

Vision: Birmingham is a City where residents of all ages have the capacity to live healthy lives by addressing factors that influence their health and wellbeing.

In order to improve the health and wellbeing of all residents, Birmingham will develop an integrated lifestyle service that supports people in making informed, healthy, lifestyle choices and that enables access to appropriate, high quality services in a timely manner

Lifestyles Strategic Direction

Key Aims

- Improved physical and mental health & wellbeing
- Increase the uptake of lifestyle services to prevent unhealthy lifestyle behaviours and address the risk factors associated with long term chronic disease for those with the greatest need.
- Improve healthy life expectancy and reduced health inequalities
- Empower the population to live independently for longer free from the need of social care intervention
- Increased levels of healthy lifestyle behaviours and associated reduction in smoking, obesity and sedentary behaviour

	Core Principles	Outcome	Action	Measure	Target
Better Prevention	integrated lifestyle service that supports people to make informed, healthy lifestyle choices that enables access to appropriate, high quality services at the point of need	Services are commissioned to be provided in an integrated manner	Development of a treatment pathway that integrates all elements of lifestyle services into a single systematic approach reflective of service user needs		
			Utilise NHS health checks to direct patients to lifestyles services and streamline referral pathway for those not eligible for health checks (including an expansion and redesign of the service to engage priority populations)		
			Implementation of a triage system that develops integrated individualised care plans specific to service user need(e.g. smoking and weight management)		
Improved access to services for local priority groups		Promote lifestyle services and positive behaviour choices universally whilst positively targeting populations that demonstrate high incidence of chronic disease but fail to engage.			
		Develop a system that ensures services are easily accessible for the whole population, but particularly addressing the needs of priority populations.			
Effective outcome based contract management		Recommission a system that addresses local health improvement priorities including Leaders policy statement, Health & Wellbeing Strategy and local subset of national Public Health Outcomes Framework			
		Commission an outcome based payment module that incentivises a targeted approach to priority populations			
Maximise the potential of lifestyle services in the management of Long Term Conditions		Effective referral system that ensures those patients with the most to gain can access services at the point of need and without prejudice			
		Promotion of Lifestyle treatment pathway as a priority to manage and prevent chronic disease within primary and secondary care to improve the health of the local population.			
		Commissioning of services that reflect the primary care incidence of preventable disease			
Ensuring appropriate links between services and effective signposting	Clear, simple and well publicised referral routes to pathway				
	Better prevention services that complement and integrate into the treatment pathway				
	Utilisation of technology to treat, promote and manage preventable disease.				
Improved personal & professional experience	Standardisation of a city wide referral pathway that addresses multiple risk factors associated with preventable disease				
	Clear outcome focused and performance managed commissioning reflective of local priorities				
	Patient/Citizen voice central to the design and implementation of an integrated lifestyle treatment and prevention system				
Promote appropriate self-care and independence	Develop a model that empowers service users to make their own choices, encourages community engagement, reduces isolation and reduces the reliance on support services, whilst maximising local community resources.				
	Implement systematic behavioral change interventions, based on evidence which facilitate improved mental , health and well being ,and self esteem with associated positive impacts on employment, education and longer term self management.				