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Worcestershire County Council

Health and Well-Being Board

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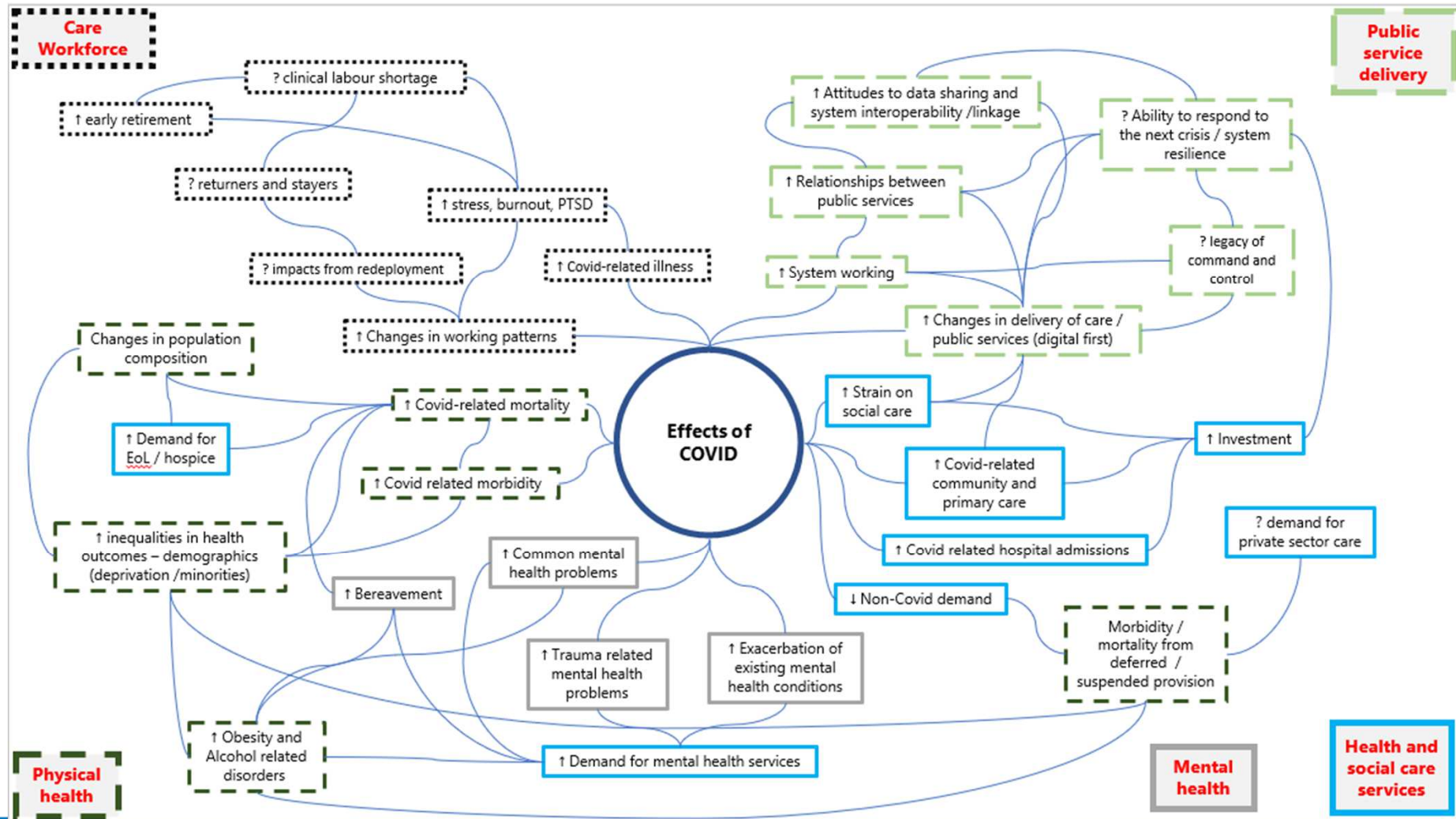
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JSNA Annual Summary 2020

