

## **HEALTH AND WELL-BEING BOARD 3 NOVEMBER 2015**

### **BI-ANNUAL PROGRESS REPORT FROM THE HEALTH IMPROVEMENT GROUP**

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#### **Board Sponsor**

Marcus Hart, Chairman and County Council Cabinet Member for Health and Well-being.

#### **Author**

Dr Frances Howie, Head of Public Health

#### **Relevance of Paper - Priorities**

Older people and long term conditions  
Mental health and well-being  
Obesity  
Alcohol  
Other

#### **Relevance - Groups of Particular Interest**

Children and young people  
Communities and groups with poor health outcomes  
People with learning disabilities

#### **Item for Decision, Consideration or Information**

Consideration

#### **Recommendation**

- 1. The Health and Well-being Board is asked to:**
  - a) Consider and comment on progress made between April 2015-September 2015; and**
  - b) Request that the Health Improvement Group Bi-Annual Report is presented to the Board in May 2016.**

#### **Background**

2. The Health Improvement Group (HIG) is a sub-group of the Health and Wellbeing Board. It was set up in March 2014 and its purpose is 'to lead, co-ordinate and ensure progress of action to improve health and well-being, focusing on health inequalities and the wider determinants of health and well-being in Worcestershire'. Full terms of reference and membership are published on the County Council's website. Each Local Authority is represented by a Councillor. The HIG has been well attended by all its members since it was set up in 2014.

3. Part of the role of the HIG is to monitor the delivery of the following Worcestershire strategic plans and associated actions plans:
  - Alcohol Plan
  - Mental Well-being and Suicide Prevention Plan
  - Obesity Plan
  - Strategic Drug Plan
  - Tobacco Control Plan
4. The HIG also considers District Health and Well-being Plans with the aim of highlighting and co-ordinating local action and sharing good practice.

### **Summary of progress: strategic plans**

5. Since the bi-annual progress report was presented to the Board in May 2015, the HIG has received updates on the Tobacco Control Plan, and the Strategic Drug Plan. A summary of progress against these plans is set out below.

#### Tobacco Control Plan

6. The HIG received an annual update for the Tobacco Control Plan for Worcestershire (2014-2017) in June. Below is a summary of progress of work in year 1 of the Plan
  - Worcestershire County Council (WCC) signed the Local Government Declaration on Tobacco Control in January 2015 and has encouraged partners to sign the declaration (District Councils), or the sister declaration that has been launched for NHS organisations to sign; the NHS Statement of Support. To date, Worcester City Council and Wyre Forest District Council have signed the declaration, and Redditch and Bromsgrove Clinical Commissioning Group (CCG) and Wyre Forest CCG have signed the NHS Statement of Support.
  - WCC mapped stop smoking service locations against deprivation areas in March 2015 and found most areas, including those most deprived, are well supplied. Service providers were notified of the gaps and encouraged to identify opportunities to deliver in venues in these areas for permanent or time-limited services
  - An annual Tobacco Control Alliance (TCA) workshop took place in June 2015 which focused on the Local Government Declaration on Tobacco Control and the NHS Statement of Support as well as monitoring and reviewing the plan.
  - WCC PH have met with Midwifery services about midwives raising smoking with pregnant mothers, data collection, and the use of CO2 monitors. A smoking in pregnancy programme is under consideration.
  - National campaigns have been promoted across the county including Stoptober, Public Health England (PHE) New Year's campaign, and No Smoking Day.
  - A TCA workshop update as well as information on smokefree places/ playgrounds for District Councils to discuss and consider progressing was presented to the HIG in September.

## 7. Key outcomes

- Overall smoking prevalence is going down and has decreased more in Worcestershire than Nationally

Smoking Prevalence		
	WCC	National
<b>2010</b>	19.1%	20.8%
<b>2011</b>	18.5%	20.2%
<b>2012</b>	17.7%	19.5%
<b>2013</b>	14.7%	18.4%

Source: Public Health Outcomes Framework

- Locally and nationally there has been a slight decrease in the number of people setting a quit date.
- The quit rate through services in Worcestershire is similar to services national (51% vs 50%)
- Smoking in pregnancy rates remain high in Worcestershire and smoking status at time of delivery (SATOD) is significantly worse than the England average (14.3% vs 12%)

Smoking Status at Delivery		
	WCC	National
<b>2010/11</b>	15.0%	13.5%
<b>2011/12</b>	16.3%	13.2%
<b>2012/13</b>	13.8%	12.7%
<b>2013/14</b>	14.3%	12.0%

Source: Public Health Outcomes Framework

8. Implementation against the Tobacco Control Plan is progressing well. The HIG will receive the next annual update at its June meeting.

