

Two years of

One Life Suffolk

ANNUAL REPORT

1ST APRIL 2017 - 31ST MARCH 2018



OneLife Suffolk

is the county's integrated healthy lifestyle service and is a partnership between Leeds Beckett University and MoreLife, commissioned by Suffolk County Council. This programme has been delivered across Suffolk since April 2016 to achieve the outcomes outlined below.

SHORT TERM OUTCOMES	MEDIUM TERM OUTCOMES	LONG TERM OUTCOMES
Improved knowledge and understanding of factors affecting health	People make healthier choices	Increased (healthy) life expectancy
Increase in referrals into the OneLife service	Increase in individuals maintaining healthier lifestyle behaviours	Reduction in health inequalities
Reduction in excess weight in children and adults	Increased individual confidence, responsibility and resilience	Reduction in premature deaths from preventable causes
Reduction in smoking prevalence	Increased knowledge and use of local services	Improved quality of life
Reduction in physical inactivity	Improved physical and mental wellbeing	Improved wider determinants of health



One Life Suffolk

This report will detail our achievements this year building upon what was already achieved in year one. It also outlines how we'll develop this further in the coming years to support the outcomes the council seek for the people of Suffolk.

Please let us know your thoughts, queries and comments by contacting us:
info@onelifesuffolk.co.uk
or 01473 718193



20,296

PEOPLE ACCESSED A HEALTH INTERVENTION IN YEAR 2.

THAT'S OVER

35,000

PEOPLE SINCE WE FIRST STARTED!

Biggest Success

THE ONELIFE SUFFOLK NAME BECOMING WIDELY RECOGNISED ACROSS THE COUNTY. OVER 20,000 SUFFOLK RESIDENTS HAVE BEEN SUPPORTED TO ACCESS A HEALTH INTERVENTION DURING OUR SECOND YEAR.

OVER

50%

OF OUR CLIENTS ARE FROM THE MORE DEPRIVED AREAS OF THE COUNTY



OVER

1,800

PEOPLE QUIT SMOKING

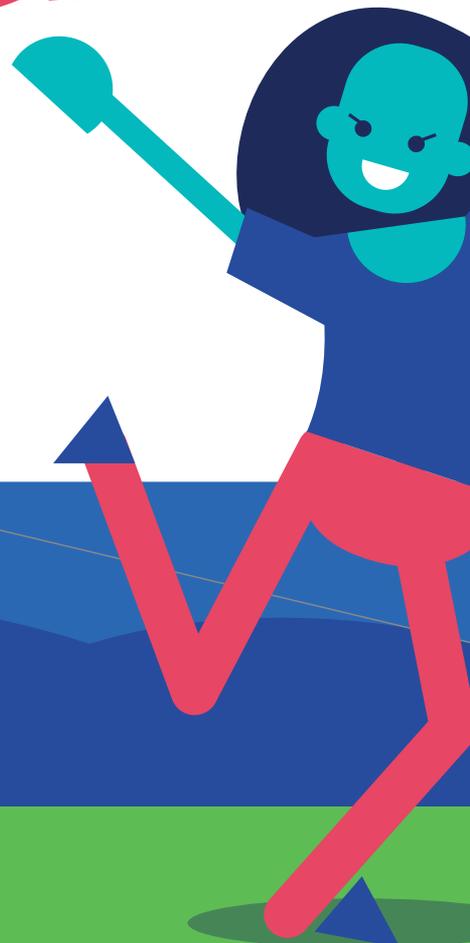
THAT'S NEARLY 4000 PEOPLE SINCE WE STARTED!

NEARLY
15,000
BRIEF
INTERVENTIONS

97%

WOULD RECOMMEND THE SERVICE THEY ACCESSED

WHAT WE ACHIEVED



1,400 PROFESSIONALS RECEIVED MAKING EVERY CONTACT COUNT TRAINING

5,200
PEOPLE HAD THEIR BLOOD PRESSURE MEASURED - THAT'S NEARLY 10,000 IN TWO YEARS!



