

HEALTH AND WELL-BEING BOARD

10 May 2016

BI-ANNUAL PROGRESS REPORT FROM THE HEALTH IMPROVEMENT GROUP

Board Sponsor

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

Author

Dr. Frances Howie, Interim Director 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 December 2015-March 2016; and**
 - b) Request that the Health Improvement Group Bi-Annual Report is presented to the Board in September 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 details have been seen previously by the Health and Well-being Board. 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 action plans:
 - Alcohol Plan
 - Mental Well-being and Suicide Prevention Plan
 - Obesity Plan
 - Strategic Drug Plan
 - Tobacco Control Plan
4. The priorities of the Health & Wellbeing Board for 2016-21 will be:
 - Mental health and well-being throughout life
 - Being active at every age
 - Reducing harm from drinking too much alcohol
5. New strategic plans will be developed for priority areas taking forward legacy work from existing plans and incorporating new areas of work to be developed using a co-production approach.
6. The HIG also considers District Health and Well-being Plans with the aim of highlighting and coordinating local action and sharing good practice.

Summary of progress: strategic plans

7. Since the bi-annual progress report was presented to the Board in November 2015, the HIG has received updates on the Obesity Plan and the Alcohol Plan. A summary of progress against the plans is set out below.

Obesity Plan Summary

8. The HIG received an annual update of the Obesity Plan for Worcestershire (2013-2016) in December.
 - Over the past three years the Board has supported an Obesity Action group, which includes relevant partners from organisations across the county including: the Health and Care NHS Trust, CCGs, Sports Partnership Herefordshire and Worcestershire, District Councils, Regulatory Services and University of Worcester. This group oversees the development and implementation of the operational aspects of the Obesity Plan
 - As a consequence of the engagement over the last three years, many of the Obesity Plan aims and actions are now embedded in mainstream services across partner organisations
9. Summary of the progress demonstrated by the Obesity Plan during the three year life of the plan;
 - The Change for Life campaign has shown an increase to year on year to 3,830 individuals and families in Worcestershire signed up to the national campaign
 - A renewed action plan for the County is being developed by the Infant Feeding Action Group lead by Worcester Health and Care NHS Trust, to promote and increase the uptake of Healthy Start vitamins

- The Health Chats training programme has trained over 1,720 people to promote healthy lifestyles to their community or workplace. Of these, 1,000 people are community Health Champions
- An Eating Well on A Budget programme has been developed to empower local people to eat more healthily, this upskills staff in delivering healthy eating messages to the public, including those with a disability. So far over 90 staff and volunteers have been trained across the county from a range of organisations.
- A Health Impact Assessment (HIA) Group has been established who produced a Technical Research Paper for Worcestershire which outlined the need to re-establish the links between planning and health in order to address health inequalities that exist in the community, helping to provide a consistent and positive planning framework for health and well-being issues.
- The Worcestershire Works Well programme is currently reaching approximately 10% of the workforce in Worcestershire, through over 75 organisations actively working towards accreditation, reaching approximately 25,000 employees. A strategic board is now in place to continue to increase the number of organisations accredited to the scheme.
- A Living Well Service to support adults to make lifestyle changes to improve their health and well-being has been developed.
- A cross-tier pathway for adults classified as overweight or obese is currently under development, with the Public Health team working closely with CCG commissioners to achieve a clear and effective pathway which encompasses obesity prevention at tier one and two, and management and surgery for tiers three and four.

10. Outcomes;

- The percentage of overweight and obese Reception children (aged 4 -5) have decreased during 2014/2015 to 22.4% bringing them to their lowest levels since measuring began. This has narrowed the gap considerably between Worcestershire and England as a whole, however, Worcestershire still has a higher percentage than England (21.9%).
- In 2014/2015 the percentage of overweight and obese Year 6 children in Worcestershire dropped to 30.7%, which is below the England average of 33.2%. Although this is promising it is too soon to say whether or not there is a sustained downward trend. The figure is in itself of great concern, with nearly 1/3 of our 10-11 year olds overweight or obese.
- The percentage of people recorded as having diabetes registered with GP practices in Worcestershire is significantly higher than the National average at 6.7% compared to 6.2%. This reflects better diagnosis rates, which then enable intervention and management.

