

SLOUGH BOROUGH COUNCIL

REPORT TO: Health Scrutiny Panel

DATE: 11th September 2018

CONTACT OFFICER: Fatima Ndanusa –Public Health Programme Manager
(For all Enquiries) (01753) 875148

WARD(S): All

PART I **FOR COMMENT & CONSIDERATION**

SOLUTIONS4HEALTH – DEEP DIVES

1. **Purpose of Report**

To provide the Health Scrutiny Panel (HSP) with detailed information regarding the programmes chosen at the meeting on 28th June 2018, namely:

- Eat4Health
- Let's Get Going
- Cardiowellness4Slough
- FallsFree4Life

All 4 programmes are commissioned by Public health, Slough BC and are provided by Solutions4Health Ltd, (S4H).

2. **Recommendations**

The Panel is requested to recommend the following to Cabinet:

- 2.1 that Solutions 4 Health Ltd continues to work closely with the Council to deliver ALL 4 of these programmes in order to improve the health and wellbeing of Slough residents.
- 2.2 that Cabinet encourages members and representatives from Public Health, and other Council departments, to work closely with Solutions4Health in developing future integrated models for prevention and behaviour change that will continue to benefit and improve the health of Slough residents beyond 2020.

3. **The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan**

3a. **Slough Joint Wellbeing Strategy Priorities**

The current programme is aimed at supporting local residents in changing their behaviours. Therefore by improving their health outcomes, the following priorities of the Joint Wellbeing Strategy will be supported:

- Increasing life expectancy by focusing on inequalities
- Improving mental health and wellbeing

3b. **Five Year Plan Outcomes**

Long term sustainable behaviour change will also bolster efforts to deliver the following Five Year Plan outcome:

- Our people will be healthier and manage their own care needs

4. **Other Implications**

(a) Financial

Programme	Annual Budget	Financial Implications
Eat4Health	£49,000	
Let's Get Going	£18,000	
Cardiowellness4Slough	£132,000	
FallsFree4Life	£90,000	
Total	£289,000	

It is recommended that the 4 programmes above be extended to at least 31st March 2020.

(b) Risk Management

There are no risk implications to the content of this report.

(c) Human Rights Act and Other Legal Implications

There are no Human Rights Act implications to the content of this report.

(d) Equalities Impact Assessment

The content of this report does not require an Equalities Impact Assessment.

5. **Supporting Information**

5.1 At its meeting on 28th June 2018, the Panel took an item introducing them to the work of Solutions4Health Ltd. This produced a number of recommendations, including one stating that the Panel agree to explore the establishment of a behavioural insights members' group. Progress on this matter will be updated to the Panel as appropriate.

5.2 The Panel also requested that they receive more detailed information regarding the benefits of four of the programmes for which it has recently taken responsibility. The headline information on these will be provided in the following paragraphs; meanwhile, a short video (see Appendix A) provides examples of how Slough residents are assessed and supported according to their health needs and circumstances.

5.3 **Background to Solutions 4 Health Ltd**

From its beginnings in 2003, Solutions4Health Ltd has been a driving force for public health and health improvement in Slough. Its intrinsic knowledge,

understanding and close working relationship with local stakeholders, organisations and residents have meant that it has special insight into the changing health needs of a shifting population and its diverse communities. By embracing diversity and reflecting Slough's communities, (S4H staff speak over 15 languages), Solutions4Health has positioned itself as a key strategic and operational partner across the Slough landscape. Its prevention, health improvement, and healthcare programmes span the life-course, from birth and early years, through to school age children and young people; adults, and older people. Four of the services Solutions4Health provide, including a brief outline of the contribution they have made, and continue to make to the health of the population of Slough are listed below.

5.4 **Eat4Health**

[Reducing obesity in adults; promoting healthy eating and being active]

Eat 4 Health (E4H) is a free 12-week Tier 2 adult weight management programme that supports people with a BMI >25 to lose weight and maintain a healthier weight long term. The programme has been developed for groups of 10 – 15 people and is run during the daytime and the evening in community settings across Slough, for example: in the Salvation Army Centre, the Britwell Centre, the Langley Academy, and the Upton Lea Community Centre. E4H sessions are interactive, practical and discussion based. Underpinned by a motivational interviewing technique, the programme focuses on changing behaviours, increasing activity levels and making educated choices to empower individuals to lose weight and maintain it long term.

