



Y PWYLLGOR ANSAWDD, DIOGELWCH A PHROFIAD QUALITY, SAFETY AND EXPERIENCE COMMITTEE

DYDDIAD Y CYFARFOD: DATE OF MEETING:	11 April 2023
TEITL YR ADRODDIAD: TITLE OF REPORT:	Healthy Weight Healthy Wales Update
CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:	Dr Jo McCarthy, Deputy Director of Public Health
SWYDDOG ADRODD: REPORTING OFFICER(S):	Beth Cossins, Principal Public Health Practitioner (Regional System Working) Claire Jones, Clinical Pathway Service Lead - Weight Management

Pwrpas yr Adroddiad (dewiswch fel yn addas)

Purpose of the Report (select as appropriate)

Er Sicrwydd/For Assurance

ADRODDIAD SCAA SBAR REPORT

Sefyllfa / Situation

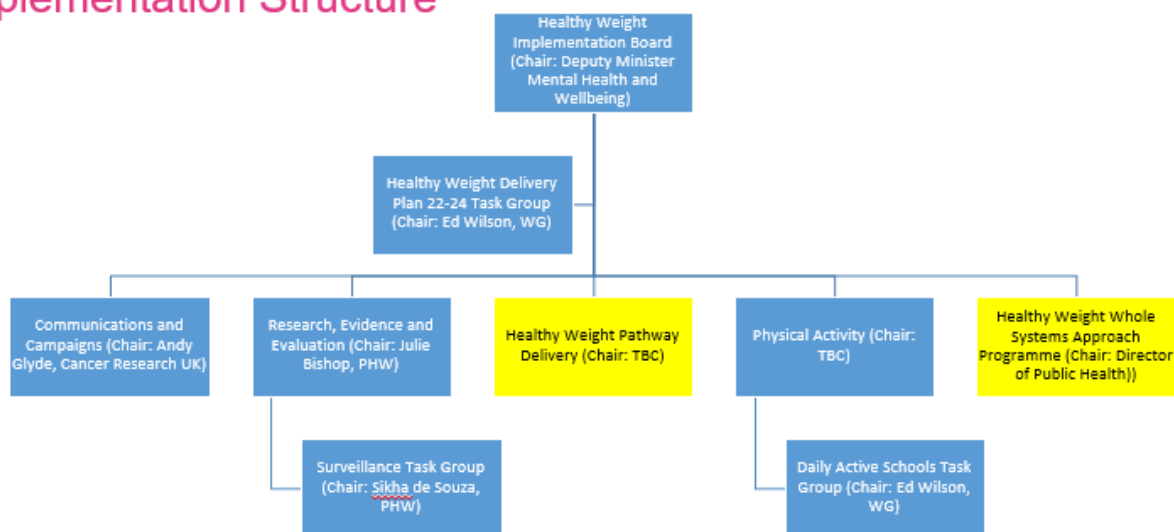
This report provides an update on progress in implementing the Healthy Weight Healthy Wales (HWW) Strategy - the 10-year plan to reduce and prevent obesity in Wales, across Hywel Dda University Health Board.

There are two strands of implementation for which the Health Board receives funding. These are highlighted in yellow on the all-Wales implementation structure in figure 1 below. Firstly, implementation of the revised All Wales Weight Management Pathways (AWWMP), one for adults and the other for children, young people and families. Secondly, the Whole Systems Approach (WSA) to a healthy weight, aimed at addressing the wider structural and societal causes of healthy weight in the population.

Specifically, this report reflects on achievements against delivery plans submitted to Welsh Government and Public Health Wales for the 2022-23 financial year – all of which build upon work undertaken prior to and since the launch of the strategy in 2019

