

Freedom of Information request 388-17

Request

For the financial year 2015/16, please list methods for assessing the efficacy of the following public health interventions, including cost-effectiveness, for each of:

- Stop smoking services and interventions
- Physical activity (adults)
- Obesity (adults)
- Alcohol misuse

Each of these should specify:

- Stop smoking services and interventions – net current expenditure by the NHS Board on public health interventions whose intention is to reduce or stop smoking. As part of this, please list:
 - a) Net current expenditure on the intervention
 - b) Number of people who accessed the services
 - c) Number of people who reduced their smoking or stopped smoking as a result of the intervention.
- Physical activity (adults) – net current expenditure by the NHS Board on public health interventions whose intention is to lead to the taking up of sport on a regular basis. As part of this, please list:
 - a) Net current expenditure on the intervention
 - b) Number of people who accessed the services
 - c) Number of people who took up sport on a regular basis as a result of the intervention
- Obesity (adults) – net current expenditure by the NHS Board on public health interventions whose intention is to lead to weight loss. As part of this, please list:
 - a) Net current expenditure on the intervention
 - b) Number of people who accessed the services
 - c) Number of people who have lost weight as a result of the intervention
- Alcohol misuse – net current expenditure by the NHS Board on public health interventions whose intention is to diminish alcohol consumption. As part of this, please list:
 - a) Net current expenditure on the intervention
 - b) Number of people who accessed the services
 - c) Number of people who have reduced their alcohol intake as a result of the intervention

Finally, please also list the metric used to determine cost-effectiveness for each of the above four interventions. If a cost-effectiveness metric is not used, please list any alternative methods for each of the above four interventions.

Response

Please find below data as per your request:

- **Stop smoking services and interventions –**

- a) Net current expenditure on the intervention - £247,979. This figure includes funding for pharmacological support for clients and prevention work.
- b) Number of people who accessed the services – 1029 people set a quit date (this number excludes clients who will have attended for an initial discussion about smoking but did not set a quit attempt.)
- c) Number of people who reduced their smoking or stopped smoking as a result of the intervention – 437 people were successfully quit at 4 weeks.

Cost effectiveness: services are delivered based on current evidence of practice. There is no additional cost effectiveness metric.

- **Physical activity (adults) –**

- a) Net current expenditure on the intervention – this workstream is incorporated across a breadth of roles and settings in the Joint Health Improvement Team. It is not possible to disaggregate spend on relevant interventions.
- b) Number of people who accessed the services – n/a
- c) Number of people who took up sport on a regular basis as a result of the intervention – n/a

- **Obesity (adults) –**

- a) Net current expenditure on the intervention - this workstream is incorporated across a breadth of roles and settings in the Joint Health Improvement Team. It is not possible to disaggregate spend on relevant interventions.
- b) Number of people who accessed the services – n/a
- c) Number of people who have lost weight as a result of the intervention- n/a

- **Alcohol misuse –**

- a) Net current expenditure on the intervention - NHS Borders receives funding from Scottish Government to provide drug and alcohol related services. In partnership with other agencies NHS Borders uses this funding through the Area Drug and Alcohol Partnership to jointly commission services for the Borders population. Due to the nature and size many services cover both drug and alcohol related support and therefore alcohol related services cannot be separately identified. In addition, children's services and prevention interventions are included within this funding. The Area Drug and Alcohol Partnership produces an annual report which details the services provided - [http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/generalservices/alcohol-and-drugs-partnership-\(adp\)-support-team/key-documents/](http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/generalservices/alcohol-and-drugs-partnership-(adp)-support-team/key-documents/) . The total spend by the ADP in 2015-16 was £1,352,190.
- b) Number of people who accessed the services – 423 people attended for alcohol treatment.
- c) Number of people who have reduced their alcohol intake as a result of the intervention – n/a

Cost effectiveness: services are delivered based on current evidence of practice. There is no additional costs effectiveness metric.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **388-17** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.