

## UPDATE ON WEST KENT HEALTH - ONE YOU

### Health Liaison Board - 23 May 2018

Report of Chief Officer Communities & Business

Status For Information

Key Decision No

---

**Executive Summary:** To update Members on the work of the new West Kent 'One You' Health Service, developed in partnership with Kent County Council and neighbouring district councils.

---

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

**Portfolio Holder** Cllr. Michelle Lowe

**Contact Officers** Hayley Brooks, Ext. 7272

Anton Tavernier-Gustave, Ext. 7121

---

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

---

**Reason for recommendation:** This Council is working with partners to deliver health improvement services through a holistic assessment model and the national 'One You' health campaign. The service aims to support local residents to improve their health and wellbeing and reduce health inequalities through targeted assessments and interventions.

---

### Introduction and Background

- 1 This Council works with key partners including Kent Public Health Team, GP Clinical Commissioning Groups (CCGs), local health and social care providers and the voluntary sector improve the health and wellbeing of residents, particularly targeting those in the greatest of need.
- 2 The District Council's Network (DCN) Kings Fund Report highlighted the importance of frontline district council services and their partnerships to contribute to achieving health outcomes locally. This can be achieved by supporting and working with residents to address the wider determinants of health such as housing, debt, leisure, planning, licensing and community engagement, as well as healthy lifestyle behaviours.

- 3 Over the last eight years, this Council has been funded by Public Health, which is now the responsibility of Kent County Council, to deliver a range of health and wellbeing preventative programmes.
- 4 Officers have worked with the Portfolio Holder to produce a District Health Deal. This document includes a ten point plan demonstrating how the work and services provided by this Council can contribute to improving health and wellbeing of local residents. This work includes integrating services including working with GP surgeries, identifying local needs, supporting health to in all policies, strong local partnerships with the voluntary sector and proactively working across frontline services to support communities.

### **National 'One You' Campaign**

- 5 Around 40% of all deaths in England are related to unhealthy behaviour and lifestyle, with the NHS spending over £11 billion every year treating illnesses caused by poor diet, inactivity, smoking and alcohol.
- 6 In 2016, Public Health England launched the national 'One You' campaign. One You aims to encourage adults to take control of their health and supports them to make positive changes to their lifestyle behaviours.
- 7 One You has a national website and encourages people to take part in an interactive quiz, directs people to tools and digital resources and signposts to local One You Services and Advisers.

### **One You Service in Sevenoaks**

- 8 In partnership with neighbouring councils, this Council is working with Kent Public Health Team to develop a One You service model across West Kent. The aim of this service is to support residents with healthier choices and also assess and support them with other issues. These issues include financial and housing issues, loneliness and isolation, poor mental wellbeing, lack of home adaptations and unemployment, which are likely to be contributing to the unhealthy behaviours.
- 9 This Council has recruited two One You Advisers who support local residents to make lifestyle and behaviour changes. The Advisers also assess wider issues, offer support and refer people into other support services such as other Council services, local voluntary sector organisations and community groups to address the wider determinants.
- 10 To innovate this service further, an additional two 'One You Your Home' Advisers have been recruited in partnership with Age UK, funded through this Council's Better Care Fund from Government. These Advisers provide targeted work in GP surgeries to support health professionals to address non-medical issues. Advisers focus on improving the home environment and links to community activities for targeted residents, identified by GP's including installation of home adaptations and specialist equipment, attending support/community groups, housing and financial issues as well as lifestyle and wellbeing assessments.

- 11 Members will be updated at the meeting with a presentation on the West Kent One You Service in Sevenoaks District.

## Key Implications

### Financial

- 12 In 2017/18 and 2018/19, this Council received annual Public Health funding of £120,935 from Kent County Council to deliver targeted health improvement programmes including the One You Service, through a Partnership Agreement.

### Legal Implications and Risk Assessment Statement.

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

### Equality Assessment

- 14 Members are reminded of the requirement, under the Public Sector Equality Duty (section 149 of the Equality Act 2010) to have due regard to (i) eliminate unlawful discrimination, harassment and victimisation and other conduct prohibited by the Equality Act 2010, (ii) advance equality of opportunity between people from different groups, and (iii) foster good relations between people from different groups.
- 15 The impact has been analysed and does not vary between groups of people. The decisions recommended through this paper are the result of a wide-ranging health impact assessments and the service responds to identified needs.

## Conclusions

- 16 To update Members on this Council's work to deliver the West Kent One You Service which provides targeted health improvement assessments and programmes, in partnership with Kent County Council and neighbouring councils

## Appendices

Appendix A - Equalities Impact Assessment

## Background Papers

[DCN Kings Fund Report 'The district council contribution to public health'](#)

[Sevenoaks District Health Deal](#)

[National One You Campaign](#)

[Sevenoaks District One You Service](#)

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