Figure 1

Healthy Weight Healthy Wales Implementation Structure

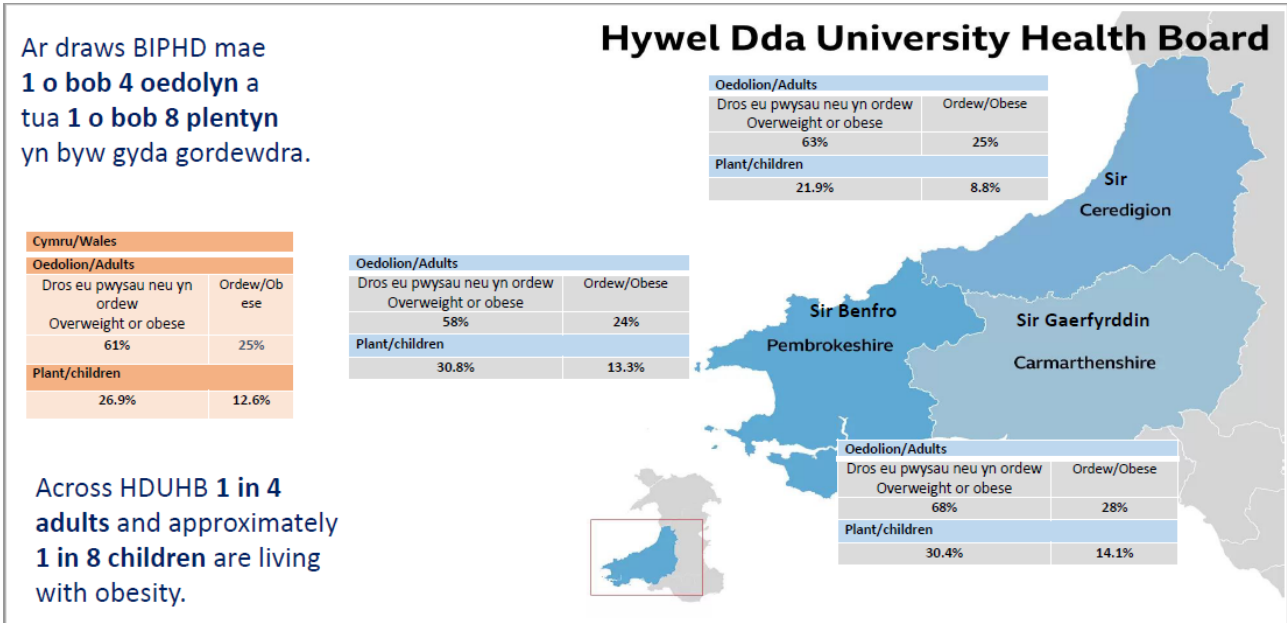


Cefndir / Background

As one of the leading causes of early death and of years lived with disability in the population, unhealthy weight is a public health priority. It contributes to the risk of long term health conditions such as diabetes, heart disease and some cancers and to psychological problems such as low self-esteem, poor self-image and low confidence which can equally impair a person's well-being and quality of life.

The prevalence of overweight and obesity in adults and children across Hywel Dda University Health Board (HDdUHB) compared to the Wales average is illustrated in Figure 2. Amongst all age groups, prevalence is higher in more deprived areas and the gap between the most and the least deprived areas is widening. Projections indicate that prevalence will continue to increase and by 2030 approximately 1.63 million people across Wales will be living with overweight and obesity. This poses a significant challenge to individual health and wellbeing and exerts additional pressure on NHS and Social Care services and to the wider Welsh economy.

Figure 2 – Prevalence of overweight and obesity HDdUHB and Wales



Data sources: National survey for Wales 2021-22 and The Child Measurement Programme for Wales 2018-19

As the Foresight map in Figure 3 below illustrates, there are multiple causes of unhealthy weight, all of which interact across the system, making it a difficult and complex issue to address.

