



**AGENDA ITEM**

**CTM MANAGEMENT BOARD**

**WEIGHT MANAGEMENT PATHWAY**

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

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

<b>Committee/Group/Individuals</b>	<b>Date</b>	<b>Outcome</b>
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	

**ACRONYMS**

CTMUHB - Cwm Taf Morgannwg University Health Board
HWHW - Healthy Weight Healthy Wales
O/O - Overweight and Obesity
CVUHB - Cardiff and Vale University Health Board
SBUHB - Swansea Bay University Health Board

**1. SITUATION/BACKGROUND**

1.1 (Include the brief purpose of the policy and its scope).

**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.

## **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 have been proposed and are highlighted in the draft weight management pathway in Appendix 1. 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. 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. 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 took place of the Weight Management Steering group took place the 29 June 2021 to discuss the feedback from the peer review process and find consensus. The minutes of this meeting is included in Appendix 4.

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

### **Adult Weight Management**

Appendix 1 details the draft weight management proposal pathway that was 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 have been proposed for the health to decide upon. Full details are included in Appendix 1 and a cost breakdown is detailed below.

- Option A comprises management of the service, an enhancement of [Joint Care Programme](#), that will see up to an additional 500 obesity specific level 2 patients referred and a level 3 service that will treat 100 patients.
- Option B is the same as the above with the added development of a dietetic led level 2 service that includes 1 to 1s and a psychologically informed service. This will treat up to 875 patients.



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

**At this stage the health board has not had confirmation from Welsh Government that the HWHW funding allocation is recurrent. Other health board areas are recruiting permanently into the specified roles at a financial risk.**

Option	Cost	HWHW funding	Final cost to CTM
A	£577,061	£371,000	<b>£206,061</b>
B	£851,494	£371,000	<b>£480,494</b>

Option B 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. Despite these well-established services there are still capacity issues as demand outstrips supply.

Both of the levels proposed are entry level services and may need further recruitment via additional funding as the service develops and is evaluated.

### 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 year<sup>i</sup>.

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 four<sup>ii</sup>.

2.1 *The policy has been reviewed and is consistent with the approach across NHS Wales / legislation.*

2.2 *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.

2.3 *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

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. There is an ongoing reputational risk to the health board with most health boards in Wales having established or are creating integrated services.

## 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 meet in the summer 2021 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

<b>Quality/Safety/Patient Experience implications</b>	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.
<b>Related Health and Care standard(s)</b>	Staying Healthy
	If more than one Healthcare Standard applies please list below:
<b>Equality impact assessment completed</b>	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.
<b>Legal implications / impact</b>	There are no specific legal implications related to the activity outlined in this report.
<b>Resource (Capital/Revenue £/Workforce) implications / Impact</b>	Yes (Include further detail below)
	The Adult Weight Management Pathway proposal is substantially funded by Welsh Government's HWHW settlement for the health board area. There are 2 options proposed in the document. A streamlined service at Level 2 <b>and</b> Level 3 of the pathway that will need funding of £206,061. The second option is a service that more fits the needs of the population - Level 2 service in the community, Level 2 service dietetic led <b>and</b> a Level 3 service. The cost to implement this option



	with HWHW funding will be an additional £480,494.
<b>Link to Strategic Well-being Objectives</b>	Work with communities and partners to reduce inequality, promote well-being and prevent ill-health

## 5. RECOMMENDATION

**5.1 The Management Board is asked to approve Option B of the Weight Management Proposal with a recurring cost of £480,494 per year and to endorse the work required to begin the implementation of this work via a nominated ILG.**

Appendices

### Appendix 1



CTM WMP  
PROPOSAL 2021.docx

### Appendix 2



All Wales Weight  
Management Pathway

### Appendix 3



CTMUHB  
Feedback.docx

### Appendix 4



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

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