

Our ref: FOI ID 4853

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NHS South Sefton CCG

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Re: Freedom of Information Request

Request/[Response](#):

Macmillan Cancer Support understand the importance of a healthy lifestyle not just on primary prevention of cancer but also on secondary prevention, improved cancer outcomes, reduced consequences of treatment and improved quality of life.

The literature suggests that 95% of people living with cancer do not meet at least one of the recommendations for smoking, consumption of alcohol, physical activity, healthy eating and maintenance of a healthy weight. With an estimated 2.5million people living with cancer in the UK, this means 2,375,000 people could benefit from support.

We are keen to understand the support that people living with or beyond cancer can access in changing their lifestyle behaviours in your locality.

Please can we request, under the freedom of information act, answers to the following questions:-

1. What services are available to support your populations to change their lifestyle behaviours (including smoking cessation, healthy eating, maintaining a healthy weight, physical activity and drinking responsibly)?
2. Are these services accessible by people living with or beyond cancer?
3. Do these services follow the appropriate NICE guidance?
4. How are these services delivered i.e. face to face (individual or group); digitally (text, email) etc?
5. Are there any inclusion or exclusion criteria?
6. How long does the service last i.e. how long is an individual supported to change their lifestyle behaviour?

NHS South Sefton CCG does not hold this information. Please redirect your request to Public Health which is hosted by Sefton Council on the contact details below who may hold this information.

<https://sefton.gov.uk/your-council/open-data,-transparency-and-foi/freedom-of-information-and-data-protection/how-to-make-an-foi-request.aspx>