

6<sup>th</sup> June 2018

Agenda Item: 6

**REPORT OF THE CHAIR OF THE HEALTH AND WELLBEING BOARD****CHAIR'S REPORT****Purpose of the Report**

1. An update by Councillor John Doddy to provide Board members with an update of relevant local and national issues.

**Information****2. Young People's Health Strategy Update**

Led by the Children's Integrated Commissioning Hub (ICH), the Young People's Health Strategy is monitored by a multi-agency steering group comprising of key NHS and local authority professionals. Young people's views are at the heart of the strategy, shaping its overarching principles and recommendations covering a range of topics such as emotional health and wellbeing, digital engagement and sexual health.

Since the launch of the strategy there have been a wide range of successful initiatives tailored for the young people of Nottinghamshire. All services developed are underpinned by the principles and recommendations within the strategy. Key services/initiatives developed or overseen based on these recommendations are outlined in more detail in the full report which can be accessed [here](#).

For more information please contact: Tina Bhundia, Public Health & Commissioning Manager  
email: [tina.bhundia@nottsc.gov.uk](mailto:tina.bhundia@nottsc.gov.uk)

**3. Handy Person Adaptation Service gets a revamp!**

Commissioning teams at Nottinghamshire County Council have been working in collaboration with District and Borough Councils to design, procure and deliver a new and improved Handy Person Adaptation Service. This service enables older people (people aged 60 and over) or people with a disability to continue to live independently in their own homes and prevents accidents, particularly falls, by undertaking minor adaptations like installation of grab rails, second stair rails and key safes. Providers have also been trained on dementia awareness and falls prevention.

Through the partnership approach an effective, cost effective service is being delivered to service users avoiding unnecessary hospitalisation and allowing more people to stay active and remain at home.

For more information contact Halima Wilson, Commissioning Officer [Halima.wilson@nottsc.gov.uk](mailto:Halima.wilson@nottsc.gov.uk)

#### **4. Get up & go scheme**

As part of the Public Health and Adult Social Care falls prevention programme, Everyone Health will be launching ENGAGE (Everyone Nottinghamshire Get up and Go Exercise) in June, a new exercise opportunity for older people. It aims to support older people to improve their strength, balance and stability through evidence based exercises in groups. The groups will include chair based exercise and OTAGO, which involves both seated and standing exercise specifically designed to challenge balance and strength and reduce participants risk of falling by making them stronger, improving mobility and confidence.

Everyone Health has worked with local exercise practitioners, both freelance and staff from district leisure providers to create a pool of trained instructors. Everyone Health is now working with them to ensure there's a good coverage of classes across the county at local accessible venues. At the classes, the instructors will also provide advice and information on creating a more fall-proof environment at home and understanding how to deal with a fall should it happen, part of the national *Get Up & Go* campaign. They also provide each participant with a programme of activities to complete at home.

There are currently 2 pilot classes running in Keyworth and West Bridgford, to ensure the referral route works for health and social care staff. So far there has been a positive response from health and social care staff who recognise the importance of exercise to prevent falls.

For more information contact Jacqui Constantine: [jacquiconstantine@everyoneactive.com](mailto:jacquiconstantine@everyoneactive.com)

#### **5. South Yorkshire & Bassetlaw Hospital Services Review**

An Independent Review set up to ensure people across South Yorkshire, Bassetlaw and Chesterfield continue to receive excellent hospital services now and into the future has made a series of recommendations in a report published on Wednesday 9 May. The Hospital Services Review (HSR) Report recommends that to continue to provide high quality services across the region, hospitals must work together even more closely and in ways that connect teams across all sites.

The central theme is for local people to continue to get as much hospital care as possible in their local District General Hospital. This includes a recommendation to keep all seven emergency departments (EDs) in Barnsley, Bassetlaw, Chesterfield, Doncaster, Rotherham, the Major Trauma Centre and ED at the Northern General Hospital in Sheffield and the ED at the Sheffield Children's Hospital..

Among the proposals are the establishment of new networks of care; two new regional centres of excellence to support the networks - a Health and Care Institute and an Innovation Hub. The report also recommends further work is undertaken with regards to children's and maternity services; and that overnight and weekend services for emergency gastrointestinal bleeds are consolidated.

For more information about the report see here: <https://www.healthandcaretogethersyb.co.uk/>

#### **6. Public Health Commissioning Intentions Public Consultation**

A number of contracts for public health commissioned services will come to their natural end during the next two years. These include the Substance Misuse Service, Obesity Prevention and Weight Management (diet and physical inactivity), Stop Smoking Service, and Workplace Health. Councillors wish to ensure that the next generation of services will deliver the greatest

possible impact and value for money for people in Nottinghamshire, and have agreed to a programme of work to deliver this. We will completing a public consultation which will be open for 10 weeks from 25 May 2018 to 3 August 2018. This consultation will help shape the service model, consider the new use of new technology and the potential links and impact across the system. The consultation will include web based and face to face sessions. Feedback from the consultation will be provided at the September 2018 meeting.

