



AGENDA ITEM

3.2.1

POPULATION HEALTH & PARTNERSHIPS COMMITTEE

WEIGHT MANAGEMENT PATHWAY/HEALTHY WEIGHTS UPDATE

Date of meeting	(06/10/2021)
FOI Status	Open/Public
If closed please indicate reason	Choose an item.
Prepared by	Daniel Clayton, Principal Public Health Practitioner
Presented by	Kelechi Nnoaham, Executive Director of Public Health & Lead for R&D and Innovation
Approving Executive Sponsor	Executive Director of Public Health
Report purpose	FOR NOTING

Engagement (internal/external) undertaken to date (including receipt/consideration at Committee/group)

Committee/Group/Individuals	Date	Outcome
Weight Management Steering Group (minutes of latest meeting in appendices)	29/06/2021	SUPPORTED
Welsh Government All Wales Peer Review Process Meeting	14/06/2021	
Management Board	23/08/2021	APPROVED

ACRONYMS

CTMUHB	Cwm Taf Morgannwg University Health Board
LPHT	Local Public Health Team
BMI	Body Mass Index
HWHW	Healthy Wales, Healthy Weights



1. SITUATION/BACKGROUND

1.1 Obesity prevalence in our population

According to a 2019 projection, the population of Cwm Taf Morgannwg currently stands at 448,639. Combined data from 2018-19 and 2019-20 shows that 27% of adults in Cwm Taf Morgannwg are obese; this is the second highest among health boards in Wales and amounts to around 121,000 people.

1.2 Weight Management Pathway Developments

The publication of [Welsh Government's All Wales Weight Management Pathway](#) and a significant funding settlement, as well as the Covid-19 situation improving, enabled the Weight Management Steering Group to reconvene and to look at refreshing proposals to develop an adult pathway for our population. The funding available to the health board to develop the weight management pathway for 2022/23 will be £371,000. Future recurrent funding is yet to be decided upon by Welsh Government.

Two options were proposed and are highlighted in the draft weight management pathway in **Appendix 1**. Though Welsh Government has requested that all health boards need to develop weight management pathways for adults and children and young people, the funding levels required for both are considerable. A decision was made to progress work to first develop an adult weight management pathway as there are substantial risks by not having a dedicated service for our adult population. In addition, the evidence regarding adult pathways and outcomes across Wales are more established than those of children and young people services.

On 14 June 2021 an All Wales Peer Review process took place to look at each health board area's weight management pathway plans. CTMUHB submitted a draft plan and the feedback is included as **Appendix 3**. A further meeting of the Weight Management Steering group took place the 29 June 2021 to discuss the feedback from the peer review process and find consensus.

2. SPECIFIC MATTERS FOR CONSIDERATION BY THIS MEETING (ASSESSMENT)

2.1 Obesity in Pregnancy

CTMUHB delivers a weight management during pregnancy programme called BUMP start. This involves a Public Health midwife working with general midwives to utilise the "Foodwise in Pregnancy" package to support women with BMI 35 to 39.9. Those women, who have a BMI over 40 are seen by the Public Health Midwife at 16, 24 and 36 weeks for individual support.

2.2 Children's Play and Physical Activity

Play Wales have embarked on a number of activities as agreed in the SLA that was developed pre-Covid 19. Areas that have been paused (school ground use and street pilots) have now begun to be progressed as Wales is in alert level 0. The outputs for the project have been listed below:

- 27 street play pilots (9 per authority/3 per year)
- 27 schools using their grounds for out of hours play (9 per authority/3 per year)
- 18 play focussed resources for use on social media produced over the 3-year grant period
- Evaluate the impact of the work

2.3 Healthy Families Intervention and social marketing

HENRY will be delivering its first digital family programme on 4 October 2021 with sessions scheduled each week onwards. Referrals have begun to be received from health, social care and teaching colleagues. More information about HENRY can be read at **Appendix 4**.

The Health Board has been granted a significant grant to develop a targeted family intervention for overweight and obese 3-7 year olds in Merthyr Tydfil. The LPHT is working closely with public health dietitians and the Children and Young People System Group and stakeholders across Merthyr to drive the project forward. This project will link closely with BUMP Start and HENRY and working across the childhood obesity system in Merthyr Tydfil.

2.4 Social marketing

Jamjar PR agency has been commissioned to work with stakeholder organisations to promote healthier family lifestyles aimed at families with children under five, using social media platforms microsites. The programme name, chosen by families in CTM, is Healthy Start Healthy Future and will launch in October 2021 and run for at least two years. Jamjar will work with the LPHT, Play Wales, HENRY coordinator and other stakeholders to promote positive information of nutrition and play/physical activity and to promote and amplify existing good practice ongoing across CTM.

2.5 Adult Weight Management

Appendix 1 details the weight management pathway proposals that were assessed by neighbouring health boards and Welsh Government on 14 June 2021. The overall response to CTMUHB's proposal was positive and the feedback is included in the appendices. The pathway has been developed with a number of health board staff, bench marking against neighbouring health board's existing services. The proposal also aligns closely to the All Wales Standards that have been published in conjunction with obesity pathway.

Though some funding is available via Welsh Government's HWHW strategy, the staff necessary to create an integrated Level 2/3 service is substantial and will require additional recurrent funding from the health board. Two options were proposed for Management Board on 23 August 2021 and Option B was chosen as the preferred option.

