

# Health and Wellbeing Board

27<sup>th</sup> June 2012



**Nottinghamshire  
County Council**

# Tackling Obesity in Nottinghamshire

Barbara Brady

Consultant in Public Health

# What is Obesity?

“When weight gain, in the form of fat, has reached a point which affects a person’s health”

## Adults – Cause:

An imbalance between ‘energy in’ & ‘energy expenditure’

## Measurement:

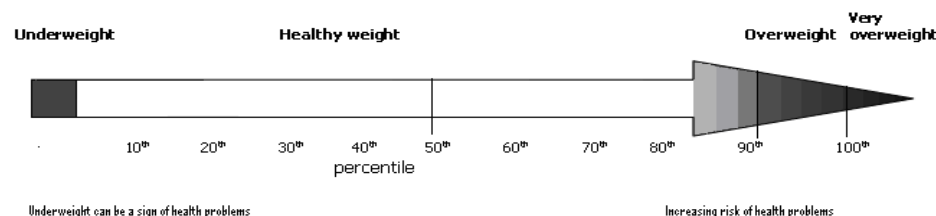
-BMI

-Waist circumference

## Children – more complex

Growth only possible if energy in is greater than energy expenditure – patterns differ between girls & boys

## Measurement: BMI Centil



# Why a Public Health Issue?

- Almost a quarter of adults in England are obese
- Almost a sixth of children under the age of 11 are obese
- Foresight Report (2007) – by 2050, 60% of adult men, 50% of adult women and 25% of children will be obese
- High levels of obesity largely mirrors levels of multiple deprivation across Nottinghamshire

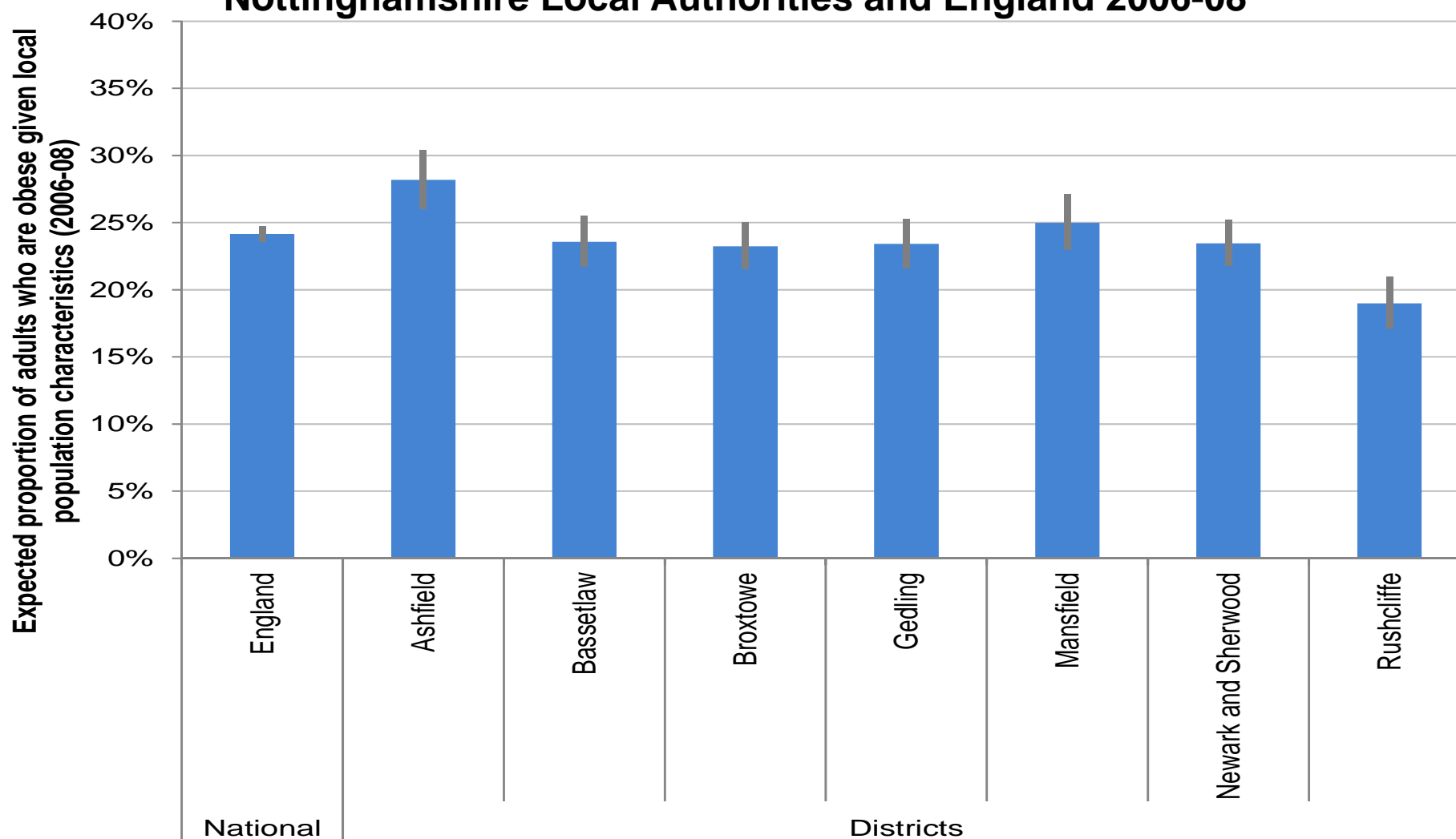
**Compared with a healthy man, an obese man is:**