If you would like to participate in the consultation further details are listed on the NCC Consultation Hub. <https://consult.nottinghamshire.gov.uk/>

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## 7. MH:2K

MH:2K is a national initiative that has run in a number of local areas including Nottingham and Nottinghamshire. It has been supported by Nottinghamshire County Council, the Clinical Commissioning Groups and the Wellcome Trust and delivered by a partnership of Involve and Leaders Unlocked. It enables young people, aged 14-25 to become Citizen Researchers, explore mental health issues and influence decision-making in their local area. 29 motivated young adults with diverse backgrounds and life experiences were recruited to become the MH:2K Citizen Researchers. They selected 5 key priorities to address through the project:

- Stigma and Public Awareness
- Treatment and Therapies
- Education and Prevention
- Cultures, Genders and Minorities
- Family, Friends and Carers

The group designed and delivered 30 Roadshow events across 15 different organisations including schools, colleges and community groups and reached 647 young people. On 10<sup>th</sup> May the MH:2K Showcase Event took place at Nottingham Conference Centre attended by a wide range of stakeholders from across all sectors. The Showcase Event was an opportunity for the Citizen Researchers to share their findings and recommendations for the 5 key priorities. The event was a huge success with positive feedback from those who attended. A final report will be published shortly and will be shared widely so that a system wide approach can be taken to deliver the recommendations.

The Showcase Event also allowed the Citizen Researchers to share their experience of taking part in the project and the impact it has had on them personally. One young adult gave the following testimonial after the event:

*“Those who know me well will know I’ve suffered from social anxiety for as long as I can remember and how debilitating the effect of this has been. I never write status’ or really share my personal life with people but after today I feel inspired to do so, for anyone who needs to hear it.*

*This time two years ago I struggled to do class presentations in front of around 20 people without having an anxiety attack, to the point I would feel like I couldn’t breathe. After making the first step and seeking help for my anxiety, I became more confident and was able to do so many things that I would never have been able to do previously (as ‘minor’ as going to the shops by myself). This inspired me to join a mental health project that aims to give young*

*people a voice and improve mental health services for young people - both within Nottinghamshire and nationwide. A few months ago during a public speaking exercise, I challenged myself to have the same 'confidence' I have on stage when I'm dancing, in my public speaking endeavours. Since then, not only have I co-led two group sessions for young people on our mental health roadshow, I have just presented some of our key findings and recommendations at our 'MH:2K Big Showcase Conference' in front of around 100 people, including key decision makers and industry professionals. I've met so many strong individuals during this project and I'm very proud of myself and my MH:2K family for coming this far and giving young people a voice. My mental health journey hasn't been easy and is far from over yet, but it has been worth it.*

*Mental health is SO important and something that EVERYBODY has, yet when we have problems with our health, they are negatively stigmatised and misunderstood. We must gain a better understanding of mental health problems and learn to accept and support the people who suffer from them - not judge and ostracise them. You never know what somebody is going through.*

*It's okay not to be okay x"*

For more information contact Nichola Reed, Public Health and Commissioning Manager ([Nichola.reed@nottsc.gov.uk](mailto:Nichola.reed@nottsc.gov.uk))

## **PROGRESS FROM PREVIOUS MEETINGS**

### **8. Joint Health and Wellbeing Strategy - Healthier decision making ambition**

Work is starting to implement the healthier decision making approach identified within the Joint Health and Wellbeing Strategy. Nottinghamshire County Council agreed to implementation at Full Council in March and a workshop is being planned for councillors and senior officers as a next step.

A workshop has also taken place with representatives from each of the district and borough councils in the county, facilitated by the Local Government Association to discuss wider implementation by using the approach within the priorities for Healthy and Sustainable Places.

A task and finish group is being established to progress this further which will be chaired by Jonathan Gribbin, Interim Director of Public Health.

For more information contact Nicola Lane, Acting Senior Public Health and Commissioning Manager e: [nicola.lane@nottsc.gov.uk](mailto:nicola.lane@nottsc.gov.uk)

### **9. Physical activity**

A physical activity delivery plan (attached as Appendix A) has been developed based on the discussions and agreement of Board members at the January 2018 meeting.

Ilana Freestone of Active Notts will lead implementation and will make contact with partners to enable delivery.

For more information contact Ilana Freestone e: [ilana.freestone@Activenotts.org.uk](mailto:ilana.freestone@Activenotts.org.uk) or John Wilcox e: [john.wilcox@nottsc.gov.uk](mailto:john.wilcox@nottsc.gov.uk)

## **10. Substance Misuse Framework for Action**

Substance Misuse Framework for Action was signed off on Monday 30<sup>th</sup> April by the Substance Misuse Strategy Group. It is centred around 3 themes; Reducing Demand, Restricting Supply and Reducing Harm. Each theme has an action plan for delivery with the strategy group having oversight of the themes and actions. Core members of the strategy group include the Community Safety Partnership Leads for the county, Nottinghamshire Police, The Office of the Police and Crime Commissioner, The Community and Rehabilitation Company and Public Health, Trading Standards and Nottinghamshire County Council representative from Children's services. The group is chaired by Jonathan Gribbin, Interim Director of Public Health and currently reports directly into the Health and Wellbeing Board. Governance links are in development for this group to report into the Safer Notts Board in order to acknowledge the link into criminal justice agenda.

