

Minutes	Title of Meeting:	Obesity Strategy Group
	Time:	9.30 a.m.
	Date:	Wednesday, 23rd October 2013
	Venue:	Rotherham Institute for Obesity, Clifton Lane Medical Centre
	Reference:	JS/JP
	Chairman:	Councillor Ken Wyatt

Present: Councillor Ken Wyatt, Hayley Mills, Joanna Saunders, Jill Ward, Jackie Lothian, Lynn Senior, Sarah Groom, Kay Denton-Tarn & Janet Payne (minutes)

Apologies: Councillor Judy Dalton, Matt Capehorn, Chris Siddall, Linda Jarrold, Adrian Hobson, Rich Cowley, Rebecca Atchinson and Cath Homer

Item	Description	Action
2013/57	Welcome/Introductions/Apologies KW welcomed everyone to the meeting. Apologies were noted.	
2013/58	Minutes of the meeting held on 31st July 2013 and matters arising The minutes were agreed as a correct record. The following matters were discussed: <u>National Obesity Week (13th-19th January 2014)</u> - KW asked if the 'flash mob' idea was going ahead as he thought it would have been a good idea. However it was recognised that it would need a lot of preparation and organisation. However, HM informed the group that DC Leisure have purchased a smoothie bike and it was agreed that a programme for the bike and press release would be organised. Venues suggested included The Town Hall, Riverside House, RFT Foyer, CCG (Oak House) and Leisure Centres across the Borough. HM and JS to agree programme and notify the group. Discussion took place around how this worked and the source of the fruit. JS to speak to Ron Parry. KW suggested there would be photo opportunities both at the Town Hall and the Maltby area was suggested too and that a link might be made with the BHF Heart Town initiative. <u>Heath & Wellbeing Board event for SY (19th September)</u> – KW commented that the event had been useful and well attended. There had been a useful dialogue with NHS England.	HM/JS
2013/59	Update on re-commissioning of the Healthy Weight Framework services JS updated the group on the regional and national discussions	

	<p>regarding the commissioning of T3 services. MC had attended the national meeting and provided an update on the discussions. There continued to be different views and he and others represented the local view that Tiers 1-3 should continue to be commissioned by Local Authorities.</p> <p>JS stated that NICE guidance on managing overweight and obesity in adults – lifestyle weight management services (T2 in the Rotherham model) was out to consultation – a link to the document had been provided with the agenda. All members are invited to submit their feedback to JS by the end of November for collation into a Rotherham response.</p> <p>To date no service benchmarking has been produced therefore there was nothing to benchmark Rotherham’s performance against. However, there continues to be considerable interest in our progress and we are regularly asked to share our experience and results. JS had been invited to speak at 2 national events since the previous meeting.</p> <p>Discussion took place around the setting of targets for the future contracting period - these will be reduced from the initial targets set by NHS Rotherham, which were recognised to be extremely ambitious and difficult to achieve. low to be attainable as we need to be realistic.</p>	AII/JS
2013/60	<p><i>Health and Wellbeing Strategy update</i></p> <p>KW updated the group on the review of performance across all areas of the strategy which had taken place at the October meeting, commenting that it was still difficult to get a grip on the progress of the strategy because of all the different work that is going on and the challenge of measuring activity which may not show its impact in the short term. There had been discussion of the “So What” question and it was agreed that there needed to be quick wins as well as long term achievements.</p>	
2013/61	<p><i>Physical Activity Update, including referral pathway work</i></p> <p>JS informed the group that a bid to Sport England for £250k including some match from Public Health had been successful – the work would focus in 3 deprived neighbourhoods (Canklow, East Herringthorpe and Dalton/Thrybergh). JS to circulate a summary of the programme. In addition, schools are commissioning support for capacity building for sport and physical activity – this had been ongoing since the Summer/start of the Autumn term.</p>	JS
2013/62	<p><i>Updates from service providers</i></p> <p>Sarah Groom and Jill Ward reported that Reshape have 44 groups running presently and the attrition rate has reduced and completion rate increased. Success (clients achieving at least 3% body weight) has increased to 44%. She noted that 88% lose some weight and that 96% had reduced their waist measurement. There will be marketing and promotion work done around Halloween and Christmas. She stated that they had been mentioned in the RFT Proud Awards recently.</p>	

	<p>A Diabetes Day was to be held on Saturday 16th November at the Carlton Park Hotel and all service providers were engaged. JS to circulate information to all members.</p> <p>Lynn Senior updated the group on the performance of Rotherham Institute for Obesity. She had recently collated the 2012 data (RIO monitor their activity by calendar year internally) – there had been 1,386 adult referrals to the service in 2012, with 515 completing the programme. Of these 425 lost weight. The data is not yet complete. LS commented that increasing numbers of clients were using very low calorie diets to lose weight.</p> <p>Jackie Lothian reported on how well the MoreLife Residential Camp had gone this year – 20 children had attended and some individuals had achieved considerable weight loss. The residential campers have all been offered support in the MoreLife Clubs back in Rotherham. A detailed report has been sent to JS. She commented that the process of selection and referral through to camp had been much smoother and resulted in more children settling very quickly. There were some excellent case studies within the report and JS agreed to share these with the group.</p> <p>Discussion took place on how well the camp had gone and that although two children had been replaced, the replacement boys were a little older and had been to camp before so knew what it was about and settled quickly. They had shown particular motivation to want to improved their health. There had even been TV coverage which included local children.</p> <p>Hayley Mills provided the update for MoreLife Clubs, indicating that the recruitment to the current cohort had increased from 59 in the previous cohort to 79 and they were now focussing on keeping everyone motivated towards the Christmas period.</p> <p>Fit4Health was progressing well with 91 referrals so far and it is hoped to be launched in the Wath area in the new year. Discounted offers were a benefit to all participants in the weight management services.</p>	<p>JS</p> <p>JS</p>
<p>2013/60</p>	<p><i>Update on Health Trainer Service</i></p> <p>Unfortunately Phill Spencer could not attend today, so this item will be deferred to the next Agenda.</p>	
<p>2013/61</p>	<p><i>Draft NICE guidance on Lifestyle on weight management for overweight and obese adults</i></p> <p>Already discussed above.</p>	
<p>2013/62</p>	<p><i>Any Other Business</i></p> <p>There was none</p>	
<p>2013/63</p>	<p><i>Dates of future meetings</i></p> <p>The next meeting will be at RIO on Wednesday, 5th February 2014 at 9.30 am.</p>	

	<p>Further meeting dates were agreed as follows:</p> <p>Wednesday, 7th May 2014 Wednesday, 30th July 2014 Wednesday, 22nd October 2014</p> <p>All to be held at RIO from 9.30-11.00 am</p>	
--	---	--

Joanna Saunders
24th October 2013