

<b>HEALTH SCRUTINY COMMITTEE</b>	<b>AGENDA ITEM No. 5</b>
<b>18 SEPTEMBER 2019</b>	<b>PUBLIC REPORT</b>

Report of:	Liz Robin, Director for Public Health	
Cabinet Member(s) responsible:	Councillor Wayne Fitzgerald, Cabinet Member for Adult Social Care, Health and Public Health.	
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**INTEGRATED LIFESTYLE SERVICE PROCUREMENT**

**R E C O M M E N D A T I O N S**

<b>FROM:</b> <i>Val Thomas, Consultant in Public Health</i>	<b>Deadline date:</b> <i>The contract for the new integrated Lifestyle Service will be awarded in 28 February 2020 and the new service will commence on June 1 2020.</i>
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It is recommended that the Health Scrutiny Committee:

1. Endorses the re-commissioning of the Integrated Lifestyle Service its proposed scope
2. Endorses the consultation process for the re-commissioning of the integrated lifestyle service in Peterborough.
3. Indicates the Health Scrutiny's priorities for the new integrated lifestyle service.
4. Indicates if and how members would like to have further involvement in the consultation processes.

**1. ORIGIN OF REPORT**

1.1 The Health Scrutiny Committee requested a report on the re-commission of the integrated lifestyle service.

**2. PURPOSE AND REASON FOR REPORT**

2.1 The Health Scrutiny Committee has requested an overview of the re-commissioning of the integrated lifestyle service. The purpose of this paper therefore is to provide the Health Scrutiny with the following information and assurances.

- The range of services included in the integrated lifestyle service re-commission and why they are important.
- Assurance to the Health Scrutiny Committee that the proposed consultation being undertaken to inform the development of the service specification for the new service will capture the needs and priorities of the Peterborough residents and key stakeholders.

- To ensure that the members' knowledge of the needs and priorities of the local population along with their views are reflected in the re-commission.
- To provide the procurement timetable for the Committee.

2.2 This report is for the Health Scrutiny Committee to consider under its Terms of Reference Part 3, Section 4 - Overview Scrutiny Functions, paragraph No. 2.1 Functions determined by Council:

1. Public Health

2.3 *How does this report link to the Corporate Priorities?*

- This re-commission of the integrated lifestyle service will support the Corporate priority of 'First rate futures for our children, young people – and quality support for our adults and elderly.
- The re-commission of the integrated lifestyle service will have a focus upon vulnerable and high risk groups. These groups will be consulted with to ensure that their needs are included and addressed.

2.4 *How does this report link to the Children in care Pledge?*

Vulnerable and high risk children and young people will be consulted with about the new service. In addition safeguarding issues will be a priority for the new service. This will include Children in Care and their needs that are described in the Children in Care Pledge.

**3. TIMESCALES**

Is this a Major Policy Item/Statutory Plan?	<b>NO</b>	If yes, date for Cabinet meeting	N/A
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**4. BACKGROUND AND KEY ISSUES**

4.1 The current Lifestyle Service addresses some of the key health outcomes that the population of Peterborough experience.

On a number of key health outcomes the Peterborough rates are statistically worse than the English average. (Public Health Outcomes Framework)

- Smoking: Around 20% of the Peterborough adult population smoke compared to the national figure of around 14%.
- Overweight including obesity: Around 68% of the adult population compared to 62% nationally. This has seen a recent increase.
- Childhood Overweight including obesity: Children who are overweight have high risk of being overweight in adulthood. In Peterborough around 21% of children are overweight in the Reception class. The national figure is similar at around 22%. However by year 6 the figure increases to 33% with national figure of around 34%.
- Physical activity: Around 62% of the Peterborough population are physically active compared to around 66% nationally.
- Consumption of 5 a day fruit and vegetables diet: There has been a decrease recently and now around 48% of the Peterborough adult population consume the recommended 5 a day compared to a national figure of around 55%.
- The rate of alcohol related admissions to hospital has been high but has fallen to around the national average but this means that over 1100 people were admitted in a year.

These lifestyle choices result in poorer health outcomes for the population of Peterborough and an increased risk of dying prematurely.

- Under 75s years' mortality rate for cardio vascular disease that is preventable: In

Peterborough around 54 people per 100,000 under the age of 75 years die from preventable cardio-vascular disease over a two year period. The national figure is around 46 per 100,000

- Under 75 years' mortality rate for respiratory diseases: In Peterborough around 23 people in every 100,000 die from preventable respiratory problems over two years compared to a national figure of around 19.
- Type 2 diabetes: Being overweight or obese increases your risk of Type 2 diabetes. Across Cambridgeshire and Peterborough the rate of estimated and recorded diabetes varies with Peterborough GP practices having some of the highest rates and poorer health outcomes associated with diabetes.