For more information contact Sarah Quilty, Senior Public Health and Commissioning Manager [sarah.quilty@nottsc.gov.uk](mailto:sarah.quilty@nottsc.gov.uk)

## **A GOOD START IN LIFE**

### **11. Child health profiles**

Public Health England has published [Child health profiles: summary of feedback exercise and PHE response](#). This document presents the results of the latest child health profiles user survey and PHE's response and planned actions.

### **12. Child health profiles updated**

PHE has updated the [Child Health Profiles](#) interactive tool which presents data across 32 key health indicators of child health and wellbeing. The profiles provide an overview of child health and wellbeing for each local authority and CCG in England and are designed to help local organisations understand the health needs of their community and work in partnership to improve health in their local area.

### **13. Health and wellbeing in early childhood**

The Nuffield Trust has published [International comparisons of health and wellbeing in early childhood](#). This report presents data on health and wellbeing for early childhood in the UK and 14 comparable countries and considers the benefits and challenges of comparing child health indicators between countries. The findings show that while the UK is doing well in many areas, on certain indicators it lags behind similarly developed countries. A technical annex containing data tables is available.

### **14. Children and young people's mental health services**

The Care Quality Commission has published [Are we listening? Review of children and young people's mental health services](#). This report describes the findings of an independent review of the system of services that support children and young people's mental health. It indicates that many children and young people experiencing mental health problems don't get the kind of care they deserve; the system is complicated, with no easy or clear way to get help or support.

Additional link: [CQC press release](#)

### **15. Mental health and wellbeing awareness**

NHS Leeds CCG has 'kicked off' an awareness campaign to promote [MindMate, a mental health and wellbeing website for young people in Leeds](#). The initiative starts with a digital

awareness campaign on the game Football Manager 2018 which will see the MindMate brand promoted with eight-second, clickable digital pitch-side ads during game simulation. The campaign is being geo-targeted so only game players in Leeds will see the MindMate promotion – it will be the first time the NHS has used such an awareness tactic on Football Manager.

#### **16. Support for children living with alcohol-dependent parents**

The Department of Health and Social Care has announced [measures to give children living with alcoholic parents fast access to support and advice](#). The plans will help identify at-risk children more quickly, provide outreach programmes to get more parents successfully through addiction treatment and introduce early intervention programmes to reduce the numbers of children needing to go into care.

#### **17. It's #TimetoInvest in young people's wellbeing (05/04/18)**

[New Prince's Trust research](#) reveals that young people fear for their emotional health more than ever before, as worries about the future, money and generally 'not being good enough' pile up. 61% of young people regularly feel stressed and more than a quarter go as far as to say they regularly feel hopeless. Young people's happiness and confidence in their emotional health have dropped to the lowest levels ever recorded.

#### **18. Hidden Lives: tackling the social exclusion of families caring for a seriously ill child (28/03/18)**

84% of families caring for a child with a life-limiting or life-threatening condition say they have felt isolated and alone since their child's diagnosis, according to a [survey](#) carried out by UK children's palliative care charity [Together for Short Lives](#).

There are over 49,000 babies, children and young people with life-limiting or life-threatening conditions across the UK. Most of these children have complex health conditions and need constant support and care 24 hours a day.

#### **19. Reducing unintentional injuries among children and young people (28/03/18)**

Unintentional injuries are a leading cause of preventable death for children and young people and a major cause of ill health and serious disability. Public Health England has updated [guidance](#) for local authorities and their partners to help develop injury prevention strategies for children and young people.

Data on injuries suffered by children and young people in the home and on the roads is available on Public Health England's [Fingertips data](#) website. Selected slide presentations are also available.

#### **20. ONS: Children's well-being and social relationships, UK: 2018 (26/03/18)**

The Office for National Statistics (ONS) has published [information and data](#) on how children aged 0 to 15 years in the UK are coping in a range of areas that matter to their quality of life, reflecting the circumstances of their lives and their own perspectives.

### **HEALTHY & SUSTAINABLE PLACES**

#### **21. Calorie reduction**

Public Health England has published [Calorie reduction: the scope and ambition for action](#). This report sets out the evidence on calorie consumption and the details of the calorie reduction programme. It includes details of recommendations around calorie intakes; calculated estimates for daily energy intakes and excess calories consumed by children and adults;



evidence on reformulation and portion size reduction; and estimated health economic benefits of a calorie reduction programme.

