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1. What funding, if any, has been provided from your Council's Public Health budget for personal health plans over the past 12 months?

The council commissions a number of services to support behaviour change. These include:

MyTime Active provides a Lifestyle Hub which provides a single point of access (SPA) to manage referrals, brief intervention and follow up behaviour change support for all of those accessing programmes. The Spa also manages the GP and Pharmacy based NHS Health Checks programme, as well as, community outreach NHS Health Checks. The investment in the SPA per annum is £310,000 and NHS Health checks outreach is £65,000.

MyTime Active also provides lifestyle interventions for people identified as being at risk of developing long term conditions, e.g., people with a high blood sugar, high blood pressure, etc. These include a 12 week exercise referral programme (£73,000), 12 week weight management course (£35,000), walking away from diabetes educational programme (£13,000) and community health walks (£10,000).

There was a change in provider of lifestyle services (MyTimeActive) contract as of September 2016, this included amendments to eligibility criteria and some services. Data for the most recent complete year (September 2014-August 2015) will be provided by HRCH Richmond LiveWell, this service had a budget of £474,659 per annum. This service included weight management, exercise on referral, health walks, walking away from diabetes, expert patient programme and telephone befriending.

Stop Smoking Services are provided by Thrive Tribe. The service includes a stop smoking service to hospitals, community Pharmacists, GPs and outreach, £266,800 is invested in this service per annum.

Two services are provided to support identification and deliver brief advice for alcohol harm reduction. This includes a digital online identification and brief intervention tool, for the financial year 2015/16, £3,000 was invested in this tool. General practice are also a provider of brief advice £40,000 is invested in a locally commissioned service.

2. How many people have signed up for a personal health plan in the past 12 months?

Weight Management

For the reporting period September 2014- August 2015 the LiveWell Weight Management Service reported 352 people setting a weight management goal.

Exercise Referral

For the reporting period September 2014- August 2015 the LiveWell_Exercise Referral 604 people setting exercise goals.

Stop Smoking Service

For the reporting period April 2014-March 2015 the Thrive Tribe Stop smoking Service reported 465 people setting quit dates.

Alcohol Harm reduction

In the last 12 month, the Locally Commissioned Service has been in place for GP Practices for opportunist Identification using AUDIT-C screening and Brief Advice during regular appointments.

The online tool has also been developed and was launched in November 2015, which provides Richmond residents with online alcohol screening (AUDIT- C and full AUDIT), advice based on risk score, sign-posting to services and opportunity to keep an alcohol diary.

The Number of completed AUDIT-Cs (Identification of risk) completed:

- GP LCS (last 12 months - Q4 2014-15 Q3 2015-16) – 7681 of these assessment 1066 were provided with brief advice.

Online tool (16 Nov 2015 – 16 Feb 2016) – 416 people completed an online assessment.

3. Of those who have signed up in the past 12 months how many are recorded to have:

Weight Management

For the reporting period September 2014 k- August 2015 the LiveWell Weight Management Service reported 72 people achieved a weight management goal.

Exercise Referral

For the reporting period September 2014 - August 2015 the LiveWell_Exercise Referral 521 people achieved exercise goals.

Stop Smoking Service

For the reporting period April 2014 - March 2015 the Thrive Tribe Stop Smoking Service reported 178 people quit smoking.

Alcohol Harm Reduction

As the data is anonymous for identification and brief advice we do not have access to outcome data.