Health impacts of COVID-19

Matthew Fung
Consultant in Public Health

A review from July

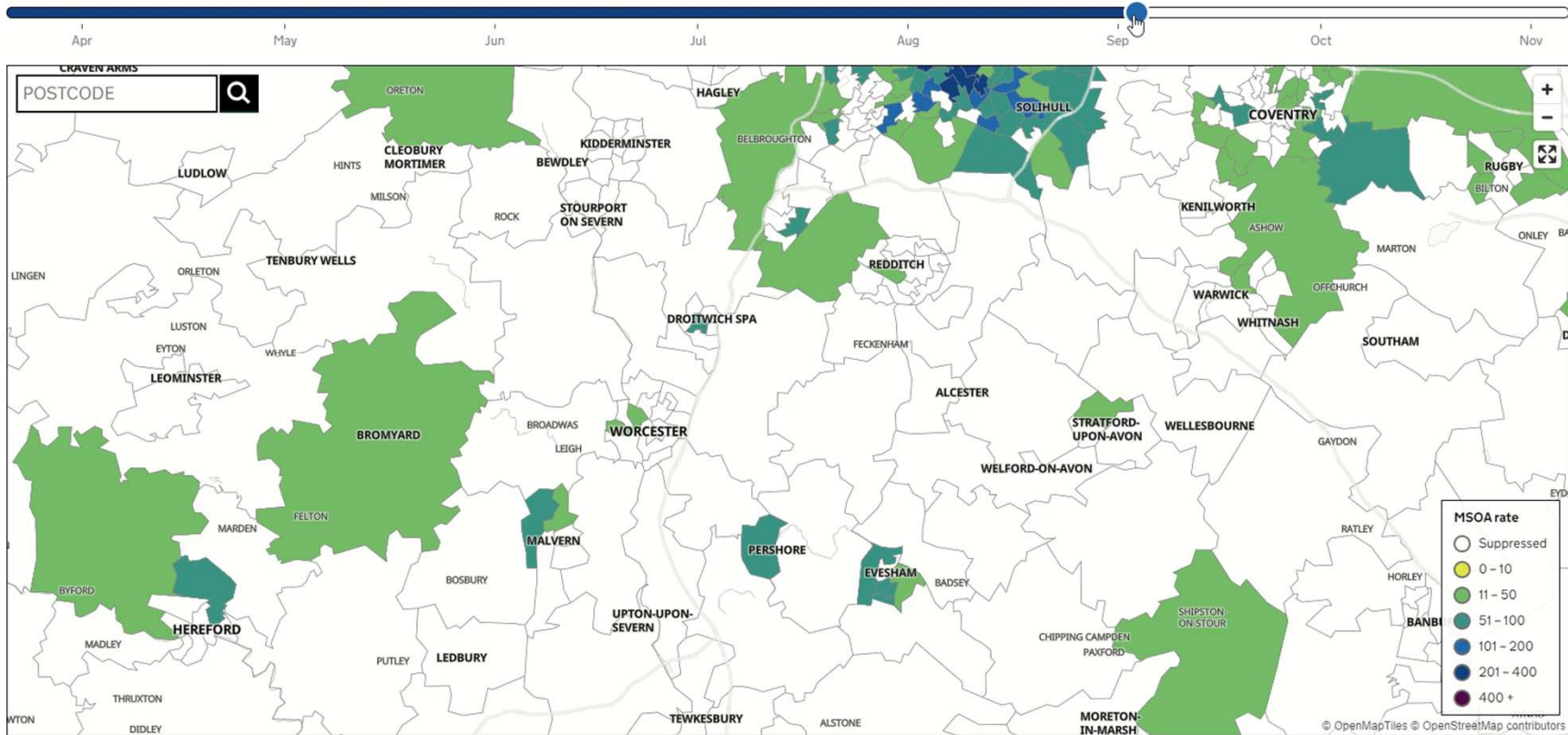www.worcestershire.gov.uk

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Worcestershire COVID cases across the 2 waves

