

Committee:	Date:
Health and Wellbeing Board	30 May 2014
Subject: Exercise on Referral Programme.	Public
Report of: Director of Community and Children's Services	For Information

Summary

The Exercise on Referral Programmes' core aim is to provide individuals referred by their GP and other health professionals, with an introduction to the benefits of exercise with the aim of including more physical activity in their lifestyle.

Participants with a variety of medical conditions, such as hypertension, diabetes, obesity, high cholesterol and depression, learn how to exercise safely and effectively, as well as how to achieve behavioural change. By re-educating and supervising participants we aim to empower them to continue exercising regularly and thus benefit from a more active lifestyle.

Since the pilot programme began the scheme has been offered to over 100 individuals. In year one of the full scheme, 73 participants were referred on to the exercise on referral programme, of these 62 attended an initial assessment (85%) and 24 completed the programme within the statutory 12 weeks. The remaining participants referred in April 2013 - March 2014 are due to complete the programme by the end of June 2014.

14 participants have been referred back to the doctor due to a variety of reasons; change in their medical circumstance; being too ill to take part at the present time; non-attendance. 1 participant has been referred back to the doctor as a result of being ineligible to participate on the programme. The total number of re-referrals has decreased since the pilot programme.

The scheme has been very well received by partners and has continued to grow and develop new partnerships. The focus for year one has been to raise awareness of the scheme with partners, increase referrals and create new partnerships. The programme is now actively receiving referrals from six different partners, with another three partners engaged and ready to refer.

Recommendation(s)

Members are asked to:

- Consider the proposals in the report for year two.
- Consider whether there are any further aspects that the Health and Wellbeing Board would want to be included in the programme.

Main Report

Background

1. Physical inactivity is an independent risk factor in the development of serious long terms conditions such as coronary heart disease (CHD), type 2 diabetes and strokes. National data suggests 61% of people in England are overweight with 25% of that being classed as obese. It shows that 66% of adults are not achieving the recommended minimum of at least 30 minutes of moderate intensity physical activity on 5 or more days of the week with only 25% of obese people achieving the recommended minimum. Furthermore, national data shows that only 27% of people in England eat the recommended 5-a-day fruit and vegetables. In London, 21% of the population are obese with 45% of these having high blood pressure.
2. In 2007 the Department of Health published Best Practice Guidance for the Commissioning of Exercise on Referral Services. This recommended that exercise on referral services should be available for those people who would gain health benefits from regular physical activity as part of the medical management of a chronic condition, and/or who are at risk of CHD.
3. The City of London Exercise on Referral (EOR) pilot was launched in January 2013 with the full programme officially launching on 1 April 2013 after the success of the pilot. The City of London (Public Health) funded the programme for year one between April 2013 – March 2014.
4. The aims of the Exercise on Referral programme are:
 - To offer effective exercise for participants with medical conditions;
 - To empower and motivate participants to make informed choices to improve their physical, mental and social well-being through physical activity;
 - To advise, support and motivate participants who would benefit from increased physical activity;
 - To empower participants to make positive changes to their lifestyles and create long term change in exercise behaviour;
 - To allow participants to meet the 5 x 30 minutes per week of physical activity for health message;
 - To promote access to facilities;
 - To undertake health assessments and subsequent exercise prescription

Current Position

5. The year one focus has been to increase the referrals and awareness to all partners and create new partnerships. The programme is now actively receiving referrals from six different partners, with another three partners

engaged and ready to refer. At present the Neaman practice refers the majority of participants (92% in year one).

6. 73 individuals engaged in the programme during year one. The programme has seen a significant increase in referrals to the previous City and Hackney commissioned Exercise on Referral scheme. 24 people have completed the whole programme (34%) of those referred since April 2013.
7. The scheme offers 13 hours a week in total, which includes initial assessments, programme setting, end of programme assessments and instructor supervised exercise sessions. The programme is led by 3 instructors employed on the programme.
8. Exit Routes for the programme include Young at Heart, City of Sport and a reduced price Golden Lane Sport & Fitness membership. After year one, out of the 24 completers, 12 have joined the Young at Heart programme and 10 have discounted memberships at Golden Lane. The remaining completers include one moving back to the USA, and one undisclosed.
9. Please refer to Appendix 1 for a full breakdown of the year one programme statistics.

Proposals

10. Following evaluation of year one of the programme the following proposals have been developed:
 - a. Increase the number of City residents referred (2013/14 Target: 73 residents) and open up the avenues for City workers to be referred to the programme.
 - b. Increase the number of completers. (Target 60% of those who begin the programme). Ensuring participants complete in 12 weeks (16 weeks with a 4 week grace period for holidays and illnesses). This should enable the number of completers to increase as the number of re-referrals will decrease.
 - c. Consider working with and accepting referrals from GP surgeries outside of the City of London borders to ensure all City residents who may live on the borders have access to the programme.
 - d. To enhance the programme to become a Cardiac phase IV, Exercise after Stroke and Cancer rehabilitation accredited programme. This is to ensure the programme can continue to work parallel with the JSNA for the City of London.
11. These proposals are manageable within the current budget for the programme and have been accepted by officers. The year two programme is now underway.

Corporate & Strategic Implications

12. The City of London Exercise on referral programme addresses the following JHWS priorities;
 - Mental Health - More people with mental health issues can find effective, joined up help.
 - More people in the City are socially connected and know where to go for help. (JSNA priority -Social Isolation)
 - More people in the City take advantage of Public Health preventative interventions, with a particular focus on at-risk groups.
 - Older people in the City receive regular health checks – with referral exit routes to the City of London Exercise on Referral scheme.
 - More people in the City are physically active (JSNA priority – Cardiovascular disease and social isolation).
13. The Exercise on Referral Programme also supports the following aims of the City Together Strategy:
 - 'to support our communities', specifically to 'encourage healthy lifestyles and protect and improve City communities' health and wellbeing' In addition 'to enhance services for older people to enable them to enjoy greater independence and better health for as long as possible'.
14. Corporate Plan
 - Deliver against the key target to “encourage more local residents, business, workers and children to participate in sporting activities”.

The Exercise on Referral Programme recognises the aims and actions within the Health and Wellbeing Board's aims to:

 - Improve the Health and Wellbeing of the Community
 - Providing and improving access to quality primary care health services

Implications and Risks

15. There is a risk to the current capacity of the exercise on referral scheme if there is significantly increased uptake and attendance due to limited instructor time and equipment availability.
16. The intention to accept City workers on to the programme may have additional implications on the complexity of referral pathways required to ensure medical clearance.
17. The financial implications of the Year two programme can be managed within the City of London Corporation Public Health Budget

Conclusion

18. The extension of the Exercise on Referral programme in Year two will provide a service that is delivered locally to meet the needs of our residents and workers.

Appendices

- Appendix 1: EOR Report April 2013 - March 2014.

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