

DERBYSHIRE COUNTY COUNCIL

CABINET

14 June 2018

Report of the Director of Public Health

**GRANT FUNDING FOR JOG DERBYSHIRE AND DISTRICT AND BOROUGH
COUNCIL PHYSICAL ACTIVITY PROGRAMMES**

1. Purpose of the report:

To seek Cabinet approval for grant funding of physical activity services across Derbyshire for 2 years commencing on 1 September 2018, and to agree a backdated extension of existing physical activity grant funding for services delivered by District and Borough Councils from 1 April to 31 August 2018.

2. Information and analysis:

Regular physical activity is important for health and wellbeing, reducing the risk of cardiovascular disease, certain cancers, type 2 diabetes, falls and mental ill health. It has wide benefits for people of all ages, ranging from helping children to maintain a healthy weight to reducing conditions such as hip fractures in older people. Physical activity can also improve the 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.

The Chief Medical Officer (CMO) recommends that adults undertake 150 minutes (2.5 hours) of moderate activity per week, in bouts of 10 minutes or more. However, in Derbyshire over 20% of the adult population were classed as inactive in 2016/17 (doing less than 30 minutes of activity per week). Levels of inactivity are highest in Amber Valley (26.0%) and Bolsover (26.5%) and lowest in Derbyshire Dales (16.5%) and High Peak (13.9%). In 2016/17 68% of the adult population in Derbyshire were meeting CMO recommended levels of physical activity. The percentage of the population meeting the CMO recommendation ranges from 62.2% in Bolsover to 75.0% in the Derbyshire Dales.

Physical inactivity has been described by the World Health Organisation as a global public health problem. 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.

Physical inactivity is associated with social deprivation and females are less likely to be active than males. Physical activity declines significantly with age.

To enable Derbyshire residents to live physically active lives, and in support of Priorities identified in the Council Plan, Public Health is proposing the following investment in physical activity services from 1 September 2018:

i) Jog Derbyshire

Jog Derbyshire is a programme that works with people in communities to support them to become more active through jogging. It currently runs 137 sessions every week, and has over 6,500 members. New groups are being set up all the time and there are plans in development to expand some of the existing groups, for example by starting running groups for children and young people. Jog Derbyshire is currently run by the Community Sports Trust (CST).

Public Health propose that DCC continues to grant fund this initiative with £0.050m a year for 2 years from 2018/19. The focus of this funding would be to get new people into jogging through setting up groups in different communities and new settings (e.g. workplaces). This funding would also require the CST to move towards a self-sustainable model of delivery over time to ensure the programme continues beyond the life of the grant funding.

ii) District and Borough Councils Physical Activity Funding

The District and Borough Councils have historically delivered a number of grant funded physical activity programmes. Public Health is proposing to grant fund the following programmes from 1 September 2018, to enable people in Derbyshire to become more physically active:

- a) **Exercise Referral** - 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, for example in their local leisure centre or through other community-based activity.
- b) **Walk Derbyshire** - a network of walks that support people to lead a more active lives within their local communities. From September 2018 funding will focus on growing the network of supported walks for inactive people across Derbyshire, including for example developing more family-friendly organised walk opportunities.
- c) **Community Innovation Fund** - a fund 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 will provide the opportunity to test new ways of working, based on insight (led by Active Derbyshire), to support inactive people to become active. Ways to encourage children and families to be active together will be a priority.
- d) **Looked After Children** – 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 the develop skills and confidence to allow them to achieve their full potential.

The total proposed investment in programmes to be delivered by District and Borough Councils is £0.500m in 2018-2019 and £0.435m in 2019-20. The allocation to each Council is calculated based on the population size and the under-75 mortality rate (see Table 1 for 2018-19 proposed allocations).