Additional link: [PHE news story](#)

## **22. [Physical activity and the environment](#)**

National Institute for Health and Care Excellence

This updated guidance aims to help encourage more physical activity through improvements to the built environment, public transport and access to the countryside. It calls on local councils to encourage people to be more physically active by improving routes for pedestrians, cyclists and other users, for example those with limited mobility or parents with prams.

## **23. [Improving air quality](#)**

This report presents the results of a four-way inquiry from the Environment, Food and Rural Affairs, Environmental Audit, Health and Social Care, and Transport Committees. It concludes that air pollution is a national health emergency resulting in an estimated 40,000 early deaths each year, which costs the UK £20 billion annually. Recommendations include the introduction of a new Clean Air Act.

## **24. [Stop smoking interventions and services](#)**

National Institute for Health and Care Excellence

This guideline covers stop-smoking interventions and services delivered in primary care and community settings for individuals over the age of 12. It aims to ensure that everyone who smokes is advised and encouraged to stop and given the support they need. It emphasises the importance of targeting vulnerable groups that find smoking cessation hard or that smoke a lot.

## **25. [Improving health and care through the home: a national memorandum of understanding](#)**

This renewed document has been signed by more than 25 government bodies and organisations in the health, social care and housing sectors. It sets out a shared commitment to improving health through the home. It contains principles for joint working for better health and wellbeing outcomes, and to reduce health inequalities. It also outlines a framework for national and local cross-sector partnerships to provide healthy homes, communities and neighbourhoods.

## **26. [Pharmacists in care homes](#)**

NHS England has announced plans to [recruit and deploy 240 pharmacists and pharmacy technicians into care homes](#) to help reduce overmedication and cut unnecessary hospital stays. The pharmacists will review care home residents prescriptions and medicines in coordination with GPs and practice-based clinical pharmacists to help improve residents' health and overall quality of life.

Additional link: [BBC News report](#)

## **27. [Improving the wellbeing of young mums](#)**

The Mental Health Foundation has published [Young Mums Together: an evaluation of a peer support project to improve the wellbeing of young mothers and their families](#). The evaluation aimed to assess the feasibility and acceptability of the project which supports young mothers to improve their wellbeing. It also sought to determine the impact of the project on four outcomes: parental confidence, resilience, mental health and future prospects.

## **28. Commissioner perspectives on working with the voluntary, community and social enterprise sector**

This report, commissioned by the Department of Health, explores how and why clinical commissioning groups and local authorities chose to engage with the voluntary, community and social enterprise sector. It sets out how commissioners' perceptions of their own strategic role, as well as their views on what role the VCSE sector plays in the local area, appear to exert a strong influence on commissioning decisions.

## **29. Wide variation in how NHS and local authorities work together when applying the Mental Health Act**

The Care Quality Commission has published a [briefing](#) showing that people might not be getting the specialist mental healthcare they need and when they need it most because of disparity in how approved mental health professional (AMHP) services are provided across the country. The briefing sets out key findings around what is working well and what the barriers are to these services running as well as they should be.

## **30. Social determinants of health**

The Health Foundation has published [What makes us healthy? An introduction to the social determinants of health](#). This guide explores how a person's opportunity for health is influenced by factors outside the health and social care system. It contains suggestions for further reading and, with the help of short case studies, highlights how action can create improvements in the health of the whole population, for the lasting benefit of individuals, society and the economy.

## **31. Health in private-rented housing**

This briefing looks at the quality of housing in the private rented sector and explains the effects that housing conditions can have on health. It also looks at interventions to improve housing quality in the private rented sector and at the challenges to implementing them.

## **32. Alcohol and mental health policy and practice**

The Centre for Mental Health and the Institute of Alcohol Studies have published [Alcohol and mental health: policy and practice in England](#). This report explores service provision for people with co-occurring mental health and alcohol misuse difficulties. It finds that co-morbidity is a barrier to treatment, and support for people with co-occurring alcohol and mental health problems is too often poor and fragmented. It calls for concerted national leadership to improve the support offered to people with alcohol and mental health problems.

## **33. Behavioural Insights and Public Health**

Public Health Evidence Bulletin 13th April 2018, No 1

The term 'behavioural insights' describes an approach to understanding why people behave in the way they do. This briefing contains some of the recent evidence describing how behavioural insights can help to design interventions and policy that support health and wellbeing.

## **34. Think Autism strategy: governance refresh 2018 (03/04/18)**

The Department of Health and Social Care has updated a [policy paper](#) on the way it, and other organisations, monitor the progress of the autism strategy. The 10 objectives have been grouped under the following headings:

- Measuring, understanding and reporting needs of autistic people
- Workforce development
- Health, care and wellbeing
- Specific support



Participation in local community

**35. People who face the bereavement of a partner with dementia have poorer mental health than those whose partners are dying from other diseases.**

As caring for a partner with dementia has a negative impact on caregivers' health, supportive interventions need to be offered to active caregivers. Patients with dementia are less likely to receive palliative care, so these services need to be made more accessible to patients with dementia and their caregivers. Comparisons between dementia bereaved partners and non-dementia bereaved groups need to be extended to other bereavement-related health problems, including complicated grief. [Evid Based Nurs. 2018; 21:\(1\) 29](#).