- 5x more likely to develop type 2 diabetes
- 3x more likely to develop colon cancer
- More than 2½x more likely to develop high blood pressure

**Compared with a healthy woman, an obese woman is:**

- Almost 13x more likely to develop type 2 diabetes
- 3x more likely to have a heart attack
- More than 4 x more likely to develop high blood pressure

## Model-based estimates for adult obesity in Nottinghamshire Local Authorities and England 2006-08



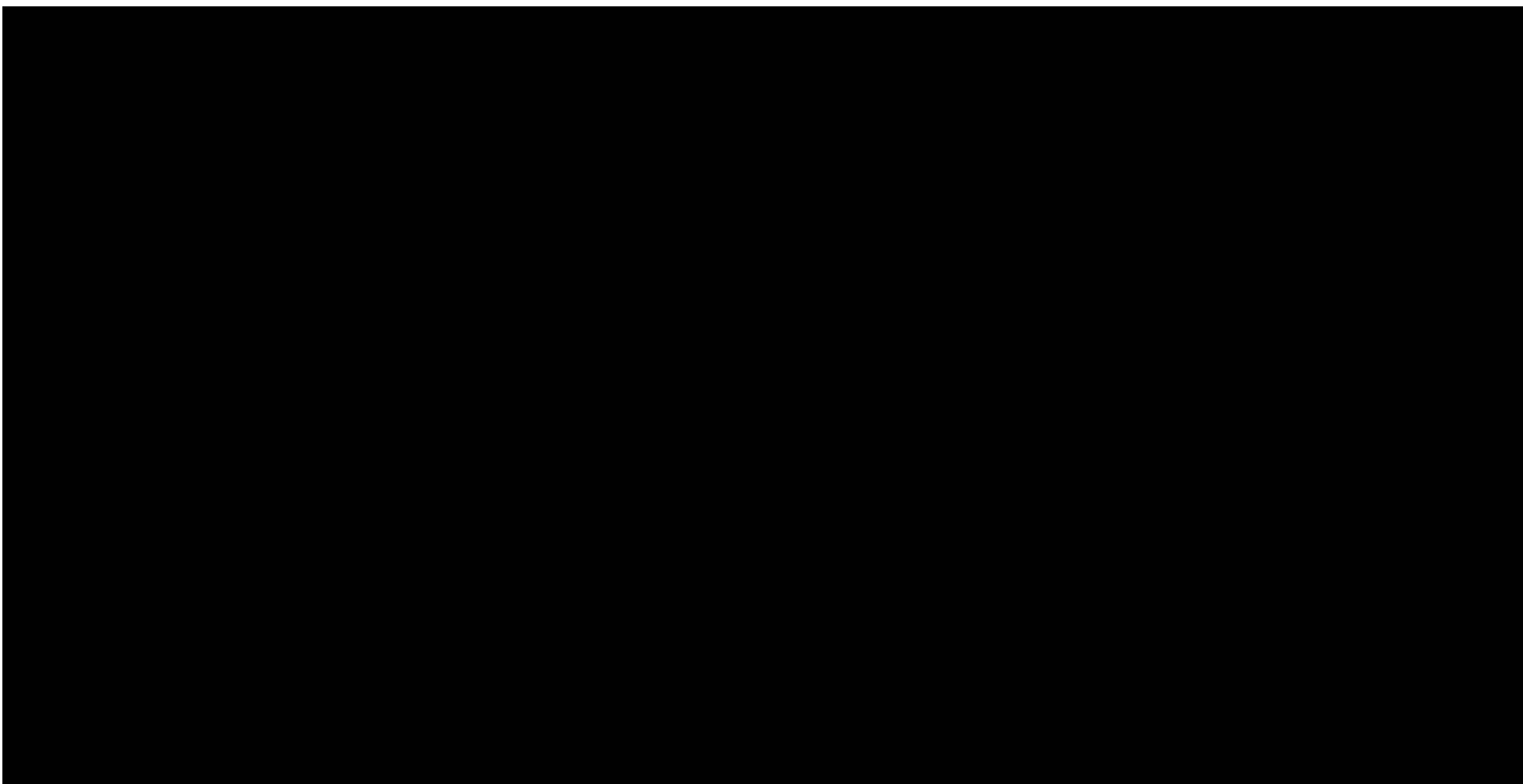
Source: Health Survey for England 2006 to 2008

# National Child Measurement Programme (NCMP):

- From April 2013, the NCMP will be a mandated function of Nottinghamshire County Council
- To provide surveillance data and feedback on the weight status of children (Reception and Year 6)
- To provide information to parents/carers on where they can access support and advice