OVER **25%**
OF PEOPLE SAW A REDUCTION IN THEIR BLOOD PRESSURE

OVER
3,000
ADULTS

ACCESSED SOME FORM OF WEIGHT MANAGEMENT PROGRAMME

30,000
VISITORS TO OUR WEBSITE, DOUBLE THE NUMBER OF VISITORS AS LAST YEAR!

WE'VE EVVED IN YEAR 2

OVER
10,000
CHILDREN
COMPLETED A TIER 1 OR TIER 2 INTERVENTION

Biggest Challenge

BUILDING RELATIONSHIPS AND ENGAGING WITH THOSE COMMUNITIES WHO COULD MOST BENEFIT FROM OUR SERVICES WHO HISTORICALLY FIND IT HARDER TO ACCESS OR ENGAGE WITH SUPPORT SERVICES AND THEIR WIDER COMMUNITIES



Child Weight Management

Fun interactive programmes for children and young people aged 4-18 and their families. By combining physical activity and games with educational activities, OneLife make reaching and maintaining a healthy weight fun.

There are approximately 40,000 children who are overweight and very overweight in Suffolk. Supporting children who have an increased risk of becoming an unhealthy weight has been demonstrated to improve their confidence, self-esteem, friendships as well as their overall health and

wellbeing. 80% of young people who are an unhealthy weight will become unhealthy weight adults if intervention is not sought.

OneLife Suffolk provide free, fun and interactive programmes for children and young people aged 4-18 and their

families. OneLife also work closely with schools across the county as part of our Healthy Schools Package; using a whole school approach to improve the wellbeing of pupils, staff and parents.

Next steps

Trying new ways to engage with parents; the service is currently delivering Family Fun 6-Week Programmes as after school programmes, led by the school. The new service is available to all families, but the emphasis is placed on encouraging those families that need it most.

The team are launching a new programme for 2-4-year olds to reach children and their families even earlier. The team will be working to encourage the Government to provide more services for overweight and obese children across the country.

The Whole School Package is being invested in, the brand new brochure will outline all OneLife Suffolk services available to schools as part of an integrated approach. The OneLife Suffolk children's curriculum is also being fine-tuned and improved after feedback from schools.

Case studies

"OneLife Suffolk has helped me live a healthier lifestyle. I have decided to eat a breakfast with less sugar and do at least 1 hour of physical activity each day."

Student Year 5, Forest Academy, Brandon

"I loved learning about how to stay healthy. I never knew how much sugar there was in some of the things I drink!"

Girl, Year 5, Chilton Primary School, Stowmarket

"There is a really friendly environment and you get different goals based on things you learn about nutrition and exercise in the sessions."

**Lucy, 16, Ipswich
- lost 1 stone 11lbs**

"My pupils found the sessions both fun and educational. The discussions around adopting a healthy lifestyle has helped them to have a better understanding of how to make the right choices when it comes to diet and exercise."

Teacher, Chilton Primary School, Stowmarket

33%

of schools have opted to receive additional OneLife services such as NHS Health Checks and MECC training

Over 60%
OF CHILDREN LIVED IN THE MORE DEPRIVED AREAS OF SUFFOLK

The team delivered a **Tier 1 intervention** (assemblies, workshops, events) to a staggering

9,550 children meaning almost **15,000 children** have received this level of intervention since the service began.

Over 700 children

have completed a **OneLife Suffolk Community Programme** this year. This means almost **1,000 children** have completed the programme since the service began!

The team have delivered nearly **90 school programmes** across **33 schools**

THREE QUARTERS
OF CHILDREN HAD A HEALTHIER WEIGHT ON COMPLETING A PROGRAMME

5,225 CHILDREN
HAVE ATTENDED A HEALTH AND WELLBEING SCHOOL ASSEMBLY OR EVENT

The team **visited Parliament** to talk about the importance of treatment services for children with overweight and obesity.



Adult Weight Management

OneLife Suffolk provide free weight management programmes for adults designed to create long-lasting shifts in behaviour and give clients the tools and support they need to achieve their health goals.

