



Committee Report

PURPOSE: Final Decision Report

Key or non-key decision: Key decision over £500k

COMMITTEE: Public Health and Communities Committee

DATE: 23 August 2024

TITLE: **Commissioning of Targeted Healthy Weight Services for Adults, Families and Children**

Ward(s) Services targeted to wards and population groups with highest levels of overweight, obesity and deprivation

Officer presenting the report: Sally Hogg **Job title:** Consultant in Public Health

Executive Director lead: Hugh Evans: Executive Director for Adult and Communities **Committee Chair:** Cllr Stephen Williams

Statutory Director of Public Health: Christina Gray

Proposal origin: BCC Staff

Purpose of Report:

This report is seeking approval to procure and award a contract for the commissioning of targeted healthy weight services for adults, families and children. The service will form part of a city-wide approach supporting healthier weight environments.

1. To seek permission to procure and award a contract(s) for healthy weight services for a period of 5 years with up to 4 years extension. It will be for £250,000 per annum with a maximum budget envelope of £2,250,000.
2. To seek permission for delegated authority to the Director of Public Health to procure and award a contract(s) to deliver targeted healthy weight services for Bristol in accordance with the NHS Provider Selection Regime Regulations, use of which are to be approved in line with the Council's prevailing Procurement Rules and maximum budget envelope (£2,250,000).
3. Authorise the Director of Public Health to accept and allocate any additional external funding (up to a value of 50% of the contract) that supports healthy weight services in accordance with the Council's prevailing Procurement Rules and any associated funding restrictions.

Evidence Base:

The Issue:

1. The NHS and other medical professionals commonly use **Body mass index (BMI)** as an indicator of health. This method has many limitations and can only be used as a guide, alongside other indicators of health. In most adults *overweight* applies to a BMI of 25+ with *obese* referring to 30+

2. The causes of overweight and obesity are very complex and need a multi-faceted approach that encompasses all the wider social, environmental and economic factors that have the biggest impact on the overall health and wellbeing of our population.
3. Overweight and obesity is a serious health concern that increases the risk of many other health conditions, including Type 2 Diabetes, cardiovascular disease, joint problems, mental health problems, and some cancers.
4. In Bristol approximately half of adults and a third of children leaving primary school are living with excess weight (overweight or obesity). The National Childhood Measurement Programme (NCMP) data (2022/23) for Bristol Year 6 children shows 35.2% of them have excess weight and Bristol Quality of Life survey data for adults (2023/24) indicates 47.2% [The Quality of Life survey is a randomised sample of performance metrics for the Bristol population].
5. Deprivation is the most significant factor associated with the prevalence of excess weight for both adults and children.
 - The National Childhood Measurement Programme (NCMP) data for reception children 2022/23, indicates that 26% of pupils who live in the 20% most deprived areas of the city are living with excess weight, compared to 15% who live in the 20% least deprived areas.
 - By year 6, this has risen to 44% of children who live in the 20% most deprived areas of the city, compared to 20% for those living in the 20% least deprived areas.
 - The Quality of Life survey 2023/24 suggests that 57% of adults living in the 10% most deprived areas of the city have excess weight, compared with 42.6% in the 10% least deprived areas.
6. The Joint Strategic Needs Assessments (Background Documents 1&2) identify some key groups in Bristol (across both adults and children) who have significantly increased risk of poor health outcomes arising from excess weight. These include:
 - Black/Black British
 - Disabled
 - Male
7. Services will be targeted by prioritising wards with the highest levels of deprivation and excess weight.

Context and rationale:

1. The Office for Health Improvement and Disparities (OHID) recommends a long term, system wide approach to tackling overweight and obesity that is tailored to local need and works across the life course (referred to as the 'whole systems approach').
2. Bristol signed the *Local Authority declaration on healthy weight* in 2020 to provide a framework to support 'healthier weight' environments with a focus on prevention and reducing inequalities. [A system wide approach to healthy weight is also currently being agreed and implemented across BNSSG].
3. Since 2021 there have been two short-term Healthy Weight Services contracts, with the current one ending in March 2026. Public Health want to build on the experience and learning from these to develop longer-term services for children/young people, families and adults that are innovative, sustainable and effectively targeted.
4. The current service model includes delivery of a range of targeted services to adults, families, and children in Bristol, together with training and support to the School Health Nursing Service and other multi-agency professionals.
5. Services will be designed and developed in accordance with best practice, ensuring that they comply with relevant standards and recommendations from National Institute of Health and

Clinical Excellence (NICE), Government guidance, National Institute for Health and Care Research (NIHR), local needs assessments, evidence/data from current services and insight/consultations.

Officer Recommendations:

That the Committee:

1. Authorise the Director of Public Health, in consultation with the Executive Director of Adults & Communities and the Chair of the Public Health and Communities Committee, to take all steps required to procure and award a contract(s) (for the period of 5 +2 +2 years, with annual amount of £250,000 - to deliver targeted healthy weight services for Bristol, in line with this report and in accordance with the NHS Provider Selection Regime regulations, use of which are to be approved in line with the Council's prevailing Procurement Rules and maximum budget envelope (£2,250,000).
2. Authorise the Director of Public Health to apply for, accept and allocate any additional external funding (up to a value of 50% of the contract) relating to healthy weight services in accordance with the Council's prevailing Procurement Rules and any associated funding restrictions (including procuring and awarding contracts).