Option B: an integrated level 2 and level 3 weight management programme

- The option chosen by Management Board comprises administration of the service including a programme manager, single point of access and triage, medical record and waiting list management.
- An enhancement of the [Joint Care Programme](#), that will see up to an additional 500 **obesity specific** level 2 patients referred and supported in the community by exercise professionals delivering physical activity support, nutritional advice and cookery demonstrations and behaviour change.
- In addition, a dietetic led, psychologically informed level 2 service programme comprising 1 to 1s and group support will deliver behaviour change on nutrition and activity to patents referred to the service. Patients will be specifically triaged in to this service dependent on the need and entry specifications. This dietetic led programme will treat up to 875 patients per year.
- Level 3 of the programme is a highly specialised resource supporting up to 100 patients. This multi-disciplinary team consists of a physician, dietitians, psychologist, physiotherapists and other appropriate professionals. Level 3 will support patients who

may need Level 4 (Bariatric surgery) of the pathway as well as up to two years post-operation support

Option	Service Management	Community Level 2	Dietetic Led Level 2	Level 3
B	✓	✓	✓	✓

2.6 Funding costs

Option	Cost	HWHW funding	Final cost to CTM
B	£851,494	£371,000	£480,494

N.B. Since the Management Board meeting on 23 August 2021, funding for the financial year 2022/23 has been confirmed by Welsh Government.

The proposed and agreed option details above would bring CTMUHB in-line with neighbouring health boards such as Aneurin Bevan and Cardiff and Vale University Health Boards who have well established level 2 and 3 services. It should be noted that despite these well-established services there are still capacity issues as demand outstrips supply.

2.7 Next Steps

Specific members of the Weight Manage Steering Group have been meeting to progress the plans for an integrated service. The role of programme manager will be advertised in October 2021 and a cost centre is being created by finance for the work stream.

The proposal included plans to house the service within the Primary Care Directorate. Work is currently taking place to find suitable desk space for the service.

Local Authority and Leisure Trust partner organisations that run the Joint Care Programme (JCP) have been briefed and are meeting in October with the public health team to explore plans to expand JCP to include dedicated obesity referrals.

2.8 Cost Avoidance

The costs to the NHS and society from overweight and obesity are well documented. Obesity alone will cost NHS Wales around £500 million per year by 2050 with a wider cost to the nation of £2.4 billion per yearⁱ.

Modelling by Public Health England, using a weight management assessment tool, has shown that for every £1 spent on weight management intervention projects, with an average uptake of 30% and did not complete at 30%, the project will save £1.27 in healthcare and social care costs at the end of year fourⁱⁱ.

- *The policy has been reviewed and is consistent with the approach across NHS Wales / legislation.*
- *Various groups have been engaged in the consultation*

An adult weight management steering group has been convened to develop these proposals. Welsh Government's HWHW strategy was widely consulted upon with

stakeholders and members of the public across Wales both online and in person sessions. This work has been developed on the back of HWHW steer.

- *Organisational values and behaviours have been reflected within the policy.*

The organisational values are fully reflected in the plans and will continue to be reflected as the programmes of work develop.

3. KEY RISKS/MATTERS FOR ESCALATION TO BOARD/COMMITTEE

3.1 A key risk to the establishment of weight management services, at level 2 and level 3, is a funding shortfall. The HWHW funding settlement, though welcome, cannot sustain a fully integrated adult weight management service. This funding would only allow a very small service at level 2 and 3 which would not serve the needs of our population. Our modelling of patient throughput and staffing to support, is based upon more established service in ABUHB and CVUHB. It is therefore welcomed that the Management Board have agreed to fund the weight management programme going forward.

3.2 The service will need desk space for staff who coordinate the programme. This has proved problematic hitherto with necessary social distancing in place and a shortage of desk space across CTM. In addition, work is progressing to understand where the service can be delivered across CTM settings.

3.3 Children and Young People

A number of health board areas in Wales have existing adult weight management pathways. The All Wales Peer Review Process of the pathways confirmed that some health boards are using the HWHW funding to develop weight management services for children and young people. A multidisciplinary working group will be brought together to progress the recommendations of the All Wales Weight Management Pathway (Children, Young People and Families): Core Components document (**Appendix 2**). No funding has currently been identified to support the establishment of a service for CTMUHB.

4. IMPACT ASSESSMENT

Quality/Safety/Patient Experience implications	Yes (Please see detail below)
	There is an issue in all these areas in that there is currently no level 2/3 service to enable step up to level 4 bariatric surgery and no step down to levels 3 and 2. The absence of an integrated pathway is a significant gap in meeting the needs of patients.
Related Health and Care standard(s)	Staying Healthy
	If more than one Healthcare Standard applies please list below:
Equality impact assessment completed	No (Include further detail below)
	Though an EIA has not been completed for this work it is well established that the more deprived



	areas of CTM have higher rates of obesity. Lack of services runs the risk of further widening the gap in healthy lifestyle expectancy and life expectancy in CTM.
Legal implications / impact	There are no specific legal implications related to the activity outlined in this report.
Resource (Capital/Revenue £/Workforce) implications / Impact	<p>Yes (Include further detail below)</p> <p>The Adult Weight Management Pathway proposal is substantially funded by Welsh Government's HWHW settlement for the health board area. The agreed Option B is a service that more fits the needs of the population - Level 2 service in the community, Level 2 service dietetic led and a Level 3 service. The cost to implement this option with HWHW funding will be an additional £480,494 per annum.</p>
Link to Strategic Well-being Objectives	Work with communities and partners to reduce inequality, promote well-being and prevent ill-health

5. RECOMMENDATION

5.1 The Population Health & Partnerships Committee are asked to **NOTE** the report.

ⁱ <https://www.rcplondon.ac.uk/news/we-cannot-underestimate-scale-challenge-tackling-welsh-governments-obesity-strategy>

ⁱⁱ <https://khub.net/documents/31798783/32394974/Weight+management+economic+assessment+tool+-+version+2+-+User+guide.pdf/ec1167d2-2aa8-4c23-bd9e-d2eaab209b8e>