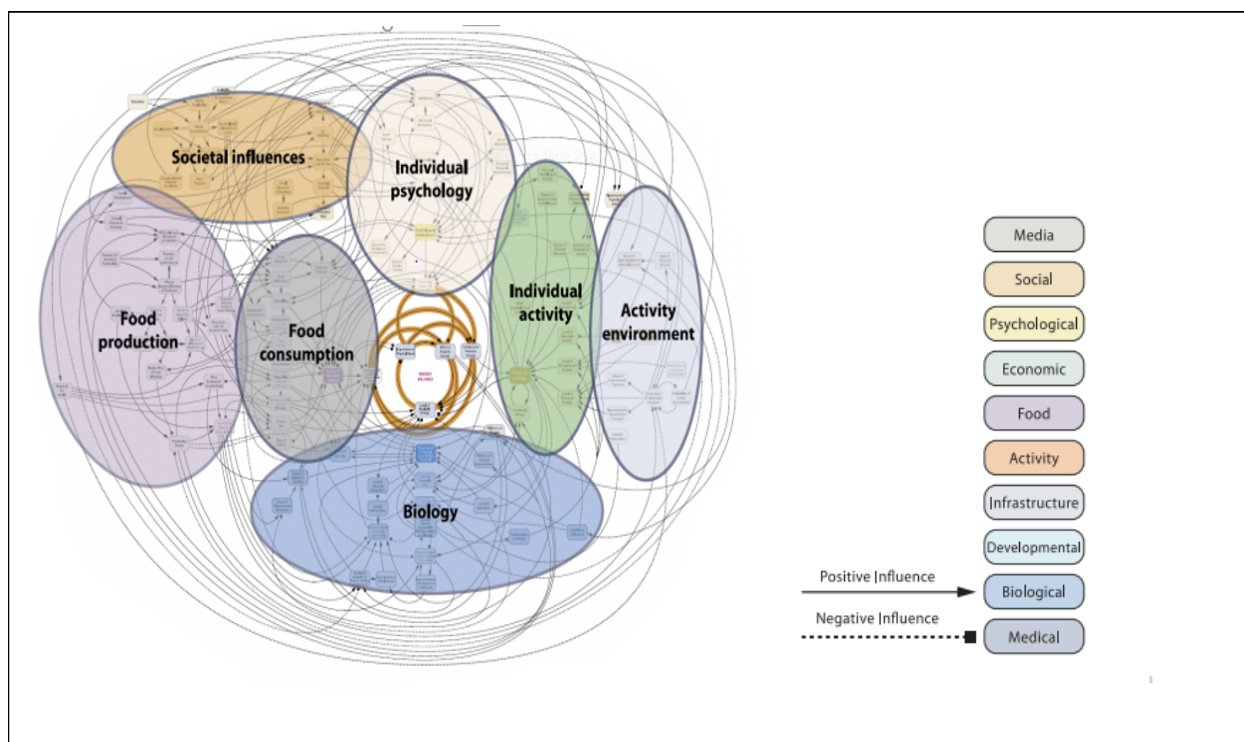
Figure 3 – The Foresight Obesity System Map (2008)

The Healthy Weight Healthy Wales Strategy

The national Healthy Weight, Healthy Wales strategy, launched in 2019, recognises the complexity above and is designed to begin to reverse the year-on-year rise in adult and childhood overweight and obesity. The four themes in the strategy form the foundations for change, implemented through a series of 5 delivery plans in 2 year cycles and £13 million investment by Welsh Government over its 10-year lifespan.



Progress against the first Delivery Plan (2020-22) was severely impacted by the Covid-19 pandemic as services, funding and capacity were shifted to meet urgent needs elsewhere and many commitments were paused. As the pandemic progressed it became evident that overweight or obese patients were at risk of more severe illness and worse outcomes from Covid-19. The effect of lockdowns on food and physical activity choices also magnified the pre-Covid-19 challenge of addressing the causes of being overweight and the impact on population health



and as such, the delivery plan was revised. The 2022-24 delivery plan had a renewed focus on the following seven priority areas:

- Shape the food and drink environment towards sustainable and healthier options.

- Enable active environments and spaces to encourage more movement in daily life.
- Promote and support families to provide the best start in life, from pre-pregnancy to early years.
- Enable our education settings to be places where physical and mental health remains a priority.
- Remove barriers to reduce diet and health inequalities across the population.
- Build on the development of equitable support services for people to become or maintain a healthy weight.
- Enhance the development of the system of prevention which enables leadership at every level

The three latter priorities are largely delivered at University Health Board (UHB) level across Wales and are the focus of the remainder of this report.

All Wales Weight Management Pathway

The development of weight management services in Wales is guided by two pathway documents, one for adults and another for children, young people and families. Published in 2021, they replace the previous Welsh Government All-Wales Obesity Pathway (2010).

They set out the core components, standards and guidance to support the planning, commissioning and delivery of weight management services for the population of Wales. There is an expectation that all Health Boards have detailed plans in place to meet service requirements and standards across both pathways at all levels, starting from early intervention at Level 1 to specialist, multi-disciplinary support at Level 4.

Whole-systems approach (WSA)

Following a review of the evidence to underpin the national strategy, there was a recognition that to achieve successful implementation, with sufficient population impact and reach, additional specialist public health capacity would be needed at national and local level. An investment proposal was submitted to Welsh Government, by Public Health Wales to secure funding for capacity for whole system leadership. This resulted in recurrent funds being secured for additional public health specialist roles to form a WSA implementation team in each Health Board. Supporting the Director of Public Health and through them Local Authorities, Regional Partnership Boards (RPB) and Public Services Boards (PSB) in taking a Whole System Approach to healthy weight. The aim of this work is to enable local stakeholders to come together to agree actions and work together in an integrated way to bring about sustainable, long-term system change, focussed on creating the conditions which promote healthy weight in the context of improved health and wellbeing.