- 5.4.1 For 2017-18, Slough BC commissioned 22 E4H courses, at a cost of £49,000. On average 10 residents attended each course, (N = 220). Between July 2017 – April 2018 (a typical delivery year runs from 1 July – 30 June), 140 people kidney participated in 14 E4H courses. 66% of those completed the programme with 53% achieving a 3% weight loss or more. Following the intervention, 57% of those who completed the programme participated in 150 minutes of physical activity per week.
- 5.4.2 In assessing the immediate impact and cost effectiveness of the E4H programme for Slough, a comparison with the 'Be Active' programme in Birmingham may be made. PHE evidence suggests that¹ : "for every £1 spent on Be Active the return for the local NHS is £22.8 in terms of health care related benefits (primary and secondary care). The majority of these benefits relate to health-related quality of life gains. For every £1 spent on Be Active the return for the Local Authority is £2.3 in terms of improvements in quality of life among its residents. Both employers and the Treasury benefit from the scheme, without incurring any cost, through reduced absenteeism resulting in productivity gains and tax payments." Furthermore, additional cost savings may be identified in terms of the reduction in the numbers of residents that would have required access to costly Tier 3 and Tier 4 weight management services, NICE estimates (PH53)² that this could be in the region of £28k per head.

¹ Birmingham's 'Be Active' Programme, quoted in 'Obesity & Physical Activity', Health Economics Evidence Resource, PHE 2017.

² "Weight management: lifestyle services for overweight or obese adults." NICE, PH53 May 2014.

5.5 **Let's Get Going**

[Reducing Obesity in Children]

Let's Get Going (LGG) is a 10-week healthy lifestyle programme that aims to engage, inspire and enable children aged 7 – 12 years, and their families, to make healthy lifestyle choices long term. Delivered within schools and community settings throughout Slough, this interactive programme contains fun workshops and games to encourage children and families to achieve a healthy and active lifestyle long term. The 3 schools engaged in the LGG programme in 2017-18 included: the Iqra Primary School, the Ryvers Primary School, and Wexham Court Primary School.

5.5.1 Slough Borough Council commissioned 3 courses in 2018, at a cost of £18,000. 47 children took part in the courses between Jan – August 2018. 97% of children rated the programme good or very good and 100% of parents rated the programme very good or excellent.

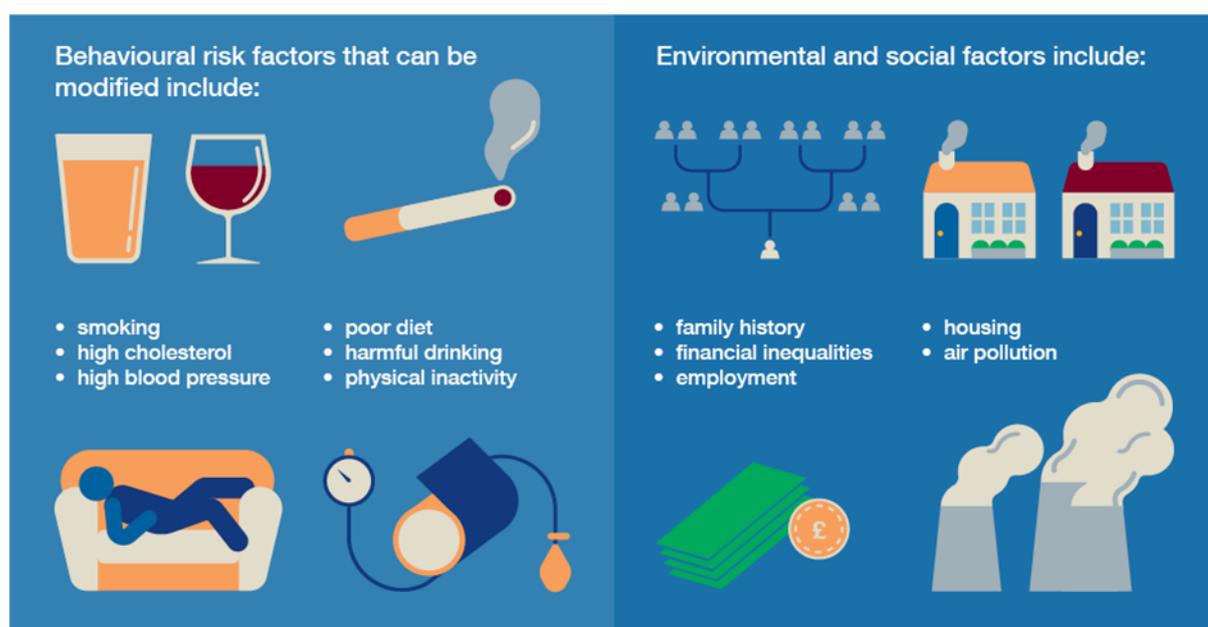
5.5.2 In assessing the immediate impact and cost effectiveness of the LGG programme for Slough, NICE (PH47)³ has estimated that “interventions that permanently lower weight trajectory by an average of 3% are estimated to be cost effective, if their average cost is less than £1000 per child.