COVID-19 spread across Worcestershire and surrounding regions

Seven–day rolling rate of new cases by specimen date ending on **05 Sep 2020**

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JSNA reset:

Retain

- Creativity; infographics; usable information for action;
- Progress towards automation and self service of data
- Progress towards producing shorter insights

Rethink

- What we want to measure and report on
- Delve into sensitive indicators measuring the 'here and now'
- Structural determinants
- How we measure & influence using quantitative and qualitative data and information
- Greater need for system contribution and use of JSNA
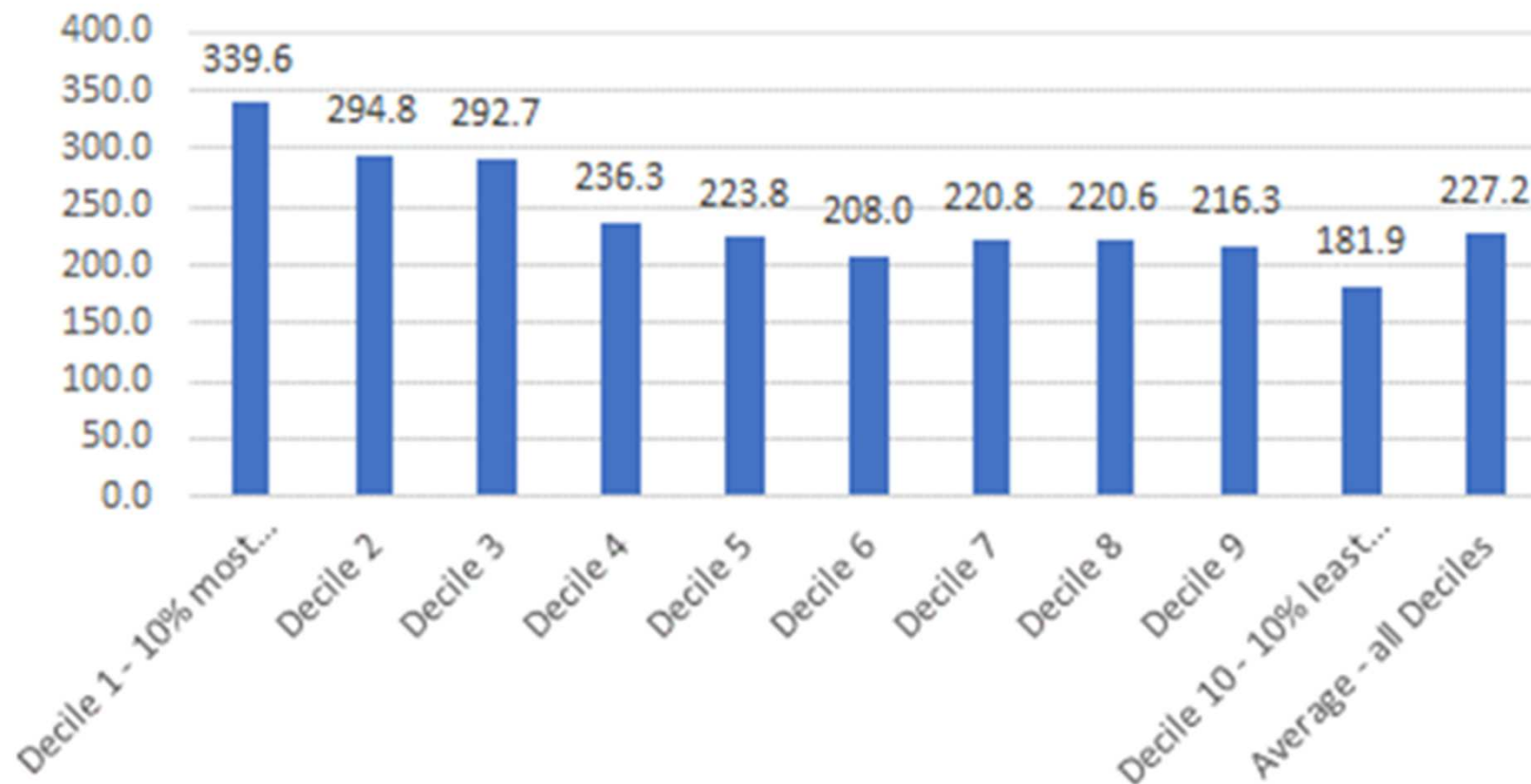
Retire