OneLife Suffolk offer a tiered weight management pathway ensuring the right person with the right skills sees the right client in the right place for the right amount of time.

Next steps

Continuing the great work the service is doing whilst increasing the number of venues weight management programmes are available in, including offering more programmes for parents after school.

The team will be starting groups in areas that currently don't have coverage.

New groups will be set up in workplaces to make programmes more accessible.

Ongoing review of curriculum and maintenance programme to ensure OneLife Suffolk are meeting the needs of those accessing the service.



Over
1,000
adults
completed
a Slimming
World
programme

Case studies

"Since completing the OneLife Suffolk weight management programme and losing 20kg, I feel slimmer, happier, healthier, energetic, confident and finally in control!"
Katie B

"The programme helped me learn to control my food intake by counting calories and reducing portions. I do more exercise and I have found recording a diet diary has worked for me. I am fitter and more confident!"
Lavinia F

"I feel so much better than I did before! I have more energy, feel less tired and can look forward to carrying this on with the knowledge that help is just a phone call away."
John S

97%

**WOULD
RECOMMEND
TO A FRIEND**

Nearly
800

adults
completed a
**OneLife Suffolk
programme**

100 GROUPS RAN - 20% MORE THAN IN YEAR ONE

24kg

Biggest weight
loss by one
individual in
12 weeks

**TOTAL
WEIGHT LOSS**

13,575kg

**64% of people
lost 5%
body weight**

**14% of
people
lost 10%
body
weight**

The average
weight loss was

6.3kg

that's **1.3kg**
more than last
year!

23%

of people that
completed
a OneLife
Suffolk
programme
saw a
reduction in
their blood
pressure


 STOP
Smoking

Stop smoking

OneLife Suffolk offer support and information to help adults who want to quit smoking and also provide specialist advice and support for pregnant women and young people who want to quit.

Next steps

The service is in a process of change for 2018/19, having just been taken over by MoreLife.

With clients at the heart of everything we do, we are delivering a fresh and innovative approach by offering a number of interventions to suit all including 1:1s, closed groups, open groups and drop in sessions - ensuring the people of Suffolk have the best possible chance of a smokefree future.



4,172
people set a quit date this year

45% of people that set a quit date, managed to successfully quit smoking

Case studies



Jodie came to OneLife Suffolk as a smoker age 21 she was 27 weeks pregnant. She was very open and brave as she was having complications with her pregnancy because of smoking. Here is Jodie's story:

I found out about OneLife Suffolk through my Midwife. She suggested that I gave them a call even though I had cut down to one cigarette a day I was still having complications in my pregnancy. I realised all the risks I was facing from smoking and reached out to OneLife Suffolk to help me kick the habit to ensure my daughter and I a healthier lifestyle and a brighter future.

Because of quitting smoking at 27 weeks pregnant and with the support from OneLife Suffolk instead of having a premature birth I went on to complete the full term of my pregnancy. I have now given birth to a healthy baby girl who gives me all the joy a baby girl should. With the support I was given I am now confident that I will be able to stay smoke free for the sake of myself and my daughter.

Jodie Dix, 21, Stowmarket

People are

4
times

more likely
to stop smoking with
OneLife support
than if they were to
go it alone

