

<b>Committee(s):</b> Health and Wellbeing Board	<b>Date(s):</b> 03.10.2019
<b>Subject:</b> Health and Wellbeing Board update report	<b>Public</b>
<b>Report of:</b> Director of Community and Children's Services	<b>For information</b>
<b>Report author:</b> Jordann Birch, Partnership and Engagement Assistant	

### Summary

This report is intended to give Health and Wellbeing Board Members an overview of local developments and policy issues related to the work of the Board where a full report is not necessary. Details of where Members can find further information or contact details for the relevant officer are set out within each section. Updates included are:

1. **Business Healthy Challenge 2019**
2. **RSE Guidance for Councillors**
3. **Better Care Fund Performance**
4. **Annual Director of Public Health Report**

### Recommendation(s)

Members are asked to:

- Note the report.

### Main Report

#### 1. Business Healthy Challenge 2019

May 2019 saw the third annual Business Healthy Challenge – a free, month-long physical activity challenge that took place during Living Streets' National Walking Month.

Hosted by the City Corporation's Business Healthy, sponsored by Nomura and supported by Public Health England (London) and national walking charity Living Streets, the Challenge is a community-level intervention that provides an opportunity for City workers to form teams with colleagues and compete against each other to win prizes. The aim of the Challenge is to encourage City workers to incorporate more physical activity and exercise into their daily routines, forming habits over the month that will stay with them in the long-term.

City workers and their teams earned points for physical activity completed over the course of the month, logging them on the Himotiv platform. All teams reaching 3,000 points or more by the end of May were entered into a prize draw to win rewards donated by local businesses. All types of physical activity –

whether high-, medium-, or low-intensity, could earn points and participants logged a wide range of activities, including chores, DIY and gardening, yoga and Pilates, weight training, sports, surfing, horse riding and more. Walking was by far the most popular activity (265 million steps were logged), while other forms of active travel –running and cycling – were the second and third, representing 14% and 10% of points respectively.

650 City workers took part across 180 teams, representing almost 60 City firms, including global banks, small charities and trade bodies. 44% of participating businesses were SMEs, who are often unable to provide company-wide fitness challenges for staff, given limited resources. Thanks to sponsorship, the Challenge was offered free of charge to organisations and their staff, benefiting individuals and their employers.

Almost half of participants (46%) were aged between 20 and 39 years old, with 16% aged between 40 and 59. Approximately the same number of men and women took part this year, whereas in previous years more women than men have participated. 18% of participants in 2019 had also taken part in 2018.

Business Healthy Challenge participants benefited from the many free activities on offer in the City over the course of the month, which helped them to boost their points. These included guided walks of the Square Mile hosted by the Active City Network, lunchtime run clubs, bootcamp classes and more. The Challenge also drew in other major health campaigns taking place during May, including Mental Health Awareness Week. Participants received weekly motivational emails throughout the Challenge, which included tips from Living Streets and signposting to local free activities to boost their activity.

A pre-Challenge survey showed that motivations for City workers to take part were diverse – some wanted to get fitter, while others saw it as an opportunity for team-building with colleagues, to try something new and to improve their confidence. Participants reported that they did most of their exercise in the gym, outdoors, or in local parks. Overwhelmingly, lack of time was cited as the main barrier to doing more exercise.

A post-Challenge feedback survey found that:

- 82% of respondents said they felt they had achieved their personal aims/ goals in taking part in the Challenge and 80% said taking part encouraged them to be more physically active, including through prompting them to make a conscious decision to do more exercise.
- 94% said that they were either “likely” or “very likely” to continue with the levels of activity they undertook during the Challenge, demonstrating the longer-term benefits and positive impact on habit-forming.
- 64% found taking part in the Challenge either somewhat or very beneficial:
  - *“made me aware of how much we sit all day”*
  - *“it was fun competing with colleagues”*
  - *“it encouraged me to walk at lunch time”*
  - *“greater bonding and socialising with colleagues at work”*

- One participant said that the Challenge gave her motivation to get back to her pre-pregnancy level of physical activity, while others reporting having lost weight and feeling fitter and more energised as a result of taking part.

Leads from City firms also found signing their firms up to the Challenge beneficial:

- *“I think it’s a great idea to get people motivated and moving”*, global insurance firm
- *“It was great to take part in the Business Healthy Challenge – it brought about a lot of competitiveness and comradery in our employees and had a positive effect on morale too”*, small regulatory reporting firm
- *“The Business Healthy Challenge was instrumental in increasing the level of exercise for everyone who participated, and provided us with a fun way to bring out our competitive sides and challenge each other to exercise more and more!”*, management consulting firm
- *“One thing is for sure, people who were not normally active started to count steps”*, public sector body

As in previous years, participants were surveyed three months after the end of the Challenge, in September 2019, to understand whether positive habits formed during the Challenge had been maintained. The follow-up survey revealed the following:

- 88% of respondents said that taking part in the Challenge encouraged them to be more physically active. This was often attributed to the Challenge making them more conscious of their physical activity (or lack of) and helping them to build physical activity into their everyday routines.
- Just over half (53%) said that they had maintained the same level of physical activity in the three months since the end of the Challenge. A further 30% said that they had maintained increased levels of activity, but not to the same extent as during the Challenge. Again, many of the responses cited incorporating more physical activity into their daily routines as the reason for this.
- When asked whether their Challenge teammates had maintained their physical activity levels since the end of the Challenge, 65% responded positively, and some said that they had continued to exercise and be physically active as a team.

