

**DERBYSHIRE COUNTY COUNCIL**

**CABINET**

**26 July 2016**

**Report of the Director of Public Health**

**REVIEW OF PHYSICAL ACTIVITY PROGRAMMES  
(Health and Communities)**

**1. Purpose of the report:**

To inform Cabinet of the review of public health-commissioned physical activity services across Derbyshire to enable re-commissioning from April 2018.

To seek Cabinet approval for an extension of existing contracts for physical activity services as detailed in Appendix 1, to ensure alignment with the proposed new contract start dates.

**2. Information and analysis:**

Daily physical activity is very important for maintaining health and wellbeing. Physical activity reduces the risk of cardiovascular disease, cancer (bowel and breast), type 2 diabetes, falls and mental health. It benefits people across the life-course, ranging from ensuring children maintain a healthy weight to reducing conditions such as hip fractures in older people.

The Chief Medical Officer (CMO) currently recommends that adults undertake 150 minutes (2.5 hours) of moderate activity per week, in bouts of 10 minutes or more.

Derbyshire, like the rest of the nation, has an inactivity problem. Nearly 30% of our adult population were classed as inactive in 2014 and only 56.1% of the adult population were meeting CMO recommended levels of physical activity to benefit their health. In comparison in the East Midlands in 2014, 57.6% of adults were defined as physically active, and the England-wide rate was 57.0%.

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 deprivation and females are less likely to be active than males. Physical activity also declines significantly with age.

Public Health commission a range of services to encourage Derbyshire residents of all ages to become more physically active as detailed in Appendix 1. Existing contracts are due to expire on different dates due to when they were procured and in the case of the 5/60 programme, alignment with the school year.

### **3. Legal considerations:**

The re-commissioning of these services will be carried out in accordance with the Council's Financial Regulations and the Public Procurement Regulations 2015.

Existing physical activity services are commissioned via Service Level Agreements (SLAs) with the providers detailed in Appendix 1, with the exception of Strictly No Falls.

In order to align the contractual timescales with the Council's quarterly finance and performance reporting frameworks, it is proposed that existing SLAs be extended as detailed in Appendix 1. This would allow new contracts to commence on the 01 April 2018. The 5/60 programme that is delivered in primary schools would continue to align with the school year.

If a decision is made to re-commission Strictly No Falls, the initial contract length would be for 2 years, 11 months to enable alignment with the Council's financial year and with quarterly finance and performance reporting.

Contracts would include the option to extend by two 12 month periods.

### **4. Financial considerations:**

The total value of the current core investment in physical activity is £1,032,495.

Derbyshire's public health grant allocation has been reduced by 2.24% in 2016/17 and a further 2.47% 2017/18. In order to ensure financial balance within the public health budget further efficiencies will be sought as public health re-commission services.

Re-commissioning physical activity services provides the opportunity to develop a more systematic, evidence-based approach, aligned with

other Council and partner investment in physical activity, for implementation in 2018/19. This will secure a 10% efficiency saving in public health investment in physical activity interventions from April 2018, in line with prioritisation of the Public Health grant investment approved by Cabinet in March 2016.

Provision has already been made in the public health budget for 2016/17 and 2017/18 for existing physical activity services that are recommended for contract extensions as detailed in Appendix 1.

**5. Social Value considerations:**

The provision of physical activity services creates significant social value by improving the health and wellbeing of local people, especially in areas of deprivation. By encouraging people to become more active, demand for health and social care services is reduced and we can improve social capital by creating opportunities to actively encourage volunteering.

**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:**

Report to Cabinet of the 15 March 2016 - Prioritisation of Public Health Grant Investment.

**8. Key Decision:**

No

**9. Call-in:**

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

**10. Officer's Recommendation:**

That Cabinet notes the planned review of Public Health-commissioned physical activity services across Derbyshire, which will inform a further report detailing the proposed services to be commissioned from April 2018.

That the length of any future contracts be for a maximum initial period of 3 years, with an option to extend them by two 12 month periods.

That existing Service Level Agreements for physical activity services be extended as detailed in Appendix 1.

**Maureen Whittaker**  
**Interim Director of Public Health**

### **Appendix 1 - Overview of Core Physical Activity Services Commissioned by Public Health**

<b>Service</b>	<b>Description</b>	<b>Principal Provider</b>	<b>Contract End Date</b>	<b>Annual Value</b>	<b>Comments</b>
5/60	12 week programme for Year 3-5 pupils on physical activity and nutrition	Districts and Borough Councils	31 July 2017	£120,495	Extend contract until July 2018
Village Games	County wide programme targeting areas of deprivation to engage with local communities to develop and implement programmes to increase physical activity	Community Sports Trust	31 Mar 2016	£80,000	Extend contract until 31 March 2018.
Inactivity Fund	Community focused physical activity 'offer' in areas with the highest prevalence of inactivity and health inequalities that is intended to encourage new approaches to getting sedentary adults active	Districts and Borough Councils	30 Nov 2017	£260,000	Extend contract until 31 March 2018
Health Referral Scheme	12 week programme for adults with defined health conditions such as cardiovascular disease, mental health etc. to encourage them to increase their physical activity	Districts and Borough Councils	30 Nov 2017	£300,000	Extend contract until 31 March 2018
Walking for Health	Walking for health is delivered across the County that encourages people to walk more within a supportive group	Districts and Borough Councils	30 Nov 2017	£70,000	Extend contract until 31 March 2018
Strictly No Falls	Physical activity programme aimed at older people to provide strength and balance training to reduce the risk of falls	Age UK	30 April 2018	£182,000	Will align any future contracts with the Council's financial year.
Information and Marketing	Provision of information and marketing to encourage more people to become physically active	Derbyshire Sport	30 Nov 2017	£20,000	Extend contract until 31 March 2018