

Response to Request for Information

Reference FOI 000828
Date 27 January 2017

Local Authority Commissioned Weight Management

Request:

This is a Freedom of Information request regarding Local Authority commissioned weight management. Please can you answer Part A, and if the answer is Yes complete Part B.

Part A

Does your Local Authority commission a weight management service, such as Weight Watchers/Slimming World etc and subsidise/provide this free to the public on prescription from their GP for a period of time? **Yes**

Part B – Please answer the questions in **Red Bold** which relate to people who were referred to the programme from 1st April 2016 to 31st January 2017.

How long does the Local Authority/commissioner subsidise this programme for social prescribing (in weeks)?

The Local Authority commissioned the current service from the 1 April 2016 for 52 weeks. Each client programme is 12 weeks. Eligible clients receive up to a maximum of 3 programmes dependant on 5% weight loss at 12 weeks and then a further 2.5% weight loss at 24 weeks (the provider allows for a 16 week period of voucher use to accommodate any client sickness or holiday)

Number of weeks the public are able to obtain this support via a GP referral without cost to themselves/as a subsidised package

As above via referral from the Healthy Lifestyle Service or GP

About the participants

Number of participants

Number of men and women who enrol in the intervention broken down by gender
664 women and 66 men (data up to 30 September 2016)

Mean age

Average age of participants at the start of the intervention broken down by gender
Average age 51. No gender breakdown by age is available however of all participants during this period 91% were female and 9% were male (data up to 30 September 2016)

Mean starting BMI

The average BMI of participants when starting on the intervention

36.1

About your intervention

Uptake period

The time before full uptake of the intervention is achieved, the time period between the first and last participant being recruited

The service is a 52 week contract. The last enrolment date was 31 January 2017

Drop outs (percent) (men & women)

The percentage of individuals who enrol on the programme who do not complete it.

26% (data up to 30 September 2016)

Reduction in BMI

The average reduction in BMI for people who complete the intervention

2%

Time taken to achieve reduction

The average time between starting on the intervention and achieving the final weight reduction

Not possible to derive with the data we hold

Duration of maximum weight loss

The average time the maximum weight loss is maintained

Unknown as this is not monitored

The number of people sustaining weight loss at 3 months, 6 months and 12 months after completion of the subsidised/free weight loss sessions as a percentage of the total number of people referred to the programme in the past 18 months

Unable to ascertain from current cohort/time period

Costs of Intervention

Cost to Local Authority (£s) £26,780 project costs year to date

Centralised Local Authority project costs independent of the number of participants

There are no centralised local authority project costs

Local Authority costs per participant recruited

£42.75 is paid once the voucher is cashed on the participants first session. If the participant then achieves 5% weight loss a further £14.25 is paid

Costs to NHS (£s) City of Wolverhampton Council do not hold this information

Centralised NHS project costs independent of the number of participants

NHS costs per participant recruited

Total costs