Working together to improve the health of our communities.

SOUTH EAST LONDON COALITION

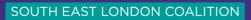# FOR BETTER HEALTH AND EQUITY

WORKING TOGETHER TO IMPROVE
THE HEALTH OF OUR COMMUNITIES

SEL Vital 5 Programme - The Evaluation Ask

Context

Recently, the SEL ICB allocated £4 million to the Vital 5 programme, which is focused on reducing the impact of 5 key risk factors that have a major impact on population health, targeted to those populations who face the greatest health inequity ('Core20Plus5'). The Vital 5 are – Alcohol, Healthy Weight, Hypertension, Mental Health and Tobacco Dependency. A summary overview of the current scope of the programme is included on pages 3 and 4.

A review of the Vital 5 programme is underway with the aim of collating learning and insights, understanding potential programme benefits and impact, and developing an overarching framework and methods for implementing a comprehensive evaluation framework. However, in the interim, there are some specific initiatives within the Vital 5 programme that require evaluation expertise (these are set out in more detail on Page 5).

An indicative budget of £75k incl. VAT is available to support this work.

Evaluation considerations

As many of these interventions are in pilot phase, we require an evaluation partner(s) who can work flexibly with us to design the right type of evaluation support for each project based on its maturity and readiness for evaluation. This will include a mix of:

1) **Advice on evaluation readiness:**

   o   Assessing whether the proposed interventions are ready for evaluation

   o   Developing tools/frameworks that may be required to enable evaluation (e.g. logic model or theory of change, evaluation framework incl. data capture and metrics)

2) **Evaluation of intervention:**

   o   Undertaking evaluation in line with agreed scope (e.g. Appropriateness, effectiveness (including cost-effectiveness), efficiency and impact)

   o   Identification of challenges and opportunities in scaling beyond pilot phase

3) **Evaluation outputs:**

   o   Evaluation report with summary of findings including tangible actions to improve, scale and sustain initiatives.

It is important to note that evaluation outputs from these specific projects will also need to inform the overarching evaluation framework for the Vital 5 programme, which is yet to be developed.

The Vital 5 Programme aims to improve SEL's population health & equity

The following image presents an overview of the Vital 5 Programme's vision, benefits, system enablers and foundations/principles.

South East London
Integrated Care System

SEL ICS: *Prevention and wellbeing*

KING'S HEALTH PARTNERS
An Academic Health Sciences Centre for London — Pioneering better health for all

KHP's 5-year Strategic Priority: *Improving urban population health*

Vital 5 Vision	To improve population health by collectively and relentlessly tackling the five major drivers of health inequity through evidence-based implementation.

ALCOHOL • HEALTH WEIGHT • HYPERTENSION • MENTAL HEALTH • TOBACCO

All SEL residents…

Vital 5 Population & Patient Benefits	**PREVENTION**	**DETECTION**	**SELF-MANAGEMENT & WELLBEING**	**ACTIVE MANAGEMENT & TREATMENT**
	Are able to **lead the healthiest and longest life** possible.	**Know their Vital 5 status**, through accessible and engaging screening.	**Know how to live in the best health** they can, **care for themselves and access support** from their community.	Can **access pathways of care and intervention** that **proactively meet their needs,** reducing variation and inequity.

System Enablers

CONNECTED DATA
Integrated health data that enables:
- real-time population health management;
- metrics that measure health inequalities;
- the development of anticipatory care models that reduce risk and improve outcomes and experience; and
- health data sciences.

STAKEHOLDER ENGAGEMENT
- Co-creation with patients, carers, communities, professionals, industry and third sector**;**
- Communities of Practice that support expansion of workforce capabilities; and
- Population health equity approach to tackling upstream drivers with other bodies.

Foundations & Principles
- Underpinned by an equity lens;
- Evidence-based solutions;
- In-built evaluation;
- Co-creation and engagement; and
- Culturally appropriate.

The Vital 5 Programme – what will we focus on in 2023/24

	Integrated data & population health outcomes	Evaluation & Metrics	Test, Scale & Adopt	Stakeholder Engagement & Communication	Workforce Education & Training	Individual/Community Education & Support
OVERARCHING ENABLERS	• Development of population health outcome metrics • Vital 5 built into requirements for data integration as part of SEL digital and data strategic plan • Ability to collect data to support evaluation metrics and monitor impact • Delivery teams are aware of and able to use the Vital 5 dashboard	• Co-designed evaluation framework that enables: ○ Ability to measure and monitor impact of programme ○ In-depth evaluation of specific interventions (where evaluable) • Evaluation findings for Year 1 to inform future investment case	• Implementation and evaluation of Vital 5 check screening tool across multiple care settings • Test engagement and delivery of wider prevention and wellbeing service offer in Bromley and Southwark for Core20Plus5 populations • Dock-in Vital 5 work happening at place and through provider settings to share learning and look at opportunities to scale across SEL	• Aligned vision and key messages – supporting increased awareness across SEL • Map stakeholders, identify engagement channels and embed approach to co-production – ensuring voice of lived experience is embedded in programme delivery (using SEL ICS engagement toolkit) • Ensure diverse representation on Vital 5 governance groups and facilitate wider engagement through existing forums	• Undertake education and training needs analysis (TNA) to leverage what already exists across SEL and identify gaps • Commence delivery of education and training to address gaps • Engage Clinical Effectiveness South East London to develop and deliver Vital 5 resources and support for primary care to sustain and embed best practice	• Partner with SEL VCSE Alliance to support awareness raising and delivery of vital 5 as part of wider SEL ICS approach to delivery of prevention strategic objectives • Deliver education and self-management support for vital 5 – building on existing offers across SEL and addressing gaps