- Very long JSNA reports (but retaining detailed background analysis)
- Working in silos

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Introduction

- JSNA: 'big picture' view of current and future health, wellbeing and care needs of people in Worcestershire – health impacts of COVID-19.

- The aim of this report is to
  - improve knowledge and understanding of the wide-ranging impacts of COVID-19 on the health and wellbeing of the Worcestershire population
  - to identify actions to mitigate negative impacts and enhance positive impacts
  - to inform strategies for recovery and renewal.

- direct and indirect effects of COVID-19 on health and wellbeing and also consider its impact on the wide range of factors that influence people's health and wellbeing, for example, their social and economic environment.

- Each impact identified is assessed using the following broad framework, which is composed of the effect on health, likelihood of impact, intensity/severity of impact on heath, and possible timing of impact.

- Pre-pandemic indicators suggest that Worcestershire had generally good levels of health in comparison with England across measures such as life expectancy and healthy life expectancy. However, we know that inequalities still exist between the most and least deprived populations.

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A note on inequalities

Estimate of COVID-19-Related Deaths per 10,000 Population by deprivation (IMD Decile) in Worcestershire

Mental health

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/Severity of Impact on Health	Possible Timing of Impact
Suicide	Higher rates of suicide particularly in deprived areas	Negative	Speculative	Major	Short-Medium term
Well-being	The COVID-19 pandemic affecting the well-being of residents (boredom, loneliness, anxiety, stress)	Negative	Probable	Major	Short, medium and long term
Bereavement	Bereavement caused by death of a family member, friend or colleague from COVID-19	Negative	Confirmed	Moderate	Short-Medium term
Low mood, depression and anxiety	Increase in common mental health conditions	Negative	Possible	Major	Short-Medium term
Social Isolation and Loneliness	Loss of social contact. Loss of access to community based support and activities, for example, Dementia Cafes and PLUS (isolation support) ceased face to face access during lockdown.	Negative	Possible	Major	Short-term
Access to advocacy services	During lockdown access to vulnerable people with mental health conditions was limited. Residential homes and wards were locked down and telephone contact was not always possible. This placed individuals at risk.	Negative	Confirmed	Uncertain	Short-term

Mental health and wellbeing: Findings suggest that, given the ongoing effects of COVID-19, the impact on people's mental health and emotional well-being may increase as time goes on. There may be increased demand for mental health services for both children and young people and adults.

Indicators to monitor include: Prevalence of common mental health disorders; Personal well-being estimates from the Annual Population Survey; Suicide rate; Number and nature of referrals to social prescribing; Referrals to Healthy Minds; Referral to advocacy support when someone is discharged from a mental health ward.

Physical health

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/Severity of Impact on Health	Possible Timing of Impact
COVID-19 Infection	People experiencing a prolonged and relapsing course of the illness	Negative	Confirmed	Moderate	Short-term
COVID-19 Infection	Patients who have required ventilation due to COVID-19 may develop Post-Intensive Care Syndrome (PICS) - an amalgamation of persistent physical, cognitive and psychological impairments	Negative	Confirmed	Moderate	Short-term
Access to information	Information about COVID-19 and what actions to take changes rapidly. People with learning disabilities may not have access to easy read/accessible information	Negative	Probable	Moderate	Short-medium term
COVID-19 Infection	A small number of children have been identified who have developed a significant systemic inflammatory response following COVID-19 infection.	Negative	Confirmed	Minimal	Short-term

Physical health: There are far reaching and complex physical health effects as a direct and indirect result of COVID-19.