**10% of
successful
quitters**

were supported
by our specialist
team without
using NRT/meds

**SINCE THE SERVICE
STARTED, NEARLY**

**4,000
PEOPLE**

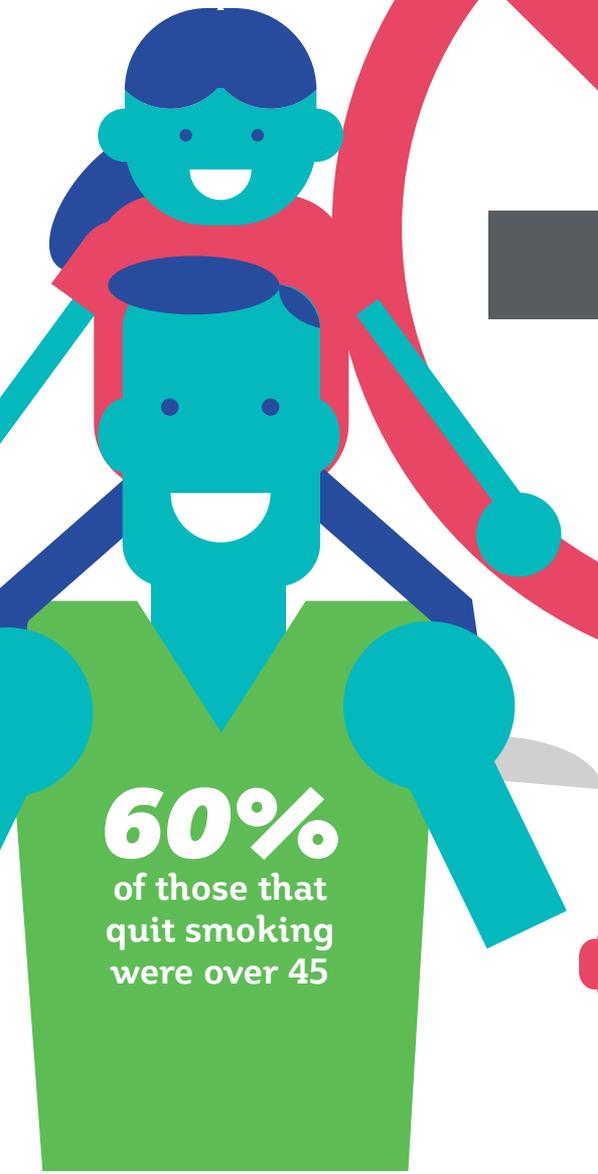
have successfully
quit smoking with
OneLife Suffolk's
support



**45% OF
PREGNANT
WOMEN**
accessing the
service, successfully
quit smoking



Support
is available
to
**12 YEARS
OLD**
and over



60%
of those that
quit smoking
were over 45

People
who quit
smoking save
on average

**£250
PER MONTH!**



20%

of stop smoking
sessions took place in
**community
settings**

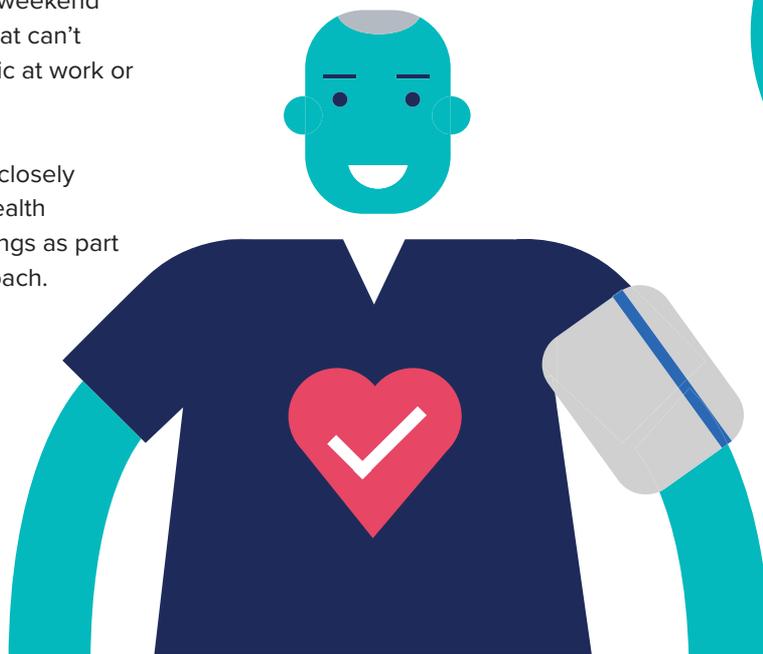
Health Checks

OneLife Suffolk offer free NHS Health Checks for those aged 40-74 to help spot early signs of conditions such as high blood pressure, Type 2 Diabetes and heart disease and help prevent these to increase healthy years lived.