5.6 **CardioWellness 4 Slough**

[Promoting healthy lifestyles, increasing NHS Health Checks uptake]

Cardiovascular disease, (CVD) is a family of diseases often caused by atherosclerosis – the furring or stiffening of artery walls. Atherosclerosis particularly results in coronary heart disease, stroke and peripheral arterial disease. CVD also covers other conditions such as vascular dementia, chronic disease, cardiac arrhythmias, type 2 diabetes, sudden cardiac death and heart failure.

CVD Risk Factors



PHE 2018.

³ “Weight management: lifestyle services for overweight or obese children and young people.” NICE, PH47 October 2013.

- 5.6.1 CardioWellness 4 Slough is an integrated healthy lifestyle service for Slough residents. The service provides a one-stop shop for healthy lifestyle information and guidance on stopping smoking, healthy eating, physical activity and reductions in excessive alcohol intake. The overall aim is to reduce premature death from cardiovascular disease (CVD) and address health inequalities through initiating and sustaining behavioural change targeting four key areas – alcohol, diet, smoking and physical activity, whilst recognising people’s emotional health and wellbeing.
- 5.6.2 By promoting healthy ageing and tackling the top 7 risk factors for early death and disability, the NHS Health Check provides a cornerstone for the prevention of other diseases that share common risk factors such as dementia, respiratory disease and some types of cancer, extending its benefits across the health and social care system.

The NHS Health Check



PHE 2018.

National evaluations show that treating blood pressure and cholesterol alone could prevent somewhere between 251 and 505 major CVD events each year.⁴With improvements to clinical management this could be even greater.

5.6.3 **CW4S High Level Outcomes**

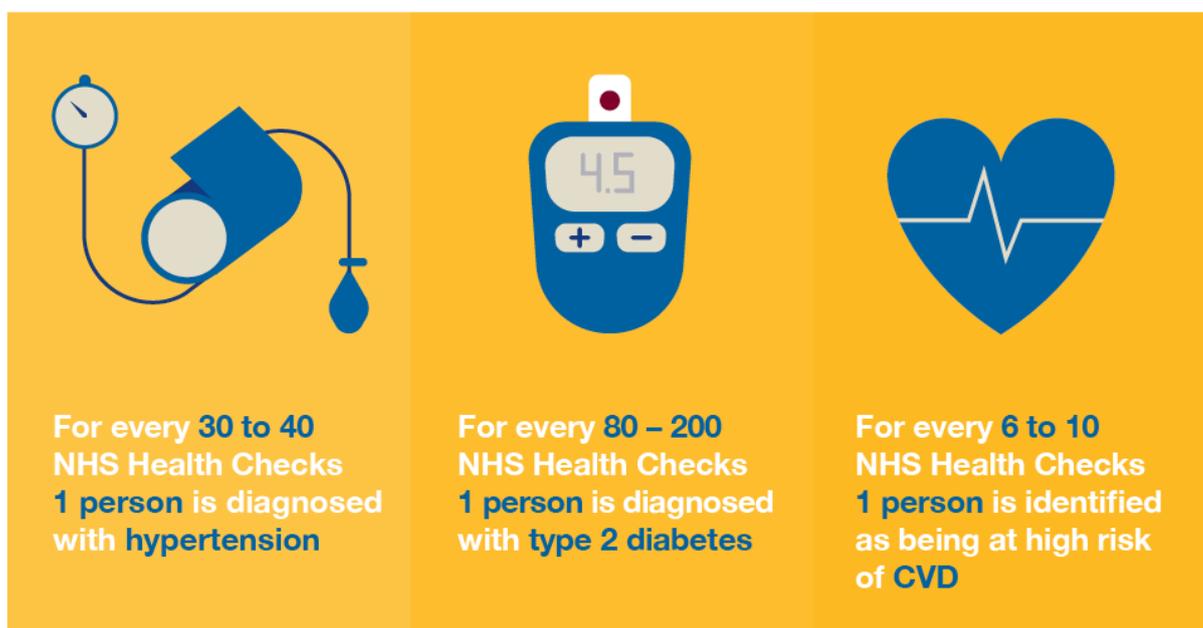
- Increase the offer and take up of health checks to bring Slough up to the national target of 75% of the eligible population which for Slough is a target of 820 in 2018.
- Maximise completion rates of service users i.e. 820 people at risk of CVD complete an evidence based programme of weight management, exercise on referral, etc.

