical activity, enrichment opportunities, nutrition and healthy lifestyles workshops including oral health packs and water bottles, as well as healthy food which is compliant with School Food Standards. HAF providers also signpost families to other support services where required e.g. Gloji Energy.

National Child Measurement Programme

The NCMP recommenced in the 2021- 2022 school year. The aim of the programme is to highlight issues around healthy living and how to make changes to reduce the number of children with overweight or very overweight BMI. It is offered to all children within reception and year 6 at primary school and parents have the option to opt their child out. Pre-measurement letters are sent to schools after the half term October break, and measurements take place from January to May/June of that school year.

In 2022-3 the programme was able to make referrals for the first time to a new specialist service, Gloji Energy, delivered by One You Lincolnshire. Information about the new service and advice is shared in both the pre-measurement and results letter with parents so they may contact Gloji Energy directly. Contact details of children with a BMI of overweight or very overweight are also shared so the family can be contacted direct, enabling the family and specialist service to engage in healthy lifestyles and changes they may wish to make for their child.

Gloji Energy will share data with the NCMP to evidence engagement and uptake rates of those referred in. It is envisaged that outcome measures may become apparent in future NCMP trends in Lincolnshire.

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NHS Health Checks

In Lincolnshire, NHS Health Checks are provided by General Practices. The programme aims to improve the health and wellbeing of adults aged 40-74 years through the promotion of early awareness, assessment and management of major health risk factors, in particular cardiovascular disease (CVD) and diabetes. Individuals having an NHS Health Check are supported to understand what their risks means for them and to consider what changes might help them reduce their risk. This may include accessing healthy lifestyle services, for example in relation to weight management, being more active and stopping smoking. There are a range of services to which people can be referred/signposted following an NHS Health Check, including One You Lincolnshire or the NHS Digital Weight Management programme.

In 2022/23, 30,816 Lincolnshire people were invited for an NHS Health Check and 18,632 people received one.

NHS Diabetes Prevention Programme (NDPP)

Healthier You is the free NHS Diabetes Prevention Programme, delivered by Xyla Health and Wellbeing and funded by NHSE, designed to empower people likely to develop Type 2 Diabetes, to reduce their risk. The programme can be accessed as a face-to-face, group-based programme or digitally via app coaching, delivered 100% online through partner Oviva. Also offered is a tailored remote service for specialist groups such as hearing and sight impairment and offer a range of languages.

In 2022/23 the NDPP supported 2,329 people in Lincolnshire, nearly twice the number of the previous year (1302).

What's Working Well – key achievements 2022/23

One You Lincolnshire achievements

Lincolnshire's Integrated Lifestyle Service, 'One You Lincolnshire' (OYL) received the results of a two year academic evaluation by the University of Lincoln. Every pathway, including Healthy Weight, outperformed national averages for similar services, with excellent feedback from clients and staff. Progress was made towards addressing health inequalities for Lincolnshire's most deprived communities. 50% of starters are from the 40% most deprived areas for adult pathways.

Weight management targets continued to be greatly exceeded in the third year of the contract, with a combined reduction in bodyweight of 29 tonnes from clients. In total, 8329 people lost weight with OYL in one of its pathways. Slimmers' World continues to be the most popular weight loss pathway that OYL offers.

- A record 2,921 clients lost 5% of their bodyweight (compared with 1068 the previous year).
- Weight management targets were exceeded by 59%.
- 1192 people had 1:1 support from a health coach

Related outcomes including clients moving more, and drinking less:

- 696 people reduced their drinking to within national guidelines (an increase from 273 the previous year)
- 4581 people improved their physical activity status

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Referrals continue to recover post covid, with the service experiencing record levels of both referrals and outcomes. Particular effort is put into targeting Lincolnshire's more deprived communities, and to strengthening relationships in primary care.

In terms of preventative 'Healthy Ageing' outcomes, 32% of participants in the Adult Weight Management pathway were aged 60 or over in 2022-23.

(Data source: OYL Year 3 annual report)

Gloji Energy (GE) achievements

Early figures for the new Gloji Energy service (GE), the new Child Weight Management service delivered by One You Lincolnshire, appear promising. 75% of starters completed the programme, 65% of children reducing their BMI score, 77% increasing their physical activity levels and 92% increasing their intake of fruit and vegetables.