4.2 Lifestyle services provide behaviour change interventions that support individuals to change and adopt healthier lifestyles. There is a well-established evidence base for behaviour change, for example the NICE Public Health Guidance for Behaviour Change published in 2014 recommends commissioning the evidence based behaviour change programmes that are available.

In Peterborough there has been an Integrated Lifestyle Service commissioned for the past three years. Although services such as the Stop Smoking Services and weight management services had been commissioned previously.

The Peterborough Integrated Lifestyle Service includes the following behaviour change services.

- Health Trainer Programme including the specialist falls prevention health trainer service
- Stop Smoking Services integrated into generic health trainer element of the Service.
- Child weight management programmes
- Adult weight management (three Tiers)
- Community physical activity programmes
- Outreach Health Checks programme.
- Behaviour change training programme for professional and volunteer workers.
- National Child Measurement Programme

The health trainer service is central to the service. It is an evidence based programme that supports individuals to make behaviour changes and adopt a healthier lifestyle. Clients may be referred by a professional which is most commonly, a health professional or may self-refer. They are seen for up to year during which time they work to achieve their goals. The health trainer service often refers a client to its weight management services or a physical activity programme. However they continue to provide additional support for initiating and maintaining behaviour change whilst a person is receiving a specialist support intervention.

The health trainer service is delivered across the City and has specific requirements to support those living in the 20% most deprived areas of Peterborough. The service also has specific targets related to routine and manual workers, BME residents and people with mental health problems.

4.3 The service has been developed and "specialist" health trainers are being piloted. In Peterborough there are specialist falls prevention health trainers. Cambridgeshire is also piloting a mental health and alcohol specialist health trainers. In addition Home Office Controlling Migration funding has been secured for a migrant health trainer This acknowledges that the behaviour change theory and delivery model can be used to address particular needs.

4.4 The current Peterborough Integrated Lifestyle Service has supported residents to improve their lifestyles for the past three years. In 2018/19 it saw 5329 people which included 949 smokers setting a quit date, 695 outreach health checks and 522 children were involved in weight management programmes. It is flexible services that delivers in workplaces, communities and other locations either using local venues or a mobile bus, ensuring that it can be reached by the most high risk population groups.

4.5 The current Lifestyle service is being re-commissioned. Previously Peterborough City Council (PCC) and Cambridgeshire County Council (CCC) have individually procured their Integrated Lifestyle Services. This re-commission will be for one service established through one contract

across PCC and CCC. The rationale for establishing a shared contract with a lead commissioning organisation is that it affords the potential of a more cost-effective service model. A legal agreement between the two local authorities will capture this and provide the appropriate assurances for the new contract that will start in April 2020. The PCC Service contract is for three years plus 1 plus 1, the CCC contract five year contract ends on May 31<sup>st</sup> 2019. The end date of both local authority contracts have now been aligned.

- 4.6 There is the expectation that the new contract will be innovative and address emerging needs alongside the changing organisational landscape across the system that provides new opportunities.

The timetable for the procurement is as follows.

- Evidence review: August and September 2019
- Consultation : September and October 2019
- Soft Market Testing (of Draft Service Specification & KPIs) commences. (includes consultation with stakeholders)
- Market Warming Event – October 2019 Bidders can hear directly from commissioners and ask them questions
- Invitation Tender (ITT): October 25 to 5 December 2019
- Initial tender evaluation and moderation: 5 December 2019 to the 19 December 2019
- Invitation to dialogue: 23 December 2019
- Dialogue sessions: 8<sup>th</sup> January 2019 to 15<sup>th</sup> January 2019
- Submit final tender: 15 January 2021 to 29 January 2021
- Final evaluation: 30 January to 14 February 2021
- Publication of the contract award following the mandatory standstill period: 28 February 2021
- Implementation period: March to May 2021
- New Service commences: June 2021

It is a competitive tender that will use a dialogue process to allow for a face to face interview between the bidders, commissioners and other evaluators.

## 5. CONSULTATION

- 5.1 The consultation is being completed across Cambridgeshire and Peterborough. The scope of the consultation will include the following areas, along with other issues if they emerge in the course of the consultation.

- Facilitators and barriers to successful outcomes within the current lifestyle service
- Accessibility of the current service (i.e. locations, times of groups etc.)
- Ability of the current service to meet the diverse needs of the local population
- Scope of the new service
- New service delivery models
- Referral pathways into, and within, the service to determine how we can establish robust relevant pathways with streamlined referral processes to and from the new lifestyles to ensure that they are efficient and effective for all involved.

### Process

- Current service users: The current Lifestyle Service provided by Soutions4Health has issued the consultation questionnaire to its users. The results will be collated alongside a review of routinely collected feedback under the terms of the current contract.
- Focus groups have been organised for September 2019. These will be through existing community groups and will seek views on current services and how future services can best address their needs.
- Health Scrutiny feedback September 18<sup>th</sup> 2019.