**36. NSPCC Childline sees rise in counselling for peer sexual abuse (28/03/18)**

Last year thousands of children and teenagers turned to Childline for support after being sexually abused by a peer. Figures show [Childline](#) gave:

- 3,004 counselling sessions to young people who'd experienced sexual abuse by a friend, boyfriend or girlfriend, ex-partner or another young person
- almost half were aged 12-15
- 114 were with children aged 11 and under.

The NSPCC is calling for reformed relationship and sex education (RSE) to be incorporated into the national curriculum as quickly as possible.

**37. End of Life Emergency Admissions (03/18)**

Marie Curie has published [a report](#) on emergency admissions for people in their last year of life. It finds that these admissions (using NHS data) are:

- substantial and often avoidable
- In 2016, there were over 1.6 million emergency admissions for people in the last year of their life
- the average number of admissions per person is nearly twice as high as in Scotland or Wales

[LGA Response](#)

**WORKING TOGETHER TO IMPROVE HEALTH & CARE SERVICES**

**[38. Making sense of integrated care systems](#)**

With the recent change in name of accountable care systems to integrated care systems our updated long read looks at work under way in these systems and at NHS England's proposals for an accountable care organisation contract.

**39. Managing the hospital and social care interface**

The Nuffield Trust has published a report - [Managing the hospital and social care interface](#) Interventions [targeting older adults](#). This report explores the actions and strategies that providers and commissioners have put in place to improve the interface between secondary and social care, with a focus on what hospitals can do.

**40. Housing and health**

The King's Fund has published [Housing and health: opportunities for sustainability and transformation partnerships](#). This report is intended to help STPs and emerging integrated care systems to make the most of the contribution that housing can make to health. It makes a number of recommendations on what can be done to deliver sustainability and support transformation.

#### **41. Health and care explained**

The King's Fund has published the presentations from an event [Health and care explained: how the system works and how it is changing](#). The event, held on 7 March 2018, was designed for anyone wanting to gain a greater understanding of how the health and care system currently works and how it is changing.

#### **42. Population health management**

The Good Governance Institute has published [How population health management will deliver a sustainable NHS](#). This report explores the potential of population health management (PHM) to deliver a more sustainable version of the NHS by looking at what it takes to develop an integrated healthcare model, evaluating system maturity to embrace PHM, and drawing on case studies from both the UK and the US.

#### **43. [The Montefiore Health System in New York: integrated care and the fight for social justice](#)**

The Kings Fund

This article describes a case study of the Montefiore Health System. The system has achieved high performance scores within the Pioneer accountable care organisation programme which has a reputation for innovation and excellence in managing population health. The article is based on interviews with more than 25 senior leaders, doctors, nurses, managers and other staff, as well as publications about the system.

#### **44. School meals and nutritional standards (England) (05/04/18)**

This [briefing paper](#), from the House of Commons Library, looks at the requirements on schools to provide nutritional meals, and the provision of free school meals.

#### **45. Change4Life campaign: Lower sugar drinks for kids (06/04/18)**

With the government's Soft Drinks Industry Levy coming into effect, Public Health England's [Change4Life campaign](#) is reminding parents that sugary drinks, including juice drinks, energy drinks, cola and other fizzy drinks, are one of the main sources of sugar in children's diets.

#### **46. Sugar reduction and wider reformulation (28/03/18)**

[Updated documents explaining](#) how PHE is approaching sugar reduction as part of its wider reformulation programme. Public Health England (PHE) is leading on a sugar reduction and wider reformulation programme; engaging with all sectors of the food industry to reduce the amount of sugar in the foods that contribute most to children's intakes by 20% by 2020, with a 5% reduction in the first year.

The initial focus has been on the top 9 food categories that contribute the most to children's sugar intakes (yogurts, biscuits, cakes, morning goods (such as croissants, buns and waffles), puddings, ice-cream, breakfast cereals, confectionery, sweet spreads and sauces).

#### **47. Statistics on Obesity, Physical Activity and Diet - England, 2018 (04/04/18)**

This [statistical report](#), from NHS Digital, presents information on obesity, physical activity and diet, drawn together from a variety of sources. Each section provides an overview of the key findings from these sources, as well as providing sources of further information and links to relevant documents and sources. Some of the data have been published previously by NHS Digital



#### **48. Physical activity data tool: April 2018 update (04/04/18)**

In this [release](#) Public Health England includes an update of two indicators:

- percentage of physically active adults
- percentage of physically inactive adults

#### **49. England Golf: The impact of golf participation on health and wellbeing (28/03/18)**

A survey suggests that the sport of golf is attracting significant numbers of people who have not been getting enough exercise and, once they get into golf, they are likely to keep playing and improving their fitness. The [findings](#) are the result of an investigation by [UKactive](#), [England Golf](#) and [Mytime Active](#) into the impact of playing golf on health and wellbeing.