Roll-out of GE had begun gradually, as an absence of National Child Measurement Programme (NCMP) referral data, due to NCMP suspension during Covid-19, meant there was no existing cohort of children identified as eligible for the weight management programme. As NCMP data for 2023 has now become available, it is expected that delivery will increase significantly. GE also looks likely to make a significant impact on health inequalities: to date 56% of participants on the weight management programme have come from the 30% most deprived LSOAs, and the healthy lifestyle support component of the programme is being delivered wholly in the most deprived localities with families with the greatest levels of need being identified directly by head teachers in schools with the highest proportion of free-school-meal recipients.

Holiday Activities Fund programme achievements

Achievements include a continual growth of the numbers of children participating in HAF since the programme began (final confirmed data for 2022-23 not yet available). There has been a significant reduction of unhealthy drinks brought in from home as a result of providing water bottles and the promotion of water as the drink of choice. There has also been a reduction of packed lunches sent in, with the emphasis being placed on the healthy and nutritious meal provided as part of the HAF experience.

One of the HAF programme's clubs, Lincoln's 'Strong Girl Squad' has achieved regional and national recognition - selected as a finalist for a national award by the Department for Education (DfE). The Squad is a group of female strength and conditioning coaches based at LN CrossFit, who run girls-only weightlifting workshops for girls in years 7 to 11. The squad has been selected as a regional champion for the East Midlands in the inaugural HAF 2023 Awards. National winners are due to be announced in a ceremony at the House of Commons on Thursday 18 May.

NHS Diabetes Prevention Programme (NDPP) achievements

As well as nearly doubling participants from the previous year (see above), a project was also undertaken on the East Coast of Lincolnshire to tackle health inequalities with First Coastal PCN, incorporating Beacon, Marisco and Hawthorn practices which has yielded over 1,000 invite letters being sent out to patients in this most deprived area of Lincolnshire. This resulted in a dramatic uptake of the programme and a significant sustained increase in month-by-month referrals – this is as a result of information sessions about the programme referral criteria and format provided for referring clinicians.

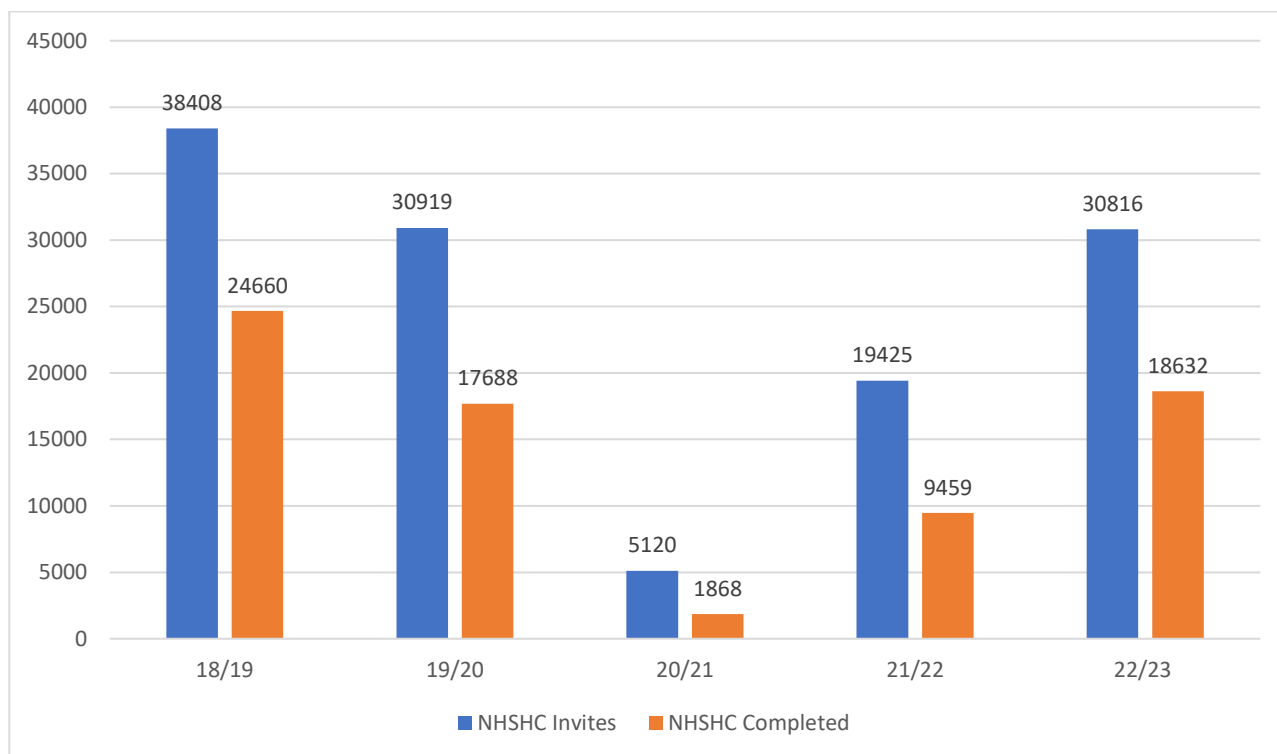
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NHS Health Checks achievements