⁴ PHE, 2018

CardioWellness 4 Slough (CW4S)	Attendees Jan – June 2018
No. of patients triaged through CW4S	767
General Assessments undertaken	326
Very Brief Advice & Making Every Contact Count	767
NHS Health Checks undertaken	441**
Eat 4 Health	318
Smokefreelife Berkshire	37
Falls Free 4 Life	92

** includes Slough residents aged 30-39 years of south Asian origin.

Impact of the NHS Health Check



PHE 2018

5.6.4 In assessing the impact and cost effectiveness of the CardioWellness 4 Slough programme, there are several documented sources which are available to do this. One the most recent sources of evidence⁵, estimates that the incidence of avoidable Atrial Fibrillation related strokes can be reduced by identifying people at risk, (by using a NHS Health Check), with the result that a saving of £1453 pa can be achieved, across the health and social care system by year 5. For Slough this could mean that CW4S is accruing savings of at least £199,061, if it is assumed that 1:6 residents completing an NHS Health Check is deemed to be at a high risk of CVD, including hypertension, (based on 820 Health Checks undertaken pa, divided by 6, is equal to 137 residents, multiplied by £1453). This excludes other related savings attributable to the programme, such as the identification of Type 2 Diabetes and Dementia. The total cost of CardioWellness 4 Slough in 2018 is £132,000.

5.7 FallsFree4Life

[Primary prevention of falls, encouraging and supporting independence]

The aim of FallsFree4Life Service is to provide an evidence based risk assessment and strength and balance exercise programme (at home or in the community) as part of a wider falls prevention strategy and integrated system linking existing services. It is also to engage with local residents and increase capability and capacity in the community through the voluntary sector to promote

⁵ "Local Health and Care Planning: Menu of Preventative Interventions.", PHE, 2016.

awareness of the health risks associated with falling. Slough experiences some of the highest rates for hospital admissions due to falls in the south east region. In 2016-17, Slough was ranked second worst in the south east for emergency admissions to hospital due to falls, for persons aged 65-79, with a rate of 1318/100,000⁶.

- 5.7.1 The Fallsfree4life service in Slough was set up to provide a primary prevention service, to prevent the risk of an initial fall. Using a series of criteria, patients at risks of falling are invited to undertake a Q-TUG assessment. Depending on the risk identified from this, they are then offered a 12 week strength and balance programme or are referred instead on to the falls clinic if they are of higher risk. In 2017-18, the service exceeded its target of 600 falls assessments, and achieved 636 in total. Indications for 2018-19 show that it is on track to match the level of activity achieved in 2017-18.
- 5.7.2 In terms of the cost effectiveness and return on investment from commissioning the Falls Free 4 Life programme, (which included: a) a home assessment and modification, b) Otago, and c) a falls management exercise programme), recent evidence provided by PHE, 2018⁷ has examined not only the financial returns anticipated from the four interventions below, but the return on investment which can be demonstrated at societal level too.