Corporate Strategy alignment:

Theme 1: Children & Young People - supporting children to have the best start in life & to thrive; intergenerational equality

- Theme 4: Health, Care & Wellbeing - tackling health inequalities, working with Integrated Care System, supporting disabled people
- Theme 5: Homes & Communities - supporting community participation & empowerment

The healthy weight services will also support corporate commitments in the follow strategies:

- The Belonging Strategy for children and young people 2021 – 2024
- The One City Food Equality Strategy 2022- 2032 (and subsequent Action Plans)
- The Bristol Good Food 2030 Framework
- Bristol Sport & Physical Activity Strategy 2020 - 2025
- Bristol Health and Wellbeing Strategy 2020-25

City Benefits:

Sustainable Development Goals:

- SDG 10 – Reduced inequalities.
- SD2 – Zero hunger (achieve food security and improved nutrition).
- SD3 – Good health and wellbeing: Ensure healthy lives and promote wellbeing for all, at all ages.

One City Plan:

- Close the inequalities gap (difference in prevalence of overweight and obesity between most and least deprived areas of Bristol) by 2029.
- A whole-systems approach to healthy weight, embedded across the city, ensuring environments

support healthy choices and are accessible and affordable for everyone, by 2033.

Empowering Communities and embedding support by co-designing services; supporting reduction in health inequalities.

Consultation Details:

1. Previous engagement with stakeholders on topics related to healthy weight through other work such as Belonging Strategy, Food Equality Strategy and Action Plans, Physical Activity Strategy and Bristol Good Food 2030 Framework.
2. Service user engagement and feedback from healthy weight services contracts 2021-2024.
3. Workshop organised with Bristol Locality Partnerships (Nov 2022) “How Do We Support Healthy Weight in Our Localities”
4. Consultation will be carried on the new service proposal as part of the recommissioning process.

Background Documents:

1. [JSNA 2023.24 - Healthy Weight \(bristol.gov.uk\)](https://www.bristol.gov.uk/health/healthy-weight)
2. [JSNA 2023.24 - Healthy Weight Children \(bristol.gov.uk\)](https://www.bristol.gov.uk/health/healthy-weight-children)
3. [Providing weight management programmes - NIHR Evidence 2022](https://www.nihr.ac.uk/resources/evidence/2022/2022-01-providing-weight-management-programmes)
4. [Preventing obesity in children and families - NIHR Evidence 2022](https://www.nihr.ac.uk/resources/evidence/2022/2022-01-preventing-obesity-in-children-and-families)
5. [Health matters: whole systems approach to obesity - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/health-matters-whole-systems-approach-to-obesity)
6. [Tackling obesity: empowering adults and children to live healthier lives - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives)
7. [A Guide to Delivering and Commissioning Tier 2 Weight Management Services for Children and their Families. Public Health England. 2017. Updated 2020.](https://www.gov.uk/government/publications/a-guide-to-delivering-and-commissioning-tier-2-weight-management-services-for-children-and-their-families)
8. [Adult obesity: applying All Our Health - GOV.UK \(www.gov.uk\) 2022](https://www.gov.uk/government/consultations/adult-obesity-applying-all-our-health)
9. [Childhood obesity: applying All Our Health - GOV.UK \(www.gov.uk\) 2022](https://www.gov.uk/government/consultations/childhood-obesity-applying-all-our-health)
10. [Obesity - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/obesity/)
11. [Overweight and obesity management 2024 draft-guideline-2 \(nice.org.uk\)](https://www.nice.org.uk/guidance/2024/draft-guideline-2)
12. [Overweight adults - GOV.UK Ethnicity facts and figures \(ethnicity-facts-figures.service.gov.uk\) 2024](https://www.ethnicity-facts-figures.service.gov.uk/)

Revenue Cost	£2,250,000 (£250,000 per year for up to 9 years)	Source of Revenue Funding	Public Health Grant
Capital Cost	£0	Source of Capital Funding	Not applicable
One off cost <input type="checkbox"/> Ongoing cost <input checked="" type="checkbox"/> Saving Proposal <input type="checkbox"/> Income generation proposal <input type="checkbox"/>			

1. Finance Advice: This report is seeking permission to procure and award a contract for healthy weight services (for the period of 5 years plus up to 4 years extensions). It is estimated that this will cost £0.25m per annum giving a maximum budget envelope of £2.25m. This will be funded from the Public Health Grant. If external grant funding becomes available, authority is also sought to accept and spend this funding with delegation to the Director of Public Health. There are no additional costs anticipated, that will fall on the general fund.

Finance Business Partner: Denise Hunt 19 June 2024

2. Legal Advice: The recommendations in this report ensure the Council can comply with the requirements of the NHS (Provider Selection Regime) Regulations 2023 which are applicable when procuring health care

services.

Legal Team Leader: Husinara Jones, Team Manager/Solicitor 23 May 2024

3. Implications on IT: I can see no implications on IT regarding this activity.
DTdecisionpathway@Bristol.gov.uk.

IT Team Leader: Alex Simpson – Lead Enterprise Architect 24 of May 2024

4. HR Advice: The report is seeking approval for delegated authority for the Director of Public Health to procure and award the contract to deliver targeted health weight services. This report does not have any significant HR implications arising from this request for Bristol City Council employees.

HR Partner: Lorna Laing, HR Business Partner, 29 May 2024 .

APPENDICES

Appendix A – Further essential background / detail on the proposal	NO
Appendix B – Equality Impact Assessment (EqIA)	YES
Appendix C – Environmental Impact Assessment	NO
Appendix D – Risk assessment	NO
Appendix E – Exempt Information	NO
Appendix F – Details of consultation carried out - internal and external	NO