Next steps

Working with many more workplaces and running evening and weekend drop-in clinics for those that can't attend a health check clinic at work or during the day.

The team will be working closely with schools to support health checks within school settings as part of the whole school approach.



**175
days**

of workplace health checks have been delivered in year 2

**5,200
blood pressures**
measured,
that's nearly
**10,000
in total!**

Case study

"Thank you OneLife Suffolk! I came for an NHS Health Check and through this was then referred for help with weight loss.

In 12 weeks I have lost 1st 5lbs and have lost now 10% of my body weight and will benefit from all the health benefits that go with that loss. I've eaten out, drunk wine and eaten the odd chocolate. I am enjoying everything I am eating and have never felt hungry. What diet? It's a lifestyle change.

I am chuffed, to say the least, and most of all I feel great. I feel good about myself for the first time in a very long time. I still feel very motivated and am still on my weight loss journey. Not too far to go now and I'm now looking forward to keeping up with my granddaughter when she gets mobile!"

Client pleased to have lost 10% body weight just 12 weeks after having an NHS Health Check

32 days of health check delivery in leisure centres, **38 days** of delivery in schools, **20 days** of delivery at events, **54 days** of drop-in health check clinics

33%
OF SMOKERS

seen by our health checks team have requested a stop smoking referral



2,626

**OUTREACH
HEALTH CHECKS
COMPLETED**

Over double the number delivered last year!

40% of health checks delivered to adults in the most deprived areas, compared to **29% in Year 1**

55% of those eligible for weight management support were referred to a OneLife Suffolk programme



**HEALTH CHECKS CARRIED OUT IN
OUR POP-UP SHOP IN IPSWICH**

Get Help to Get Active

Get Help To Get ACTIVE

health WALKS

OneLife Suffolk offer services for inactive adults with long-term health conditions to support increased activity. The Get Help to Get Active programme offers tailored support to help people move more and become more active which can improve general wellbeing and enhance quality of life. OneLife also offer a wide range of free Health Walks for everyone all over the county.

Feedback from Key Referrers

“The individual information and support that is available is tailored to meet individual needs and is encouraging and realistic.”

*“Using the **Get Help to Get Active Service** has enabled us to grow our own offer, we now have a huge range of services that physical activity is part of!”*

*“Everyone really appreciates what the **Get Help to Get Active Team** do. Their continued support and motivation has really encouraged our patients.”*

Next steps

Extending the Health Walks programme, training even more Health Walks Leaders and offering them at different times and across more weekends to enable even more people to get involved.

Increase the number of organisations the service works with to help even more inactive adults increase their activity levels.



Case study

After the unexpected death of her husband, Lin began to feel very isolated, which didn't go unnoticed by her family and neighbours who suggested that she join a Health Walk.

After years of being inactive and not walking much further than the front door, Lin found the 1.5 mile walk a challenge, but she stuck it out and now **walks 5-6 miles every Wednesday** with the Waveney Ramblers. With lots of new friends and a new found love of walking, Lin wakes up feeling motivated. But it isn't just her mental health that has improved, Lin has also reaped the physical rewards by losing 6 stone!



52%

of those that received **12 months of support** from the Get Help to Get Active service now achieve at least

60 minutes

of moderate physical activity each week



Over 1,000

health walks were delivered - 22% more than last year!

112 client consultations held for people with long term conditions, **nearly 200 consultations** have been held since the service began

