

## MK Deal Priority 2 – Tackling Obesity

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**Date:** 20 September 2023

### **Purpose of Report:**

To provide a progress update since the last reported period (June 2023) for the Partnership

### **1. Recommendations**

- 1.1 That the update on achievements to date is noted.
- 1.2 That planned activities to further progress the above priority is noted.

### **2. Overall Objective**

- 2.1 Tackling Obesity is focused on helping people lose weight and maintain a healthy weight through easily accessible weight management programmes, use of technology, pharmacological therapies, and education/prevention work.
- 2.2 This priority went live on 1 December 2022 and is overseen by the Obesity Steering Group who provide strategic direction and assurance to the JLT. The Obesity Steering Group is chaired by Vicky Head.
- 2.3 The Tackling Obesity Priority has three key themes:
  - Theme 1 focuses on increasing referrals, access to and engagement with weight management services.
  - Theme 2 focuses on innovation and upscaling.
  - Theme 3 focuses on shaping the environment.

### **3. Theme 1: Increasing referrals, access to and engagement with weight management services**

- 3.1. This workstream is organised into five key Task and Finish Groups (TAF), focused on:
  1. Simplifying the referral process into weight management services for healthcare professionals and residents.
  2. Developing an education and training offer for clinical and non-clinical frontline professionals.

3. Population Health Management, maximising our use of data and using it to target priority groups.
4. Reviewing and scoping of Tier 2 plus/Tier 3 service for children, young people, and families.
5. Reviewing the Tier 3 weight management service provision for MK residents 18 years old and above and scoping the potential for a more local offer.

Membership of the task and finish groups include subject matter experts from Public Health, primary, community and secondary care. This membership will be expanded to include representation from VCSEs and the resident voice for specific TAF groups.

### **3.2 Key Activities Achieved**

3.2.1 The **referral processes** from GP SystmOne and from the CNWL Mental Health modules have been simplified to allow referring into the weight management provider (MoreLife) a quicker process.

3.2.2 Designed a **training session** for primary care, focused on having conversations about excess weight and raising awareness of the local and national weight management services available across MK. This was co-produced with Primary Care GP registrars.

3.2.3 A successful **Obesity Training Event** was delivered on 20th July at a MK Primary Care Protected Learning Time session. Approximately 95 people attended, including GPs and other clinical staff from GP practices in MK. The event included speakers from Public Health (presenting the training session mentioned above) and LEAP, a paediatric dietician and consultant physician in Endocrinology, Diabetes and Metabolic Disease from Milton Keynes University Hospital.

3.2.4 Developed an **obesity dataset**, synthesising information about the prevalence of obesity within each GP practice, number of referrals to weight management services, number of people with a learning disability who have a BMI recorded and the National Childhood Measurement Programme (NCMP) data by ward. This database will be used to target interventions with practices and to evaluate the Theme 1 workstream.

### **3.3 Key Activities Planned: Sept 2023-March 2024**

3.1. A 12-week programme for people with a Learning Disability and their carers, which is due to launch in September and two further programmes will be available in January.

3.2 Design and roll out a more targeted training package for specific GP practices (14 across MK).

3.3 Design a training package on having healthy weight/excess weight conversations with patients (using making every contact count principles), and raising awareness of the weight management services available across MK for wider clinical and non-clinical professionals (e.g., community pharmacy, CNWL, secondary care, carers, housing officers).

3.4 Review BMI data from the Severe Mental Illness register and work with CNWL and individual GP practices to increase the onward referrals to weight management services for this cohort.

3.5 Continue wider work with the Local Authority Public Health team to review the referral pathways for weight management services as part of the discussions around an integrated behaviour change service.

3.4 Develop a scoping paper for a Tier 2 plus/Tier 3 service for Children and Young People across MK and, as a separate paper, for a more local Tier 3 adults' service. To be presented to Joint Leadership Team (JLT) in November 2023.

## 4. Theme 2: Innovation and Upscaling

4.1 Focuses on digital incentive scheme (digital wearables) to optimise movement in T2 diabetes. This is a collaborative research project between MK Council, MKUH, primary care and Loughborough University.

The research project will focus on a targeted cohort of participants (1,800) who will be provided with wearable technology (apple watch) and a physical activity plan and incentives for adherence to goals. These will be introduced through primary care annual reviews and followed up at 12 and 24 months with half of the participants received the full package at the start of the trial and half after 12 months. A robust evaluation conducted by Loughborough University will be undertaken to evaluate the impact on clinical outcomes and quality of life.

### 4.2 Key Activities Achieved

4.2.1 Procurement and **contract award completed** (this was led by Milton Keynes Council).

4.2.2 Outlined protocol for **randomised controlled trial developed** with evaluation partner (Loughborough University), colleagues in primary care and MKUH Diabetes service.

4.2.3 Local **patient engagement** (first round of PPI) completed.

4.3.3 Adoption **application submitted** to NHS ethics/National Institute for Health and Care Research.

4.3.4 Primary Care (GP) **engagement events** undertaken.

4.3.4 Application **approval received** from NHS ethics.

4.3.5 Healthcare practitioner **training commenced**.

### 4.3 Key Activities Planned (Sept 2023-April 2026)

4.3.1 Trail to commence & 1<sup>st</sup> patient recruitment (one practice initially – Whaddon Medical Centre).

4.3.2 Review trial with a view to expansion.

4.3.3 Last patient recruitment (trial to run for 2 years).

4.3.4 12 months of data collection completed (April 2025).

4.3.5 Report produced on first 12 months.

4.3.6 Trail completed (April 2026).

4.3.7 Report on trial 24 months data produced.

## 5. Theme 3: Shaping the Environment

Focuses on changing cultural, social, economic, and environmental factors that shape eating and physical activity habits and for MK partner organisations to agree what actions can be taken to change the underlying factors for obesity. This could include:

- Incentivising walking, cycling and public transport, either financially or through design. For the Council this could include transport planning or increases to car parking costs. For us all, as employers, it could include rewards or benefits for staff or patients/residents travelling to our sites (or while doing their work) by active modes.
- Reviewing food procurement, including on-site food and drink offers for staff and patients/residents such as cafes, restaurants, and vending machines, to include a focus on healthy food.
- Reviewing commercial agreements to sell food on our retail premises to specify requirements around the relative prominence/quantities of healthy and unhealthy foods. Both the NHS and the Council has estates that are used for retail.
- Developing sponsorship and partnership policies to restrict or limit the promotion of unhealthy food, particularly when targeted at children.

## **5.1 Key Activity Achieved**

5.1.1 **Discussion paper** outlining the above examples submitted to JLT.

## **5.2 Key Activity Planned**

5.2.1 Development of a 'call to action' proposal to JLT by December 2023 that would challenge partners to make specific commitments in a focused time scale.

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