



25 July 2017

## FREEDOM OF INFORMATION REQUEST – 848/17

Dear Sir/Madam

Your request for information has now been considered and the information requested is provided below.

Request:

### GENERAL

1. 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.

Answer: Trish Crowson  
Senior Public Health Manager  
[Trish.crowson@leics.gov.uk](mailto:Trish.crowson@leics.gov.uk)

### PREVALENCE

2. 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.

Answer: Rutland County Council does not hold data for patients requiring weight management interventions.

### SERVICE PROVISION

General

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

Answer:

Tier 1	Rutland Community Wellbeing Service
Tier 2	Fun Food and Fitness – offered to families of children identified as overweight or very overweight through the NCMP
Tier 3	None

4. 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.

Answer:

Tier 1	Community Wellbeing Service – Rutland Access Partnership April 2017
Tier 2	Fun Food and Fitness – Active Rutland- Rutland County Council in house service

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

Answer: Not Applicable

Referral Route and Entry Criteria.

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

Answer: Universally available – Community Wellbeing Service  
Self-referral  
GP/nurse referral  
Other health professional referral - (Make every Contact count)  
Direct referral from NHS Health Checks

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

Tier 1 –Whole population (universal)

Intervention Details

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

Answer: Rutland Community Wellbeing Service  
Fun Food & Fitness

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

Answer: The overall aim of the Service(s) is to provide a set of services which support prevention and enhance the wellbeing of the residents of Rutland, aligned to the local priorities of Rutland County Council and East Leicestershire & Rutland Clinical Commissioning Group.

Healthy Lifestyles:

The Service must foster a holistic approach and promote positive mental and physical health. The Service is required to deliver an integrated approach to enable multiple lifestyle and behaviour change issues to be addressed in tandem.

Fun Food and Fitness

The Fun, Food and Fitness Club is a family based healthy lifestyle programme that offers support to help children and their families get active, eat well and work towards a healthy weight.

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

Answer: NICE Guidance CG43

Other:

Department of Health: Healthy lives, healthy people: Our strategy for public health in England (Dec 2010)

Department of Health The Public Health Outcomes Framework: Improving outcomes and supporting transparency (2012)

NICE guidelines [NG44]: Community engagement: improving health and wellbeing and reducing health inequalities (March 2016)

NICE public health guidelines [PH6]: Behaviour change : the principles for effective interventions (2007)

NICE public health guidelines [PH22]: Behaviour change: individual approaches (2014)

NICE public health guidelines [PH22]: Mental wellbeing at work (2009)

11. How long does the intervention last for?

Answer: Fun Food & Families – 4 sessions which may be delivered in a variety of ways including joining several up if that works best for the families.

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

Answer: Behaviour change concept - please specify under 'other'  
Healthy eating principles - please specify under 'other'  
Physical activity  
Physical activity theory  
Building resilience

13 Where is the intervention delivered?

Answer: Community Home Hospital / GP Leisure centre  
School (during school hours)  
School (after school hours)  
Workplace  
Other, please specify – venue varies, community settings including outdoor activity.

Cost

14. 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?

Answer: This is not possible to separate as part of integrated services

15. 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?

Answer: Not Applicable

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

Answer: Community ~Wellbeing Service April 2017- March 2022 (+2)

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

Answer: Population of eligible children in Rutland is small. (circa 120) Fun Food & Families service offered to all families with overweight and very overweight children. Uptake has been very small (Less than 10 families) and we are working to increase this engagement.

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

Answer: See answer to Q17

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

Answer: Rutland County Council does not hold this information. This isn't recorded due to the nature of the family programme.

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

Answer: Rutland County Council does not hold this information. This isn't recorded due to the nature of the family programme.

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

Answer: Rutland County Council does not hold this information. This isn't recorded due to the nature of the family programme.

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

Answer: Rutland County Council does not hold this information

Exit routes

23. Are participants directed into any other interventions at the end?

Answer: People are directed to a range of mainstream activities, and provided with information on where to find up to date information on these.

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You can also complain to the Information Commissioner at:

The Information Commissioner's Office  
Wycliffe House, Water lane  
Wilmslow, Cheshire  
SK9 5AF  
Tel: 01625 545700

Yours faithfully

FOI Administrator  
Corporate Support Team, Rutland County Council