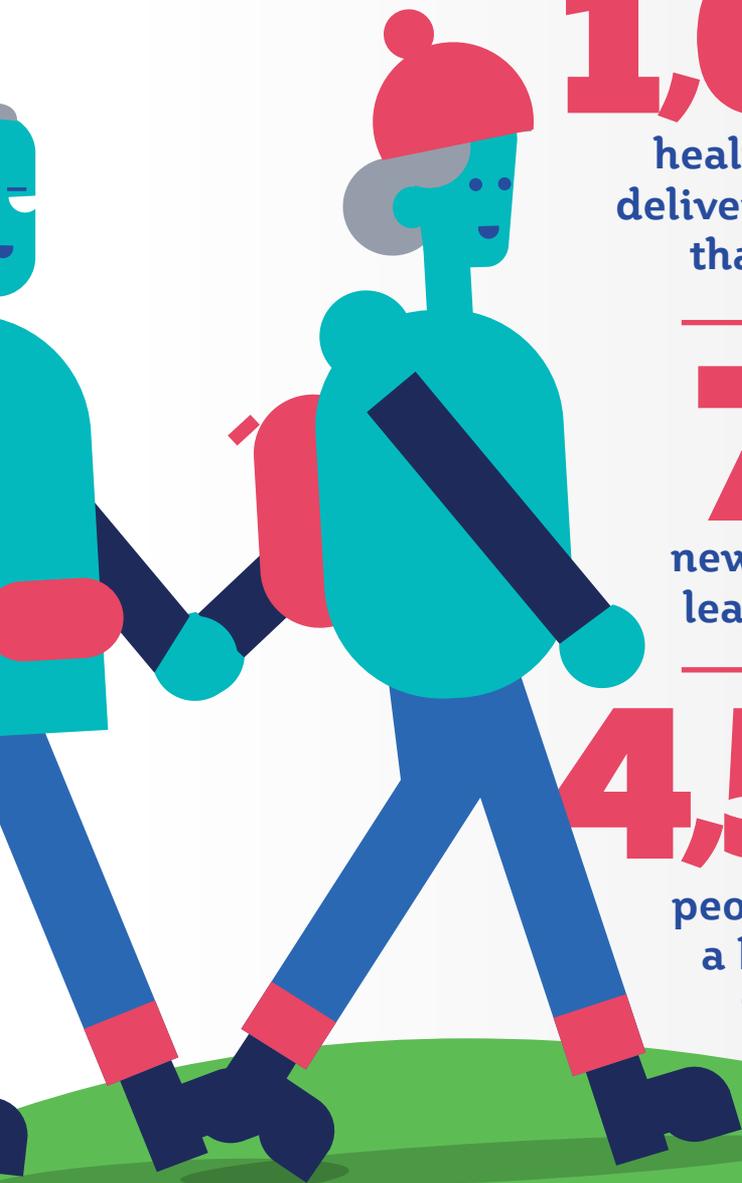
78

new health walk leaders trained

Almost 40% of walks start in the most deprived areas of Suffolk

4,500

people attended a health walk this year!



Events & Training

OneLife Suffolk work with health, social care and voluntary sector organisations to offer healthy lifestyle brief intervention training and raising the importance of Making Every Contact Count (MECC)

The engagement team attended

220 events
60%

of events were in the most deprived areas of Suffolk

The engagement team worked with over

350 KEY STAKEHOLDERS
across the county

Nearly

80 HEALTH CHECKS
were delivered at the Suffolk Show and
500

delivered at our pop-up shop in Ipswich

Nearly **7,500** people were referred by their GP

1,324

people have been MECC trained, meaning **2,300** people have been MECC trained since the OneLife Suffolk service launched

10% from the education sector

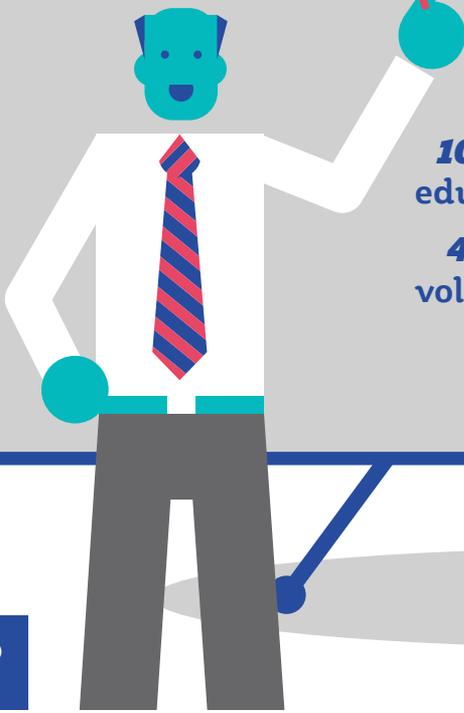
14% from primary care

12% from allied health

4% from the voluntary sector

21% from secondary care

37% other professionals



OneLife Suffolk Club



OneLife Suffolk work with some fantastic organisations across the county and attend numerous events.

