

Agenda item 9

DERBYSHIRE HEALTH AND WELLBEING BOARD

12 July 2018

**Report of Director of Public Health
Derbyshire County Council**

DERBYSHIRE HEALTH AND WELLBEING STRATEGY 2018 ONWARDS

1. Purpose of the report

To provide the Health and Wellbeing Board with an outline of proposed Health and Wellbeing Strategy priorities from 2018 onwards, and to seek feedback from Board members on the proposed priorities.

2. Information and analysis

Appendix 1 presents an outline of the proposed Health and Wellbeing Strategy for Derbyshire for 2018 onwards. The strategy identifies 4 priority areas:

1. Enable people in Derbyshire to live healthy lives
2. Work to lower levels of air pollution
3. Build mental health and wellbeing across the life course
4. Support our vulnerable populations to live in well-planned and healthy homes

For each proposed priority the outline describes 1) why this is a priority for Derbyshire, 2) what we aim to achieve by including this as a priority in the HWB Strategy, and 3) provides some examples of how we will achieve our ambitions for Derbyshire.

At this stage we are seeking feedback from Board members on the proposed priorities. Once the priorities are agreed in principle, specific objectives will be developed under each priority and key indicators that can be used to measure progress towards those objectives will be identified.

In addition to the 4 priorities outlined in Appendix 1, we ask the Board to consider the potential inclusion of fifth priority:

5. Strengthen opportunities for good quality employment and lifelong learning

A good job is really important for the health and wellbeing of working age people. We need a strong local economy driving sustainable economic growth for all people across Derbyshire. This includes creating more jobs and better jobs, tackling debt and addressing health related worklessness. The Health and Wellbeing Board can play an important role in ensuring that existing employment opportunities, and those newly created, are the kinds of good quality jobs that contribute positively to health. Further, there are opportunities to influence education, training and lifelong learning opportunities to ensure that we are supporting the local population to develop the skills that will attract quality jobs to Derbyshire in the future.

Whilst there is a range of health benefits to ensuring good quality education and employment opportunities across Derbyshire, the Health and Wellbeing Board could consider that local leadership on the economy and education sits with other partnerships in the county. As such, it may be more appropriate for Health and Wellbeing Board partners to influence these existing partnerships to ensure we are creating good quality employment and educational opportunities, rather than creating a specific priority within the Health and Wellbeing Strategy.

3. Links to the Health and Wellbeing Strategy

This report outlines a proposed new Health and Wellbeing Strategy, which both builds on previous strategies and identifies new priorities based upon factors including data on wellbeing, health and social care needs in Derbyshire and understanding of priority areas for the local population.

RECOMMENDATIONS

The Health and Wellbeing Board is asked to:

1. Consider and, if appropriate, agree to the further development of the four Health and Wellbeing Strategy priorities outlined in Appendix 1.
2. Discuss and agree whether or not a fifth priority relating to the economy and health should be developed for inclusion in the new HWB Strategy.

Dean Wallace
Director of Public Health
Derbyshire County Council

Appendix 1

Derbyshire Health and Wellbeing Strategy 2018 Onwards

Context

At a local and national level health systems are working together to develop a 'person-centred' approach to health that focuses on the holistic needs of the individual. This approach requires health and wellbeing partners to work together to enable people to remain healthy and independent for as long as possible, working in a joined-up way across health, social care and other key sectors to create environments that support good health.

Prevention is a key facet of this approach, working with local people to enable them to live healthier lifestyles, access services designed to prevent ill health and maximise their health within their living and working environments.

Nationally, the NHS Five Year Forward View has outlined progress made and next steps towards delivering an NHS fit for the future. Priority areas include working with community services and councils to support patients with less severe conditions more convenient alternatives to hospital care, and supporting people to remain healthy and independent into older age. Many areas are moving towards integrated systems, with NHS commissioners and providers working together with Local Authorities, the public and other stakeholders, to develop partnerships that will enable them to work better together to improve health and care outcomes in a place.

In Derbyshire the plan for developing our integrated system is 'Joined-Up Care Derbyshire'. This Sustainability and Transformation Plan (STP) describes how Derbyshire will move, over the coming years, towards an integrated health and care system with priorities relevant to the local population. Within Joined-Up Care Derbyshire, a Prevention work stream places emphasis on health and care activities that can support the population to lead healthier lives (such as smoking cessation and weight management services) and minimise their risk of disease or disability (such as screening programmes and childhood immunisation). As a movement that brings health and social care stakeholders together, the STP is well placed to prioritise these particular areas of ill health prevention.

