



North Tyneside Council

Reference: RFI 1707039

Request:

GENERAL

Please state the name of your local authority.

North Tyneside

Who is the designated policy lead for weight management/obesity-related intervention provision in your local authority? Please provide their name and email address in your answer.

Wendy Burke
Director of Public Health
North Tyneside Council
Quadrant
Cobalt Business Park
North Tyneside
NE27 0BY

PREVALENCE

Please state the number of patients requiring weight management interventions in the past years 2014, 2015 and 2016 by tier 1, 2, 3 or 4.

Information not held

SERVICE PROVISION

General

What tier weight management interventions do you commission? Please select all that apply:

- Tier 1
- Tier 2
- Tier 3

Tier 2 only

Who is the commissioned organisation(s) to deliver the intervention(s)? Please specify the name of each applicable intervention; what tiers it covers; and the date each intervention was commissioned.

Tier 2 Weight Management Programme

Weight Worries for adults provided by North Tyneside Council Leisure Services
Pilot programme commenced October 2014 – Jan 2015. First cohort commenced March 2015.(Currently running 3 x cohorts per year Jan – March, May – July and Sept – November)

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Healthy4Life for children and young people provided by North Tyneside Council Leisure Services-
The first cohort was delivered in 2012.

Please state the name of the relevant organisation and intervention not previously provided that has been decommissioned in the past five years.

Not applicable

Referral route and entry criteria

How do patients access this intervention(s)? Please select all that apply from the list below:

Weight Worries

- Self referral
- GP/practise nurse referral
- NHS – Tier 3 Lighten Up referral
- Other health professional referral
- Word of mouth – family/friends
- Contours referral from gym staff/exercise instructors

Healthy 4 Life

- Self-referral
- GP/nurse referral
- Other health professional referral
- Direct referral from NHS Health Checks

What is the eligibility criteria for adults? Please select all that apply from the list below:

- BMI between 25 – 35
- Adults living in North Tyneside - residents
- Physically inactive

Intervention details

What is the title and name of the intervention(s)?

Weight Worries for adults

Healthy4Life for children and young people

What are the aims and objectives of these intervention(s)?

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Weight Worries – to improve the health and well being of residents and reduce health inequalities in North Tyneside. Improving healthy weight and wellbeing of adults in North Tyneside by encouraging those with a BMI 25 – 35 to engage in exercise and make healthier lifestyle choices around eating habits. Helping to bring participants BMI's down towards the 'healthy range of 25'. To help reduce an individual's body fat, body weight, reduce their BMI, increase levels of physical activity, improve self esteem and improve overall dietary eating habits.

Healthy4Life - To provide an accessible, multi disciplinary, evidence based family intervention programme for overweight / obese children with the aim of moving them toward positive lifestyle change. Primary outcomes include reduction of BMI and specific behaviour changes, (e.g. increasing fruit and vegetable intake, reduction of crisps / fizzy drinks intake). Other outcomes include increase in levels of physical activity and reduction in other potentially negative behaviours, e.g. the number of hours spent watching television.

What NICE guidance is the intervention(s) based on? Please select those which apply:

- NICE Guidance CG43

How long does the intervention last for?

Weight Worries for adults 12 week programme

Healthy4Life for children and young people 10 week programme

What is covered by the intervention? Please select all that apply:

- Behaviour change
- Healthy eating eat well plate within Lifestyle Sessions for Weight Worries
- Physical activity covering specialised beginners exercise classes/swimming lessons/1:1 PT sessions for those with complex health needs / gym sessions and swimming for Weight Worries participants
- Body analysis and monitoring using and In Body 230 machine

Where is the intervention delivered?

- Leisure centres
- Schools

Cost

What is the amount that has been spent on all commissioned weight management intervention(s), and amount budgeted by your local authority for the 2015/2015, 2015/2016 and 2016/2017 financial year?

14/15		15/16		16/17	
Budget	Actual	Budget	Actual	Budget	Actual

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Total £17,000 £14,808 £149,176 £152,813 £154,698 £147,674

What is this spend as a percentage of the total health programme spend for your clinical commissioning group for 2014/2015, 2015/2016 and 2016/2017 financial years?

We are NOT a clinical commissioning group we are a Local Authority

How long is the intervention(s) commissioned for? Please specify months/years:

Until 31st March 2019

How many individuals access or are referred to these the intervention(s)?

Healthy4Life 2016= 151 2015= 165 2014= 141
Accessing Weight Worries - 2014 = 95, 2015 = 172, 2016 = 233

How many individuals are eligible to access the intervention(s)?

Exact numbers not known we only have estimated obesity prevalence for children in reception and year 6 and for adults

Adults are not eligible to access the programme if they have a BMI higher than 35, or have ongoing, unstable or complex health issues are signposted to North Tyneside's NHS Exercise Referral Scheme or Tier3 adult weight management programme 'Lighten Up' which is commissioned by the CCG.

What is the average weight loss at the end of the intervention(s) (%)?

Healthy4Life: 2016- 75%of children reduced their BMI
2015- 74% of children reduced their BMI
2014- 79% of children reduced their BMI

Weight Worries: Pilot Oct 2014 – Jan 2015 BMI reduced = 70%
Weight = 75% reduced body weight by 5%,
Body Fat reduced = 87%
March 2015 – Jan 2016 - BMI = 88%
Weight = 41% reduced by 5%, reduced overall weight
87%
Body Fat = 84%
March 2016 – Jan 2017 - BMI = 91%

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92%

Weight = 30% reduced by 5%, reduced overall weight

Body Fat = 82%

What is the average weight loss at 12 months (%)?

Healthy4Life: 2016-2017- – 56% had reduced BMI

Weight Worries – 5% weight loss average = 49%
Overall weight loss = 85%

How many patients as a percentage of those receiving obesity interventions have sustained weight loss beyond the 12 months following the intervention?

Healthy4Life only collect data at 12 months, so do not have data beyond this to monitor sustainability of weight loss.

Weight Worries only collect data at a 3 month follow up from completion of the 12 week intervention, so 6 months on from commencing the programme and is voluntary.

As a percentage, how many people have voluntarily ceased receiving an intervention before its completion in the years 2014, 2015 and 2016.

2014-2015- Healthy4Life- 23% dropped out the programme

2015-2016- Healthy4Life- 13% dropped out of the programme

2016-2017- Healthy4Life- 14% dropped out of the programme

October 2014 Pilot of Weight Worries - 44% drop out rate

2015 – 2016 - 35% drop out rate

2016 – 2017 – 36% drop out rate

Exit routes

Are participants directed into any other interventions at the end?

- Yes both programmes exit into the Active North Tyneside programme and to Contours mainstream sport and leisure provision
- Weight Worries signposted to Weight Worries Exit Classes

Additional Comments

Please provide any additional comments relating to weight management services in your area that you have.

The links to the Active North Tyneside beginners programmes such as the beginner run clubs act as a perfect progression for adults to access.

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