1. **PURPOSE OF REPORT**

To inform Members about Public Health interventions being delivered in the Borough.

1. **INFORMATION**
2. A number of health inequalities exist within the Borough. The Health Profile for Kettering in 2015 showed that:
* Life expectancy in men is 8.2 years lower than women and
* Overall 5.8 years lower for women in our most deprived wards compared to the least deprived wards.
* Significantly more adults in the Borough are overweight and obese than the England average
* Lower rates of physical activity in adults than the England average
* Higher rates of smoking related deaths
* Higher levels of mortality in over 75 cancer related deaths
* Higher levels of smoking in pregnancy at delivery stage
1. There are currently a number of projects delivered both by Kettering Borough Council themselves and in partnership with other organisations to improve the health of those that live and work in the borough and reduce health inequalities.
2. Workplace health

Kettering Borough Council works with a number of local employers to design tailored health and wellbeing programmes for their staff. Currently, employers get two free sessions per year where health MOTs are delivered. Any support over and above this is payable to cover staff time. KBC works with local public and private sector organisations to deliver interventions that we cannot deliver directly, such as blood testing.

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| Project | Outline | Delivery organisation(s) | Outcomes |
| Weetabix | An annual funded programme of 12 health related themes delivered on site. It includes:* blood pressure checks
* clinical blood tests
* weight management programmes
* alcohol awareness
* nutrition education
* smoking cessation
* BMI and weight checks

KBC have also been commissioned to design the artwork for the advertising and promotional material.KBC deliver ‘Health MOTs’ over 3 months of the programme and act as support and co-ordination | * Kettering Borough Council
* Northamptonshire Healthcare Foundation Trust
* Pickfords Pharmacy
* First For Wellbeing
* Hope UK
 | February 2016:287 people had Health MOTs over the 2 sites327 had cholesterol tests over 2 sites |
| Snap on Tools | Twice yearly Health MOTs for staff at Telford Way offices | KBC | Average 55 people seen over last 3 visits |
| Co-op(Central England Group) | 2016 tour of stores offering health MOTs over 2 days | KBC | 62 members of staff |
| KBC | Weigh ins and blood pressure at main offices and depot | KBC | 223 Health MOTs delivered |

2.4 Wellbeing

KBC use ‘free hours’ as part of the Legacy Leisure contract to provide free rooms to the ‘Learn2B’ team. This team is commissioned by NCC to deliver free of charge wellbeing sessions in the county. Previous to KBC providing the room, these sessions were not delivered in Kettering.

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| **Project** | **Outline** | **Delivery organisation(s)** | **Outcomes** |
| Learn2B | Learn2b courses are free of charge to anyone who is currently experiencing any form of mental health distress. | * NCC Adult Learning
* Legacy Leisure
* Kettering Borough Council
 | Access to 16 courses designed to encourage wellbeing, an opportunity to have some ‘time out’, learn something new and start to gain confidence.Improved self-esteem, confidence, and reduce anxiety or stress. |

2.5 Childhood Weight Management

Year 6 obesity is a countywide priority within the Health and Wellbeing Strategy. Our work is carried out to link in with this and as a preventative measure to reduce our overweight adult rates.

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| **Project** | **Outline** | **Delivery organisation(s)** | **Outcomes** |
| Healthy Happy Families | Family-based healthy eating, physical activity and cooking programme based in schools. * Delivered outside of core teaching hours.
* Commissioned by Grange Primary Academy
* 3 courses were paid for by the Director of Public Health.
* Co-Op provided ingredients for all sessions.
* Delivered in partnership with the Fire Service and Co-Op.
 | * Kettering Borough Council
* Fire Service
* NCC Public Health
 | 16 families88% retention70% maintained or lost weight |
| Alive ‘N’ Kicking  | * 10 week NHFT programme - no funding for delivery
* Children are referred with their families after taking part in the National Childhood Measurement Programme with school nurses.
* Children 7-11 years old on or above the 91st centile qualify
 | * Kettering Borough Council (send 1 member of staff per week)
* Northamptonshire Healthcare Foundation Trust send one member of staff per week and co-ordinate
* Southfields school (School Sports Partnership) provide room
 | BMI maintenance or reduction for childrenIncreased understanding of healthy eating for families |
| Summer Sports Schemes | * KBC run summer sport schemes for children
 | * Kettering Borough Council
* Sport Clubs within the Borough
 | Introduction to sport for children  |

2.6 Health Walks

Health Walks are delivered in the borough with the intention of increasing physical activity levels and wellbeing in adults in the borough. This is a national scheme funded by Macmillan and the Ramblers and jointly co-ordinated by KBC and Groundwork through an SLA.