## Strategic Drugs Plan

9. The HIG received an annual update for the Strategic Drugs Plan for Worcestershire (2014-2017) in September. Below is a summary of progress of work in year 1 of the Plan:
  - After a re-commissioning process, including production of a needs assessment, Swanswell Charitable Trust was awarded Worcestershire's drug and alcohol contract for an initial period of three years, to provide a range of substance misuse treatment services for children, young people and adults. The new contract commenced on 1st April 2015
  - Health Chats now feature a range of information about drug misuse, including signposting information to the local support services. Over 1300 people have now been trained to deliver Health Chats including University of Worcester student nurses and midwives
  - Information on support available for those concerned about drug use has been included in a booklet being developed for ex service personnel who are returning to civilian life
  - New drug drive legislation came into force on 2 March 2015 in England and Wales. West Mercia and Warwickshire Police engaged in a summer drink

and drug driving campaign which ran from Monday 1st June 2015 until Tuesday 30th June 2015

- A 'walk through' of criminal justice services was carried out in September 2014 by officers from the Police and Crime Commissioner, Worcestershire Public Health and Public Health England, in order to review referral systems for service users. The resulting report was used to inform an action plan to implement recommendations. Many of the actions are now complete and over the next year, the Criminal Justice Working Group will be actively working on priority areas
- A 'Substance Misuse Strategic Oversight Group' has replaced the previous Joint Commissioning Group to receive information and learning from partner agencies with the aim of maximising the impact of partner initiatives

#### 10. Key outcomes

- The percentage of people successfully leaving drug treatment who do not re-enter treatment within 6 months has increased slightly for non-opiate users, but has remained very low for opiate users
  - For non-opiate users it is now 30%
  - For opiate users it is just below 5%, meaning 95% of opiate users who leave treatment are back in treatment within 6 months
- The increase for non-opiate users to 30% still leaves it well below the 39% national average and below what it was 5 years ago

	Opiate		Non-opiate	
	WCC	National	WCC	National
<b>2010</b>	4.3%	6.7%	34.6%	34.4%
<b>2011</b>	6.0%	8.6%	29.4%	36.6%
<b>2012</b>	6.8%	8.2%	24.5%	37.7%
<b>2013</b>	4.8%	7.8%	23.0%	37.7%
<b>2014</b>	4.6%	7.4%	29.6%	38.9%

Source: Public Health Outcomes Framework

11. The HIG will receive the next annual update at its September meeting.

### Summary of Progress: District Plans

12. One of the objectives of the HIG is to receive the district Health and Wellbeing Plans and to consider local issues on a regular basis. Since the bi-annual progress report to the Board in May 2015, three districts (Redditch, Wyre Forest, Bromsgrove) have given a presentation on their Plan. Set out below is the progress made to date.

#### Redditch Borough Council

13. The Redditch Health and Well-being plan has identified a number of priorities including obesity, mental health and well-being, alcohol, older people, smoking and maternal and early years health. Progress includes:

- Social Prescribing- Pilot started in May 2014 in 8 practices across Redditch and Bromsgrove. Model rolled out to all 22 practices across Redditch and Bromsgrove in February 2015. Currently over 230 referrals from GP's through the model to a range of local services (160+ of those within the last

4 months since roll out to all practices). The “Mental wellbeing” theme on the model received around two thirds of the referrals,

- Eating Well on a Budget training- A training package was developed for frontline staff in Redditch to increase their confidence to support their service users to eat well on low budgets. 5 sessions were delivered to staff from a range of organisations. 53 staff members attended in total. 91% of attendees stated their confidence to deliver eating well on a budget messages to their service users had improved,
- Older people/ social isolation- An Older peoples' services day event took place with over 100 public attendees. A social activities for older people booklet was created with details of over 60 local groups/clubs,
- Mental well-being in children and young people (CYP)- A task and finish group was set up which created a plan to support low level mental wellbeing for CYP, supported by a leftover pot of funding. Partners were invited to bid for pots of money to support local projects meeting the aims and objectives of the plan. Projects funded over the last 12 months include: Mental Health Champions project, Local MHFA/YMHFA training, Counselling hours for CYP, Protective Behaviours group, Safe Journey course, Development of the Youth Forum, Self-Harm awareness project.

