

'One You' Programme Update

Housing & Health Advisory Committee – 12 September 2023

Report of: Chief Officer People & Places

Status: For Information

Key Decision: No

This reports support the Key Aim of: Providing an update on One You services for 22-23 for the Housing & Health advisory committee.

Portfolio Holder: Cllr. Perry Cole

Contact Officer(s): Kelly Webb, Ext. 7474 & Jolanda Gjoni, Ext. 7121

Introduction and Background

1. One You Kent is a Lifestyle Improvement programme funded annually by Kent County Council's Public Health service. Sevenoaks District Council received £122,700, in 2022/23 to deliver the service and received this same amount again in 2023/24.
2. This funding is primary used to fund three posts (1x Health Team Leader and x2 One You Advisor). There is very limited funding outside of this to be able to support the other fixed costs for the service and to facilitate service delivery.
3. One You Kent adopts the national "One You" branding developed by Public Health England, with the ethos of encouraging residents to adopt healthy lifestyle choices.
4. The Sevenoaks District Council One You service supports residents to adopt a healthier lifestyle through the offer of free lifestyle improvement services supported by our One You Advisors, these are:
 - One-to-one lifestyle support; addressing and supporting change in behaviours like; becoming more physically active, reducing alcohol consumption, eating healthier and having a better mental wellbeing.
 - Tier 2 Weight Management service; providing support in groups or on a one-to-one basis providing easy to follow guidance to help people to lose weight and maintain their weight loss.

5. The Sevenoaks District Council One You service also supports residents to become more physically active through the provision of exercise opportunities like our programme of health walks and group exercise classes run in the community.

Performance Update

6. There were 544 referrals made, of which 348 clients (64%) were seen by advisors delivering the One You service in 2022/23. This is a marked and welcome increase from the previous year which, primarily due to the pandemic, saw number of referrals reduced to 264 in 2020/21.
7. There were 126 clients referred to the Sevenoaks One You Kent service in quarter four of 2022-2023 period. Of those, 67 clients, (53.2%) have completed their intervention, 14 are intending to participate, 4 are awaiting processing and 41 are not participating. Of those not participating, 5 clients were mis-referred or referred to the incorrect program, 26 clients were unresponsive to all communication attempts and 10 clients did not wish to continue for reasons un-disclosed.
8. Of the 79 clients who completed their intervention, 20 clients accessed the lifestyle scheme, 33 chose the group weight management programs, 2 clients accessed the Alcohol Brief Advice Intervention, 13 clients accessed the diet intervention, 0 clients accessed the mental wellbeing intervention, 1 client participated in the physical activity intervention and 7 clients were offered the 1:1 weight management intervention. Two clients who had initially been referred to the group program were moved to the 1:1 program after the initial referral, accounting for the totality of clients accessing the programs offered at Sevenoaks OYK.
9. During this quarter, a waiting list was also compiled and built for programs to start in April 2023, including one program face to face.

However, during 2020/21 we have achieved a number of positive outcomes with the clients we have worked with;

- 16% set a goal to become more physically active.
- 22% received brief intervention supporting their mental wellbeing
- 25% received brief intervention surrounding their alcohol consumption
- 22% of clients were supported through our Group Weight Management intervention. Of those
 - 57% attended at least 9 sessions (defined as “completer”)
 - 92.9% of completers lose weight
 - 38.5% of completers lose 5% of their original body weight

Key Successes & Future Developments

10. During 2020/21 we managed to adapt a service that had been previously only been delivered face-to-face for remote digital delivery. This enabled us to

continue working with our clients remotely using applications like Zoom. This was a particular challenge for our Group Weight Management service but we were able to deliver four successful online programmes in 2020/21.

11. We have drafted our new Health & Wellbeing Action Plan and are aiming to reinstate the Health Action Team meetings working with Community and Healthcare partners to achieve the objectives outlined in the plan.
12. We have supported the development of the Mental Health Strategy in addition to Sevenoaks District Council's involvement in the Kent & Medway Healthy Workplace Programme.
13. We have merged our Health Walk programme with the Every Step Counts programme under the future banner of "Sevenoaks District Wellbeing Walks". This change was prompted by changes within The Ramblers, but we hope this will support Sevenoaks Residents awareness and engagement with one connected community walks programme.
14. Through our partnership work with Dartford, Tonbridge & Malling and Tunbridge Wells Borough Councils we have changed database provider to enable improved data collection and reporting to tell a fuller and more accurate story of the impact the One You service is having on our local clients.
15. We are currently working on reinstating our Health Walks programme in addition to our community exercise class offer. We are carefully ensuring that these offers are relaunched with COVID-19 safety in mind but also bringing services back at a better standard achieved previously.
16. We are currently exploring opportunities to be able to deliver "Making Every Contact Count & Motivational Interviewing" training for the Sevenoaks District. This training has been positively received by other local authorities in Kent both within and outside of their organisations. The training gives people the skills to have positive, motivational conversations surrounding health and facilitates signposting to services that can address changes.

Other options Considered and/or rejected.

None

Key Implications

Financial

This is funded by Kent County Council Public Health Service

Legal Implications and Risk Assessment Statement.

There are no legal implications associated with this report.

Equality Assessment

The decisions recommended through this paper have a remote or low relevance to the substance of the Equality Act. There is no perceived impact on end users.

Net Zero Implications

The decisions recommended through this paper have a remote or low relevance to the council's ambition to be Net Zero by 2030. There is no perceived impact regarding either an increase or decrease in carbon emissions in the district, or supporting the resilience of the natural environment.

Community Impact and Outcomes

This report links in with the community and any impacts.

Wellbeing

This report has a link to wellbeing due to the nature of the report.

Conclusions

To update members on the One You Service for Sevenoaks District

Appendices

Appendix A – Annual 2022-23 District Return Data

Background Papers – None

Sarah Robson

Deputy Chief Executive and Chief Officer – People & Places