

## **DERBYSHIRE COUNTY COUNCIL**

### **CABINET**

**9 July 2020**

#### **Report of the Director of Public Health**

#### **Investment in population nutrition and physical activity programmes**

### **1. Purpose of the Report**

To seek Cabinet approval:

- to extend the physical activity grant funding for Exercise by Referral, Walk Derbyshire and Active Fostering services delivered by district and borough councils from 1<sup>st</sup> September 2020 to 31<sup>st</sup> March 2022, to the value of £0.633m
- to extend the grant funding for Jog Derbyshire, delivered by SHIFT from 1<sup>st</sup> September 2020 to 31<sup>st</sup> March 2022, to the value of £79,000
- to provide funding of £43,000 to allow district and borough councils to continue to deliver their existing physical activity programmes until August 2020
- to extend the grant funding to The Soil Association for delivery of the Food for Life programme by £0.150m over a period of 2 years from September 2020 to August 2022

### **2. Information and Analysis**

Having a healthy and nutritious diet, and taking part in regular exercise are essential in maintaining good physical and mental health and well-being. The causes of obesity are complex and multi-factorial, with an unhealthy diet and being physically inactive both being contributing factors to excess weight gain. Being overweight or obese are major risk factors for a number of chronic conditions including cardiovascular disease, type 2 diabetes, musculoskeletal disorders (particularly osteoarthritis) and some cancers. All these conditions contribute a significant burden on health and care services, and investing in programmes that support weight loss or maintenance of a healthy weight will assist in reducing future demand.

Approximately 1 in 4 of children in Reception Year in Derbyshire schools are overweight or obese, and this rises to 1 in 3 of children in Year 6. Among adults, rates are even higher, with 2 out of every 3 adults in Derbyshire being overweight or obese. There is variation across district and boroughs, with highest rates of excess weight in Reception-aged children reported in South Derbyshire and Bolsover (both areas with a rate significantly higher than the national average). The highest rates in Year 6 children were reported in Bolsover and Chesterfield. Among adults, Bolsover, South Derbyshire, Erewash and Chesterfield all have a significantly higher rate of adults who are overweight or obese than the national rate.

In addition, in Derbyshire over 20% of the adult population were classed as inactive in 2017-18 (doing less than 30 minutes of activity per week). Levels of inactivity are highest in Bolsover (25.3%) and South Derbyshire (23.7%). 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 such as car driving, has also been associated with declining physical activity levels. Physical inactivity is associated with social deprivation and females are less likely to be active than males. Physical activity declines significantly with age.

This report proposes continued investment in interventions that support an integrated approach to address the challenge of excess weight and obesity across Derbyshire for children and young people, and adults of all ages.

## **Existing Public Health investment**

### **Physical activity programmes**

In June 2018 and February 2019, Cabinet agreed to fund the district and borough councils to a combined value of £0.500m for September 2018 to August 2019, and £0.457m for the period September 2019 to August 2020 to deliver grant funded physical activity programmes. In addition, Cabinet agreed to provide £0.100m to SHIFT to deliver Jog Derbyshire between September 2018 and 31<sup>st</sup> August 2020.

The funding is used by District and Borough councils to deliver a number of grant funded physical activity programmes, including Exercise by Referral, Walk Derbyshire, Community Innovation projects and Active Fostering. SHIFT, a Community Interest Company, delivers Jog Derbyshire, which is also grant funded. All agreements are due to end in August 2020.

### Exercise by referral

Exercise by referral is a 12 week programme for inactive adults with certain health conditions (e.g. following a heart attack or with chronic obstructive pulmonary disease). The programme equips people with the knowledge, skills,

confidence and self-efficacy to be more active in their local leisure centre or through other community-based activity and to continue this longer term. Between November 2018 and September 2019, 1,386 individuals completed a 12-week Exercise by referral course. Many of these have continued to maintain their activity levels after completion of the Exercise by referral course through purchasing leisure membership with district and borough councils.

### Walk Derbyshire

Walk Derbyshire is a network of walks that support people to lead more active lives within their local communities. From September 2018 funding has focussed on growing the network of supported walks for inactive people across Derbyshire, including developing more family-friendly organised walk opportunities, and supporting people with physical and mental health conditions to become more active through walking. In December 2019, there were 108 Walking groups operating across Derbyshire, supporting those new to walking, as well as those wishing to progress to more strenuous walks. There are also groups that support people with physical and mental health conditions, dementia and their carers, and buggy walks that allow new mothers to socialise and be active.

### Community Innovation Fund

The Community Innovation Fund was established in September 2018 to support the piloting of community-based projects in areas with vulnerable populations, putting local people at the heart of new and creative physical activity opportunities. The fund has provided an opportunity to test new ways of working to support inactive people to become active. Ways to encourage children and families to be active together has been a priority.

### Active Fostering

Active Fostering supports initiatives to engage Looked After Children and their families in physical activity, including leisure centre access but also new and diverse activity opportunities. This is a priority area given that physical activity is one of the ways to support children to develop skills and confidence to allow them to achieve their full potential. Approximately 300 fostering households in Derbyshire have a pass (over 85% of all fostering households). 90 of these households say they access activities through the scheme on a weekly basis, and over 20 Children in Care have learnt to swim in the last 12 months. In the annual fostering survey over 90% of the respondents gave Active Fostering the highest possible rating.