The NHS Health Check programme was significantly impacted during COVID-19. During the last year, recovery has progressed well, with a continual increase in the number of people invited for and receiving an NHS Health Check.

NHS Health Check Activity in Lincolnshire

The figure below shows invitations for an NHS Health Check and completed NHS Health Checks between 2018/19 – 2022/23.



What is the outcome?

One You Lincolnshire

The two year academic evaluation by the University of Lincoln found that outcomes from the integrated lifestyle service exceeded standard care for all four lifestyle risks, including adult weight management. The integrated offer, combined with strong local relationships and an adaptable service was found to increase the likelihood of better outcomes for Lincolnshire residents. All clients on the adult weight management pathway were found to exceed NICE guidelines of 3% loss of bodyweight. The flexible range of support on offer meant that help could be personalised, inclusive and tailored to individual needs, with successful outcomes demonstrated for clients with long term conditions or mental health problems.

Many of the people accessing One You Lincolnshire services are from some of our most vulnerable and disadvantaged groups, and/or live in areas of Lincolnshire with the greatest levels of deprivation. Improving preventative health outcomes for these communities contributes to a greater quality of life for longer. The evaluation showed meaningful progress towards addressing health inequalities.

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“The support from One You Lincolnshire has been so helpful, I am absolutely thrilled and could not have done it on my own. These calls with a Health Coach keep you on track - especially in the early days”.

[Kev's Story - MAN v FAT Football | Healthy Lifestyle Service | One You Lincolnshire](#)

<https://www.oneyoulincolnshire.org.uk/latest/one-new-me-tonis-story>

Cast study attached at the end of this update.

Holiday Activities Fund

Cllr Mrs Patricia Bradwell OBE, Executive member for Children’s Services, said: *“The HAF programme is making a real difference to the lives of thousands of children and young people across the county. Many of our providers really do go above and beyond to give the children and young people an experience to remember, while also explaining the importance of a healthy lifestyle. Strong Girl Squad have provided amazing support to the girls taking part in their club, and I’m delighted that they’ve been recognised for their efforts.”*

Kristen Ingraham-Morgan and Claire Kirk from Strong Girl Squad said: *“Everyone at the Strong Girl Squad is beyond excited to be recognised for this award. We have been so fortunate to work with the incredible HAF team at Lincolnshire County Council, who have supported us since the very beginning, and it has allowed us to create a very special experience for the girls in our club. We are also looking forward to meeting other regional champions and sharing best practice for even better clubs in the future.”*

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HEALTH WEIGHT JLHWS PRIORITY – PLANS FOR 2023/24