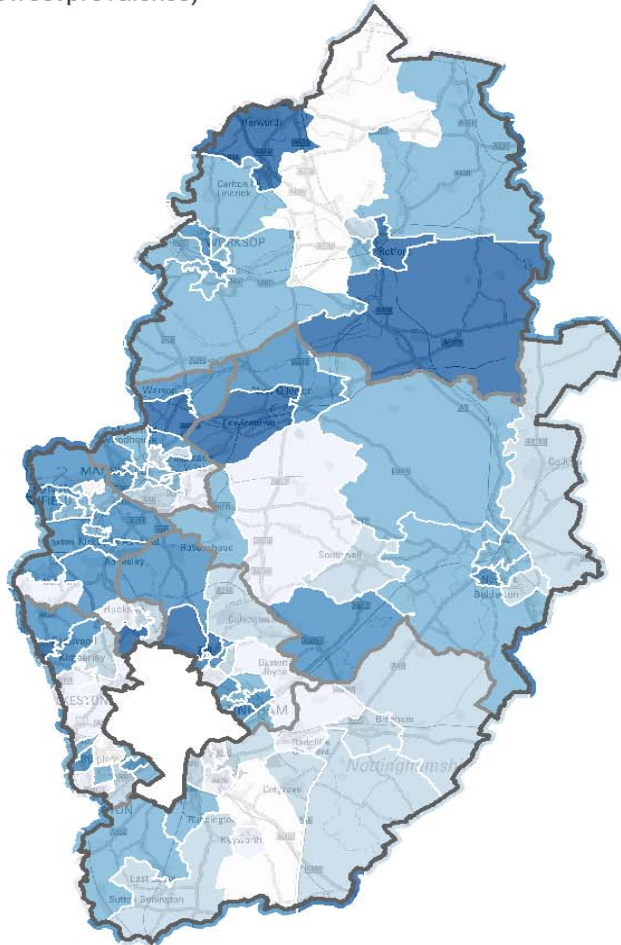
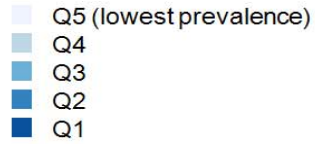
- MCMP takes place every year (January – March)
- Children are weighed & height measured by the school nursing team
- Confidential results fed back to parents/carers



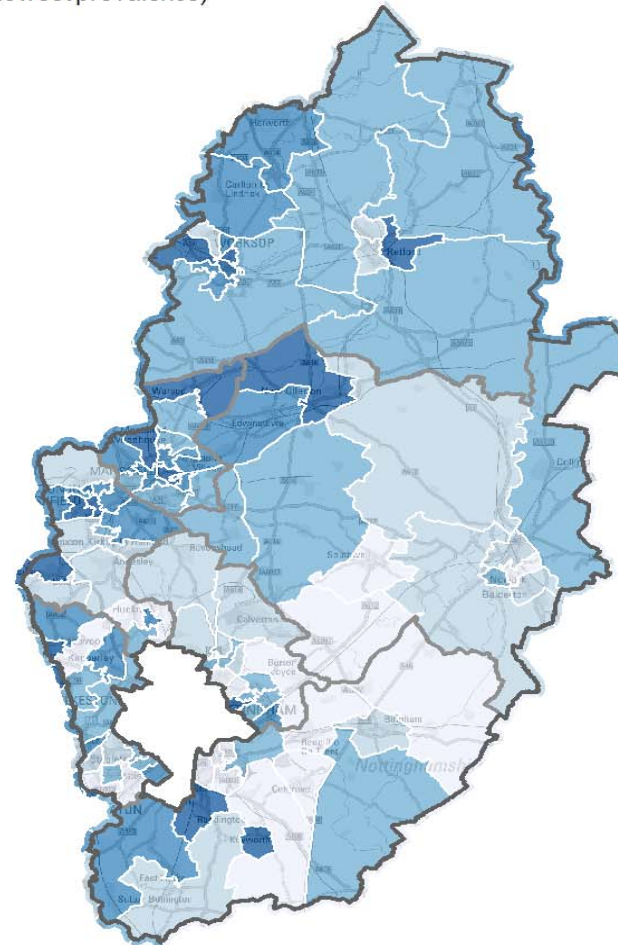
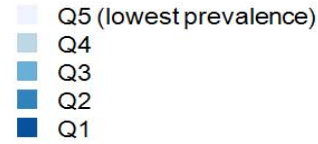