### Jog Derbyshire

Jog Derbyshire is a programme that works with people in communities to support them to become more active through jogging. The groups cater for everyone, regardless of age or ability, and are all led by qualified jog leaders.

As of September 2019 there were 51 Jog Derbyshire groups established across Derbyshire, including groups affiliated to GP practices and workplaces.

### **Food for Life**

Food for Life (FFL) is a national programme run by The Soil Association bringing schools and their surrounding communities together around the core ethos of healthy, tasty and sustainable food. The programme is about more than just food on the plate, the intervention works to change food culture, by considering where food comes from, how it is grown, cooked and experienced, and contributing to a community-wide whole systems change that can impact on education, sustainability, inequalities, communities and health.

The Food for Life programme has operated across Derbyshire for six years. In September 2019, Cabinet Member approval was given to fund the programme for another 12 months, to August 2020. Provision of additional funding will enable FFL to build on a proven programme of work already delivered across the county. It is envisaged that over the next 2 years FFL will be a key part of a whole system approach to obesity, where the Council and key stakeholders work closely together to identify barriers and opportunities for supporting local residents to achieve and maintain a healthy weight within Derbyshire's communities.

Food for Life Served Here is a widely respected scheme, recognised by the Department of Health, Department for Education and the Government's Plan for Public Procurement that is raising the standards of food quality, provenance and environmental sustainability in public and private sector catering.

FFL works in schools and their wider communities to embed lasting changes in positive food culture, through school meals, cooking, growing and farm visits in the curriculum, engaging parents, staff and the community in food-related training and activities. It supports schools to take a whole school approach encouraging everyone to get involved in FFL. The FFL School Award supports schools to take a whole school approach that sees them grow their own food; organise trips to farms; source food from local producers; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; serve freshly prepared, well-sourced meals and provide an attractive and welcoming dining environment so lunchtimes are a positive, social feature of the school day. These activities enable a more innovative approach to children and young people's opportunity to learn and be more socially active at school. The programme aims to prevent ill health in the future by encouraging healthy habits in young people, using schools as a setting to have maximum impact.

The latest independent evaluation of locally-commissioned FFL programmes, such as Derbyshire's, has demonstrated how FFL contributes to giving children the best start in life:

- Pupils in FFL schools were 40% more likely to 'like' or 'really like' school meals, after adjusting for gender, free school meals eligibility and local authority
- Free school meal uptake is increased by an average of 13% in Food for Life schools.
- 45% of parents reported eating more vegetables as a result of Food for Life
- Pupils in FFL schools consume approximately a third more fruit and vegetables than those in comparison schools.
- Evidence points towards Food for Life's potential to contribute to helping 'close the gap' for disadvantaged children in terms of their health and academic attainment.

Latest research has shown that the social return on investment of FFL commissioned programmes exceeds £4 for every £1 invested. Additionally, one of the programme's key strengths has been recognised as its ability to work alongside local stakeholders to add value to existing programmes of work.

Within Derbyshire, the programme is delivered by staff from The Soil Association providing one to one support to schools, engaging the wider local community, Derbyshire-based food networks and groups, plus directly supporting school caterers. In addition, schools have access to the FFL Awards framework, resources and HQ support for 2-3 years, a full suite of training programmes for teaching staff in cooking, food growing, farm visits and schools farmers' markets, plus cooks' networks. The year culminates in a celebration event and also provides regular reporting and monitoring of impacts.

Since the start of the Derbyshire programme in 2013, the programme has made significant impact across schools as well as across the Council's Catering Services. There is continued demand for the FFL programme in Derbyshire and desire from schools to create a positive change in "good food" culture at schools. FFL ensures that Derbyshire County Council-catered primary schools across the whole county serve silver award standard food to Derbyshire children. This equates to nearly 50,000 "Food for Life Served Here" standard meals are being served to 350 primary schools in Derbyshire every day. This means that food is freshly prepared from scratch, is sustainable and includes locally sourced ingredients including 5% of total ingredients being organic produce. This in effect means that all Derbyshire children that access Catering Services school meals are getting a more

nutritious daily meal that exceeds the national school food standards, whilst also supporting the local economy and protecting the environment for the future.

In addition, a recent local marketing campaign linked to the FFL programme resulted in an increase of 6% uptake of free school meals.

#### Proposal for September 2020 – August 2022

Additional investment over the 2020-21 and 2021-22 academic years will allow the FFL programme to continue to deliver the programme within Derbyshire schools and within Catering Services. Recent analysis within the Public Health team has highlighted those communities with the highest rate of childhood obesity, and FFL will support schools within these areas as part of an integrated approach to reduce overweight and obesity levels. FFL will work closely with all partners and stakeholders to develop a sustainable model that enables all schools to become involved in registering and working towards FFL awards.