Action	How will we know it's working?	Relevant Strategy / Action Plan	To be delivered by	Lead Organisation	Lead Officer
Gloji Energy, One You Lincolnshire Deliver first year of Gloji Energy, Lincolnshire's new child weight management service	<ul style="list-style-type: none"> Overweight and very overweight children attain healthy weights Families complete the programme Target schools are engaged Referral pathway from NCMP works Feedback on service take up to NCMP Positive child and family feedback Referrals from appropriate health and education professionals 	Joint Health and Wellbeing Strategy ICP Interim Strategy 2023	One You Lincolnshire	Provider: Thrive Tribe Commissioner: LCC Public Health	Sarah Chaudhary, LCC (SRO, Andy Fox, LCC)
Gloji Energy, OYL Develop plans to evaluate Gloji Energy	<ul style="list-style-type: none"> Children and families engage with the Healthy Lifestyle Pathway Health Inequalities are addressed Service is effective and valued by children, families and professionals alike 	Healthy Weight Priority, JHWS (Healthy Weight Delivery Plan)	One You Lincolnshire	Provider: Thrive Tribe Commissioner: LCC Public Health	Sarah Chaudhary, LCC (SRO Andy Fox)
One You Lincolnshire Improve referrals and signposting from Primary Care through development of OYL Primary Care Champions and improved referral pathways	<ul style="list-style-type: none"> Referrals and signposting via Primary Care Referrals from: <ul style="list-style-type: none"> Obesity Register NHS Healthchecks National Diabetes Prevention Programme 		One You Lincolnshire	Thrive Tribe	Alison Jackson, Thrive Tribe
One You Lincolnshire Continue to deliver a programme of adult healthy weight management options	<ul style="list-style-type: none"> Weight management targets are met Health inequalities are addressed Positive preventative outcomes are achieved: adults engaging with the service improve their healthy weight, drink less and move more High levels of satisfaction High levels of sustaining outcomes 		One You Lincolnshire	Thrive Tribe	Dan Rogers, Thrive Tribe

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Action	How will we know it's working?	Relevant Strategy / Action Plan	To be delivered by	Lead Organisation	Lead Officer
<p>Holiday Activity Fund programme Continue to deliver a high quality Holiday Activity Fund programme</p>	<ul style="list-style-type: none"> • Maintain or increase engagement of children and young people in club activity • Regional and national recognition for achievements 		Holiday Activities Fund	LCC	Denise Horner, LCC
<p>NDPP Continue to deliver a 2023-4 face-to-face, group based programme, tailored remote service for specialist groups and digital service. Update and upskill colleagues in Primary Care on referral criteria, programme format and having difficult conversations. Raise awareness to patient groups of benefits of participation.</p>	<ul style="list-style-type: none"> • Programme uptake • Patient weight lost • Increased referrals to the programme as a result of: <ul style="list-style-type: none"> - Primary / Secondary Care invitation. - Patient self-referral, informed by the NHS App - NHS Healthchecks - Initiatives to address health inequalities 		Xyla Health & Wellbeing	Commissioner: NHS Lincs ICB, Fiona Thornton	Lisa Marsters, Senior Engagement Lead – Lincolnshire, Xyla Health and Wellbeing
<p>Healthy Weight Partnership Support system wide collaboration to maximise healthy weight in adults and children through the establishment of the Healthy Weight Partnership and an operational officers group</p>	<p>Group membership adds value to individual service activities Members value the group Profile of healthy weight agenda is raised</p>			Lincolnshire County Council	Cllr Sue Woolley (Chair, LCC) and SRO Andy Fox

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Case Study 22/09/2022

Name: Sarah Randall **Age:** 52
Pathway with One You Lincolnshire: Gloji Mind+

Current Weight: 101kg **Highest Weight:** 107kg
Weight Lost: 6kg **Change of Body weight** -5.7%
BMI Change: Was 42 Now 39

How did you find out about One You Lincolnshire? And why did you feel it was time to change your lifestyle?

My GP referred me. I've had issues with anorexia aged 12 and with binging since then. I've tried Slimming World, WW and Keto, but my dysfunctional relationship with food was ALWAYS the problem. I never had support and I was on a self-destructive merry-go-round! I have diabetes and I suffer chronic pain. My mental health was failing. When an operation didn't go well, I knew a serious change was needed.

How was your journey with One You Lincolnshire?