Table 1 – Proposed 2018/19 District and Borough Grant Funding Allocation

District/ Borough	2018/19 Allocation	District/ Borough	2018/19 Allocation
Amber Valley	£76,034	Erewash	£78,026
Bolsover	£65,989	High Peak	£51,790
Chesterfield	£95,099	North East	£53,792
Derbyshire Dales	£32,060	South Derbyshire	£47,210

Each District and Borough Council will have some flexibility in how they distribute their grant funding allocation across the 4 programmes outlined above, to allow use of knowledge and expertise of working with local populations to inform programme development. Public Health only stipulate that: 1) no more than 50% of the funding should be allocated to Exercise Referral, 2) at least 20% should be allocated each to Walk Derbyshire and the Community Innovation Fund, and 3) at least 3% should be allocated to initiatives for Looked After Children. The final proportion of the budget allocated to each programme by each District and Borough Council will be agreed with Public Health.

Funding for Year 2 will be subject to demonstrating benefits of the programme in Year 1; for example for Exercise Referral a certain number of people should be 1) supported to complete the programme, and 2) be more physically active beyond the 12-week programme.

The District and Borough Councils are well placed to deliver these programmes because they have access to leisure facilities spread across Derbyshire, through which programmes such as Exercise Referral can be delivered. Additionally, as they have been delivering a similar programme (Health Referral) since December 2014, some of the staff within these organisations already have the specialised skills required to support people in an Exercise Referral programme.

Together, these investments are underpinned by the following principles:

- ✓ A co-ordinated and holistic, system wide approach
- ✓ Focusing on the least active within communities
- ✓ An evidence based, insight led approach that engages with communities
- ✓ Building on assets and strengths
- ✓ Creating active environments, workplaces and schools
- ✓ Promotion of physical activity among people of all ages

Through their role in Strategic Leadership for physical activity in Derbyshire, Active Partners Trust (APT) will play a key part in supporting the delivery of these programmes of work. For example, APT will work with the District and Borough Councils to better understand the needs of local populations, to inform the initiatives developed as part of the Community Innovation Fund.

District and Borough Council Contract Extension to 31 August 2018

The District and Borough Councils have been delivering Health Referral and Walking for Health programmes across Derbyshire since December 2014. These programmes aim to support adults to achieve healthier lifestyles across Derbyshire, decreasing physical inactivity and sedentary behaviour by equipping individuals with the

knowledge, skills, confidence and self-efficacy to sustain behaviour change. The focus of provision is in areas with the highest prevalence of physical inactivity.

To avoid a gap in service provision between 1 April and 31 August 2018 we are requesting to backdate an extension to the existing agreements, to start on the 1 April 2018 for a period of 5 months. The financial value of this extension is £0.154m. These agreements enable District and Borough Councils to continue to play a key role in supporting vulnerable Derbyshire residents to increase their physical activity levels to enable them to live healthy lives. It will also help to prevent the loss of skilled staff from the District and Borough Leisure Services. These organisations are not providing services for Public Health which could be deemed to be competing with profit making organisations in the County.

Other Physical Activity Investment and Disinvestment

Within the 2018/19 financial year Public Health are proposing to cease grant funding of the **Five60** programme for Year 3-5 pupils on physical activity and nutrition. Grant funding for this programme is currently approved up to the end of the 2017-18 school year (31 July 2018) at a cost of £0.120m per year. There have been a number of challenges with the programme including:

- Limited understanding of the impact of the programme on either physical activity levels or on nutrition in children.
- Many schools did not take up the programme meaning that the reach of Five60 has been much lower than anticipated.
- Five60 is a child-centred programme but children have limited control over what they eat. Evidence suggests that programmes to encourage children to be more active and to eat healthier diets should involve at least one parent in more holistic interventions.

Instead, public health will work strategically across the county to identify new opportunities to work with families and children, enabling them to adopt healthier lifestyles together. Examples of this alternative offer include:

- Working with schools to promote participation in The Daily Mile, which has been evidenced in Derbyshire to improve fitness and help children to focus in class.
- Exploring ways to expand the offer to engage Looked after Children and their families in physical activity.
- Developing family-oriented streams of activity with other areas of investment, such as Walk Derbyshire and Jog Derbyshire.

