1415-249 - Healthy Lifestyle Services for Children, Young People and Families - Market Consultation

The London Boroughs of Camden and Islington are reviewing their children, young people and families Healthy Lifestyles services, and are seeking the views of potential providers. This is a market test. It is not a formal invitation to Tender.

It is estimated that more than 15,000 children and young people are overweight or very overweight in Camden and Islington. Child Weight Management services are a key part of our efforts to tackle this. These have seen successes in both boroughs but we want to achieve more in future. Work with local families has indicated that a more flexible model which allows greater participant choice and with sessions tailored to individual groups will encourage more people to engage with these services, and increase their impact.

The Councils therefore wish to commission organisation/s to deliver an innovative service which helps our children and young people aged 6-18 eat better, move more and feel more confident. For the purposes of this document the service/s are referred to as Healthy Lifestyle Services for children, young people and families (CYPF).

The Healthy Lifestyle Service/s will be outcomes-focused, aiming to improve lifestyles over the long term. The service design would be expected to take into account of the National Institute for Health and Care Excellence (NICE) Guidance on Lifestyle Weight Management Services for Children and Young people, and build on this through providers’ own experience and the wider evidence base on engaging CYPF and building sustained behaviour change.

This will be a targeted service, possibly working across both boroughs, with children and young people aged 6-18 who would benefit from support to adopt a healthier lifestyle. This includes children who are overweight or very overweight, as well as those facing other effects of an unhealthy lifestyle such as dental problems, or those whose eating and/or physical activity levels are cause for concern.

The service will be one step in an integrated pathway, working closely with local physical activity and other lifestyle providers and voluntary sector organisations to build sustained, healthier lifestyles for children and families.

We anticipate the contract to start on 1st April 2016. It is anticipated that the contract will be for an initial period of three years with the option for two extensions of two years each. It is anticipated that up to £500,000 (£250,000 in Camden and £250,000 in Islington) will be available annually for this contract which is funded wholly by Camden and Islington’s joint Public Health department.

Overarching strategic outcomes:

Continuously increasing access to lifestyle weight management services for children, young people and their families, particularly for the most disadvantaged populations

Confidence and enthusiasm among professionals working with CYPF in Camden and Islington to raise the issue of weight and support their pupils / patients / service users into healthy lifestyle services

Increased rates of healthy eating and physical activity, and increased confidence and wellbeing, among CYPF in Camden and Islington, particularly for the most disadvantaged populations

Reduction in overweight and obesity rates in CYP in Camden and Islington, particularly in the most disadvantaged areas in the local authorities

Purpose of the service/s:

Build the profile of healthy lifestyle services in the borough/s

Deliver evidence-based healthy lifestyle services to local children, young people and families in Camden and/or Islington with a focus on tackling the key drivers of obesity: diet, physical activity and wellbeing

Maximise the number of children, young people and families engaged in healthy lifestyle services

Collaborate with partners throughout the pathway to integrate lifestyle weight management for CYPF with physical activity, nutrition, parenting and wider health promotion services

Develop capacity across partner agencies to identify excess weight and support CYPF to address lifestyle issues

Delivering child weight management services through a healthy lifestyles approach

Consistently improve performance and outcomes

Key outcome measures for the service/s:

% of eligible CYP and families taking up healthy lifestyle services

% of starters completing

Participants’ fruit and vegetable intake at 0, 3, 6 and 12 months

Participants’ physical activity levels at 0, 3, 6 and 12 months

Participants’ screen time at 0, 3, 6 and 12 months

Participants’ confidence levels at 0, 3, 6 and 12 months

Participants achieving set goals at 3, 6 and 12 months

Participants BMI z-score at 0, 3, 6 and 12 months

% of participants who would recommend the service to friends and family

Participants moving from healthy lifestyle into local physical activity or other services that support sustained lifestyle change

% of starters/completers from hard to reach and/or vulnerable populations (benchmarked against expected demographics modelled from NCMP, school health surveys and GP datasets)

% of participants followed up at 3, 6 and 12 months

Deadline

The closing date for returned questionnaires is 10am Tuesday 10th 2015.

Please complete and return to Leila.reid@islington.gov.uk – with the contract title “1415-249 Healthy Lifestyle Services for Children, Young People and Families – Market Test” in the subject line.

Additional information

Islington Council and its partners are committed to work towards a ‘Fairer Islington’. The council's Corporate Plan 2011- 2015 outlines proposals for creating a fairer Islington by addressing the gaps between rich and poor to make a difference to the lives of those in our community who most need a helping hand.

Islington Council aims to provide equality of opportunity and welcomes applicants from black and minority ethnic communities and disabled groups. In addition the Council actively encourages Voluntary and Community Sector (VCS) organisations, Social Enterprises or not for profit enterprises and small to medium enterprises (SME) to tender as part of its sustainability policy.