Key indicators to monitor: People accessing services for Long COVID; People with Post-Intensive Care Syndrome (PICS); Children with Paediatric Multisystem Inflammatory syndrome (PIMS).

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Healthcare

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/Severity of Impact on Health	Possible Timing of Impact
Access to healthcare	Decreased access to healthcare and the risk that patients will come to harm due to failure to present at the right time or due to long delays in both investigations and treatment. Secondary care services were suspended when the first wave of COVID-19 hit. Care for long term conditions disrupted.	Negative	Confirmed	Major	Short-term
Cancer Screening and Treatment	Screening in effect paused and reduced treatment activity in some areas	Negative	Probable	Moderate	Short-term
Mental Health Services	Increases in urgent and emergency cases	Negative	Possible	Moderate	Short-term
Mental Health Services	Falls in routine appointments	Negative	Possible	Moderate	Short-term
Health seeking for urgent care	Reduction in accident and emergency department attendance	Negative	Confirmed	Moderate	Short-term

There is a risk that patients will come to harm due to failure to present at the right time or due to long delays in both investigations and treatment.

COVID-19 may change people's health seeking behaviour meaning there is an increase in self-care and use of alternative support, for example pharmacies and that this could help to relieve pressure on health and care services.

Digital advancements and their application may have a mixed impact - technology to support LTC management, remote consultations etc potential negative impact for those that are digitally excluded.

Commissioners should note the impacts described and ensure services are designed and/or reconfigured to provide sufficient mitigation.

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Social care

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/Severity of Impact on Health	Possible Timing of Impact
Support to live independently	People struggling to get support to live independently. Carers not able to attend or person did not want them to. Family members isolating or working too much to support. Volunteers returning to work.	Negative	Probable	Moderate	Short-term
Absence of face to face services delivered by social workers	Face to face support often highlights safeguarding and is key to determining a persons mental health and personal wellbeing. Safeguarding issues may be missed.	Negative	Probable	Major	Short-term
Support to live independently	An increasing number of people have wanted to avoid care home placements and this has resulted in higher levels of care at home - increased pressure on the domiciliary care market and higher vacancies in care home market	Positive/ Opportunity	Probable	Uncertain	Short-term
Support to live indpendently	It has been more difficult to complete full detailed assessments and care planning for people under covid conditions, or review their care. This has been done virtually wherever possible but for some people with dementia for example, this is not feasible. Delays in accessing some health care services such as therapy assessments.	Unclear	Probable	Moderate	Short-term
Social isolation Reduced access to support	Reduced access to families and health professionals whilst in people are in care homes including those in Discharge to Assess beds. Where homes have had to restrict access often only phone or digital access is feasible. This doesn't work for everyone especially those with sensory impairments, dementia etc. Garden visits have been helpful but have also increased anxiety for some carer and service users	Negative	Probable	Uncertain	Short-term
Social environments	People in supported living and extra care facilities have had their social environment reduced through lockdown. Impact on people's health and mental wellbeing. Led to some non-compliance with Covid-19 rules in places.	Negative	Confirmed	Uncertain	Short-term

It can be challenging to access high quality and timely data from a diverse and independent social care sector.

Commissioners and providers will need to ensure that a move to more telephone/video/ online services takes account of the whole range of individual circumstances, information needs and communication requirements and does not reinforce existing health inequalities and digital exclusion.

The opportunity to build upon increasing self-care and alternative forms of support, for example, pharmacies, to reduce pressures on health and care services.
Commissioners should note the impacts described and ensure services are designed and/or reconfigured to provide sufficient mitigation.