Governance and accountability

Nationally, the HWWH Implementation Board is chaired by the Deputy Minister for Mental Health and Wellbeing to ensure accountability within and across the system. The Board is supported by five task groups which between them support the delivery of the seven priority areas.

Locally, the AWWMP reports to the Quality, Safety and Experience Committee (QSEAC) in HDUHB and nationally, through the submission of detailed annual Forward Plans which are the

subject of an all-Wales peer review process, coupled with regular performance reporting to Welsh Government.

Accountability for the regional WSA work which encompasses 5 PSBs, two UHBs and 2 RPB's is via the respective Directors of Public Health and in HDdUHB through QUSEAC. Nationally, there is a requirement for the submission of annual delivery plans to Public Health Wales, coupled with regular performance reporting.

Local governance arrangements are subject to change in line with the review of HDdUHB Planning Objectives.

Asesiad / Assessment

All Wales Weight Management Pathway (AWWMP)

Following a pause due to Covid-19, work to implement the HWHW strategy re-commenced in 2021. This included confirmation of a £374,000 per annum allocation to HDdUHB for implementation of the revised pathways and standards. A plan, aimed at addressing gaps identified as part of a baseline assessment against the revised standards was submitted for all Wales peer review and subsequently, to Welsh Government in July 2021.

The gaps identified were:

ADULTS

- Level 3 Weight Management Service – recruitment needed to key roles/posts to meet minimum service standards, including a pathway lead post, psychology, dietetics, occupational therapy, physiotherapy and sessional medical input.
- Level 2 Weight Management Services – increase the range and reach of services for adults, to include the potential of a commercial weight management offer.
- Develop capacity for weight management support within maternity services

CHILDREN

- Address the lack of weight management provision for Children, Young People and Families (CYPF).

The plan submitted therefore sought to address those gaps but in 2021-22, in line with direction received from Welsh Government, recruitment to posts to meet minimum standards for the Level 3 Multi-disciplinary Team (MDT) was prioritised. The appointment to a Clinical Pathway lead post was vital, in order to provide leadership and co-ordination for the implementation of the pathway and for planning and development of services at Level 2, for maternity and for CYPF.

Covid-19 caused significant delays in recruitment, but the Clinical Lead took up post in January 2022 and subsequently, Psychology, Dietetic, Physiotherapy, Occupational Therapy and Clinician capacity in the Level 3 Multi-disciplinary Team (MDT) has been increased to meet the required standards. The service model has moved to the 'Attend Anywhere' virtual appointment platform. A single point of contact has been developed with improved assessment in order that people can be directed quickly and appropriately to Level 2 or Level 3 service provision, dependent on need. Additional self-referral routes have been offered via the HDdUHB internet site and awareness of this is being raised with the public and professionals. A total of 580 'self-referrals' have been received into the AWWMS since self-referral was introduced. The streamlining of the assessment process and seamless transition between Level 2 and Level 3 services have been commended by Welsh Government and have been recognised as an

innovative service improvement through acceptance on to Cohort 8 of the Bevan Exemplar programme.

The focus of the second Forward Plan in 2022-23 was on developing costed models of service provision for adults at Level 2 and within maternity and at Level 2 and Level 3 for children, young people and families.

Progress to date

Multi-disciplinary task and finish groups were convened by the Pathway Lead to do the work needed across disciplines and organisations to model capacity and demand and to plan and cost the preferred service models. For adults, this work has been aligned closely with the All Wales Diabetes Prevention Programme to ensure seamless transition between appropriate services, regardless of funding stream. More recent alignment with the Strategic Programme for Primary Care should facilitate increased capacity and reach at Level 2 of the pathway through an additional primary care and a commercial weight management service offer.

Funding received via the Early Years and Prevention Fund, predominantly to support smoking cessation during pregnancy has been utilised to recruit three Band 3 Healthcare Support Workers (HCSWs) to provide 'healthy pregnancy' support to women. This service will include the delivery of the 'Foodwise in Pregnancy' group programme and one-to-one support. The outcomes in relation to healthy weight in pregnancy will be monitored over the coming months and will inform the development of a business case to support a sustainable and long-term model of weight management services during pregnancy.