	ALCOHOL	HEALTHY WEIGHT	HYPERTENSION	MENTAL HEALTH	TOBACCO DEPENDENCY

VITAL 5 RISK FACTOR AREAS	• Develop best practice across SEL Licensing Authorities and seek additional devolved powers for Minimum Unit Pricing
	• Improving alcohol status recording
	• Embed alcohol Identification and Brief Advice (IBA) delivery and recording across health and care settings.
	• Enable more consistent access to alcohol treatment services in acute and relevant community settings
		• Develop a whole-system approach to healthy weight
		• Pathway/service reviews for adults and CYP weight management services to inform future improvement opportunities
		• More equitable provision of culturally appropriate Tier 2 weight management services across SEL tailored to the needs of local borough populations
		• Expansion of Tier 3 weight management services to reduce waiting times
		• Ensure consistent implementation of UNICEF Baby Friendly Accreditation and the maternity healthy-weight pathway
			• Develop, pilot, evaluate, and scale a structured education and self-management programme
			• Develop co-designed PROMs related to hypertension
			• Design whole-system pathway for blood pressure measurement across care settings, including appropriate signposting for diagnosis, care and blood pressure control, complimented with self-management support
				• Transforming outcomes for people with depression and/or anxiety and long-term conditions (LTCs):
				  • Increase detection of common mental health problems for people with physical LTCs
				  • Roll-out new pathway(s) for mental health needs for people with physical LTCs
				• Prevention of mental health issues through workforce education to address mental health related stigma
				• Identify how best to further embed the needs of people with SMI into the vital 5 offer
				• Development of a network to enable collaborative learning
					• Improve collection and sharing of tobacco dependence data in all services
					• Ensure equitable access to consistent evidence-based smoking cessation including nicotine vapes across all boroughs
					• Implement, evaluate and scale Ottawa model tobacco dependence pathways across all acute inpatient services, maternity and mental health settings
					• Develop, pilot, evaluate, and scale patient reported outcome measures for smokers
					• Establish a comprehensive tobacco control plan

Proposed Evaluation Support Summary

Vital 5 area	Intervention	Scope	Commencement timeline
Healthy Weight	Children and Young People's Tier 3 Weight Management Services (Greenwich and Lambeth)	These services are well established in two boroughs. The Vital 5 programme has supported funding for an in-year capacity uplift for Lambeth services and a high level SEL-wide needs assessment for CYP weight management services. Evaluation support is required to: - Assess readiness for evaluation - Co-develop an evaluation framework with Greenwich and Lambeth public health teams based on existing service specifications - Evaluate the current Greenwich and Lambeth Tier 3 services to identify the opportunities and challenges of scaling provision for CYP Tier 3 services across SEL - Summarise key evaluation findings in a final report (presentation form). (*Note: Lambeth completed a brief evaluation of the Tier 3 CYP service early 2023. Greenwich Tier 3 CYP service was established in 2023*)	March – April 2024
Healthy Weight	Adults culturally tailored Tier 2 Weight Management Services (Bromley, Bexley and Greenwich; Lambeth and Southwark)	Each borough has developed a high-level proposal for the design and pilot delivery of culturally tailored Tier 2 weight management services. It is anticipated these will be delivered to circa cohorts of 30 patients in each borough over 6 months. Bromley, Bexley and Greenwich will be developing a jointly commissioned service tailored to people with learning disabilities and Southwark and Lambeth are developing separately commissioned services tailored to Latin American communities Evaluation support is required to: - Co-develop an evaluation framework with public health teams and service providers (based on service development proposals) - Assess readiness for evaluation - Evaluate phase 1 pilot delivery - Summarise key evaluation findings in a final report (presentation form).	April 2024
Mental Health	Embedding evidence-based screening tools to support early identification of depression and anxiety for people with long-term conditions	To ensure that everyone in SEL with one or more long term conditions is asked about their wellbeing as a routine part of their health and care, and is recorded in health record by: • Exploring opportunities in integrating gold standard and validated assessments for mental health within prevalent LTCs annual reviews to increase detection. • Ensuring mental health is assessed via gold standard and validated measures, early on at diagnosis of a long term condition, and regularly monitored, and recorded on the health record • Facilitating increased access and engagement with services to support mental health, such as Talking therapies, and VCSE partners, to improve outcomes such as quality of life. Evaluation support is required to: - Inform target outputs and outcomes and associated data collection of new patient pathways developed with the selected VCSE organisation and PCNs	March/April 2024
Mental Health	Integrated mental and physical health pathways for people with lung conditions referred to pulmonary rehab	This project is exploring pathway improvements for people referred to pulmonary rehab services, to better understand barriers to accessing mental health support and what can be done to improve access, experience and outcomes for people with lung conditions and depression and anxiety. Evaluation support is required to: - Co-develop an evaluation framework – identifying target outputs and outcomes, setting out a plan for how these will be monitored and measured, including data collection, analysis and reporting.	March/ April 2024
Prevention Proof of Concept	Co-designed new preventative service for local populations at risk of health inequalities.	This project is co-designing and delivering a new preventative service for local populations at risk of health inequalities, one of which has English as an Additional Language (EAL). It uses a neighbourhood approach and a targeted offer, as a proof of concept for other at-risk populations. Evaluation support is required to: - Co-develop an evaluation framework with teams and providers - Assess readiness for evaluation - Evaluate phase 1 delivery during 2024-2025 - Summarise key evaluation findings in a final report (presentation form).	April 2024