

# Integrated Lifestyles Services Proposal

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The need for redesigned lifestyles services are driven by savings targets and the desire to offer Leicester residents a more integrated service.



Spending on adult lifestyle services (obesity, smoking, diet and physical activity) was £2.2 million in 2015/16 and the proposals here see that reduce to £865,000 by 2019/20.



It is recognised that residents want to 'tell their story' once, services will be integrated and designed to be more effective for people who have multiple lifestyle issues.



New services will be better targeted according to need, will be community based but shift to a 'digital by default' model with a reduction in 1:1 programmes.

Significantly lower life and healthy life expectancy in Leicester shows a continued need for lifestyle services in the city.



Main causes of death account for 2 out of every 3 deaths in Leicester



These poor lifestyle choices are linked to cardiovascular disease, cancers, respiratory diseases and other ill health.

Life expectancy differs across the city and is linked to inequality and deprivation.

What people die of has remained similar in Leicester for a number of years.

These conditions are responsible for the majority of deaths in under 75 year olds

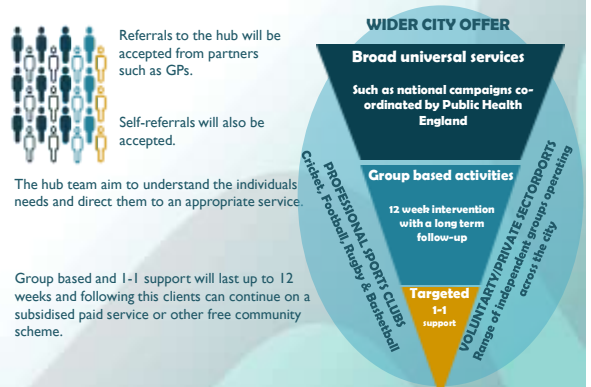
### Current Lifestyle Services

Service	Need	Cost	Local uptake & impact
Smoking cessation	21% smoking prevalence	£972k	c.1,500 smokers quit each year with the service, including 175 pregnant women. Overall quit rate of 54% (higher than national rate and comparators). Decline in numbers largely as a result of e-cigarettes. Service focuses on 1-1 support.
Healthy lifestyles hub	31% of adults physically inactive (higher than national rate) 55% adults obese or overweight (20% obese)	Up to £300k (+£100k NHS)	c. 5000 referrals each year from GPs 80% referred to at least one lifestyle service
Health trainer service			c. 900 clients per year set a personal health plan. 80% of clients fully or partially achieve their health plan
Active lifestyle scheme (exercise referral)	31% of adults physically inactive (higher amongst those with long-term conditions)	£175k	c. 2,700 attend programme/yr
Weight management – targeted BME/ long-term conditions	See above	Up to £229k (payment per case)	c. 450 clients per year complete programmes. 1 in 4 achieve and maintain clinically significant weight loss (5%) up to at least 12 months.

The proposed new model will integrate services to promote and support healthy behaviours. The following 5 themes summarise the new service.



A single point of access to healthy lifestyle services will operate via an online/phone based hub.



This approach is based on the best evidence following engagement with Public Health England and other local authority colleagues.

Nationally there is a drive towards developing integrated services.

Acknowledging that most people have multiple risk factors

Linking to existing national schemes such as One You

Local Authority integrated lifestyle services are found in areas such as Southampton, Derby and Coventry.

<https://www.nhs.uk/oneyou/#S2uMlxTe88cXOE6v.97>

## Consultation

- 171 responses plus 5 targeted focus groups
- Support for a shift to integrated lifestyle services with a single booking function
- Support for retaining some specialist staff within this model
- Support for volunteers to be involved in services, as long as sufficient training and support is in place
- Support for greater use of digital services to be developed as long as face to face help continues to be available for people who need it most.

## In summary

Change within lifestyle services is the financial challenge to meet the financial challenges. Risks exist but overall changes can also help deliver more holistic services and produce good health outcomes across the city.

Integration is the right move and we can provide an effective and efficient service which takes account of the input of public consultation.