In addition to supporting the City Corporation’s corporate objectives and statutory duties on Public Health, the Business Healthy Challenge supports a Quality Statement recently published by NICE on physical activity, which recommends that workplaces have a physical activity programme to encourage employees to move more and be more physically active<sup>1</sup>.

---

<sup>1</sup> <https://www.nice.org.uk/guidance/qs183/chapter/quality-statement-4-workplaces#quality-statement-4-workplaces>

# business healthy challenge

**get fit. earn prizes. feel good.**

**1st - 31st May 2019**

A free challenge for City workers.

Open to couch potatoes, marathon runners and anyone in-between. All fitness levels welcome.

Find out more and register:

[www.businesshealthy.org/bhc2019](http://www.businesshealthy.org/bhc2019)



Public Health  
England

Kindly sponsored by

**NOMURA**

For more information, please contact Xenia Koumi – Project Officer, Business Healthy, [xenia.koumi@cityoflondon.gov.uk](mailto:xenia.koumi@cityoflondon.gov.uk)

## 2. RSE Guidance for Councillors

Relationships and Sex Education (RSE) teaches children and young people (CYP) about growing up, relationships, sexual health and reproduction. The learning includes physical development in the body; how to manage emotions and; social influence on sexual behaviour, such as overcoming peer pressure.

The Children and Social Work Act 2017 mandates that Relationship Education is taught in all primary schools and that RSE is taught in all secondary schools in the UK. Section ten of the Children Act 2004 requires schools to work with local authorities to improve the wellbeing of CYP.

A collaboration between the RSE Hub, Sex Education Forum, Local Government Association and Public Health England concludes that Members and local authorities have a key role to play in commissioning consistently high quality RSE to improve public health outcomes for CYP.

What can members of the Health & Wellbeing Board do?

- a. Use your relationships with the Education Board, to positively and proactively communicate the health and wellbeing benefits of high-quality age appropriate RSE.
- b. Work with local commissioners and providers to better understand what helpful advice and guidance looks like and whether that matches the currently provided service.
- c. Ensure the Joint Strategic Needs Assessment is updated to include information about sexual health and related safeguarding issues such as Child Sexual Exploitation (CSE) and Female Genital Mutilation (FGM).

For more information you can read the latest guidance here:

[https://www.sexeducationforum.org.uk/sites/default/files/field/attachment/RSE\\_Hub%20briefing%20document\\_Final.pdf](https://www.sexeducationforum.org.uk/sites/default/files/field/attachment/RSE_Hub%20briefing%20document_Final.pdf)

For more information, please contact Jordann Birch – Partnership and Engagement Assistant, Public Health. [Jordann.birch@cityoflondon.gov.uk](mailto:Jordann.birch@cityoflondon.gov.uk)

## 3. Better Care Fund Performance

The Better Care Fund (BCF) is a national programme across the NHS and local government to encourage integrated health and social care services in local areas. It brings together ring-fenced budgets from Clinical Commissioning Group (CCG) allocations and funding paid directly to local government, including the Disabled Facilities Grant (DFG), the improved Better Care Fund (iBCF) and the Winter Pressures Grant.

Each year, detailed plans must be submitted to the Department of Health and Social Care setting out the schemes to be funded and how they will contribute to several nationally set objectives and metrics. This year, the requirements were published in June 2019 with a deadline for submission of 27 September 2019.

As usual, Health and Wellbeing Boards (HWBB) are required to sign off these plans but the October HWBB comes after the submission date for the plans.

As a result, the plans were signed off under urgency by the Chair of the HWBB ahead of submission.

In summary, the total funding for the City of London Better Care Fund is as follows:

Funding element	Amount
DFG	£32,689
Minimum CCG Contribution	£626,523
iBCF	£265,353
Winter Pressures Grant	£48,791
<b>Total</b>	<b>£973,356</b>

The proposed schemes that COL will commission from the fund remain the same as previous years as follows:

<b>CoL Schemes</b>
Care Navigator Service to support safe hospital discharge
City Homecare Intensive Response Service to support admissions avoidance and discharge to assess
Mental Health Reablement and Floating Support to assess and support individuals in supported living to move to more independent accommodation and lives
Support to unpaid carers through information, advice and practical support
Adaptations to homes to enable disabled people to maintain their independence
Additional Social Care Packages
Additional occupational therapy provision to support hospital discharge

There has been an uplift and some additional funding allocated to the BCF but at the time of writing some clarification is being sought about the criteria and requirements about how this additional funding has to be used.

For more information, please contact Lori Atim – Project Manager, Integrated Commissioning, [lori.atim@cityoflondon.gov.uk](mailto:lori.atim@cityoflondon.gov.uk)

#### **4. Annual Director of Public Health Report**

The annual Director of Public Health (DPH) report for 2018 – 19 has been published for the City of London Corporation and London Borough of Hackney. The document can be accessed on the Hackney public health site: <https://www3.hackney.gov.uk/health-and-wellbeing-board>

For more information, please contact Andy Liggins – Interim Consultant in Public Health, [andy.liggins@cityoflondon.gov.uk](mailto:andy.liggins@cityoflondon.gov.uk)