Summary of return on investment with each intervention	Financial ROI	Societal ROI
• Otago	£0.95 : £1.00	£2.20 : £1.00
• FaME group exercise	£0.99 : £1.00	£2.28 : £1.00
• Tai Chi	£0.85 : £1.00	£1.97 : £1.00
• Home assessment and modification	£3.17 : £1.00	£7.34 : £1.00

- 5.7.3 The findings from this analysis indicate that all 4 interventions can be considered cost-effective when compared with standard care provision in England. In terms of return on investment, one out of 4 interventions (HAM) produced a positive financial return with the remaining 3 interventions (Otago, FaME and Tai Chi) falling just short of generating positive financial returns (£0.95, £0.99 and £0.85 per £1 for Otago, FaME and Tai Chi respectively). The home assessment and modification intervention also provided large returns on investment, both financial and societal, and provided the greatest return overall, (PHE,2018). Using the unit costs for primary and secondary care set out below, an example of the costs, savings and potential benefits associated with the current Falls Free 4 Life programme are also shown below.

5.7.4 Primary/Secondary Care unit costs (2015/16 prices) (PHE, 2018)

Attendance/activity	Unit cost	Reference
A&E attendance – no admission	£100.53	NHS Reference Costs 2016
A&E attendance - admission	£90.29	NHS Reference Costs 2016
Ambulance call-out	£236.00	NHS Reference Costs 2016
Inpatient stay – non-hip fracture	£7,949.00	Craig 2013 (inflated to 2015/16 prices)
Inpatient stay – hip fracture	£8,955.00	Leal 2016 (inflated to 2015/16 prices)
Hip fracture – 1st year follow-up	£527.00	Leal 2016 (inflated to 2015/16 prices)
Hip fracture – 2nd year follow-up	£2,212.00	Leal 2016 (inflated to 2015/16 prices)
Geriatric long stay	£14,659.00	ISD Scotland 2016
GP Visit	£36.00	NHS Reference Costs 2016

⁶ PHE, Fingertips Data, 2016-17.

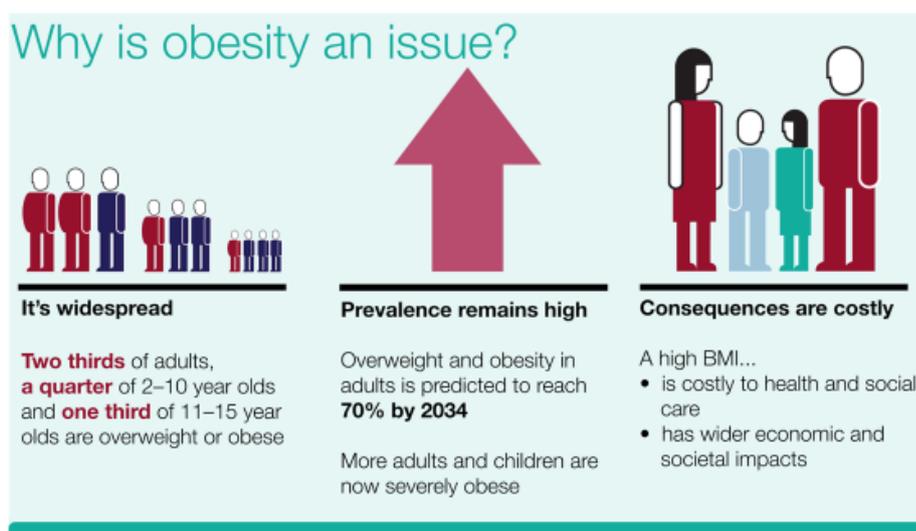
⁷ Falls prevention: cost-effective commissioning, PHE, April 2018.

5.7.5 FallsFree4Life Cost/Benefits

	No.	SBC £ Cost	Inpatient Costs £	Total £
Falls Assessments Completed 2017-18	636	90,000	0	
Assume 636 avoid A&E admission			90.29 each	57,424
Assume 20% Hip Fractures Prevented	127		8,995.00 each	1,137,285
Assume 80% Falls/Non Hip Fractures Prevented	509		7949.00 each	4,046,041
Total Expenditure		90,000		
Total Estimated Saving				5,150,750