#### Bromsgrove District Council

14. The Bromsgrove Health and Wellbeing Plan (Balanced Communities Theme Group Action Plan) is split into health inequalities, older people, and children and young people. Progress includes:

- Mental well-being- Bromsgrove District Council has signed the Time to Change pledge and are encouraging other organisations to sign,
- The Early Help team delivered numerous MoodMaster sessions to young people attending North Bromsgrove High School for those experiencing anxiety with exams. MoodMaster sessions planned in Bromsgrove for families in October,
- Eating Well on a Budget training- Five ‘Train the Trainer’ sessions delivered by HICs across Bromsgrove and Redditch for partner agencies and were positively evaluated,
- A number of physical activity opportunities including Positive Activities, Short Breaks, Sportivate, Falls Prevention Strength and Balance Classes are successfully being delivered across Bromsgrove,
- Free ‘Winter Prepared’ Training has been planned for September.
- Cold Weather Plan - 2014 Local Cold Weather Plan agreed and implemented. Existing Cold Weather Plan to be used as foundation to develop a more comprehensive and robust Cold Weather Plan for winter 2015.

#### Wyre Forest District Council

15. The Wyre Forest Health and Wellbeing plan 2015-2016 was presented to the HIG in September. The aims of the plan include:

- Promoting Independent Living
- Improving mental health and wellbeing
- Promoting safe drinking
- To reduce harm from obesity

- To improve health & wellbeing of communities / groups with poorest health outcomes
- To ensure accurate info/advice distributed
- To improve the health of children and young people

16. Progress in 2014-2015 in Wyre Forest includes:

- Community Wellbeing Buddies- Project now entering year 2 with widespread delivery across 9 GP practices and 206 people attending appointments to date.
- Annual Older People Showcase of Services event attended by over 250 people in 2014
- Wyre Forest Parkrun has recently been set up, and has been well attended.
- MHFA courses are being delivered in Wyre Forest

17. District Outcomes

- A number of outcomes measured at district level show how progress is being made on a range of issues tackled in the district reports. Smoking prevalence is down in Redditch and Bromsgrove and although it has risen in the latest figures for Wyre Forest this is not significant and it has declined over a number of years.
- Physical activity has changed little in Bromsgrove and Wyre Forest and has increased in Redditch where it was already higher than average
- Under 18 alcohol admissions have reduced significantly in all three districts
- Under 18 conception rates are also down in Bromsgrove and Redditch. The increase in Wyre Forest follows a smaller increase the previous year, but there has still been a big decrease since 2009.

	Redditch		Bromsgrove		Wyre Forest		England	
	Latest	Previous	Latest	Previous	Latest	Previous	Latest	Previous
<b>Smoking prevalence</b>	20.9	24.9	10.3	13.5	19.9	16.6	18.4	19.5
<b>Physically active adults</b>	58.5	59.3	65.7	60.6	54.5	56.4	57	56
<b>Alcohol-specific hospital stays in under 18s</b>	60.3	83.9	40.3	49.1	52.5	71.8	40.1	44.9
<b>Under 18 conceptions</b>	28.8	34.5	17.7	19	29.1	25.3	24.3	27.7

Source: Public Health Outcomes Framework

## Issues Considered

18. In addition to the updates on the WCC Strategic Health and Well-being Plans and the District Plans, the HIG has considered the following:

- Early Help Strategy Update
- A briefing on JSNA
- Worcestershire Health Indicators Summary
- Suicide Audit Group report
- Revised Joint Health and Well-being Board Strategy
- Future Lives updates
- An update on the Public Health Ring-fenced Grant
- Worcestershire Works Well update
- Blood and Transplant Partnership update
- Response to the LGA/PHE consultation on implementing the NHS 5 year forward view prevention ambition

19. The Loneliness Plan for Worcestershire is a new plan. The HIG approved the draft Worcestershire Loneliness Plan 2015-2018 and agreed that the Tackling Loneliness Group continue to support the implementation, monitoring and evaluation of the plan, reporting to the HIG in May 2016.

- In June 2014 the Health and Wellbeing Board hosted an event to raise awareness of the issue of social isolation and loneliness in older people across Worcestershire. The outcomes of the event have informed the development of Worcestershire's Plan,
- Worcestershire's commitment to tackling loneliness in older people is illustrated by the tendering of the innovative social impact bond to reduce loneliness in older people, which is central to the plan,
- The Plan has the vision that older people in Worcestershire will maintain their connections, friendships and networks through times of life change, and therefore eliminate loneliness across the county,
- To achieve this vision, the plan has set the following 3 aims:
  - Empower residents and communities to maintain their connections, friendships and networks, making use of community assets and active members and volunteers,
  - Improve access to activities and services that can prevent or alleviate isolation and loneliness, ensuring services are tailored to meet people's needs,
  - Raise awareness of isolation and loneliness including why it is important, how to recognise the signs and risk factors and local opportunities available for prevention and intervention.