In addition to the proposed programmes outlined above, Derbyshire County Council has approved investment in the following Physical Activity programmes:

- **Strictly No Falling:** a county-wide primary and secondary falls prevention service for people aged 65 years and older who have fallen or who have been identified at higher risk of a fall (Cabinet approved on 14 September 2017 for the period 2018-2021).
- **Fit4Life:** a workplace-based pilot initiative to increase levels of physical activity in the workplace (approved by the Cabinet Member for Health and Communities on 8 March 2018 for the period 2018-19).

Derbyshire County Council will also be making hundreds of Physical Activity grants available to Derbyshire communities from summer 2018. These grants will further support communities in Derbyshire to become more physically active.

Together, these programmes contribute to a number of Derbyshire County Council Priorities including:

- 1) Encouraging healthy lifestyles
- 2) Helping children and young people to get the best start
- 3) Being a good corporate parent for children in our care
- 4) Championing local communities

3. Financial considerations:

In this paper Public Health are seeking approval to grant fund five programmes to support Derbyshire residents of all ages to be more physically active (see Table 2):

Table 2 – Summary of Proposed Public Health Grant Funded Physical Activity Services

Service	Principal Target Population	Principle Provider	Total Financial Investment	Percentage of Total Investment	End Date
Exercise Referral	Adults (with a defined health condition)	District & Borough Councils	£0.935m (Year 1 - £0.500m; Year 2 - £0.435m)	Maximum 50%	31 August 2020
Walk Derbyshire	All people	District & Borough Councils		Minimum 20%	31 August 2020
Community Innovation Fund	All people	District & Borough Councils		Minimum 20%	31 August 2020
Looked After Children	Looked After Children and their families	District & Borough Councils		Minimum 3%	31 August 2020
Jog Derbyshire	Adults (with potential to expand to include children)	Community Sports Trust	£0.100m (Year 1 - £50k; Year 2 - £50k)	N/A	31 August 2020

The total proposed investment is £0.550m in 2018-19 and £0.485m in 2019-20 (£1.035m over 24 months). In addition, funding has already been agreed for Fit4Life (£0.045m – 2018-19) and Strictly No Falling (£0.182m – 2018-21). The financial cost of the backdated extension to service provision between 1 April and 31 August 2018 is £0.154m.

Locality Health & Wellbeing Partnerships may also invest in physical activity, provided this investment does not duplicate existing DCC public health programmes.

The finance for these services is provided from within the Public Health budget. To ensure that the public health budget is balanced a number of budget saving measures have been taken in developing this funding proposal. We have also developed a more systematic and evidence-informed approach to investment, aligned with other Council and partner investment in physical activity.

4. 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.

5. 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.

6. Background papers:

Report to the Cabinet Member, Health and Communities 8 March 2018 - Workplace Shift - Physical Activity Pilots with staff from Chesterfield Royal Hospital (CRH) and Derbyshire County Council (DCC) Adult Care.

Report to Cabinet of the 1 February 2018 – Award of Grant Funding to Active Partners Trust for the Provision of Active Derbyshire.

Report to Cabinet of the 14 September 2017 – Re-Procurement of the Community Based Falls Prevention Service (Strictly No Falling).

Report to Cabinet of the 26 July 2016 – Physical Activity Procurement.

7. Key Decision:

No

8. Call-in:

Is it required that call-in be waived for any decision on this report? - No

9. Officer's Recommendations:

That Cabinet approves the award of grant funding of £1.035m over a 24 month period to the District and Borough Councils and the Community Sports Trust in order for them to support the Public Health priority of increasing physical activity levels across Derbyshire.

That Cabinet approve a backdated extension of the existing grant agreement with District and Borough Councils to deliver Physical Activity Services (Health Referral and Walking for Health) from 1 April to 31 August 2018, with a value of £0.154m.

Dean Wallace

Director of Public Health