11. The three year work programme to tackle obesity has been overseen by the Obesity Action Group, reporting in to the Health Improvement Group. A range of activity has taken place in the Districts and in partner organisations. It is too soon to measure robustly the impact of this activity on obesity rates in the County. However, trends and engagement of colleagues across the system are promising

Alcohol Plan

12. The HIG received an annual update for the Strategic Alcohol Plan for Worcestershire (2014-2017) in March 2016. Below is a summary of progress of work in year 3 of the Plan, Some of the actions are ongoing and will carry forward to the next plan:

- Alcohol is covered in all public health campaigns, 2015 campaigns were:
 - ✓ Pre- diabetes campaign (May - June)
 - ✓ Living well campaign - winter health, (Sept – October)
 - ✓ Men's Health campaign (Nov – December)
 - ✓ Mental Health (Jan-Feb)
 - ✓ Starting well campaign is being planned for March – April 2016. This will be around pregnancy and alcohol and breastfeeding and alcohol
- Worcestershire Works Well (WWW) promotes the delivery of consistent messages about alcohol in the workplace to local businesses across the county. 75 businesses are signed up to WWW, reaching approx. 25,000 Worcestershire employees. WWW has a substance misuse champion who is helping WCC achieve Level 2 of the standards.
- Swanswell is actively working with local schools, children and early help services to promote prevention, awareness and accessibility to treatment for drugs and alcohol.
- Since October 2015 Swanswell completed thirteen training/workshop/events that include reducing harm from alcohol at various schools and young people's agencies across the county.
- Swanswell Early Help clinic began in mid-January as a pilot. It is based at Action for Children's Carden Street premises and runs one afternoon every fortnight initially; the frequency or length of clinic will then be increased if required. Early Help workers will be able to book clients into referral/assessment slots or YP will be able to drop in to the clinic should they prefer.
- A current multi-agency Critical 10 review group including homelessness agencies meets monthly in Worcester, to ensure care pathways are in place for people with serious alcohol related problems who are frequent users of hospital and police services.
- Swanswell are reviewing potential for implementing a Blue Light project in the County to enhance treatment opportunities for people with serious alcohol problems who do not engage effectively with existing treatment services.
- A joint working group between Swanswell and Worcestershire Health and Community NHS Trust is reviewing protocols and pathways for people with co-existing substance misuse and mental ill-health (commonly termed dual diagnosis) Pathways will be included in Primary Care Mental Health arrangements supported by discussion with Clinical Commissioning Groups
- A conditional cautioning process has been developed and now implemented, this supports police officers and custody sergeants to have an alternative disposal that facilitates engagement in treatment for those with alcohol and/or drug misuse who have committed a drug or alcohol related offence.
- A West Midlands Liver Health Scoping Workshop was held in November 2015. It was agreed that that liver health is a key issue for health services and PHE are looking at developing a regional framework/strategy for liver health which will be discussed at the regional alcohol forum.

13. Although the current three year alcohol plan is coming to an end, a number of the actions will continue to be developed. As a consequence of the last three years, many are now embedded in the main stream service of stakeholder organisations. Ongoing work to reduce alcohol consumption and its related effects will remain a priority until figures show that it is no longer an issue for the county.
14. A renewed focus on prevention and effective treatment by stakeholders including the treatment provider, will ensure that outcomes are improved for alcohol related illness and crime, which will in time show an improvement in positive outcomes for those affected by alcohol and reduce cost to the authorities

Summary of Progress: District Plans

15. 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 2015, three districts (Worcester City, Malvern Hills, Wychavon) have given a presentation on their Plan. Set out below is the progress made to date.

Worcester City Council

16. The update of Worcester City Health and Wellbeing Partnership Action Plan 2015 'Healthy Worcester' was presented to the HIG in December. The action plan is based on the present Joint Health and Wellbeing Strategy (JHWBS) priorities (2013-16):
 - Older people & management of long term conditions
 - Mental Health & Wellbeing
 - Obesity
 - Alcohol
17. Ten partner agencies contributed to the plan, key successes of the plan against the four priorities include:
 - The Wise and Well Older People event – Over 80 members of the public attended. Free eye tests, hearing tests and NHS health checks were offered
 - Time to Talk Project – Embedded in primary care in two GP surgeries, approx. 600 contacts have been made with patients
 - Parents to be sessions led by Action for Children – 459 parents attended the sessions, 80 of these live in 30% super output areas.
 - Kitchen Project with St Paul's Hostel – 22 clients attended and the 7th Assistant Chef has secured employment and their own tenancy
18. The action plan has been reviewed and a new action plan is being developed to include local and JHWBS priorities.