#### **50. Physical activity and the environment, NG90 (22/03/18)**

This [guideline](#), from NICE, covers how to improve the physical environment to encourage and support physical activity. The aim is to increase the general population's physical activity levels. [LGA Response](#)

#### **51. Sport England Active Lives Survey (03/18)**

Walking is the most popular exercise in England with younger people also opting for High Intensity Interval Training (HIIT), according to figures released by Sport England. Their [Active Lives survey](#), taken from a sample of nearly 200,000 respondents, suggests 61.8% of the country exercise the recommended number of minutes each week.

#### **52. Fathers and the workplace (20/03/18)**

The House of Commons Women and Equalities Committee has published a [report](#) on fathers in the workplace. It finds that current policies supporting fathers in the workplace do not deliver what they promise, despite good intentions and this is particularly the case for less well-off fathers.

#### **53. Regular excess drinking can take years off your life (13/04/18)**

A major report of a study of 600,000 drinkers says that [regularly drinking above](#) the UK alcohol guidelines can take years off your life. The study, published in the Lancet, estimated that having 10 to 15 alcoholic drinks every week could shorten a person's life by between one and two years.

#### **54. More than Bricks: are social housing providers best placed to offer support to tenants?**

This report from the Acis Group argues that many social housing tenants are struggling to find the help they need and social housing providers are best placed to provide such support.

#### **55. Health in Private-Rented Housing (04/04/18)**

This [Parliamentary Office of Science and Technology note](#) looks at the quality of housing in the private rented sector and explains the effects that housing conditions can have on health. It also looks at interventions to improve housing quality in the private rented sector and at the challenges to implementing them. Poor quality housing can affect physical health and mental wellbeing throughout life. Physical housing conditions (e.g. cold, damp and fall hazards) can have an impact, as can insecure or unaffordable housing

#### **56. NHS teams up with councils to improve 'housing health' (23/03/18)**

The NHS is [teaming up](#) with councils to improve health through better housing through home MOTs, quick homes grants, falls help lines, stair lifts and heating systems among others. A

newly published [King's Fund and National Housing Federation Report](#) on housing and health says the cost of poor housing to the NHS is £1.4 billion per year.

Cold housing can lead to chronic diseases like lung and heart diseases and poor mental health as well as heart attacks, strokes and falls. The report says that reducing excess cold in homes to an acceptable level would save the NHS around £848 million a year and reducing all falls in the home could save it £435 million. NHS costs could be reduced by £2 billion per year if poor-quality homes with health hazards, such as cold, damp and falls hazards, were brought up to standard, it says.

#### **57. Unsuitable, insecure and substandard homes: The barriers faced by older private renters (27/03/18)**

This [report](#), published by Independent Age, analyses national data about older private renters and compares it with that of homeowners and social renters, and argues that with half a million older people living in privately rented accommodation throughout England, we need to do more to understand and meet the unique needs of this growing section of the population. Policymakers must reflect this understanding in future policy developments because currently older private renters remain largely invisible.

#### **58. What makes us healthy? An introduction to the social determinants of health (03/18)**

This [guide](#), from the Health Foundation, explores how a person's opportunity for health is influenced by factors outside the health and social care system. It also shows that many people do not have the same opportunities to be as healthy as others. With the help of short case studies, it highlights how action can create improvements in the health of the whole population, for the lasting benefit of individuals, society and the economy.

#### **59. Information standard aims to link health and care sector (06/04/18)**

A new standard has been published for sharing information among health and care professionals. The [digital care and support plan standard](#) will benefit the growing number of people living in the UK with long-term and complex conditions by setting out the key information that needs to be gathered, recorded and shared in a care plan. By improving communication between different health and care services, it will enable everyone involved in a person's care to have access to the right information when they need it. The standard has been published by the [Professional Record Standards Body](#) in collaboration with North West London Clinical Commissioning Groups, NHS Digital and the Royal College of Physicians Health Informatics Unit.

### **GENERAL**

#### **60. Healthy lives**

The Local Government Association has published the following documents:

- [Public health transformation five years on](#) – contains eight case studies showing how public health is transforming how it operates
- [Public Health Perceptions Survey](#) – results from a survey of lead members in England to capture the thoughts of local leaders on public health delivered by their local authority
- [A matter of justice: local government's role in tackling inequalities](#) – how social and economic factors lead to long-term ill health and premature death for the most deprived people
- [Adding extra years to life and extra life to those years](#) - guide to healthy ageing

## **Reason/s for Recommendation/s**

61. Report is for information & discussion.

## **Statutory and Policy Implications**

62. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, smarter working, sustainability and the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

## **Financial Implications**

63. There are no financial implications arising from this report.

## **RECOMMENDATION/S**

1. To note the contents of this report and consider whether there are any actions required in relation to the issues raised.