A true population level approach to prevention requires a much broader focus on the social, cultural and economic environments in which we all live, work and play – the so-called Wider Determinants of Health. The Health and Wellbeing Board is in an excellent position to lead organisations in Derbyshire to address these determinants of health, for example through initiatives that influence education, employment, housing and transport positively for health. This Health and Wellbeing Strategy focuses on our priorities for the Wider Determinants of Health in Derbyshire.

Vision and Priorities for Derbyshire

The Health and Wellbeing Strategy 2018 outlines four priority areas on which the Health and Wellbeing Board will focus activity over the coming years. The Strategy does not provide a comprehensive long list of the work that the Board collectively, or as individual partner organisations, are undertaking. Rather it highlights particular areas that have been identified as opportunities for the focus of work to improve the health and wellbeing of the population of Derbyshire.

In each of these priority areas progress will take time and so rather than refresh this strategy in 2 or 3 years (as with previous strategies), the Board will review progress towards and the relevance of each priority area against the Health of Derbyshire each spring. When the priorities are no longer perceived to be relevant by the Board the whole Strategy will be refreshed.

The vision of the Health and Wellbeing Board remains unchanged from that set out in the 2012-2015 Strategy:

“To reduce health inequalities and improve health and wellbeing across all stages of life by working in partnership with our communities.”

The priorities, identified below, support Health and Wellbeing Board Partners to consider where working together and delivering through strong collective leadership will lead to an impact that is greater than the sum of its parts.

1. Enable people in Derbyshire to live healthy lives
2. Work to lower levels of air pollution
3. Build mental health and wellbeing across the life course
4. Support our vulnerable populations to live in well-planned and healthy homes

Priority 1: Enable people in Derbyshire to live healthy lives

Why is this a priority for Derbyshire?

Smoking, physical inactivity, poor diets, and excess alcohol consumption are four of the biggest contributors to ill health in Derbyshire. Together these four factors contribute to a range of conditions including (but not limited to): becoming overweight or obese, tooth decay, depression, anxiety, type 2 diabetes, certain cancers, high blood pressure, heart disease and osteoporosis.

In Derbyshire, the proportion of the population that are physically inactive (20.9%) is similar to the England average (22.2%), and a slightly higher percentage of adults (68.0%) are active than in England (66.0%). However, the prevalence of overweight and obesity in both adults and young children is significantly higher than the national average. Further, only half of 15 year olds eat 5 portions or more of fruit and vegetables

per day, rising to 57.8% in adults¹. 26.6% of the population drink above the government guidelines of 14 units a week, similar to the England average of 25.7%, and fewer adults abstain from drinking (9.6%) compared to England (15.5%) and across the East Midlands (13.5%)². Despite similar levels of risky and dependent drinking to the England average, in Derbyshire rates of admission to hospital for alcohol-related conditions are higher and there are more road traffic accidents where at least one of the drivers failed an alcohol breath test. Finally, 19.9% of people in Derbyshire are current smokers, similar to the England average of 18.0%¹. However, among people in routine and manual occupations 31.5% of people are smokers and the proportion of pregnant women who are smokers at the time of delivery (14.1%) is significantly higher than the England average (10.7%).

What do we want to achieve?

A Derbyshire that enables people to live healthy lives through activity, healthy diets, living tobacco free and drinking at safer levels.

How will we achieve our ambitions?

Examples of the initiatives we will champion to support people of Derbyshire to live healthy lives include:

- Collaborating with partners across the public, voluntary and private sectors to encourage active travel to school, to work and in day-to-day life.
- Enabling our children and young people to eat healthily through initiatives such as 'Food For Life' and consideration of legislation for hot food takeaways near schools.
- Working closely with partners to contribute to alcohol licensing decisions, ensuring the responsible selling of alcohol and recognising this may have a positive impact on reducing a person's drinking at harmful or hazardous levels.
- Supporting the delivery of a tobacco control strategy and action plan for Derbyshire, with priorities that include increasing the number of smokefree environments and continuing to support the work of Trading Standards to tackle illicit and illegal tobacco.

Priority 2: Work to lower levels of air pollution

Why is this a priority for Derbyshire?

Air pollution has a significant impact on the health of people in Derbyshire. Air pollution levels vary across the County due to proximity to sources of pollution such as road networks. Two of the main pollutants of concern are particulate matter (small particles e.g. from tyre wear and tear) and nitrogen dioxide. National data suggests the effects

¹ PHE Fingertips <https://fingertips.phe.org.uk/>

² Local Alcohol Profiles for England <https://fingertips.phe.org.uk/profile/local-alcohol-profiles/data#page/0/gid/1938133118/pat/6/par/E12000004/ati/102/are/E10000007>

of particulate matter could account for over 16,000 respiratory and cardiac hospital admissions a year and over a million asthma symptom days in children. In 2017 alone, an estimated 533 deaths were linked to particulate matter pollution in Derbyshire³. Air pollution is harmful to everyone. However, some people suffer more than others because they: live in deprived areas, which often have higher levels of air pollution, live, learn or work near busy roads or are more vulnerable because of their age or existing medical conditions.

