

The Living Well Programme: Initial Thinking by Nantenwich CCG

What has happened so far?

Following **extensive consultations** with key stakeholders, a review of schemes elsewhere and patient involvement the CCG has decided it wants a project entitled the 'Living Well Programme' (LWP).

What are the aims and outcomes of the LWP?

The **aim** of the LWP will be to reduce the impact of type 2 diabetes and cardio vascular disease amongst adults who are aged 18 and over and also obese or seriously obese.

It is envisaged that LWP will achieve this through a combination of sustainable improvements to diet, physical activity, weight management and motivational coaching.

The **primary outcomes** for this work are that for a minimum of 12 months individuals will achieve and maintain:

- Target weight loss, BMI and waist circumference
- An agreed level of physical fitness
- Healthy eating behaviours

Participants are also expected to **report improvements in self-esteem and confidence**.



The CCG is also interested in ideas for working with adults who are obese and considered a high risk, but have not yet developed either Type 2 diabetes or cardio vascular disease.

What will it involve?

It is envisaged that that this project will include **12 weeks of relatively intense activity** (The Active Phase) with participant follow up after 14 further weeks and again 52 weeks after starting the Active Phase.

How many people will be involved?

Each year the CCG expects that:

- 450 patients will be assessed for the Living Well programme
- 300 will start the 12 week active programme
- 150 will complete the 12 week active programme
- 100 patients will successfully complete the 12 months programme.

How much funding is available?

The CCG have indicated that **£70,000 funding** for each of the next three years is available.