

# Sandwell Healthy Weight

Sandwell Public Health  
Ricky Byrnes



# Sandwell Overview

The health of people in Sandwell is generally worse than the England average.

Almost a third of adults in Sandwell are classified as being overweight or obese.

Those living in the most deprived areas were more than twice as likely to be obese.



# Sandwell's Healthy Weight Offer

- Tier 2 Adult Weight Management.
- Weigh2Go.
- Wellness that Works (WW).
- Physical Activity.
- Public Health Healthy Lifestyle Grants.
- Public Health Development Officer Team.
- Healthy Sandwell Team.



# Tier 2 Adult

# Weight Management

- Newley commissioned in Sandwell through the grant fund.
- Current provider Everyone Health.
- Has shown a need and want for such an intervention.
- Sandwell will be continuing Tier 2 services.



# Weigh2Go

- Is a **free self-directed** weight management programme available through an online ‘app’ using smart scales.
- Designed for individuals who wish to regularly monitor their weight in order to **maintain or lose weight.**
- Participants join by downloading the **Active8rlives ‘app’** , They will need a smart phone/device



## Wellness that Works

- Free voucher scheme to access WW services.
- For adults 18+ who are overweight or obese
- Teenagers (aged 13-17) can access the service through their G.P or health professional such as a school nurse, or paediatrician and will be required to attend with a Parent or guardian.



# Physical Activity

- Offer a wide range of active to all ages and abilities.
- Make it accessible, enjoyable and part of daily life.
- Were able link activity to weight management services.
- Physical activity and sport crucial in tackling childhood obesity.
- Sandwell children and young people some of the most active.



# Sandwell PH Grants

- Pilot project at the end of 21-22.
- Aimed a community groups/organisations.
- Focus on physical activity, weight management, food and nutrition.
- Increased budget from 50k to 150k due to popularity and standard of grant applications.
- 30+ new community projects.
- Being rolled out again for 22-23.





# Public Health Development Officers

- Team of 6 PH specialist officers.
- Work across 4 key areas.
- Work across all PH priorities.
- Key to all work areas, project design and promotion.



# Healthy Sandwell

- Team responsible for handling referrals.
- Responsible for general enquires.
- MECC approach.
- Follow up's.
- Key to ensuring the right referral for the right person.



# The Future of Weight Management in Sandwell

- Re-commission Tier 2 services.
- Re-launch Weigh2go.
- Continue with WW.
- Roll out Sandwell PH Healthy Lifestyle Grants.
- Develop Black Country Obesity pathway (Tier 3-4).
- Continue to look at all opportunities.



# Thank You