Whilst there have been overall improvements in air quality across Derbyshire in recent years, data suggests improvements are beginning to plateau and in those areas with the highest air pollution improvements are less marked¹.

What do we want to achieve?

A Derbyshire that brings together individuals, communities and organisations to improve air quality.

How will we achieve our ambitions?

Examples of initiatives that the Health and Wellbeing Board will support to achieve the ambition of further improvements in air quality include:

- Championing the work of the Derbyshire Air Quality Forum, which monitors progress in improving air quality across Derbyshire and considers how we can work together to reduce levels of air pollution.
- Promoting 'National Clean Air Day' in schools, workplaces and other settings across Derbyshire to raise awareness of the health impacts of air pollution and the part we can each play in addressing the challenge.
- Supporting initiatives to increase active travel – walking, cycling and using public transport to get from A to B.

Priority 3: Build mental health and wellbeing across the life course

Why is this a priority for Derbyshire?

1 in 4 people have a mental health problem in any given year and half of adult mental health problems start by the age of 14 years. People who have mental ill health have higher rates of health-risk behaviours, poorer physical health, are less likely to be in employment and more likely to be socially isolated. In Derbyshire 128,000 adults report feeling very anxious regarding wellbeing, 80,000 people have a common mental health problem (such as anxiety or depression) and between 15-20,000 young people report self-harm⁴.

³ Derbyshire Health Protection Board: Air Quality Trends and Health 18 October 2017

⁴ Driving Better Mental Health for Derbyshire - A Prevention Framework 2017-2021

A person has good mental wellbeing when they are experiencing positive emotions, have strong cognitive functioning (e.g. thinking and reasoning), can relate well socially with others, and have a sense of meaning and purpose. Mental health encompasses the presence or not of both mental illness and mental wellbeing. Someone with mental ill health can have good mental wellbeing, enabling them to be resilient and manage their illness. Equally, someone without mental illness can have poor mental wellbeing, which has a detrimental impact on their functioning and daily life.

What do we want to achieve?

A Derbyshire that supports its population to fulfil their mental health and wellbeing potential.

How will we achieve our ambitions?

To prevent mental ill health and support mental wellbeing across the life course in Derbyshire priority areas of work include:

- Building the mental health literacy of the wider workforce and the public (e.g. through challenging stigma and discrimination and mental health champions).
- Strengthening individuals and communities (e.g. through a whole-school approach to mental health and tackling social isolation and loneliness).

Priority 4: Support our vulnerable populations to live in well-planned and healthy homes

Why is this a priority for Derbyshire?

Effective planning and healthy housing is key to preventing ill health and enabling people to live independently into old age. Poor condition housing is known to have significant impact on health and wellbeing, particularly for people who spend a lot of time at home (e.g. children and older people). Housing that is cold, damp, or overcrowded can also impact on people's ability to access and sustain employment. Some people have no home at all, or unstable housing, and this is detrimental to mental and physical health in a multitude of ways. Communities need to be well planned and linked so that people can live well.

Evidence suggests that housing is in poorer condition in Derbyshire than in England. The rate of fuel poverty at 12.8% is higher than the national average of 10.4%⁵. Between 2001 and 2011 the proportion of houses that were overcrowded in Derbyshire increased by 26.7%. Additionally, whilst overall the level of statutory homelessness is lower than the national average of 2.5 per 1,000 households, in Chesterfield and South Derbyshire the rate is similar to the England and much higher than the Derbyshire average.

⁵ PHE Fingertips <https://fingertips.phe.org.uk/>

Derbyshire has a higher than average proportion of older people (21% aged over 65, compared to 18% in England). This is predicted to increase. Older people have increased housing, accommodation and support needs, in order to enable them to live independently for longer. Joining up of planning, housing and health systems is needed to achieve this.

What do we want to achieve?

A Derbyshire that understands what makes a home healthy, and that works with planning and housing stakeholders to ensure a healthy housing stock.

How will we deliver our ambitions?

Supporting our vulnerable populations to live in healthy homes will require a range of activities, some quick to implement and others that will ensure healthy housing for the future. Examples of specific actions include:

- Developing a pathway, and supporting protocols, for households identified as at risk of injury from the home to access a home safety assessment and the installation of preventive safety measures.
- Working with private sector landlords and lettings agents to enable a healthier private rented sector (healthy homes; security of tenure; affordable).
- Collaborating with local planners and developers to embed principles of healthy housing and active environments in new developments and renovations.
- Supporting development of an Older Persons Housing Strategy.