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# Healthy Lives

# Leicester City Council

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# What is provided/ commissioned?

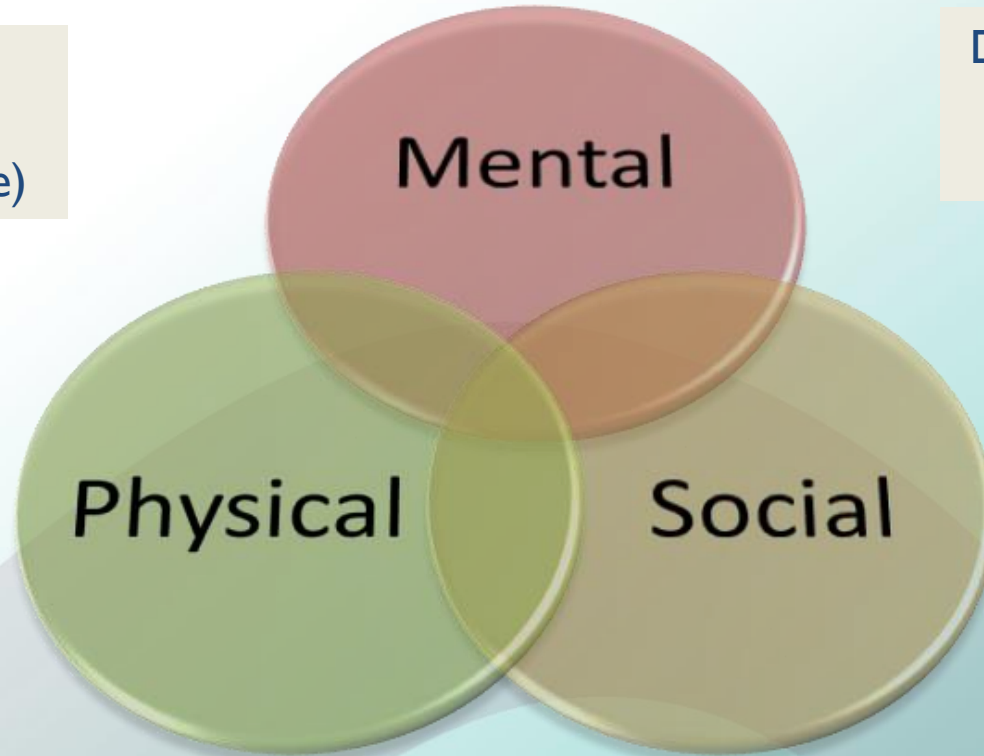
Live Well  
(integrated  
lifestyle service)

Drug and alcohol  
treatment  
services

Wider physical  
activity  
initiatives

Make Every  
Contact Count  
(MECC)

Sports services



Food/ healthy  
eating initiatives

Active travel initiatives

# What is Live Well?



**Holistic, integrated service which supports clients to make positive changes to their lifestyle**

## **For clients:**

- Single point of access to lifestyle services (& wider support)
- Clients tell their story once
- Client led – support based on clients priorities

## **We are:**

- A multiskilled team consisting of Hub Advisors, Healthy Lifestyle Advisors and Smoking Advisors
- Taking an evidence-based approach
- Equitable – most support to those that in most need

# Live Well Leicester



## **Live Well launched 1<sup>st</sup> July 2019**

- Review of lifestyle services undertaken in 2017/18
- New integrated service developed incorporating elements of previous services
- Holistic offer – 3 month programme & follow-up

## **What services are available?**

- Healthy lifestyle hub (assessment/ triage/ phone support)
- Smoking Cessation
- Healthy Lifestyle Programme (just launched- Feb 2020)
- Healthy Walks Programme (from mid 2020)
- Other wrap around/social prescribing type services
- Weight Management (commissioned from LPT)
- Alcohol Support - referral to Turning Point

# Healthy Lifestyle Programme

- 3 month free group-based programme  
(discounted access & follow-up for 2 yrs.)
- Advice on diet/ alcohol/ mental wellbeing etc
- Phone-based support
- Clients triaged depending on health conditions:
  - heart / COPD
  - other long-term conditions/ high risk for CVD
  - inactive only (25% discount)

# Adult Weight Management



## Weight management service (LEAP/ DHAL):

- Provided by LPT for people who are overweight/ obese who are unlikely to access commercial weight management services
- enhanced programme for obese people with comorbidities - dietician lead
- great outcomes, including weight loss at a year
- limited capacity

## Weight management for those with multiple conditions / more complex:

- Current gap - no local tier 3 provision of a specialist multidisciplinary team CCG commission
- I-I dietician-run service currently – limited capacity

**Bariatric surgery-** commissioned by CCG



# Physical activity initiatives



- Active Leicester Strategy – 20,000 people more active
- Professional sports clubs/ Leicester Diabetes Centre
  - walking cricket, hockey and football
  - physical activity/ healthy lifestyle courses (e.g. Fit Fans)
- Sports Services (leisure centres/ football facilities/ outdoor sports provision etc)
- Parks/ outdoor gyms
- Beat the Street



# Active Travel

- Infrastructure to encourage cycling:
  - more high quality cycle tracks
  - traffic calming
  - bike parks
- Cycling and walking festivals
- Cycle training programmes
- Community walking programmes – walk leader training
- Choose how you move – journey planning



# Leicester's Food Plan



**A long term programme to make Leicester a  
'healthy and sustainable food city'**

New plan about to be launched. There are 6 key themes:

- Supporting healthy and sustainable food choices
- Tackling food poverty
- Building community food knowledge, skills and resources
- Promoting a vibrant and diverse sustainable food economy
- Transforming catering and food procurement
- Reducing waste and the ecological footprint of the food system

# Alcohol Treatment

- **Specialist and targeted services:**
  - Turning Point dependent and non-dependent pathway (open access)
  - Recovery Community-supporting abstinence through Dear Albert/ peer support
  - Street drinkers through the 'No.5' Recovery hub ('Wet Centre')
  - Inpatient detox – Nottingham
- **Population-based work:**
  - Alcohol strategy - manifesto commitment / early stages of development
  - Campaigns on safer/ mindful drinking and promotion of alcohol-free lifestyle

# Making Every Contact Count (Healthy Conversations)

‘An approach to **behaviour change** that utilises the millions of **day-to-day interactions** that organisations and individuals have with other people to support them in making **positive changes** to their physical and mental health and wellbeing’



*‘What matters to Sarah’  
instead of  
‘what is the matter with Sarah’*



# Discussion

- Do board members feel that they could be more involved in the initiatives outlined?  
How do they relate to your organisation?
- How does your organisation contribute towards preventing ill-health and improving the physical wellbeing of the city's residents?
- Is there potential to build on this further?

