

CABINET MEMBER FOR PUBLIC HEALTH – 11 JANUARY 2017

Healthy Weight Support for Adults in Oxfordshire

Report by Director of Public Health

Introduction

1. The Council has a statutory obligation to “take such steps as it considers appropriate for improving the health of the people in its area” (s2B National Health Service Act 2006 (“NHS Act 2006”) as amended by s12 Health and Social Care Act 2012). This includes “providing services or facilities for the prevention, diagnosis or treatment of illness” (s 2B (3) (c) NHS Act 2006).
2. Providing support to people to prevent them becoming overweight or obese as well as helping them lose weight if they are already overweight or obese is a key Public Health objective. It is identified within the Director of Public Health Annual Report 2015/2016, “*Obesity remains the biggest lifestyle challenge in Oxfordshire and preventing it is a key requirement for reducing disease levels and early deaths*”.
3. In Oxfordshire 60.9% of adults have excess weight (2012 – 2014)¹.
4. Obesity reduces life expectancy by an average of 3 years whilst severe obesity reduces life expectancy by 8-10 years.
5. Being overweight or obese is associated with an increased risk of developing a number of chronic diseases and conditions such as heart disease, stroke and late-onset diabetes, depression and anxiety, asthma, cancer, liver disease, reproductive complications, osteoarthritis and back pain. These conditions can have a significant negative impact on individuals as well as society as a whole.
6. The consequences of obesity are costly to health and social care and have wider economic and societal impacts. The annual cost of obesity is estimated to be :
 - £27bn to the economy through reduced productivity and increased sickness absence
 - £6.1bn cost to NHS
 - £352m cost to Social Care by way of additional disease, disability and mobility problems.
 - Obese people are over three times more likely to need social care than those who are a healthy weight.

¹ [Public Health Outcomes Framework](#)

7. Oxfordshire's Health and Wellbeing Strategy 2015-19 identifies preventing chronic disease through tackling obesity in priority 9 and this remains a local priority and needs a long term perspective².
8. The current commissioning arrangements for Healthy Weight Services in Oxfordshire were put in place by the NHS and the contracts with current providers of these services cease on 31st August 2017.
9. Oxfordshire County Council currently has no in-house provision of healthy weight services. In order to guarantee continuation of services to support people to lose weight Oxfordshire County Council will need to put in place a contract to commence 1st September 2017.
10. Oxfordshire County Council procurement process would be followed to commission these services.

Financial and Staff Implications

11. Public Health has a ring fenced grant which is £32 million in 2016/2017 and 2017/2018 this will reduce to £31 million. The grant allocation specifies that a proportion can be spent on services to prevent obesity as prevention or treatment of illness.
12. £674,000 is already committed to paying for health weight services within the Public Health grant so this does not represent a new spend. This information is already reported to the Cabinet. The financial aim of the re-procurement is to secure an affordable service at a reduced cost. This would then provide savings that can be used towards the savings targets attributed to Public Health in 2017/2018.
13. Contract arrangements need to be in place for 1st September 2017, as there can be no break in service provision. The current provider is aware of the contract end date and the need to re-procure services. There is sufficient time to procure and award a new contract.

Equalities Implications

14. The Healthy Weight Service is a service provided to all adults aged 16 and over in Oxfordshire who require additional help to lose weight.

RECOMMENDATION

15. **The Cabinet Member for Public Health is RECOMMENDED to approve the Public Health Directorate's plans to commission healthy weight services in Oxfordshire.**

² <https://www.oxfordshire.gov.uk/cms/.../oxfordshirejointhwbstrategy.pdf>

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