I was unsure what to expect. 12 weeks seems so short. Being honest, I didn't think I could change. At the first appointment, Sam was really understanding and non-judgemental. This helped me be really honest with myself. I was surprised at the small targets Sam helped me to set and it was refreshing to meet someone who understood the psychological problem.

What support did you receive?

We had weekly telephone calls about the difficulties, successes and how general life impacted my diet. I began to understand my emotional attachment to food. Sam suggested having "me" moments to take time to taste, smell and savour a treat and that changed my self-loathing after I'd binged on a huge chocolate bar to allowing myself a smaller bar with no guilt. We use tea plates instead of dinner plates. I listen to my body now.

What were your barriers and how were you able to overcome these?

Eating when stressed, binging, feeling miserable then starting all over again. We've had a lot of stress and crisis recently. Normally I would spiral, and hide at home eating rubbish. When my husband suggested less treats I would "colourfully" suggest, in my best Glaswegian style, that he didn't come back without the requested size and number of snacks lol!

I swapped the largest bar of chocolate for a smaller size. By week three, the family saw I was eating less rubbish so we worked on our behaviour as a family. It has been challenging, but little changes are having positive impacts on us all. Sam helped me realise no food is bad. I'm more aware of what I'm eating now, so I can make informed choices, I understand labels, traffic light info and portion control.

What were your goals?

Weight loss. Improving my general health. Managing my diabetes. I hoped to break the emotional attachment I had with food. Sam explained it might take a lot of time, but in 12 weeks, I have learnt the tools to keep chipping away at it.

What did you eat before you lost weight? – Give us a typical day if possible

Breakfast would be a large bowl of crunchy nut cornflakes and I'd finish a box in four days.

Lunch, bacon sandwiches, pot noodle, or tin of soup and buttered bread.

Dinner, a large bowl of chilli with cheese, sour cream, and nacho crisps. Or rib eye steak, fried onions mushrooms and chips.

Snacks would be the largest bar of galaxy caramel, sweet & salty popcorn, a family tray of sticky toffee pudding with custard. Or a full-size tub of haagen dazs ice-cream in one sitting.

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What do you eat now? - Give us a typical day if possible- pictures would be great

Breakfast, 2 Weetabix, no sugar, semi skimmed milk with banana, or porridge.

Lunch, a salad or baked potato with mozzarella. I sometimes need reminding I'm not as hungry. If I'm lazy, I'll grab an apple, banana and a nectarine.

Dinner, pork loin with fat trimmed off, broccoli, peas, carrots and baby potatoes. Or half of a roast chicken breast - no skin, with air fryer roasted potatoes.

Snacks. I don't snack every day. Sometimes a scoop of halo ice-cream, but I prefer fresh fruit. And I'm drinking much more water.

What would you say to anyone thinking of joining One You Lincolnshire?

In my opinion, this is far superior to any diet, or weight loss programme out there. Providing you find the right headspace, this programme will work for you. You must be open and honest with yourself and your coach. It's ongoing so you have to invest in it.

How has your life changed now that you have lost weight?

I feel more confident and I'm proud of myself. Chronic pain will always be with me, but it has lessened and I hope that will continue the more weight I lose. Sleep is improving and I have more energy.

Sarah's story – by her One You Lincolnshire healthy lifestyle coach

Sarah made simple changes to her lifestyle and it allowed her to **lose almost 1 stone of body weight** and **change her relationship with food**. Sarah achieved these impressive changes when she joined Gloji Mind+ with One You Lincolnshire.

When I first spoke to Sarah, she was very open and honest about lack of mobility, chronic pain and a tendency to reach for food as a comfort. We agreed on small changes that would be easy to make everyday.

Sarah's reaction was a mixture of relief and disbelief because Sarah had only ever known the "diet culture" of banned foods and sticking to a strict plan. We set realistic and achievable goals and she began to feel empowered and confident.

Gloji Mind+ isn't just about nutrition, it's about unpicking emotional connections and destructive thought patterns that hold people back. Sarah lost weight, improved her health and reduced levels of pain by learning how to manage her relationship with food.

Sarah has put her all into it and I am so very proud of Sarah for all she has achieved.

Well done Sarah!