

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

27 June 2019

Report of the Director of Public Health

Grant funding to Shift Together to deliver the Fit4Life Programme in workplaces across Derbyshire

1. Purpose of the report:

To seek cabinet member approval to award a grant of £100,000 to Shift Together (formerly The Community Sports Trust) to continue the Fit4Life project which aims to increase physical activity level in workplaces across Derbyshire.

2. Information and analysis:

Levels of overweight and obesity in Derbyshire are significantly higher than the England average. Overweight and obesity develops over time as a result of an imbalance between energy intake (i.e. what we eat and drink) and energy usage (i.e. how active we are). Whilst on average people in Derbyshire are more likely to be active than the England average (68% compared with 66%), our adult population are less likely to:

- Eat 5 portions or more of fruit and veg per day
- Do any walking in a week
- Cycle 3 times in a week (either for travel or leisure)

In addition to supporting people to maintain a healthy weight, regular physical activity is important for reducing the risk of cardiovascular disease, certain cancers, type 2 diabetes, falls and mental ill health. Physical activity can also improve health outcomes and quality of life of people who already have long-term conditions, for example it can lead to reduced weight and improved insulin sensitivity in people with type 2 diabetes.

Current levels of physical inactivity are partly due to insufficient participation in physical activity during leisure time and an increase in sedentary behaviour during occupational and domestic activities. Likewise, an increase in the use of "passive" modes of transport e.g. car driving, has also been associated with declining physical activity levels.

The workplace has been identified as one setting in which efforts can be focused effectively to improve health and wellbeing, and reduce physical inactivity. In 2018 Derbyshire County Council funded a pilot of the Fit4Life programme at

Chesterfield Royal Hospital and in Adult Care. The pilot programme has included:

- a) Body Health MOTs, including online assessment, which are delivered by our DCC Live Life Better Derbyshire Team.
- b) One-to-one coaching by a Fit4Life Coach. Staff who are identified through the health MOT are invited to join a programme that seeks to understand lifestyle patterns and provide one to one coaching and motivational interviewing to support lifestyle behaviour changes.
- c) Use of an ActiveInsight accelerometer for 12 weeks. Participants wear the band for 1 week initially with no coaching, followed by a further 11 weeks and engage in fortnightly 30 minute coaching sessions to consider activity levels and lifestyle behaviours which may improve levels of physical and mental wellbeing. Results are tracked using the band readouts as well as questionnaires at 4 and 12 weeks. Participants are encouraged to join local activity sessions appropriate to their shift pattern, fitness levels and interests. Band readouts are considered by the participants and the coach to identify areas for improvement.

Interim evaluation of the pilot has been positive. Referrals began in Autumn 2018 and the programme coach is working on a 1:1 basis with participants to provide coaching, advice and signposting. The accelerometer is giving participants accurate and detailed information about their lifestyle behaviours, sleep patterns and time spent being active or sedentary. At the end of January 2019, 20 ActiveInsight accelerometers had been issued, and 27 participants had registered to join the next cohort in Spring 2019.

Early findings from the first cohort of participants had recorded:

- An increase in energy expenditure
- An increase in sleep duration
- A reduction in sedentary time (by an average of 1 hour a day)
- An increase in active time (by more than 2 hours a day on average)

In addition, the programme coach is working with HR teams at the hospital and group managers in ASC to explore a variety of methods to promote a culture of physical activity in the workplace. The result of this work has been the development of new physical activity related opportunities such as:

- New activity sessions introduced in Staveley and Hasland Adult Social Care settings.
- Agreed use of the physio room gym equipment at the Staveley Centre for staff after the end of shifts.
- A Jog Group at the hospital is now regularly active and open to all.
- Staff at Hasland ASC have started a 'weight group' to monitor their weight together informally and increase levels of physical activity.

To further explore the impact of the programme on behaviour change Nottingham Trent University have been commissioned to run an independent evaluation of the pilot, this report will be available in late 2019.

There are a number of opportunities to build on this programme to support the health and wellbeing of workforces across Derbyshire, and to increase the interconnectedness with other programmes of activity such as our Live Life Better Derbyshire Services, Healthy Workplaces Derbyshire and the Public Health Locality Programme.

We are seeking permission to fund an expansion of the programme over the next 2 years, to both support other work settings and to enable the development of a self-sustaining model for Fit4Life over time. We consider that the programme should be tested in a number of different workplaces, beginning with Call Derbyshire. Given that the programme coach will need to build strong relationships with teams working in the locality (e.g. LLBD delivery staff, Health Workplaces Derbyshire and the Public Health Locality Teams) and develop a good understanding of opportunities available in the local area, we propose that the work should be focused in 2 and no more than 3 of our Derbyshire Districts and Boroughs. One will be the Derbyshire Dales (given the location of Call Derbyshire), with the other site(s) to be agreed between Shift Together and the Public Health Physical Activity, Healthy Workplaces and Live Life Better Derbyshire Teams.

Through the proposed expansion of this project as a minimum we would expect the Provider (SHIFT) to deliver the following:

- Regular and robust reporting of findings i.e. quarterly reports
- Illustration of creation of appropriate links to ensure sustainable activities to maintain behaviour change.
- Demonstrate clear links with Live Life Better Derbyshire
- Expand programme across up to 3 districts (to include at least 5 workplaces)
- Expand into different types of workplaces i.e. other places of work with set shift patterns that make it difficult to access traditional physical activity opportunities.

3. Social Value considerations:

There is a considerable body of evidence demonstrating the benefits of physical activity in terms of both treating and preventing diseases. Exercise has been called a “wonder drug” or “miracle cure”. Increasing physical activity improves health for those with chronic conditions and prevents many common serious medical conditions. The benefit is observed with small amounts of physical activity: 30 minutes, 5 times a week. For children 60 minutes per day is the recommended minimum. Lack of physical activity is the most recently recognised modifiable risk factor of all the large contributors to ill-health (poor nutrition, physical inactivity, alcohol consumption and smoking).

Additionally, this programme allows us to capture objective activity data, which is difficult and therefore not something that is often captured in evaluations of physical activity interventions. As such this programme is something that could be disseminated widely to shape practice elsewhere, raising the profile of DCC as an Enterprising Council.

4. Financial considerations:

The total value of the award is £100,000; £50,000 each year for 2 years. This funding will also include an evaluation of the project.

The finance for this project will be provided from within the Public Health budget.

5. Legal considerations

The Council is permitted to make such payments under the “General Power of Competence” set out in the Localism Act 2011. A grant agreement shall be used to set out the terms and conditions for which the grant is made. The recipient of the grant is not contractually obliged to deliver the services, although the Council would seek to claw back the grant in appropriate circumstances were there to be significant non-performance of any grant conditions.

6. Other considerations:

In preparing this report the relevance of the following factors has been considered: prevention of crime and disorder, equality of opportunity, environmental, health, property and transport considerations.

7. Background papers:

Workplace Shift - Physical Activity Pilots with staff from Chesterfield Royal Hospital (CRH) and Derbyshire County Council (DCC) Adult Care 8 March 2018.

8. Key Decision:

No

9 Call-in:

No

10. Officer's Recommendation:

That the Cabinet Member approves the award of the grant of £100,000 to Shift Together for the delivery of the Fit4Life Programme in workplaces across Derbyshire. The expansion to the programme will begin in August 2019 and continue for 2 years.

**Dean Wallace
Director of Public Health**