- A stakeholder event has been arranged for Friday 27<sup>th</sup> September 2019. This will bring together staff from a range of different stakeholder agencies to secure their views to inform the development of the new Service Specification.
- Additional one-to-one meetings with any key stakeholders who are unable to attend the event on the 27<sup>th</sup> are planned.

5.2 Online surveys have been used in previous procurement consultations but the response rate has been very low.

## **6. ANTICIPATED OUTCOMES OR IMPACT**

6.1 Commissioners will have a comprehensive understanding of the lifestyle needs and priorities of Peterborough residents and the evidence base for the interventions included in the service specification.

6.2 The new Service Specification and planned Service will reflect resident and member knowledge and understanding of needs and priorities along with most cost effective approaches to addressing them.

6.3 The new Service will support efforts to improve the health outcomes of Peterborough residents.

## **7. REASON FOR THE RECOMMENDATION**

7.1 There is a substantial evidence base that lifestyle services play a key role in the prevention of ill health and improved health outcomes for the population.

7.2 The re-commission of one service established through one contract across PCC and CCC will secure cost efficiencies.

7.3 The re-commission will improve service provision though the learning from the current service locally and elsewhere, the academic evidence, the understanding of the diverse needs and importantly the views and experiences of Peterborough residents

## **8. ALTERNATIVE OPTIONS CONSIDERED**

8.1 Re-commission the integrated lifestyle services for PCC only. This would make any management savings difficult to achieve.

8.2 Undertake a more limited consultation. This would not fully explore the differing needs of Peterborough residents.

## **9. IMPLICATIONS**

### **Financial Implications**

9.1 Funding for the lifestyles service has not been confirmed as it is part of the current Budget Planning process and its conclusions are not yet public.

9.2 The current funding allocated to CCC and PCC is as follows.

- PCC annual value: £832,336
- CCC annual value: £2,223,839

The Clinical Commissioning Group funds 100% of the Peterborough City Council tier 3 weight management service, at a value of £85,000 through a Section 256. However this funding is currently being reviewed.

Similarly the Cambridgeshire County Council value includes £142,866 funding for the tier 3 weight management services from the Clinical Commissioning Group (CCG) also through a Section 256, which is just under 50% of the funding for the Service. Its funding has been concerned as the agreement was not tied to the current contract.

Any additional external funding will be agreed before tendering the Services.

### **Legal Implications**

- 9.3 The procurement and contract award will be undertaken in line with legal requirements found in the Public Contract Regulations 2015 and the Council's Contract Rules.
- 9.4 A Memorandum of Understanding shall be entered into by Peterborough City Council and Cambridgeshire County Councils to document each party's responsibilities throughout the procurement/re-commissioning exercise. A Delegation Agreement between the Peterborough City Council and Cambridgeshire County Council will be prepared to enable Cambridgeshire County Council to contract with the successful bidder on behalf of Peterborough City Council - this agreement shall legally delegate Peterborough's statutory function to Cambridgeshire County Council. The Delegation Agreement (with reference to the Joint Working Agreement) shall set out the grounds upon which the two Councils will work together to deliver their objective of ensuring that the Services are properly provided to Peterborough Council under the new Contract, as well as confirming the terms of the arrangements between the Parties relating to attribution of their respective costs and allocation of risks between them.

### **Equalities Implications**

- 9.5 The new service will be universal but will need to include targeted actions to address any inequalities and improve the outcomes for the most vulnerable and at risk populations.

### **Rural Implications**

- 9.6 The Service will be provided across the whole of the PCC area including any more rural areas that have particular needs. The new provider will be required to ensure that these needs are understood and addressed in its delivery model.

### **Other Relevant Implications**

- 9.7 Any implications for procurement/contractual/Council contract procedure rules will be considered with the appropriate officers from these Departments and presented to the appropriate governance structures before proceeding.
- 9.8 A Community Equality Impact Assessment will be completed and potential bidders will be invited to detail what specific provisions, reasonable adjustments to delivery; or additional steps taken to reach and support 'hard to serve' communities they will offer/ put in place in order to ensure access to services for specific groups, for example provision for young people under 25 years; children in care and care leavers; or specialised services for gay and bisexual men, people with learning disabilities or sex workers.

## **10. BACKGROUND DOCUMENTS**

Used to prepare this report, in accordance with the Local Government (Access to Information) Act 1985

- 10.1 Behaviour Change: individual approaches: Public Health Guideline (PH49) 2014. National Institute for Health and Care Excellence (NICE). <https://www.nice.org.uk/guidance/ph49>

Behaviour change: general approaches: Public Health Guideline (PH6) 2008. National Institute for Health and Care Excellence (NICE). <https://www.nice.org.uk/guidance/ph6>

**11. APPENDICES**

11.1 *n/a*

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