## NCMP Obesity Prevalence Maps for Reception and Year 6, 2007/08 through to 2009/10 pooled data

**NCMP Reception 07/08-09/10**  
National Quintiles

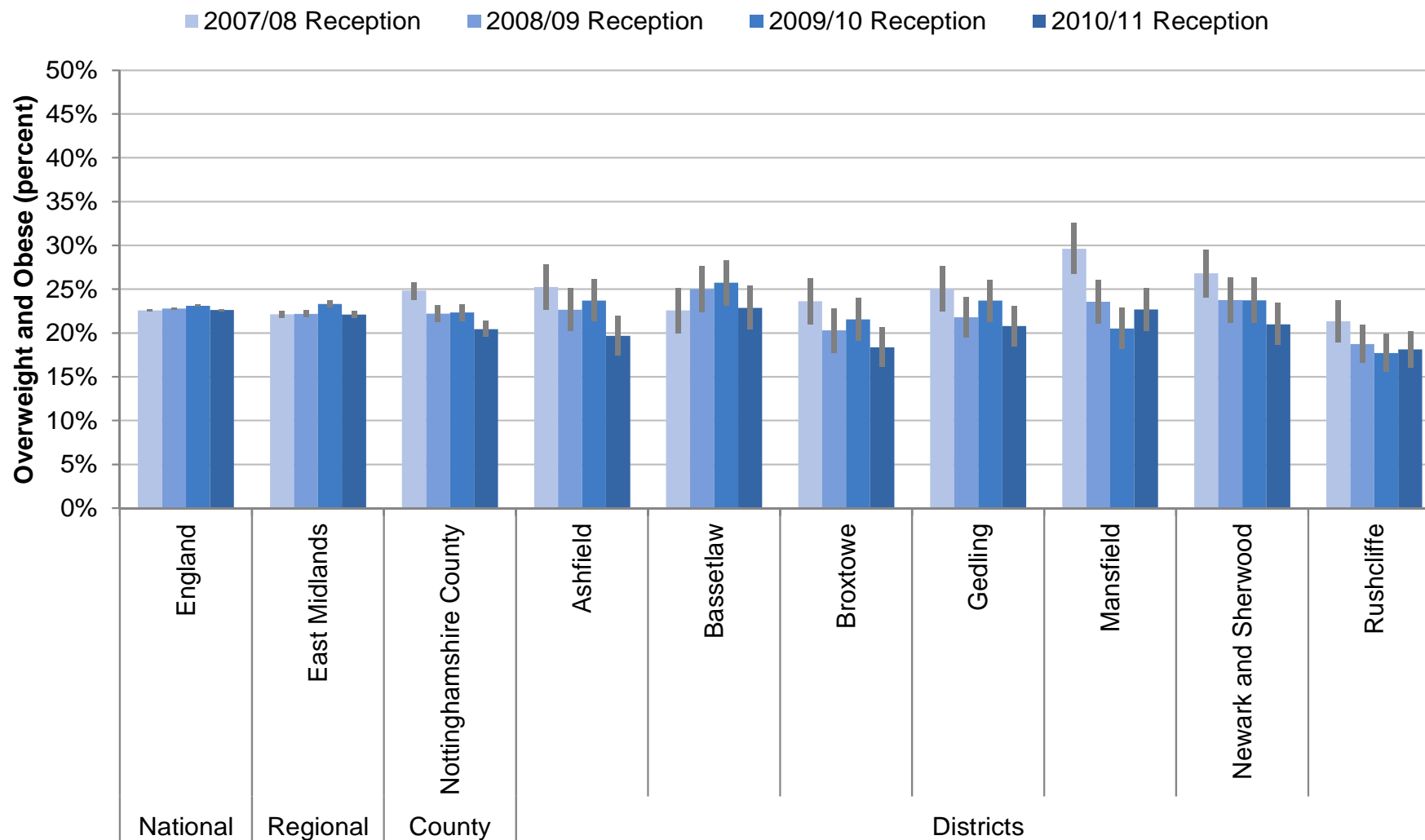


**NCMP Year 6 07/08-09/10**  
National Quintiles

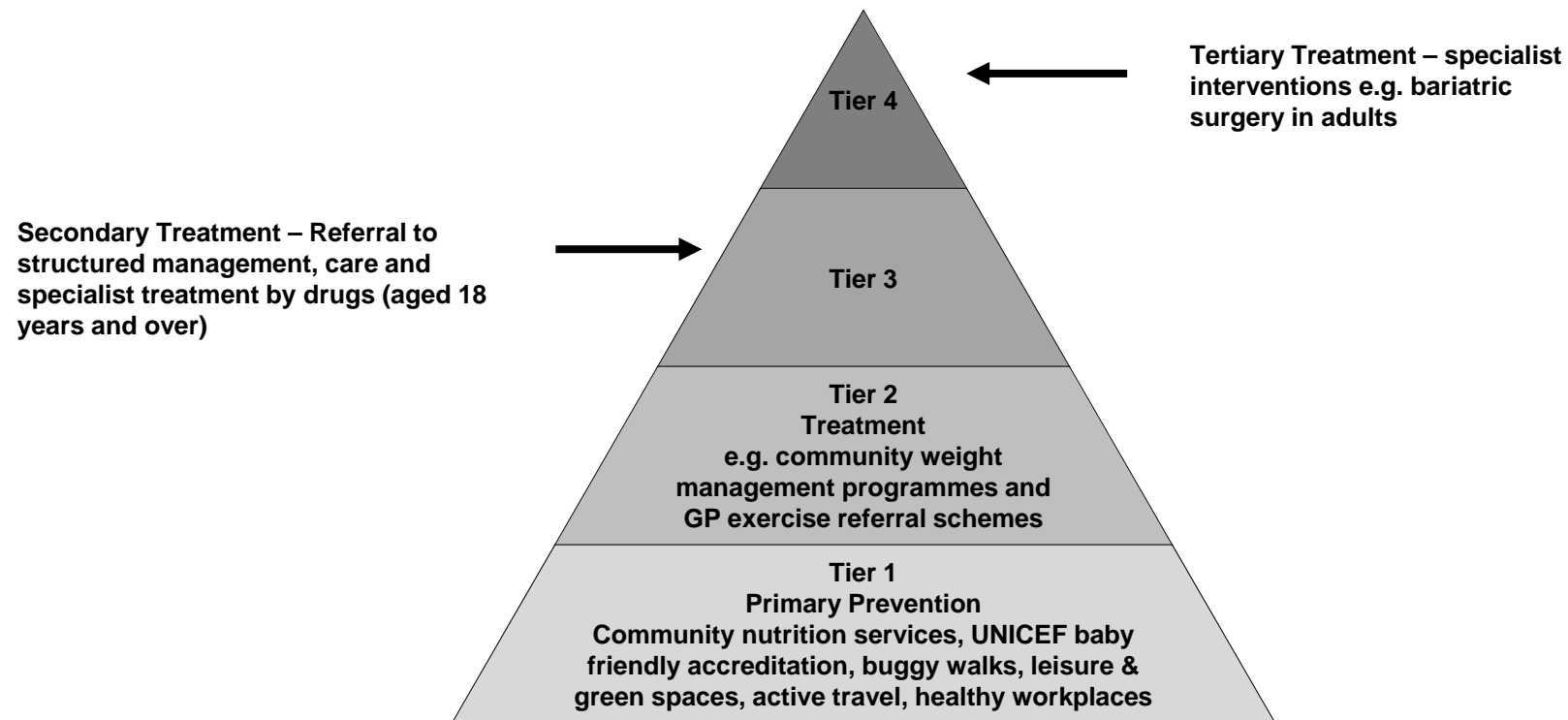


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# District, County, Regional and National Overweight and Obesity Rates – Reception Year, Years 2007/08 to 2010/11



# Local Action on Obesity:



# Buggy Walks & Exercise:

- Free

“Great to get out of the house and meet other mums & great for my mental health”

- Parents from Stapleford SureStart Centre

- Programme of exercise opportunities that are instructor led

“It’s given me more energy”

- Meet for coffee afterwards

They’ve been brilliant- a gentle introduction to exercise after birth

- Approx. 50 parents & babies are currently attending





# hawtonville summer drinks swapathon

25th july – 2nd september 2011



## THE PROJECT:

To provide local retailers with relevant product knowledge about sugar sweetened beverages (SSB's) and alternatives and to secure their support in helping children to reduce SSB consumption.

# Community Nutrition



## Examples of work:

- Primary Schools workshops.
- 5 a day
- Snack Check
- Cut down on Fat
- Me Size Meals
- Sugar sweetened beverages



# Examples of Tier 2

## 12-week Adult Weight Management in Bassetlaw

“The programme is more personal than other weight groups I have tried, it does not try and sell you products & staff are more helpful. This is much better, more balanced, more health information, less pressure. Very informative and enjoyable”

- Each session each structured with discussion, advice & helpful tips
- Introduction to the local gym and step counter
- January 2012 – March = 183 patients completed the 12-week course
- Average weight loss for; women = 3.5kgs    men = 3.4kgs



# Tier 2

## Exercise Referral Schemes

### Aims:

- To improve health by becoming more active
  - To help make exercise more accessible & affordable
  - To help with the prevention of medical conditions
- 
- 12-week course for people who don't currently exercise
  - 2011/12 – 457 referrals from health professionals
  - Gym/swim/exercise classes

# Further Work Required:

- Review of the Exercise Referral Schemes – tease out rehab from Tier 2