Current funding received from Welsh Government is only meeting the investment needed in the Level 3 adult service. In order to address remaining gaps in pathway provision a business case for the development of a weight management service for children, young people and families has been developed and will be submitted.

Whole Systems Approach to a Healthy Weight (WSA)

Swansea Bay and Hywel Dda University Health Boards (UHB's) are taking a regional Whole System Approach (WSA) to healthy weight, aligned to the nationally agreed nine step approach (Figure 4) outlined by Public Health Wales (PHW). Funding of £111,000 per annum is allocated to each UHB to fund posts and activity in line with the WSA grant terms and conditions and detailed within the Memorandum of Understanding which has been signed between the two Health Boards.

Figure 4 – A Whole System Approach to Healthy Weight in Wales – 9 step approach



A regional Principal Public Health Practitioner (Systems Working) has been appointed and commenced in post on the 1 March with Swansea Bay Public Health Team. Recruitment to the remainder of the regional team - 1.4 WTE Senior Practitioner (Band 7) split across both UHBs and 1.0 WTE Project Support Officer (Band 4) will commence following job matching and/or consistency panel processes in both UHBs.

Underspend, due to delays in recruitment, enabled Leeds Beckett University to be commissioned to support the mapping of the healthy weight system (Step 2) across each of the five PSB areas in the region during January and February. The three workshops across Hywel Dda were attended by 33 people representing Health, Local Authorities, Universities, the Third sector, Natural Resources Wales the Mid and West Wales Fire and Rescue Service, the West Wales Corporate Joint Committee. Outputs are currently being analysed and will be shared with PSB's and UHBs in April.

A regional WSA delivery plan for 2023-24, outlining the key deliverables and timescales for action together with an expenditure plan was submitted to Public Health Wales in March 2023.

Argymhelliad / Recommendation

The Quality, Safety and Experience Committee is asked to note for information and take assurance from:

- Take assurance from progress made to date to implement the AWWMP and WSA elements of the HWWH strategy
- Note remaining gaps in AWWMP implementation, which are the subject of business cases yet to be submitted and prepared in response to feedback from Welsh Government following submission of the 2020-21 Forward Plan which noted:
The Health Board should consider how the progress of the pathway development can continue, whilst noting concerns around a lack of funding. Health Boards should be seeking to address funding concerns through core budgets as services progress, in tandem with the Welsh Government funding available.
- Note changes to governance arrangements in view of the recent review of HDdUHB Planning Objectives.

Amcanion: (rhaid cwblhau) Objectives: (must be completed)	
Committee ToR Reference: Cyfeirnod Cylch Gorchwyl y Pwyllgor:	2.5 To receive an assurance on delivery against relevant Planning Objectives aligned to the Committee in accordance with Board approved timescales, as set out in HDdUHB's Annual Plan.
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	
Safon(au) Gofal ac Iechyd: Health and Care Standard(s):	1. Staying Healthy 1.1 Health Promotion, Protection and Improvement
Amcanion Strategol y BIP: UHB Strategic Objectives:	4. The best health and wellbeing for our individuals, families and communities 3. Striving to deliver and develop excellent services
Amcanion Cynllunio Planning Objectives	4G Healthy Weight: Healthy Wales
Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2018-2019	4. Improve Population Health through prevention and early intervention, supporting people to live happy and healthy lives

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	Foresight report NICE guidance National Wales– the Case for Tackling Obesity in Wales Healthy Weight Healthy Wales Strategy All Wales Weight Management Pathway – adults All Wales Weight Management Pathway – Children and Young People WSA implementation – 9 step approach
Rhestr Termiau: Glossary of Terms:	

Partïon / Pwyllgorau â ymgynhorwyd ymlaen llaw y Pwyllgor Ansawdd, Diogelwch a Phrofïod: Parties / Committees consulted prior to Quality, Safety and Experience Committee:	
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Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	Business case for the provision of weight management service for Children, Young People and Families in preparation. This will require additional funding if approved.
Ansawdd / Gofal Claf: Quality / Patient Care:	Lack of service provision for CYPF and maternity
Gweithlu: Workforce:	Not Applicable
Risg: Risk:	Failure to meet minimum service requirements in AWWMP. Waiting times breeches Increasing prevalence of overweight and obesity in the HDUHB population
Cyfreithiol: Legal:	
Enw Da: Reputational:	Lack of service provision for CYPF
Gyfrinachedd: Privacy:	Not Applicable
Cydraddoldeb: Equality:	Not Applicable