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| **Strategy & Commissioning Directorate** |
| **ADULTS HEALTHY LIFESTYLES STRATEGIC COMMISSIONING REVIEW:**  **Progress Update August 2016** |
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As many of you are aware Nottingham City Council is facing significant financial challenges as a consequence of both the increased demand for support amongst vulnerable citizens and the overall cuts to local authority budgets, leading to substantial reductions in the available funds to deliver services. We have now concluded a full and robust commissioning review of the Adults Healthy Lifestyle Programme and would like to thank providers and citizens for their help and support with this.

The City Council Executive Board Procurement and Commissioning Sub Committee met on the 14th July and approved a new Adults Healthy Lifestyles model, we anticipate going out to tender in early October 2016 with new services in place by 1st April, 2017.

It will be important that services commissioned focuses on strong evidence and effective approaches in improving health outcomes for citizens. In addition, the proposed model will need to be aligned to local pathways for the management of long term conditions and consider how it will work alongside wider policy approaches to maximise opportunities for citizens including, new ways of working, thresholds and partnerships.

We would welcome your thoughts and comments on the new model and ask you to email us over the next few weeks with your thoughts using the contact details below:

Contact:

Commissioning Manager Email: [gayle.aughton@nottinghamcity.gov.uk](mailto:gayle.aughton@nottinghamcity.gov.uk) Tel: 0115 876 2812

**Appendix 1 - New Service Model’s Proposed New Service model**

**Service Opportunity 1: Smoking Cessation behaviour change and support service**

**Service Opportunity 2: Weight management (Physical activity, healthy eating) triage Function**

**Health & Care Professional referral/ Self-referral**

**CCG Commissioned (Tier 3) Weight management behaviour change**

Medical, dietetic, psychological input

**City Council Sport and Leisure and Partners**

Wider physical activity and healthy living opportunities

**Service Opportunity 2: (Tier 2) Weight management behaviour Change and Support service**

**Clinical Commissioning Group to support triage function**

It is expected that these commissioned services will have a close working relationship with the wider system to address the causes and risk factors for smoking and obesity. E.g. by referring from and to mental health, housing, debt, social care services etc.

**Third Party NHS Health Checks**

**Aim**: Conduct NHS Health Checks to measure and communicate CVD risk/identify LTC and motivate people to change behaviour

Eligibility criteria: city resident / registered, age 40-74 years, no CVD, no CVD high risk, no Health Check in last 5 years etc

Priority groups: Low income groups, men and smokers

**(Tier 2) Weight management**

**Aim:** Supportadults with higher levels of obesity and high risk of CVD to lose weight and reduce their risk

Eligibility criteria: city resident/registered, aged 18 or over BMI > 35 or > 32 and CVD high risk\* and motivated to lose weight

Priority groups: Low income groups, women from Black and Asian backgrounds, adults with mental health problems, pregnant women and adults with learning disability

**Lot 1**

**Specialist Smoking Cessation Support**

**Aim:** Support smokers to stop smoking

Eligibility criteria: smoker, motivated to quit, city resident/registered, aged 12 or over

Priority groups:

Low income groups

Central and Eastern Europeans

Adults with mental health problems

LGBT

Pregnant women

**Lot 2**

**Healthy Lifestyle Service Commissioning Lots, aim and target groups**

**Self-referral telephone front door**

Management of ‘One You’ Healthy Lifestyle enquiries// Screening of weight management self referrals//signposting ineligible to access wider provision

**Third Party NHS Health Checks**

Inviting eligible patients from participating GP practice lists //conducting Health Check//supporting clients to access weight management and stop smoking service // providing GP practice with Health Checks results

**(Tier 2) Weight management**

Weight/BMI Assessment // Behaviour change support // Physical Activity goal setting and support and provision – utilising signposting to wider provision // healthy eating advice and diet goal setting// Weight loss outcomes// % of client who achieve 10% weight loss and maintain at 12 months

Integration with specialist psychological and medical (tier 3 support) commissioned by CCG

**Lot 2**

**Lot 2 description**