- Implementation of the obesity care pathways for children and adults – harmonise gaps in adult and children's weight management across the County.
- More effective links to the delivery of the NHS Health Check Programme
- Ensure resources aligned with areas of greatest need
- Refresh of the local obesity strategy
- Development of commissioning intentions for 2013 onwards

# Joint Strategic Needs Assessment Rapid Refresh 2011/12

Chris Kenny  
Director for Public Health



**Nottinghamshire  
County Council**

# Overview of Adult Social Care, Health and Public Protection and Children, Families and Cultural Services

**David Pearson,  
Corporate Director,  
Adult Social Care, Health and Public Protection  
and Deputy Chief Executive and  
Steve Edwards, Service Director, Children, Families and  
Cultural Services**



Nottinghamshire County Council

# Purpose of the presentation

To provide an overview of key drivers and responsibilities for:

- Adult Social Care, Health and Public Protection
- Children, Families and Cultural Services



# Nottinghamshire County Council

**Our vision is for Nottinghamshire to be a place where people enjoy life, are healthy, safe and prosperous; and where business is able to thrive. We are proud of our past and ambitious for our future.**

## **Priorities:**

- to foster aspiration, independence and personal responsibility
- to promote the economic prosperity of Nottinghamshire and safeguard our environment
- to make Nottinghamshire a safer place to live
- to secure good quality, affordable services
- to be financially robust and sustainable



# Key drivers

- **Personalisation**
- **Prevention and early intervention**
- **Safety and well-being**
- **Maximising Potential**
- **Value for money**
- **Accessible services**
- **Integration of commissioning**
- **Integration of operational services (where it makes sense)**



# Ambition and priorities

It is the ambition of Adult Social Care, Health and Public Protection (ASCH&PP) that:

***“We will commission services which embrace personalisation and promote safety and wellbeing and are accessible and affordable”.***

This ambition is based on the following approach:

- Commission Services to provide quality and value for money
- Embracing Personalisation
- Promoting Safety
- Promoting Health & Wellbeing
- Ensuring Accessibility
- Ensuring Affordability