What is the OneLife Suffolk Club?

If you have made use of any of our services, you will automatically have access to a programme of maintenance and follow-on support once your programme ends. You will also have access to any of our other services*. For example, if you have quit smoking with our Stop Smoking Service, you can access our weight management programmes and Health Walks.



What support can I get as part of the OneLife Suffolk Club?

Our support options are flexible depending on the service you have accessed and what works best for you. Options include face-to-face support, email, social media and online, telephone, text and helping you to access other local services to enable you to continue your healthy lifestyle journey.

Want to find out more?

If you have ever accessed one of our services, you are already a member of the OneLife Suffolk Club and can access our other services* and our programme of support options.

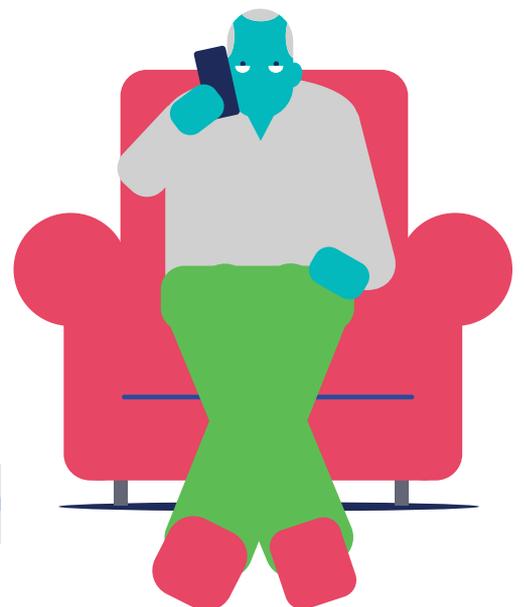
*eligibility criteria may apply

To find out more about what the OneLife Suffolk Club involves, or to sign up to any of our services:

Visit: www.onelifesuffolk.co.uk

Email: info@onelifesuffolk.co.uk

Call: 01473 718193



Online, Social Media and Campaigns

www.onelifesuffolk.co.uk shares details about each of the services provided as well as serving as a platform for health campaigns, health news and lists events as well as allowing people to sign up to a service in their area. Services are also supported through OneLife Suffolk's Facebook, Twitter, Instagram and YouTube pages.

30,000 UNIQUE VISITORS TO OUR WEBSITE IN YEAR 2 – DOUBLE THE NUMBER OF VISITORS IN OUR FIRST YEAR!



4X

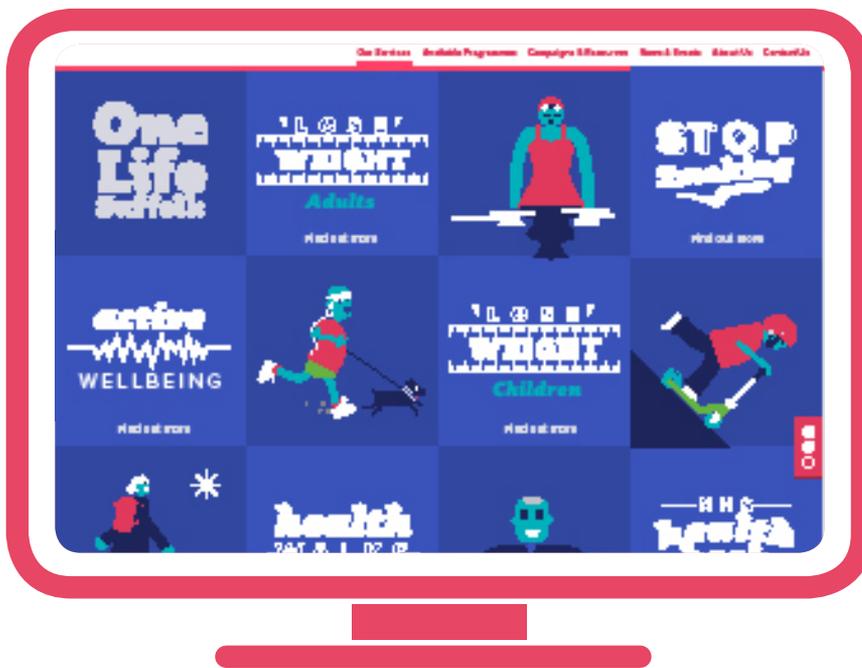
MORE FOLLOWERS ON INSTAGRAM THAN LAST YEAR



