

HAMBLETON DISTRICT COUNCIL

Report To: Cabinet
11 February 2014

Subject: HEALTH AND WELLBEING SERVICE

All Wards
Portfolio Holder for Leisure and Health: Councillor Mrs S Shepherd

1.0 PURPOSE AND BACKGROUND:

- 1.1 On the 1 April 2013 Public Health responsibilities reverted back to North Yorkshire County Council.
- 1.2 Public Health has two broad outcomes to achieve:
 - increased healthy life expectancy
 - reduced differences in life expectancy and healthy life expectancy between communities
- 1.3 One of the key health factors for early deaths is obesity which can increase blood pressure, cholesterol, impede physical activity and reduce self esteem. These factors can lead to heart disease, type 2 diabetes, strokes, certain cancers and depression, plus many other long term illnesses.
- 1.4 Public Health has identified that for many health related outcomes it's about prevention rather than cure, which is of particular importance when trying to tackle obesity. This is an area of work that Council has a wealth of experience in delivering, eg exercise by prescription, weight management programmes and increasing physical activity.
- 1.5 This is also an area of work that cannot be dealt with in isolation and organisations need to work in partnership to make a real difference. This has prompted a discussion with Public Health to explore the Council's role in delivering community based interventions that would contribute to tackling increasing obesity trends in Hambleton.
- 1.6 Following several months of negotiations Public Health has agreed to invest £50,000 for 2 years to enable the Council to design and deliver an accessible lifestyle adult weight management service which supports overweight and obese adults to lose weight and learn how to maintain a healthier weight in the long term.
- 1.7 The funding will be used to employ a Health and Wellbeing Co-ordinator and supporting costs; equipment; marketing and promotional material; and subsidies to enable the service to be free to the end customer. A copy of the Co-ordinator job description is available on request.

2.0 LINK TO COUNCIL PRIORITIES:

- 2.1 The Health and Wellbeing Service will help the Council address its priorities to promote healthy lifestyles by promoting Council leisure facilities so that more people are participating in physical activity and feel they are in good health; and to support the community to participate in sport and active recreation.

3.0 RISK ASSESSMENT:

3.1 There are no significant risks associated with the content of this report.

4.0 FINANCIAL IMPLICATIONS:

4.1 There are no financial implications to the Council's budget as all the costs will be met by North Yorkshire County Council's Public Health funding.

5.0 LEGAL IMPLICATIONS:

5.1 There are no legal implications in relation to this report.

6.0 EQUALITY/DIVERSITY ISSUES:

6.1 This new service will be accessible to all people who meet the eligibility. The service will target all residents with a Body Mass Index (BMI) rating of 25 and over, where their weight is having a negative impact on their health.

7.0 RECOMMENDATION:

7.1 It is recommended that the funding package offered by North Yorkshire County Council Public Health be accepted.

DAVID GOODWIN

Background papers: Health and Wellbeing Co-ordinator job description

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