

## HEALTH & WELLBEING PREVENTION PROGRAMMES

### Health Liaison Board – 8 July 2015

Report of Chief Officer Communities & Business

Status: For Information

Key Decision: No

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**Executive Summary:** To provide Members with details of the health and wellbeing prevention work undertaken by this Council

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**This report supports the Key Aim of** reducing health inequalities and improving health and wellbeing

**Portfolio Holder** Cllr. Lowe

**Contact Officer(s)** Hayley Brooks Ext. 7272

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**Recommendation to Health Liaison Board:** That the report be noted.

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### Introduction and Background

- 1 For over six years, this Council has been commissioned by public health, which is now the responsibility of Kent County Council, to deliver a range of health and wellbeing prevention programmes. This forms part of the holistic approach to reducing health inequalities across the District and supporting community health and wellbeing.
- 2 The funding provided aims to make healthier choices easier, reduce health inequalities and improve the life expectancy of the population through targeted interventions to improve health and wellbeing. This Council receives annual funding of £130,741 to co-ordinate and deliver a schedule of targeted interventions across the District, based on local needs.
- 3 The pre-agreed programmes delivered by this Council include weight management for families and adults, mental health awareness, postural stability for older people, domestic abuse support and NHS Health Checks. Details of the initiatives can be seen in Appendix A.
- 4 This Council is responsible for delivering and evaluating programmes and monitoring data is reported quarterly to the Health Action Team partnership (health sub-group of the Local Strategic Partnership) and Kent County Council's Public Health Team to demonstrate achievements and outcomes.

- 5 These programmes form an integral part of the Sevenoaks District 'Mind the Gap' Health Inequalities Plan as well as contributing to the Healthy Environment priority in the Community Plan. The three year partnership 'Mind the Gap' Plan (2013 - 2015) is currently being refreshed by Officers and will be presented to Members at a future meeting for approval.
- 6 Other external funding has been sought to deliver targeted initiatives to contribute to this priority. This Council has successfully received two year Sport England funding to deliver inclusive community sports initiatives in West Kingsdown, Fawkham, Farningham, South Darent & Horton Kirby and recently extended to Eynsford, New Ash Green and Hartley. Details of the initiatives can be seen in Appendix B.

### **Healthy Living Programme Delivery**

- 7 This Council has a Service Level Agreement with KCC Public Health to deliver programmes to contribute to the following objectives:
  - Deliver a 'virtual' healthy living centre model to local residents in community settings including the promotion of healthy eating, exercise, sexual health, substance misuse and stop smoking services;
  - Address weight management and obesity;
  - Raise awareness of positive mental health and wellbeing;
  - Postural stability for older people;
  - Deliver the NHS Health Check Programme.
- 8 During 2014/15, this Council delivered over 1,100 individual sessions with a total of 10,995 attendances, of which 2,054 were new people taking part this year.
- 9 As part of the monitoring, Officers evaluate the achievements of the residents taking part through a standard assessment process at the start and end of each programme and in the longer term to evaluate ongoing lifestyle and behaviour changes.
- 10 The annual summary report of the Health Inequalities Action Plan including the programme achievements will be reported to Members at a future meeting.

### **Key Implications**

#### Financial

- 11 Sevenoaks District Council receives £130,741 from Kent County Council for the delivery of health prevention programmes in 2015/16. The level of funding for 2016/17 has not yet been confirmed.
- 12 This Council receives £60,000 over two years (January 2014 – December 2015) from Sport England to co-ordinate and deliver the Community Sport Activation Project 'Be Inspired, Be Active'.

Legal Implications and Risk Assessment Statement.

13 There are no legal implications for the Council associated to this report.

Equality Assessment

14 No decision is required as part of this paper and therefore no perceived impact on end users.

**Conclusions**

15 This report informs Members regarding the health and wellbeing prevention work undertaken by this Council.

**Appendices**

Appendix A – List of Healthy Living initiatives

Appendix B – List of Community Sport initiatives

**Background Papers:**

Sevenoaks District ‘Mind the Gap’ Health Inequalities Plan 2013-15

**Lesley Bowles**  
**Chief Officer Communities & Business**