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High risk groups

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/Severity of Impact on Health	Possible Timing of Impact
COVID-19 Infection	People with certain medical conditions are at very high risk of severe illness and death from COVID-19	Negative	Confirmed	Major	Short-term
Shielding	Staying at home has led to a reduction in physical activity and changes in diet	Negative	Speculative	Moderate	Short-term
Shielding	Staying at home has increased social isolation and loneliness	Negative	Possible	Moderate	Short-term
Shielding	Disempowerment of people with long-term conditions	Negative	Speculative	Moderate	Short-term

High risk groups: More than 21,000 people are clinically extremely vulnerable in Worcestershire. Suggestions on how to mitigate the adverse impacts in this group include: promoting home based physical activity; support people to maintain a healthy balanced diet; promote information on when it is appropriate to undertake home repairs to maintain health and wellbeing during isolation; encourage people to use the internet safely to stay informed and connect with family and friends

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Children & young people

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/Severity of Impact on Health	Possible Timing of Impact
Criminality	Young people at greater risk of recruitment to criminal gangs	Negative	Speculative	Moderate	Short-term
Safeguarding	Safeguarding issues not being picked up (hidden)	Negative	Probable	Moderate	Short-term
Access to mental health services	CAHMS - impact on referral, assessment and support due to lockdown restrictions. Greater demand for service due to rise in children and young people's mental health due to COVID-19 pandemic.	Negative	Speculative	Major	Short-term
Requirement to 'Stay at home' and closure of social spaces	Lack of social interaction and reduction in physical activity impacting on children and young people's mental and physical wellbeing	Negative	Confirmed	Major	Short-term
Access to education, health and care services for children/ young people with Special Educational Needs and Disability	Delay or reduction in provision for health needs specific to individual SEND

Children with SEND at greater risk if isolated due to COVID-19 | Negative | Speculative | Uncertain | Short-term |
Reduction in household Income and financial stability causing poverty and poor diet.	Effect on adults job security and financial impacts of unexpected periods off work with limited sick pay, children being at home more and having to pay for food and other expenses. Changes to provision of free school meals/vouchers causing poverty, hunger, diet	Negative	Probable	Uncertain	Short-Medium term
Time with the family	Increased opportunity to spend time with family	Positive/ Opportunity	Probable	Moderate	Short-term
Adverse Childhood Experiences (ACEs)	Children experiencing adverse childhood experiences including domestic abuse, parental conflict and substance misuse due to household isolation	Negative	Probable	Major	Short-Medium term

Locally, there has been support for children available through a variety of routes, including social media campaigns, Here2Help helpline and partnership working with the voluntary sector i.e. Ready Steady Worcestershire and Holiday Hunger Project. There are also specific workstreams targeted at groups of children i.e. SEND improvement programme.

Continue to monitor:
- CSE data
- CAMHs referrals
- Take up of free school meals
- Holiday hunger data
- Educational attainment

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Education

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/Severity of Impact on Health	Possible Timing of Impact
Closure of education settings	Children at higher risk of exploitation due to availability Impact on holistic development Future educational achievement on holistic needs including health Greater impact on vulnerable learners being out of school	Negative	Probable	Major	Short-term
Reduced take up of early education and childcare entitlement	Risk to developmental experience and achieving physical/personal/social and emotional milestones.	Negative	Probable	Uncertain	Short-term

Pupils that are disadvantaged tend to have lower educational attainment than their peers – this is termed the disadvantage gap. The gap occurs because disadvantaged pupils tend to have less access to technology, spend less time learning and have reduced support from parents and carers. School closures due to the pandemic are likely to have widened this gap.

Opportunities for the future: Proposed interventions to counter the effect of COVID-19 on the disadvantage gap include catch-up premiums, tutoring programmes and support for remote learning.