#### **Future commissioning intentions**

Public Health is proposing to explore options for changing the physical activity commissioning model from April 2022. The drivers for this are to:

- ensure commissioning intentions are in line with strategic objectives for increasing rates of physical activity, and reducing rates of inactivity
- deliver a more integrated approach to physical activity commissioning across the county
- enhance the reporting mechanisms

Extending the funding for current service provision as outlined in this report will enable continuation of services that support local residents to become more physically active, while engaging with stakeholders to develop a future model.

In addition, similar engagement work with partners will allow Public Health to commission an integrated programme of obesity interventions by 2022.

#### **Impact of COVID19**

During the current social distancing requirements there has been a shift in physical activity attitudes and habits. Sport England's Insight Report suggests that the Government's messages about exercise may be having a positive impact. 53% of adults in England agree that they have been encouraged to exercise by the Government's guidance. 59% of adults walked in the last week, 44% did online fitness, offline fitness or informal physical activity in the home.

Derbyshire physical activity providers have recognised this and started to explore different ways of facilitating physical activity. Providers have adapted quickly to current circumstances and restrictions and have focussed on delivering online content, developing home based programmes, providing 1:1 support via telephone and video and developing and trialling online training. Extending the funding will ensure there are no gaps in service and we will work with the providers to capitalise on the positive changes in attitudes towards physical activity and continue to embed new ways of working.

The closure of schools as part of the national social distancing requirements has impacted on delivery of Food for Life in local schools, but has not required complete suspension of the programme. In April 2020 Alfreton Park Special School received its FFL Silver Award, the culmination of 18 months of work by the school community, working alongside the local FFL programme co-ordinator.

### **Allocations for physical activity funding to District and Borough Councils**

It is proposed that physical activity grant funding to District and Borough councils are extended from 1<sup>st</sup> September 2020 until 31<sup>st</sup> March 2022. The total cost for extending the grants would be £0.633m.

The financial allocation to physical activity programmes delivered by district and boroughs was £43,000 less between September 2019 and August 2020 compared to September 2018 to August 2019. An additional investment of £43,000 will allow district and borough councils to deliver their existing physical activity programmes up to August 2020.

The allocations per organisation are proposed as follows

<b>Organisation</b>	<b>Allocation up to 31<sup>st</sup> August 2020 (£)</b>	<b>Allocation for 1st Sep 2020 - 31st March 2022 (£)</b>
Amber Valley	6,539	96,310
Bolsover	5,675	83,586
Chesterfield	8,179	120,459
Derbyshire Dales	2,757	40,609
Erewash	6,710	98,833
High Peak	4,454	65,601
North East Derbyshire	4,626	68,137
South Derbyshire	4,060	59,799
<b>Total</b>	<b>43,000</b>	<b>633,334</b>

It is proposed that the extension of the grant funding for the district and borough councils does not include investment in Community Innovation

projects beyond 31<sup>st</sup> August 2020. A number of district and borough councils have reported delays to implementation of their Community Innovation projects, and the impact of COVID-19 will have further delayed delivery of a number of projects. Discussions will be held with each provider to determine amended timescales for their project.

### **3. Financial Considerations**

The proposed investment in physical activity programmes for September 2020 to March 2022 is £0.712m, and this money has been identified within the Public Health Grant. A total of £0.633m will be apportioned to district and borough councils, and £79,000 will be provided to SHIFT. An additional £43,000 from the Public Health Grant will be used to extend funding for existing physical activity programmes delivered by district and borough councils up to August 2020.

The total project cost for FFL is £0.150m which will be funded via a grant from the Public Health Grant, with a view to moving to a procured contract in 2022.

### **4. Human Resources Considerations**

The funding will enable local providers to deliver projects and services. Derbyshire County Council accepts no employment or future redundancy liability, with all employment and related matters to be managed by the providers.

### **5. Legal Considerations**

The Council's Financial Regulations require grants of over £0.100m to organisations to be approved by Cabinet.

The Council's standard grant agreement shall be used to set out the terms and conditions for which the grants are made, which provides for clawback of funding in certain circumstances and shall also provide that the Council is not liable for any employment liabilities.

### **6. Other Considerations**

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



## **7. Background Papers**

Cabinet report 14 June 2018: Grant funding for Jog Derbyshire and district and borough council physical activity programmes

Cabinet report 28 February 2019: Physical Activity and Population Nutrition Funding

Health and Communities Cabinet Member report 5 September 2019: Derbyshire Food for Life Programme

## **8. Key Decision**

Yes

## **9. Is it required that the Call-in period be waived in respect of the decisions being proposed within this report?**

No

## **10. Officer's Recommendation**

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That the Cabinet Member:

- Approves funding of £0.633m to district and borough councils to continue delivery of Exercise by Referral, Walk Derbyshire and Active Fostering from September 2020 to March 2022
- Approves funding of £43,000 to district and borough councils to continue to deliver existing physical activity programmes until August 2020
- Approves funding of £79,000 to SHIFT to continue to deliver Jog Derbyshire from September 2020 to March 2022
- Approves funding of £0.150m to support continued delivery of the Food for Life programme from September 2020 to August 2022.
- Notes the proposals for the development of a new commissioning model for physical activity and population nutrition interventions

**Dean Wallace**  
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