**Councillor John Doddy**  
**Chairman of Health and Wellbeing Board**

**For any enquiries about this report please contact:**

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## **Constitutional Comments (SLB 24/05/2018)**

2. Nottinghamshire Health and Wellbeing Board is the appropriate body to consider the content of the report. If Committee resolves that any actions are required it must be satisfied that such actions are within the Committee's terms of reference

## **Financial Comments (DG 24/05/2018)**

3. The financial implications are contained within paragraph 63 of this report

## **HR Comments ([initials and date xx/xx/xx])**

- 4.

## **Background Papers and Published Documents**



Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

- None

**Electoral Division(s) and Member(s) Affected**

- All

## Appendix A. Nottinghamshire Health and Wellbeing Strategy 2018-2022. Healthy and Sustainable Places Plan 2017/2018

<b>Priority</b>	<b>Physical Activity /Reducing Physical Inactivity</b>
<b>Summary</b>	This plan sets out Health & Wellbeing Board Partners will work together to reduce Physical Inactivity in Nottingham as set out in the <a href="#">January 2018 Board Report</a> . Insight will inform priorities and be a primary focus in the initial stages of the strategy.
<b>Priority Groups</b>	Children and adults from lower socioeconomic groups, people at higher risk of and living with long term conditions, older people at higher risk of falls.
<b>Interdependent Plans and Strategies</b>	Nottinghamshire and Nottingham City Physical Activity and Sport Strategy: - Getting Active Together Nottinghamshire Local Transport Plan and Cycling Strategy Delivery Plan.
<b>Relevant JSNA Chapter</b>	<a href="#">Physical Activity</a> (2015)
<b>Link to other Health &amp; Wellbeing Strategy Priorities</b>	<b>Making sure that children and young people are happy and healthy:</b> Physical activity is positive for physical and mental wellbeing and development. <b>How we plan where we live:</b> spatial planning: the development and implementation of policies that enable more active lives. <b>Mental wellbeing including dementia:</b> Being physically active can help people have a positive mental wellbeing.
<b>National Indicators</b>	a) PHOF <a href="#">Indicator 2.13ii. proportion of the adult population who reported being inactive (doing less than 30 'equivalent' minutes of at least moderate intensity physical activity per week in bouts of 10 minutes or more)</a> b) PHOF <a href="#">Indicator 2.13i proportion of the adult population who reported being active (achieving at least 150 minutes of physical activity per week)</a>
<b>Lead Officers</b>	Ilana Freestone / Kerry Chamberlin – Active Nottinghamshire; Sean Parks – Transport Planning, NCC; John Wilcox – Public Health, NCC.

Action	Leads	Timescale	Success Measure	Progress to date
<b>1. Physical Activity Insight</b>				
<b>a)</b> Commission Place based Physical Activity Insight in each District to develop understanding why groups are inactive and develop environmental, and service and cultural changes for physical activity.	Active Notts, NCC Public Health, District Health & Wellbeing Leads	2018-2020	Each District has a detailed understanding of community based physical activity insight work and strategic commitment to use the finding of the work to shape future plans and delivery. Evidence of local partners using the insight to inform decisions made around physical activity within their place. County, District and Borough Councils feel informed to make	Mansfield District – Active Notts, NCC Public Health, Mansfield District Council have commissioned Press Red Consultancy to undertake a programme to develop insight into physical activity and develop local solution working with key partners including local residents. (Q4 2017/18) County & District data exists which requires analysing within this context, with clear outcomes created. (Q4 2017/18) A proposal has been made to independently evaluate the place-based approach, used in the Mansfield work, to provide robust evidence of the process of why and

Action	Leads	Timescale	Success Measure	Progress to date
			evidence-based and sound decisions around commissioning services and interventions to help improve the health of residents within their communities.	what the approach is being used. This will help to inform future commissioning intentions.
<b>2. Active Design in Spatial Planning</b>				
a) Incorporate Active Design Principles into the Notts Planning and Health Guidance & Protocol  b) Develop Local Policies that incorporate Active Design Principles  c) Work with Developers to incorporate Active Design Principles into master plans	NCC Public Health & NCC Planning  District Planning Authorities  District Planning Authorities	2018 (a/b) 2018-2022 (c/d)	District Planning Authorities understand the role and importance of their plans and policies on influencing and enabling physical activity and are using this to develop local policies. Local Plans to use Active Design principles in Design Policies. To maximise potential of developer contributions toward access connectivity e.g. multiuse greenways	Link to Sport England and Active Design to create joined up working through facilitated support / training / offer. (Q4 2017/18)
<b>3. Workplace</b>				
a) Develop interventions and support for physical activity in the work place.  b) Each Health and Wellbeing Board organisation to sign up to the wellbeing@work scheme and work towards the physical activity priority.	a) NCC Public Health, NCC Transport Planning  b) Board members/Wellbeing at work leads  c)	2018-2020 (a/b)	Health and Wellbeing Board members will be exemplar employers in terms of reducing sedentary behaviour and enabling their workforce to be more physically active.  Workplaces across Nottinghamshire will put in place measures for their workforce to be physically active.	a) NCC Transport Planning have secured DfT funding to undertake workplace travel planning within businesses in the Mansfield and Newark area. This work includes supporting the business and their employees to switch to more sustainable and active travel. This work includes supporting the business and their employees to switch to more sustainable and active travel. This is being supported by the Public Health funded Everyone Health service who will provide health promotion