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Communities

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity /Severity of Impact on Health	Possible Timing of Impact
Social Cohesion	A feeling that the country will be more united and kinder once we have recovered from the pandemic	Positive/ Opportunity	Possible	Moderate	Medium-Long term
Civic Participation	Increased civic participation including increased volunteering and the formation of new volunteer groups	Positive/ Opportunity	Confirmed	Moderate	Short-term

Since the outbreak of COVID-19, more than 750,000 volunteers have signed up nationally to be NHS Volunteer Responders and there are reports of the voluntary sector being overwhelmed by offers of help. Key informants have speculated that community spirit has increased in Worcestershire. Throughout the COVID-19 pandemic, a large volume of spontaneous volunteering has been seen as local communities come together to support each other. The Here2Help scheme was formulated directly as a community action response to the COVID-19 pandemic, therefore, no data is available for the period before the pandemic. Many volunteers and organisations involved in Here2Help will have been involved in volunteering before the pandemic.

Opportunities for the future include: seek ways to build on this response and to retain those that have volunteered in response to the COVID-19 pandemic; Healthwatch Worcestershire have found there was support for the Here2Help scheme carrying on beyond the pandemic.

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Housing

Determinant of Health/ Wellbeing	Description of COVID-19 Impact	Effect on Health (Positive/ Negative/ Unclear)	Likelihood of impact	Intensity/ Severity of Impact on Health	Possible Timing of Impact
Poor Quality Housing	Increased time at home during lockdown may make health impacts of poor-quality housing worse	Negative	Possible	Moderate	Short-term
Increased falls risk	Social distancing measures and financial insecurity may have exacerbated the risk of falls by leading to essential works to the home being delayed, particularly for shielded households	Negative	Speculative	Moderate	Short-term
Built environment	Impact of Covid 19 determined by quality of built environment	Unclear	Probable	Moderate	Short-term
Overcrowded housing	Impact exacerbated during lockdown and social distancing measures	Negative	Possible	Moderate	Short-term

Poor-quality housing has a large impact on health. This can be through the condition of homes, insecure tenure and/or wider neighbourhood characteristics.

The COVID-19 pandemic has exposed and amplified housing-related health inequalities. For example, social distancing measures have meant that many people are spending more time in homes that are hazardous, unsafe and lack security of tenure. Inadequate housing conditions, such as overcrowding, can also lead to increased risk of viral transmission. There are ongoing opportunities to address identified issues and to build on existing work being done through partner organisations.

Indicators to monitor include: Fuel Poverty; Tenure; housing affordability; green space, and falls (in the home).

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BMJ paper – Scaling COVID-19 against inequalities: should the policy response consistently match the mortality challenge? McCartney *et al, Nov 2020*

- The mortality risk from COVID-19 is substantial and if unmitigated could lead to a decline of 5.96 years of life expectancy.

- However, the risks from recurrent deaths, such as those due to inequality (ie suicide, drug poisoning and inequality related deaths), will quickly surpass those due to COVID-19.

- Building the economy back such that inequality-related deaths are reduced in the future is as important as physical distancing is now for future population health.

- Notes:
  - Comparing standardised mortality rates and life expectancy contributions of COVID-19 and three causes of death that are strongly socially determined—suicide, drug poisoning and inequality-related deaths—reveals that the mortality from a fully unmitigated COVID-19 pandemic is modelled to be responsible for the negative life expectancy contribution that occurs due to the cumulative inequality-related deaths over the course of around 1.7 years

Next steps

- Future work is needed to identify further mitigation against impacts described in this report.

- It will be necessary to revisit this assessment as more evidence becomes available.

- Development of an executive summary.

- Join up outcomes from JSNA annual summary with Joint Health and Wellbeing Strategy development.

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Recommendations

1. **Note the contents of the JSNA Annual Summary**

2. **Note the wide ranging consequences of COVID-19 as described in the health impact assessment tables.**

3. **Ensure commissioners use recommendations and mitigations in future commissioning and service change activity.**

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Acknowledgements

- Herefordshire and Worcestershire Clinical Commissioning Group
- Worcestershire County Council
- Worcestershire Children First
- Worcester City Primary Care Network
- Worcester City Council
- Bromsgrove and Redditch Network
- Home Instead Senior Care
- Onside Advocacy
- Worcestershire Association of Carers
- YSS
- Healthwatch Worcestershire
- West Mercia Police and Crime Commissioner

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THANK YOU

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