# Purpose of Adult Social Care and Health

**Planning and delivery of health and social care services**

**Delivering housing related support services**

**Implementing national and local standards in services commissioned or provided by the Council**

**Ensuring service users and carers are involved in planning and delivering services**

**Promoting social inclusion and wellbeing**

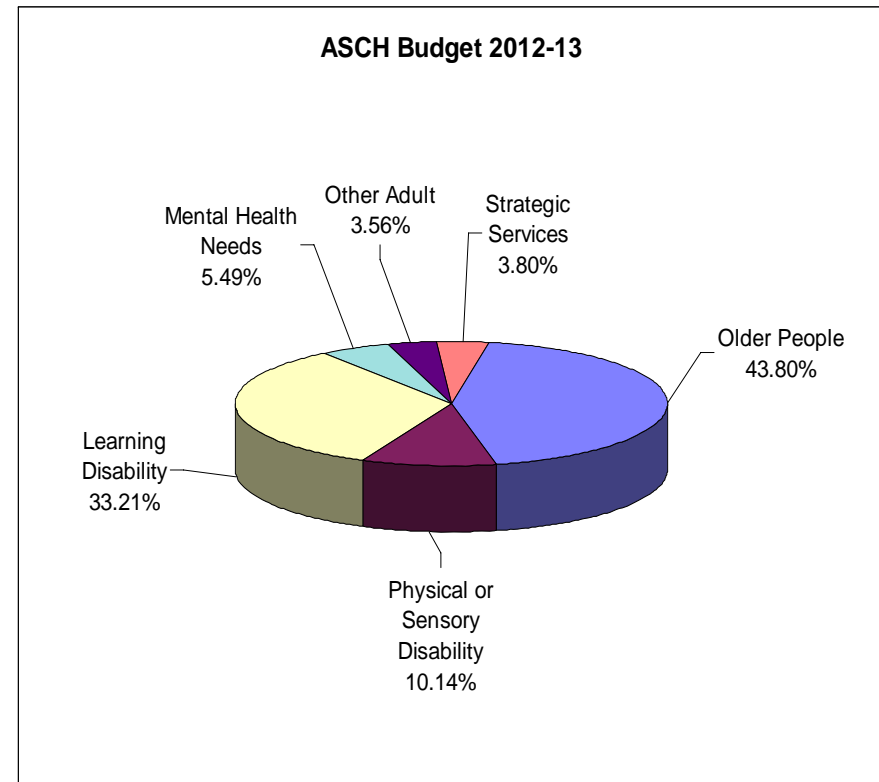
**Key strategies & service developments**

- **Personalisation**
- **Reablement**
- **Joint Commissioning**



# Budget and Commissioning

- **£301m gross budget**
- **£97m of income**
- **£204m net revenue budget**
- **Adult social care services subject to a charge**
- **National charging regime for residential and nursing care since 1948**
- **Charges for community based services subject to national guidance - Fairer Contributions**



# Budget and Commissioning

- **Community based services - £90m**
- **Nursing and residential care - £89.8m**
- **Trading services (Supported Employment & Meals service) - £1.9m**
- **Assessment & care management - £19.2m**
- **Wide range of services commissioned from over 300 providers**
- **2011/12 – 18,852 service users (community based and residential care); 13,907 receiving community based services**



# Key responsibilities and processes

## **Assessment and eligibility for services**

- Fair Access to Care Services guidance (FACS) – People will be eligible for help with any problems that pose a critical or substantial risk to their independence

## **Information and advice**

- Significant role in providing information and advice for people who are not eligible for Council provided social care services.

**Self-Directed Support Assessment (SDSA)** is used by staff to assess the needs of all service users.

- If assessment identifies eligible need people will be offered a **personal budget**. This is an amount of money identified to meet the individual's long-term social care needs.

**Support Planning** – affordable, legal and proper use of social care funds.



# Commissioning – case examples

- **Rachel** – 24 year old woman with Cerebral Palsy - requires 24 hour support to meet her complex care needs. When Rachel is at home her parents complete the majority of care tasks, with a Direct Payment to provide care when they are not available due to work
- Rachel decided she wanted to undertake a degree course at a Coventry university from Oct 2010. To meet this outcome a package of support was required to fund a carer to be with Rachel throughout the day and night
- Rachel decided on a care agency specialising in providing carers on a weekly basis and a Personal Budget of approx £663 pw during term time was agreed. This is a very cost effective way of supporting people on a 24 hour basis (less than half the cost of a package based on current Direct Payment rates)
- Rachel arranges her own care directly with the agency and reports that the care package is going well
- Rachel reports that since being at university she is far more independent, has a group of friends and is pursuing her academic studies.
- She feels that since receiving a Personal Budget her confidence has grown and the experience of living independently with support has been a profoundly positive one.



# Commissioning – case examples

- **Mrs A** has dementia and has been reluctant to engage with services. There were concerns from neighbours that she was not looking after herself properly.
- A daily call was arranged via a home care agency but Mrs A would often not allow the carers in. If carers used the keysafe to gain access it increased her agitation and she would not allow them to assist her with any personal care tasks.
- Neighbours also raised concerns that she was going out at night, regularly locking herself out and setting fire to pans in her kitchen. They felt she was not safe to be alone and should move into residential care.
- GP requested a Mental Health Act assessment. A Just Checking system was installed for a few weeks to assess how well Mrs A was managing at home.

