

HiAP 2018

Mytime Active Showcasing



**Adult and Family Weight
Management & Lifestyle Service**
An integrated approach

Health happens where
people live, work,
learn and play

Rachael Ford
mytimeactive

Our Core Belief

We want everyone to get more out of life!



Our Approach

- Mytime Active has a goal of increasing the levels of wellbeing in our core communities
- Our programmes are designed and delivered with this intent
- We take an integrated approach to improving wellbeing



Our four pathways to wellbeing



Eat well



Be active



Be positive



Be together

Theory of Change

Our Customers

Our Activities

Our Approach

Our Measures

Our Outcomes and Impact



Our Expertise

- Integrated Lifestyle Services
- Adult Weight Management
- Child Weight Management (MEND)
- Work Place Health
- Leisure & Wellness Centres
- Golf courses with Integrated Health Hubs



Where we make a difference...



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



City of Westminster



h&f

hammersmith & fulham



SOUTHAMPTON
CITY COUNCIL



MAIDSTONE
Borough Council



THE LONDON BOROUGH



Brighton & Hove
City Council



Birmingham
City Council



Walsall Council



Sandwell
Metropolitan Borough Council

Weight Management and Lifestyle Service - An integrated approach

Sandwell

- Has a population of 316,720
- Is the 13th most deprived Local Authority across the country
- Two thirds of the total adult population is classed as over weight
- In children, nearly a quarter starting school are classified as obese or overweight



Sandwell Lifestyles - An integrated approach

Intervention: Pick and Mix

Patients will maintain a key worker to track, support and monitor ongoing progress throughout the 24 week intervention

Initial Assessment and 1-1 support

Mum's Weight Management

Men's Active Weight Management

Cook, shop and slim packages (groups/families)

Remote/interactive/Apps/Innovative technology

Enhanced Weight Management (Long term conditions)

Commercial Slimming and other third sector delivery

Leisure centre based programmes (physical activity theme)

Outcomes – Making a difference

	Year 1 Actual	Year 2 Actual	Year 3 Actual	Contract Term (Total)
Initial Assessments	4,075	3,645	4,074	11,794
Treatment Completers Behaviour change (12 week)	1,531	2,209	2,534	6,274
Maintenance Completers (24 weeks)	494	1,364	1,630	3,488
Maintenance Completers with 5% Weight loss	297	870	1,060	2,227
Maintenance Completers with 5% Weight loss (%)	60%	64%	65%	63%



Contact us

For more information contact the
Business Development Team

Call 020 8323 1796

Email: business.development@mytimeactive.co.uk

mytimeactive

Improving community wellbeing