

Core brief

Report from December meeting of the NHSGGC Board (21 December 2023, 9.15am)

The Board of NHS Greater Glasgow and Clyde met on Tuesday, 19 December 2023. The full set of papers are [here](#).

This summary sets out key decisions and issues considered at the meeting.



Chair and Chief Executive's Reports

Dr Lesley Thomson KC introduced herself as the new Chair of NHSGGC, explaining that her role would be to lead the Board to ensure effective governance, putting patients, families and citizens at the heart of the organisation. In her first few weeks as Chair, she had met a number of Board members and Directors for one-to-one meetings, had attended a number of governance meetings and joined other Board Chairs at a meeting with the Cabinet Secretary for NHS Recovery, Health and Social Care, Michael Matheson MSP, where the focus was on winter planning and performance.

The Chair spoke of the importance of Board members' visibility within the organisation and thanked colleagues for arranging her first visit, to the QEUH campus, where she had seen an impressive example of person-centred care at the Royal Hospital for Children. This involved the development of a child-friendly pre-theatre environment, a project led by Dr Alyson Walker, Paediatric Cardiac Anaesthetist.

In her report, the Chief Executive highlighted a number of meetings she had in the period since the last Board meeting. These included the 2022-23 NHS Greater Glasgow and Clyde Annual Review hosted by the Cabinet Secretary for NHS Recovery, Health and Social Care, Michael Matheson MSP, and Caroline Lamb, Chief Executive of NHS Scotland and Director-General, Health and Social Care. Mrs Grant also attended the West Dunbartonshire Health and Social Care Partnership Staff Awards and a session with MSPs and MPs. The Chief Executive was also pleased to be able to attend the West of Scotland Trauma Network Peer Review which recognised the significant progress made by the service since its establishment in 2021.

Patient Story

Professor Angela Wallace, Executive Nurse Director, introduced the [patient story](#), which this month focuses on the important role played by unpaid carers and the support they receive from NHSGGC.



Obesity Prevention and Early Intervention for Type 2 Diabetes

Dr Emilia Crighton, Director of Public Health and Linda Morris, Programme Manager, introduced this paper. Obesity and being overweight is now a leading cause of death, and has overtaken smoking as a key risk factor. Two thirds of all adults across NHSGGC are overweight or obese.

Childhood overweight and obesity, which spiked during the pandemic, has come down to pre-pandemic levels. Whilst this is encouraging, in-depth analysis of the data highlights that, in the most deprived communities, there has been a rise in the level of children who are obese relative to those who are overweight. Children and adolescents living with obesity experience breathing difficulties, increased risk of fractures, hypertension, early markers of cardiovascular disease, insulin resistance, Type 2 diabetes, and psychological effects.

Excess weight is the main modifiable risk factor for type 2 diabetes.

The Board heard of a number of initiatives being taken forward within NHSGGC to address obesity. The priorities are:

- Universal delivery of HENRY to families with pre-five children (Healthy Eating and Nutrition for the Really Young), a Leeds-based programme which has seen good success
- Delivery of tailored Weight Management Services for adolescents (Weigh to Go)

- Development of robust local Community Food Networks to build community capacity, cookery skills and food literacy and reduce food insecurity for vulnerable families
- Provision of weight management services at a size and scale to impact across the population and address clinical need
- Early intervention education and weight management interventions to newly diagnosed patients with Type 2 Diabetes or Gestational Diabetes with a view to increasing remission rates.

The Board heard from a patient who had successfully completed the weight management programme. For those who don't achieve weight loss from an initial attempt, NHSGGC offers continuation packs to enable them to return to the programme, the only Board in Scotland to do so.

The work of the team was commended by Board members and the Board agreed to support this service in the future.

[Click here to read the Board Paper.](#)

Staff Health Strategy

Anne MacPherson, Director of Human Resources and Organisational Development, brought the draft strategy for approval. The overall aim of the Staff Health Strategy 2023-2025 is to improve staff wellbeing, promote a caring workplace, reduce and prevent ill-health and reduce sickness absence. It sets out four priority areas:

1. Strengthening support for mental health and wellbeing including stress
2. Promote NHS Greater Glasgow and Clyde as a fair and healthy workplace in line with Fair Work Nation principles
3. Address in-work poverty and promote holistic wellbeing to mitigate inequalities in health
4. Support for managing attendance.

The Board was advised that work that continues to promote the range of support services available to staff. The Board approved the strategy, noting that an action plan will now be developed through the Staff Health Strategy Group with engagement from the Area Partnership Forum and Equality Forums.

[Click here to read the Board Paper.](#)

Finance Report

Mr Colin Neil, Finance Director, provided the finance report as at October 2023. The Board's financial position projection has reduced from a deficit of £71.1m which was approved by the Board on the 25 April 2023 to a deficit of £38.2m. This reduction predominantly is a result of additional sustainability funding, new

medicines funding received from Scottish Government and non-recurring opportunities. The Board noted the current position and continued focus on maintaining grip on discretionary spend to ensure that services operated within budget limits. The Board also continued to closely monitor the financial position of the Integration Joint Boards, a number of whom are also facing financial pressures.

[Click here to read the Board Paper.](#)

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