## Outcome

- Just Checking demonstrated that neighbours' concerns about wandering at night were greatly exaggerated. The system showed that Mrs A was sleeping through the night and late into the morning so the times of care were changed as a result.
- This meant that carers arrived when she would naturally be getting up and Mrs A was more receptive to the carers helping her.
- Just Checking showed that Mrs A was constantly on the go during the day but did not stay long enough in the kitchen to prepare an adequate diet, although there was evidence that she was drinking as she made regular trips to the toilet. Meals at home were introduced, and Mrs A is now being supported successfully at home.



# Savings and Efficiencies

- In common with the Council as a whole, Adult Social Care, Health and Public Protection is making savings and is forecast to save £65m in the 4 year period from 2011/12 to 2014/15
- There are currently 49 savings and efficiencies projects in progress across the 4 service areas with the aim of making these savings

The 10 high governance projects are:

- Reablement - £1.6m
- Day Services modernisation - £4.9m
- Reduction in Community Care spend through review of Fair Access to Care Services (FACS) - £4.4m
- Sale of residential care homes - £1.3m
- Alternatives to Residential Care - £2.7m
- Review expenditure on Learning Disability and Mental Health community care - £5.1m
- Supporting People - £10m
- Organisational re-design - £2.9m
- Sherwood Industries - £250,000
- Redesign of commissioning of community-based care services - £910,000
- Total savings from high governance projects= £34.1m



# Performance

- The Government requires the Authority to monitor and report on performance against four categories within an Outcomes Framework. The categories require us to look at how well services:
  - **Enhance the quality of life for people with care and support needs**
  - **Delay and reduce the need for care and support**
  - **Ensure that people have a positive experience of care and support**
  - **Safeguard adults whose circumstances make them vulnerable and protect them from avoidable harm**





# Key policy initiatives

**The Queen's Speech in May included a draft Care and Support Bill. The focus is on:**

- **modernising care and support law to ensure local authorities fit their service around the needs, outcomes and experience of people**
- **consolidating existing law with a single statute, supported by new regulations and statutory guidance**
- **maintaining the focus on putting people in control of their care and giving them greater choice, building on progress with personal budgets**
- **simplifying the system and processes to provide the freedom and flexibility needed by social workers to allow them to innovate and achieve better results for people, and**
- **giving people a better understanding of what is on offer to help them plan for the future and ensure they know where to go for help when they need it**

**The national funding position is still not resolved**



# National funding position

## Commission on funding of care and support

- What should the State and the individual contribute?
- Current system – £14.5bn is spent on adult social care
- Projection – this needs to increase to £22.8bn by 2025 under current system to keep pace with demographic trends
- For Nottinghamshire this means an extra £100-£125m over this period on the net budget of £219m
- Under Dilnot proposals increase would be £26.4bn by 2025 through capping individual liability

## Dilnot proposals

- Threshold for contributing full cost of care increased from £23,250 to £100,000
- Maximum charge to individual would be £35,000 – stimulate interest of private insurance companies
- People who need care before they are 18 years old or who start needing care under 40 years will get all their care for free



# Children, Families and Cultural Services

## Our Ambition

We want Nottinghamshire to be a place where children are safe, healthy and happy, where everyone enjoys a good quality of life and where everyone can achieve their potential

## Our Priorities

- continue to improve our work to keep children and young people safe
- continue to improve how well children and young people achieve in schools and colleges
- reduce the gap in educational achievement for all ages
- improve children and young people's health and wellbeing
- continue to improve our early intervention services to ensure that children, young people and families in the greatest need receive appropriate support
- increase opportunities for children, young people and families to take part in learning, sporting, leisure and cultural activities, to develop new skills and to have fun
- conserve and enhance our country parks, green places and cultural heritage and contribute to an improved visitor experience for Nottinghamshire
- commit to a whole department quality assurance approach with individual accountability
- improve the efficiency of our service delivery and supporting infrastructure



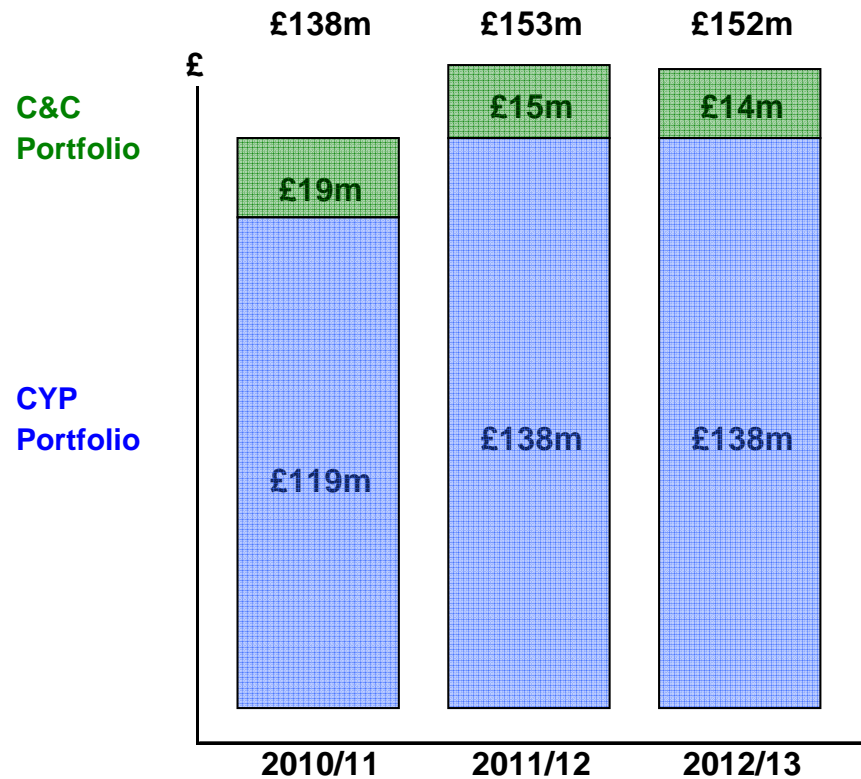
# Children, Families and Cultural Services