Cllr. Mike Johnson is the lead Member for Health & Wellbeing at Worcester City

Malvern Hills District Council

19. Malvern Hills District Health & Wellbeing Plan (2013/16) was presented to the HIG in March. Priorities are:

- Older people and management of long term conditions
- Mental health
- Obesity
- Alcohol

20. Progress to date includes:

Older People and management of long term conditions

- Ageing Well Befriending Scheme
- Ageing Well 50+ Volunteer Recruitment
- Ageing Well Small Grant Scheme

Mental Health

- Digital Inclusion Hub
- Volunteering Forum

Obesity

- Malvern Community Food Worker
- Worcestershire Works Well – 5 businesses working towards level 1, 3 working towards Level 2
- Implementation of Malvern Hills District Sport & Leisure Strategy 2014-2024

Alcohol

- Pickersleigh Alcohol Campaign
- Health Chats Training – 13 sessions delivered, 141 people trained

21. The new Malvern Health & Wellbeing Strategy priorities will be

- Mental health and wellbeing throughout life
- Being active at every age
- Reducing harm from drinking too much alcohol

22. Consultation dates for the strategy are:

- Malvern Hills Health & Wellbeing Partnership - 26th April
- Wider Partnership Consultation - 27th April – 11th May
- Malvern Hills District Council Overview & Scrutiny - 17th May,
- Malvern Hills District Council Executive Committee - 21st June

Wychavon District Council

23. Wychavon Health and Wellbeing Plan (2013/16) review was presented to the HIG in March. Priorities were:

- Older people and management of long term conditions
- Obesity
- Mental Health and Wellbeing
- Alcohol
- Health Inequalities

24. Progress to date includes:

Older people and management of long term conditions

- An Older persons Showcase event, to support ageing well
- Two programmes supported to reduce isolation.
- Wychavon District Council has engaged with 7 rural communities across South East Wychavon through the door knocking programme, generating 258 referrals to agencies that have been able to help improve peoples' health and well-being improve their living environment and help vulnerable people maintain their independence.

Obesity

- The Get Wychavon Active programme
- Delivery of Health Chats training
- Support of local businesses to sign up to Worcestershire Works Well and the Sportivate programme.

Mental Health & Wellbeing

- Mapping of mental and emotional health services supporting adults and children was completed and in 2015-16 and a Mental Health Champions project commenced
- From Sept 2013 to March 2014 visual arts and crafts workshops for people with mental health issues and people with disabilities were held in the centre of Droitwich

Alcohol

- Reducing alcohol consumption included work around; the identification of alcohol services across the district and the inclusion of alcohol within the Health Chats training.
- Wychavon District Council Civic Centre is now a "dry" building where alcohol is not brought onto the premises.

Health inequalities

25. Progress in addressing health issues that may arise for specific communities by nature of the wider determinants of health included

- Droitwich Food Bank
- Westlands Health & Wellbeing Forum.

26. Priorities for the Wychavon Health & Wellbeing Plan 2016-20 are:

- Smoking in Pregnancy
- Excess weight and obesity
- Homelessness
- Rurality
- Older people
- Alcohol consumption

Other Issues Considered by the HIG

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

- Home Improvement Agency overview and update
 - Health & Wellbeing Strategy
 - CCG report
 - Health Inequalities Sub Group Action Plan
 - Financial Update
 - DPH Annual Report
 - JSNA Data Workshops
28. There will be close co-operation and oversight of the work and impact of the Home Improvement Agency, through governance arrangements and membership input into the HIA Management Board, ensuring an integrated approach across health, housing and social care. This will ensure that the HWBB is informed on the outcomes from the BCF allocation.
34. The Health Inequalities Sub Group action plan is a new plan. The HIG approved the draft plan in December and agreed that the Health Inequalities Sub Group continue to support the implementation, monitoring and evaluation of the plan.
35. 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.
36. Updates on plans for the new H&WBB priorities 2016-21, will be provided to the HIG annually.
- Good mental health and well-being throughout life
 - Being active at every age
 - Reducing harm from alcohol at all ages
37. 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.

Contact Points

County Council Contact Points

County Council: 01905 763763

Worcestershire Hub: 01905 765765

Email: worcestershirehub@worcestershire.gov.uk

Specific Contact Points for this report

Name: Dr. Frances Howie

Tel: 01905 845533

Email: FHowie@worcestershire.gov.uk