

<b>REPORT TO:</b>		Cabinet	
<b>DATE:</b>		18 March 2020	
<b>PORTFOLIO:</b>		Cllr Munsif Dad BEM Health & Communities	
<b>REPORT AUTHOR:</b>		Joe McIntyre Deputy Chief Executive	
<b>TITLE OF REPORT:</b>		Health & Wellbeing	
<b>EXEMPT REPORT (Local Government Act 1972, Schedule 12A)</b>	<b>No</b>	Not applicable	
<b>KEY DECISION:</b>	<b>No</b>	If yes, date of publication:	

## 1. Purpose of Report

- 1.1. The reports outlines to Cabinet various initiatives that are underway between the Council and Hyndburn Leisure to improve the health and wellbeing of Hyndburn residents.

## 2. Recommendations

- 2.1. **Cabinet notes the report**

## 3. Reasons for Recommendations and Background

### Summary

- 3.1. Hyndburn has some of the worse levels of inactivity and obesity in England and this results in lower life expectancy rates and a poorer quality of health and wellbeing for our residents. Various factors influence these outcomes and improving the health and wellbeing of our residents is significant challenge.
- 3.2. The Council is involved with a wide range of partners, particularly Hyndburn Leisure in attempting to address these issues. A number of important grants from external organisations have been secured recently. In parallel work, the Council is undertaking a study of its health and wellbeing needs and provision and examining the fitness of its current facilities to meet those requirements and the challenges in the future.

- 3.3.** Given the age and nature of its 2 most prominent sport centres at Mercer Hall and Hyndburn Sport Centre, there may be a requirement to invest significantly in both sites or look to develop new provision in the future, once the outcome of the review of the provision of facilities and the Estate Review is completed.

### **Detail**

- 3.4.** Hyndburn is faced with significant challenges around the health and wellbeing of its population. Life expectancy for both men and women is lower than the national average in Hyndburn and in the most deprived parts of Hyndburn the life expectancy for men is 12.3 years lower and for women 12.0 years lower than in the least deprived areas. Within Hyndburn 27.9% of people classify themselves as inactive (less than 30 minutes of exercise a day)<sup>1</sup>. This is worse than the regional and national averages. Over 75% of the Hyndburn adult population (over 18) are classed as obese or overweight compared to a national average of 62%.
- 3.5.** Nationally, physical inactivity directly contributes to 1 in 6 deaths and around a quarter of the population is inactive and 45% of women and 33% of men are not active enough to benefit their health. The rise in excess weight is believed to be fuelled by a number of factors such as the increased consumption of high fat or energy dense meals, a reduction in physical activity (partly due to less manual jobs and the digital age), changes in transportation and the increased availability of cheap unhealthy food.<sup>2</sup>
- 3.6.** The Council works with its partners, particularly Hyndburn Leisure, to attempt to address these challenges in the local community via a number of strategies and actions, to promote a healthy lifestyle and encourage activity and wellbeing.
- 3.7.** The Council has recently secured £400,000 of external funding in conjunction with Hyndburn Leisure to develop new ways of involving people in steps to improve their health. The funding is provided from Sport England and is part of a series of pilots across the country aiming to test a wide variety of approaches to improving activity, health and wellbeing. From the analysis and feedback from the pilots it is intended to produce national guidance on what works and what does not and to roll out the successful ideas across the country, supported by significant further funding to allow widespread adoption of the proposals.
- 3.8.** The Council has also received indications from Lancashire County Council that it will provide £26,000 of funding each year for the next three years to support a nutrition programme in Hyndburn.
- 3.9.** Also, over recent months the Council has been working with Sport England to assess the activity needs of Hyndburn and identify if there are gaps in the provision of facilities within the Borough. Coupled with this piece of work the Council has also undertaken an Estates Review of its primary sports centres to determine their fitness

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<sup>1</sup> Active Lives Survey 2017/18

<sup>2</sup> Public Health England 2017

of purpose, their ability to support the findings from the Sport England review and whether future investment will be required in the existing buildings or would the development of new facilities provide better value for money.

- 3.10. Sport England have offered £10,000 of financial support to assist the Council undertake some of the necessary work to provide the evidence and analysis needed to help map out the options for the Council and £30,000 from existing Budgets will be made available from Council resources in 2020/21 to take the project forward.
- 3.11. With Mercer Hall and Hyndburn Sport Centre both key buildings in the Borough for health and wellbeing activities and both building requiring significant investment to maintain them over the medium to long term, it is possible that the Council will need to commit between £10m and £20m over the next two years to ensure it has the sport centres it needs to address the health and wellbeing challenges it faces in the local population. If this level of funding is required the Council will need to consider a mix of funding sources including its own existing capital receipts, capital receipts due in the future, grants from outside organisations, working with funding partners and raising investment funds from the market.
- 3.12. In developing any solution from the options that emerge the Council will wish to take into account the full environmental impact of any proposals and ensure that energy use and costs are lowered substantially whenever possible by harnessing emerging technology in this area such as the effective use of insulation, the micro generation of energy, energy storage and recovery systems, the installation of low cost efficient appliances including lighting and other new green energy initiatives.

#### 4. Alternative Options considered and Reasons for Rejection

- 4.1. The Council could rely on the existing facilities and estate to provide the health and wellbeing sites for Hyndburn. This option is rejected because Hyndburn continues to face a major health and wellbeing challenge where it has lower life expectancy than the rest of England and high levels of inactivity and obesity and if this is to change the Council needs to develop appropriate levels of provision for health and wellbeing in Hyndburn.

#### 5. Consultations

- 5.1. Sport England have been consulted over the proposed way forward and Hyndburn Leisure have been actively engaged in developing this approach. More detailed consultation will take place once potential options begin to emerge from the work that is currently underway.

#### 6. Implications

<b>Financial implications (including any future financial commitments)</b>	There are no direct financial implications arising from this remote, except the
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<p><b>for the Council)</b></p>	<p>commitment to spend £30,000 in relation to a study into the future health and wellbeing needs of Hyndburn in 2020/21.</p> <p>Major financial commitments may come out of the study, but these will be evaluated and assessed once they are known and go through the Council's existing Capital Programme assessment process to determine if they provide value for money and should go ahead.</p>
<p><b>Legal and human rights implications</b></p>	<p>There are no legal or human rights implications from this report as it is for noting only at this time.</p>
<p><b>Assessment of risk</b></p>	<p>There are no specific significant risks identified with this proposal. There will be a need to manage the production of the report to ensure it delivers appropriate options the Council can effectively assess.</p>
<p><b>Equality and diversity implications</b>  <i>A <a href="#">Customer First Analysis</a> should be completed in relation to policy decisions and should be attached as an appendix to the report.</i></p>	<p>There are no specific equality and diversity implications from this report as it is just for noting.</p>

## 7. Local Government (Access to Information) Act 1985:List of Background Papers

None