## Key Responsibilities

- **Children's social care** - supporting the most vulnerable children and young people. Services include child protection, children looked after by the local authority, fostering and adoption services and support for disabled children.
- **Early intervention services** for children, young people and their families, including:
  - Children's Centres
  - targeted youth support services
  - Youth Justice service
- **Education standards and improvement**
  - support to schools to enable them to improve their performance
  - planning to ensure that sufficient school places are available
  - Special Educational Needs and disability support.
- **A range of cultural services**, including arts and sports services in schools, outdoor education, youth services, adult community education, libraries and archives services and country parks



# Children, Families and Cultural Services Annual Budgets



## NOTES:

1. C&C Portfolio figures include Tourism and Regeneration
2. All figures exclude capital charges

**2012/13 schools budget is £510 million**



# Children, Families and Cultural Services

## Key Developments

- **Pathway to Provision**
  - describes the child's pathway through our services, the access points and levels of service provided for all levels of need
- **Children's Social Care transformation programme**
  - the Multi Agency Safeguarding Hub (MASH), a single, multi-agency point of entry for vulnerable children and adults
  - district child protection teams;
  - a dedicated through care service for looked after children
  - improved arrangements for disabled children's making transitions from children's to adult's services
- **Children's Centres services recommissioning**
  - new contractual arrangements to start in April 2013
- **Targeted Youth Support offer**
  - sets out the services provided for young people aged 8-18 who are vulnerable but who are not immediate risk of harm
  - a partnership managed by the local authority and with involvement by the police, health services, Probation and not-for-profit and voluntary sector agencies



# Children, Families and Cultural Services

## Key Developments

- The County Council's relationship with schools is evolving. The Department for Education identifies that local authorities' role in education provision for children and young people is to improve their lives and life chances. Local authorities are expected to:
  - drive up standards of achievement
  - secure access and sufficiency of high quality places for all children and young people
  - promote the development of new provision, particularly parent-led provision
  - secure choice for learners and parents
  - ensure value for money
- In Nottinghamshire, overall educational attainment has improved significantly over the last few years
  - results at KS2 (age 11) and KS4 (age 16) have improved at a rate greater than the national average for the last four years.
  - there remains work to be done to reduce the attainment gap between more vulnerable children and their peers, and to improve educational performance post-16



# Children, Families and Cultural Services Capital Investment Programme

- **over £100 million into schools**
- **over £25 million into youth services**
- **successful in the recent bidding for the national Priority Schools Building Programme, receiving 15 projects (more than any other local authority)**
- **capital programme investing in library services, including major projects delivering new library premises in Mansfield and West Bridgford**





# Children, Families and Cultural Services Partnership and Joint Commissioning

- **Nottinghamshire Children's Trust oversees joint planning and commissioning for services to children, young people and their families**
  - The Children's Trust Executive is a multi-agency group reporting to the shadow Health and Wellbeing Board
  - Joint commissioning groups for children and young people's services report to the Children's Trust Executive
- **The Nottinghamshire Safeguarding Children Board (NSCB) is the key statutory mechanism for agreeing how relevant organisations co-operate to safeguard children and ensure the effectiveness of what they do**
  - provides inter-agency training for colleagues working with children, young people, adults and families.
  - responsible for some Children's Trust safeguarding activities
  - has a scrutiny and challenge role within the Children's Trust



# Children, Families and Cultural Services Partnership and Joint Commissioning

- **The Children, Young People and Families Plan 2011-14 identifies joint planning and commissioning priorities for the Children's Trust:**
  - Early intervention
  - Safeguarding
  - Disabled children
  - Child poverty
  - Educational achievement, reducing the gap in achievement between more vulnerable groups and their peers
  - Educational achievement for 16-19 year olds and the employment of young adults
  - Emotional well-being
- **The Children's Trust also:**
  - oversees joint commissioning for Teenage Pregnancy
  - supports work on young people's substance use, but accountability for this area of joint commissioning is with the Safer Nottinghamshire Board



# CLINICAL COMMISSIONING GROUP AUTHORISATION PROCESS

**DR STEVE KELL**

Chair of the Bassetlaw Clinical  
Commissioning Group



**Nottinghamshire  
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# Thank You



**Nottinghamshire  
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