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| **Project** | **Outline** | **Delivery organisation(s)** | **Outcomes** |
| Kettering Health Walks Scheme | * Free, accessible friendly and safe
* Typically last under 60 minutes
* Led by volunteers
* KBC Health and Wellbeing Officer
* Insurance through Macmillan.
* 5 regular walks within the Borough
 | * Kettering Borough Council
* Groundwork
* Macmillan
 | 2015/16 throughput of 1,341 people doing one of their x 30 minutes per day with our health walks |

2.7 Walking Football

KBC deliver walking football sessions in Desborough and support others within the borough of Kettering.

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| **Project** | **Outline** | **Delivery organisation(s)** | **Outcomes** |
| Walking Football Desborough | * Free hall hire from Legacy Leisure
* Aim to reduce the gender based health inequalities in the borough
* The target group is men over 50
 | * Kettering Borough Council
* Legacy Leisure
* FA Northants
 | 2015/16 throughput of 488 people doing 1 of their x 30 minutes with our walking football |

2.8 Healthy Child Project

KBC have released the Health and Wellbeing Officer for 2 days per week on secondment to become the Kettering Healthy Child Advisor (HCA).

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| **Project** | **Outline** | **Delivery organisation(s)** | **Outcomes** |
| Healthier Child Project - Kettering borough | * 18 Kettering primary schools take part in the project,
* The HCA supports the schools to review provision in the areas of healthy eating, physical activity and wellbeing for their pupils, parents, staff and wider community.
* Match funding available for schools to pay improvements in above areas
* Job of the HCA is also to signpost to community partners.
 | * Kettering Borough Council
* Northamptonshire County Council
* First For Wellbeing
* Northamptonshire Sport
* Northamptonshire Healthcare Foundation Trust
 | 18 schools involved£9389.50 invested into health and wellbeing in schools match funded between the project and the schools in 15/16. 4 schools attended the Women’s Tour event that would not have without the project.Over 25 new community partner links made between schools and private and public sector partners |

1. **CONSULTATION AND CUSTOMER IMPACT**
2. In the last financial year (15/16) 2803 people have benefitted from a health intervention delivered by KBC. Examples include health walks, cooking clubs, school assemblies and healthy lifestyle advice in the community and workplaces.
3. An example of feedback from Co-Op as a partner agency who received support with Health MOTs for staff is:

“I would like to formally record my thanks and appreciation on behalf of Central England Co-operative for the amazing support you have given to our colleagues in offering free health checks and advice.  As you know, by the end of the second day, we recorded 62 colleagues taking part.  The response from colleagues in our retail outlets and funeral homes has been extremely positive and they were very appreciative of the personal advice and encouragement that you gave them. I feel very proud of the continuing partnership with you and Kettering Borough Council and I think this has been a great new initiative to add to the list of our other partnership working, in promoting and supporting healthy lifestyles.”

1. **POLICY IMPLICATIONS**
2. There are no policy implications.
3. **FINANCIAL RESOURCE IMPLICATIONS**
4. A number of the projects are self-funding. Health walks are funded nationally by Macmillan; cooking clubs are often funded by the school itself through Pupil Premium funding; Weetabix pay an hourly rate for our work while others are delivered in partnership with other public agencies as well as the private sector. For example, cooking clubs have been paid for in target areas by NCC Public Health and food vouchers provided by the Co-Op. There is an option for match funding for our work in schools from the Healthier Child Project (see appendix paper). Work with external funds and partners ensure that the limited resources of the council have maximum impact.

1. **HUMAN RESOURCE IMPLICATIONS**
2. There are a number of vacancies within the Community Services Team, therefore projects are being managed going forward to enable delivery to continue although at a lower volume. It is intended that the activity will increase when the posts are filled
3. **LEGAL IMPLICATIONS**
4. Legal responsibility for public health delivery remains with county and unitary councils; however, the borough council recognises the need to work with its community to ensure that health inequalities are addressed.

1. **RECOMMENDATION**

Members note the projects being delivered by the council to address health inequalities

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| Background Papers: |  |
| Title |  |
| Date |  |
| Contact Officer |  |

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| Previous Minutes/Reports: |  |
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| Date: |  |