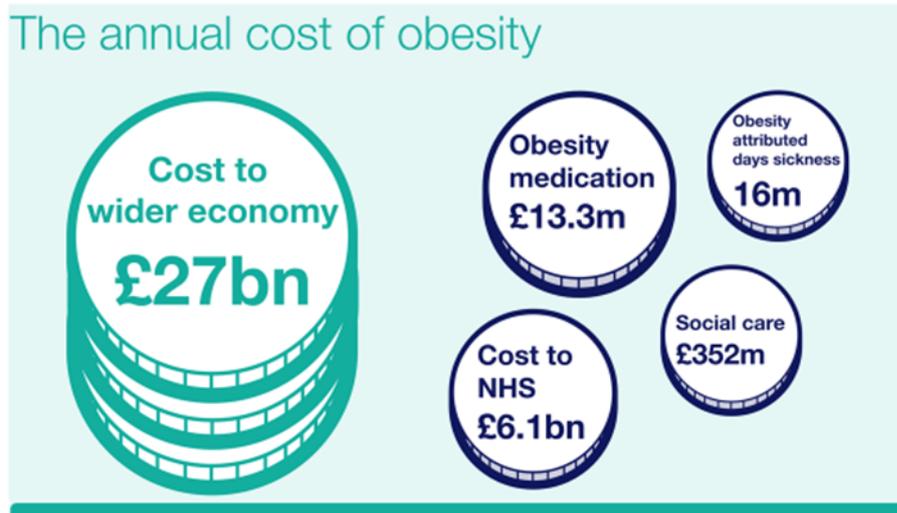
5.8 Summary

The initial reason for this report stemmed from a request for closer examination and scrutiny on the impact of two health improvement programmes which aim to help children and adults reduce their weight, engage in physical activity, and maintain a healthy lifestyle.



5.8.1 Whilst these two programmes, specifically Eat 4 Health and Let's Get Going, are reviewed above, the contents of this report goes further by emphasising the connections that have been developed to the comprehensive CVD prevention programme known as CardioWellness4Slough and its associated project FallsFree4Life. The overall aim of which has been to develop a fully integrated patient pathway and service delivery model for the prevention (and early identification) of cardiovascular disease, and the associated risk factors in Slough residents.

5.8.2 Another dimension to this report has been the opportunity to provide an indication of the 'cost-benefits' and 'cost-savings' achieved (for Slough residents) by Solutions4Health Ltd in the delivery of the 4 programmes described above. ALL of which demonstrate significant achievements in terms of value for money, (VFM), and the 'return on investment' made by Public Health, and Slough Borough Council members, following their original decision to commission the 4 programmes above some two to three years ago.



5.8.3 Having developed an integrated pathway for CVD prevention, risk modification, and health improvement in Slough, the task ahead is to sustain and develop it further. With this in mind, Solutions4Health Ltd would welcome the opportunity to work closely with the Director of Public Health and members of the Health Scrutiny Panel to build on the current prevention model, by scoping proposals for a fully integrated lifestyle, behaviour change, and self-care improvement programme for the future.

6. Comments of Other Committees

The previous agenda item taken by the Panel regarding Solutions4Health is discussed in Sections 5.1 and 5.2 This report has not been considered by any other committees at Slough Borough Council.

7. Conclusion

This report provides an overview of 4 health improvement and behaviour change programmes commissioned by Slough Borough Council over the last two-three years. The report also describes the background, extensive knowledge and experience of the service provider Solutions4Health Ltd in the delivery of the programmes in Slough, the borough where S4H started more than fifteen years ago.

7.1 A summary of the costs and return on investment (ROI), and potential savings from these 4 programmes is set out below.

Programme	Annual Budget	Estimated ROI/Savings
Eat4Health	£49,000	£ 112,700 (min)
Let's Get Going	£18,000	£ 29,000 (min)
Cardiowellness4Slough	£132,000	£ 199,061 (min)
FallsFree4Life	£90,000	£1,137,285 (min) (see above)
Total	£289,000	£1,478,046

7.2 Whilst considering the 'impact on health and care' that each of the 4 programmes has achieved, the recommendations in paragraph two reflect the need to: a) continue the programmes as long as possible, which will allow time to b) scope

and develop further integrated models for prevention and behaviour change that will continue to improve the health of Slough residents for the future.

8. **Appendices**

Video – showing Solutions 4 Health integrated programmes and pathways for health improvement and behaviour change in Slough.

9. **Background Papers**

Agenda Papers and Minutes, Health Scrutiny Panel 28th June 2018