20. A forward plan is in place to ensure that the HIG will oversee, implement and support the priorities of the Board, and to monitor progress against health and well-being outcomes.

21. Updates on The Obesity Plan, Alcohol Plan, and Mental Well-being and Suicide Prevention Plan will be provided to the HIG in December and March.

22. The district plans received since the HIG set up have been well received by all partners and it has been demonstrated how Health and Well-being priorities are being supported and delivered in the localities. District updates will take place annually.

## **JSNA Outcomes**

23. The JSNA and Health Indicators papers highlighted outcomes and indicators that we are doing well on and those that require some improvement or focus.

24. Things we do well on

- General health and well-being is better than the England average
- Indicators where we continue to do particularly well are:
  - Overall life expectancy and healthy life expectancy, especially for men
  - Mortality from common conditions and those considered preventable
  - The proportion of low birthweight babies
  - Rates of people killed or seriously injured on the County's roads
  - Cancer screening coverage
  - Injuries due to falls
  - Emergency readmissions to hospital within 30 days
  - Smoking prevalence in Worcestershire is lower than the national average (14.7% vs 18.4%)
  - Alcohol related hospital admissions (all ages) are significantly lower than the England average

25. Areas that have improved

- Adult obesity - Although the number of overweight adults is estimated to be higher than average this is no longer significant and the proportion of obese adults is in line with national figures
- Statutory Homelessness - Figures for the latest year are no longer significantly higher than average and for those in temporary accommodation they are significantly lower than average
- Diabetic Retinopathy Screening - Up from 75% to 89% and now significantly above average
- Alcohol - There has been a reduction in alcohol related crime.

26. Areas of ongoing concern

- Obesity
  - Childhood Obesity
    - The percentage of children classified as overweight or obese at reception year (4 and 5 year olds) and at year 6 (10 and 11 year olds) in Worcestershire has increased; for reception year children the rate in Worcestershire is worse than the England average.
    - In Worcestershire almost one in four children aged 4-5 (24.2%) and one in three children aged 10-11 (33.2%) were either overweight or obese in 2013/14.
  - Breastfeeding - Worcestershire has significantly lower rates of breastfeeding than the England average
- Alcohol
  - Alcohol-specific hospital stays in under 18s - The rate of under 18s admitted to hospital for alcohol-specific conditions remains higher in Worcestershire than the England average



- Mental Health & Wellbeing
  - Hospital stays for self-harm
    - The standardized rate of admissions to hospital for self-harm is still higher than the England average
    - A significant increase has been seen in the number of premature deaths in people with severe mental health problems.
- Older people and people with long-term conditions
  - Fuel poverty - the percentage of people experiencing fuel poverty in Worcestershire is higher than the England average
- Other issues
  - Smoking in pregnancy - The proportion of women in Worcestershire who are smokers at the time of delivery is higher than the England average
  - School readiness particularly amongst those receiving free school meals
    - The proportion has increased by over 10% but remains significantly below average
    - The proportion for those on free school meals has also increased but remains below average
  - Successful completion of drug treatment
    - The percentage of people successfully leaving drug treatment who do not re-enter treatment within 6 months has gone down even below last year's figure
    - For non-opiate users it is now 23%
    - For opiate users it is just 5%, meaning 95% of opiate users who leave treatment are back in treatment within 6 months

#### 27. Health Inequalities

- Overall health inequalities as measured by under 75 mortality have narrowed over the latest 5 years of data
- However, life expectancy is still 7.4 years lower for men and 6.5 years lower for women in the most deprived areas of Worcestershire compared to the least deprived areas
- There are still about 15.7% (or around 18,000) children living in poverty. Just over 28,000 people (4.9% of the population) in Worcestershire live in a household with an income less than £17,016 per annum, which is less than 60% of the median household income for England (the official Government definition of poverty).
- Inequalities for children and young people are stark for many outcomes, from smoking in pregnancy and breastfeeding, through school readiness to educational outcomes.

### Contact Points

#### County Council Contact Points

County Council: 01905 763763

Worcestershire Hub: 01905 765765

Email:

[worcestershirehub@worcestershire.gov.uk](mailto:worcestershirehub@worcestershire.gov.uk)

#### Specific Contact Points for this report

Name: Frances Howie

Tel: 01905 765533

Email: [FHowie@Worcestershire.gov.uk](mailto:FHowie@Worcestershire.gov.uk)