Action	Leads	Timescale	Success Measure	Progress to date
				support. Businesses will be encouraged to sign up to the Wellbeing@Work Scheme. (Q4 2017/18)
<b>4. Parks and &amp; Open Space</b>				
a) Utilise physical activity Insight and active design principles to effectively utilise parks and open space for physical activity	b) District Leisure and Parks leads	2020-2022	Public green and open space in used by local communities for physical activity. To promote the benefits of outdoor activity to health and well-being professionals and elected members	
<b>5. Children &amp; Young People</b>				
a) Develop local solutions for physical activity working with children and young people and schools focused on building competence and enjoyment.	d) Active Notts, NCC School Health	2020-2022	a) Insight gained and utilised from the Children and Young People Active Lives survey to shape future interventions  b) Schools engaged in the School Games Programme  c) Insight gained and utilised from the Primary PE and Sport Premium mapping to shape future interventions  d) Strategic leads, deliverers and influencers accessing key messaging, support and CPD opportunities on PE, Physical Activity and Sport	a) Work produced from upcoming satellite clubs, School Games Organiser's Report across all districts, National Programmes & local tailoring e.g. School Games(Q4 2017/18).

Action	Leads	Timescale	Success Measure	Progress to date
			e) Young People are engaged in providing insight and feel empowered to drive interventions and behaviour change on a local level	
<b>6. Walking &amp; Cycling</b>				
a) Develop place based collaborative annual plans for walking and cycling.	a) NCC Transport Planning, District Health and Wellbeing Leads	2018-2022	a) There is Plan for each District setting out how partners will work together to increase walking and/or cycling. Plans should be informed by local insight work.	<ul style="list-style-type: none"> <li>Annual programme of access highway improvements including pedestrian crossings for delivery during 2018/19 developed and approved at March Communities &amp; Place Committee</li> <li>NCC Transport Planning has commenced delivery of cycle network improvements in Mansfield and Newark (due to be completed in 2018/19); and consultation has started on cycle network improvements in Arnold/Carlton for delivery during 2018/19. Delivery of any further cycling infrastructure improvements in the future will be dependent on securing additional external funding</li> <li>D2N2 highway authorities secured DfT funding to help develop a D2N2-wide Local Cycling &amp; Walking Infrastructure Plan which will identify and prioritise locations for future investment</li> <li>NCC Transport Planning has secured DfT funding to undertake travel planning with jobseekers, school leavers, and residents in Daybrook, Mansfield, Newark &amp; West Bridgford to help encourage sustainable and active travel options (Q4 2017/18)</li> </ul>

Action	Leads	Timescale	Success Measure	Progress to date
<b>7. Health Care</b>				
a) Champion and support MECC <sup>1</sup> Plans, specifically the physical activity element. b) Incorporate physical activity into commissioning plans and pathways for relevant service.	a) CCG and NHS workforce leads, NCC Public Health  b) CCG Commissioners		a) Frontline healthcare staff are conducting physical activity brief intervention.  b) CCGs include evidence based support for patients to be more physical active in commissioned services and pathways.  c) Evidence from Moving Healthcare Professionals Evaluation (PHE)	a) NCC Public Health have commissioned Everyone Health to train frontline staff in Physical Activity MECC. (Q4 2017/18).  b) Rushcliffe CCG are working with Sports and Exercise Medicine and Public Health to incorporate physical activity into pathways as part of the overall approach to social prescribing.  c) PHE Clinical Champions work (Moving Healthcare Professionals). Currently working with GPs and Nurses across primary & secondary care (Q4 2017/18).
<b>8. Older People falls prevention</b>				
a) Develop a countywide evidence based exercise programme to enable older people to improve strength and balance to reduce risk of falls  b) Incorporate falls prevention exercise into integrated pathways for the prevention of falls	a) NCC Adult Social Care and Public Health  b) CCG Commissioners		a) Older People at risk of falling are able to access exercise sessions across the county to reduce their risk.  b) Healthcare professionals are able to effectively support and signpost service users to physical activity to reduce their risk of falling.	a) Adult Social Care and Public Health are leading a programme of training and promotion to develop frontline staff skills and public awareness of falls prevention. Public Health have commissioned Everyone Health to develop and manage a network of ENGAGE exercise sessions for falls Prevention (Q4 2017/18)  b) Physical Activity for falls prevention is recognised in NHS Plans in Bassetlaw and Greater Notts (Q4 2017/18).