5-STAR RATING ON FACEBOOK

1,500

LIKES ON FACEBOOK



OVER

2,000

VIEWS ON YOUTUBE DOUBLE THE NUMBER OF VIEWS IN YEAR 1



1,300

TWITTER FOLLOWERS – ALMOST DOUBLE THE NUMBER OF FOLLOWERS AS LAST YEAR!

SIX CAMPAIGNS WERE DELIVERED IN YEAR 2:

- TYPE 2 DIABETES
- BLOOD PRESSURE
- WINTER HEALTH
- SOCIAL ISOLATION
- CHILDHOOD OBESITY
- RESPONSIBLE DRINKING

Next steps

The service will continue to use online tools to communicate with service users and begin looking at other mediums of communication such as

podcasts. We will continue to develop innovative campaign ideas, and work with more organisations to increase the reach of OneLife Suffolk services.

The team will also be working on a number of campaigns to be rolled out in schools across the county.

Research

OneLife Suffolk is a partnership which includes Leeds Beckett University meaning we can use research to have a local impact and maximise the effectiveness of the service.

The more the local context can be understood, the better the service can be tailored to meet the needs of the local population.

The research team includes a number of students completing PhD projects. These

projects aim to provide novel research findings that through application will benefit the OneLife Suffolk service delivery and support the evolution of the service for Suffolk County Council, service users and staff.

These PhD projects include:

1.

An examination of public responses to the Soft Drinks Industry Levy (SDIL)

What does this mean for Suffolk?

The study will inform Suffolk County Council about a national policy, which has a regional impact, to reduce high sugar content products, and identify whether the SDIL can be an effective method of reducing high sugar consumption. The research will enable Suffolk County Council to be recognised as leading the agenda on understanding the impact of SDIL locally.

2.

An exploration of service users' engagement with the service and factors that influence health behaviours

What does this mean for Suffolk?

This research will provide greater understanding of the environmental factors that influence weight management service access, attendance and completion therefore providing recommendations for the OneLife Suffolk service and Suffolk County Council.

3.

Exploring the needs of children with overweight and obesity that have special educational needs who are attending the child weight management service

What does this mean for Suffolk?

This study will contribute to greater understanding of the needs of this client group and in doing so, inform the evolution of the service. Given the lack of guidance for delivering children's weight management services to this client group, this research will lead the way nationally which may support future service development locally and nationally.

4.

An examination and enhancement of the National Child Measurement Programme (NCMP) in Suffolk (supported by Public Health England)

What does this mean for Suffolk?

This research will deliver improvements in NCMP to Suffolk and across all local authorities in England, with Suffolk recognised as nationally leading on this agenda. The enhanced NCMP should also improve relationships with families, schools and professionals as well as awareness, access, recruitment and engagement in the OneLife Suffolk service.

One Life Suffolk

OneLife Suffolk is the county's integrated healthy lifestyle service and is a partnership between Leeds Beckett University and MoreLife, commissioned by Suffolk County Council. Its main aim is to help local people live healthier lives and provides a number of key services such as weight management programmes for adults, children and families, stop smoking services, NHS Health Checks, help to get people more active, training for professionals and more.

For more information on OneLife Suffolk and how you or your organisation can get involved or to refer to one of our services, please contact us:

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