

Health & Wellbeing Board Summary 4 January 2017

Update from Nottingham University Hospitals

Peter Homa & Nicky Hill gave the Board an update on what's happening at the [University Hospital Trust](#). They described a number of initiatives within the Trust aimed at preventing ill health including IMPS (Injury Minimisation Programme for Schools), specialist youth teams, nurses & play leaders to encourage healthy lifestyles in young people, staff exercise programmes supported by Loughborough University & advice & support to patients & staff to help them quit smoking.

Nottingham University Hospitals is one of twelve NHS organisations leading an improvement in the health and wellbeing of staff across the NHS. All of the prevention work the Trust is doing reflects the ambitions in the Nottingham & Nottinghamshire Sustainability & Transformation Plan (STP) which will need the combined efforts of everyone in the health & care system.

The Board asked for more information about the Trusts strategic approach to prevention. Members also asked about alcohol & for more information about the return on investment for the prevention programmes.

Peter also described the current financial situation at the Trust which he thought reflects the overall national picture. The Trust is working to meet savings targets set nationally & is on target to meet them but is making the biggest financial savings it has ever made. Peter stressed that the impact of any changes to services is being assessed to look at the long term effect.

The Board asked for more information about the efficiency savings that the Trust is making & how the clinical staff are working to reduce demand & work with colleagues in other parts of the health & care system. Peter assured Board members that the STP will continue to support a joined up approach in the future.

Although the merger with Sherwood Forest Hospitals is no longer going ahead, Peter assured the Board that the two Trusts will be working together in the future.

Mental health crisis care

Board members had an update on the local mental health crisis care concordat from Clare Fox. She explained that the [local action plan](#) has more than 50 signatories from organisations across Nottingham & Nottinghamshire. It is being updated after a consultation event in October 2016 to reflect local & national changes.

Clare described that the local action plan was designed to make sure that people have access to support before they reach crisis, access to urgent & emergency treatment if needed, treatment & recovery support as well as help to prevent mental health crisis.

This had included in Street Triage schemes, access to support through a 111 pilot, training for frontline staff who might come across someone in crisis like library staff & Age UK as well as refurbishing section 136 suites & making sure that if people who have mental illness need to be taken somewhere safe and have access to treatment they can avoid being held in police custody.

At this meeting:

Update from Nottingham University Hospitals:
prevention, finances & collaboration with SFHT

Mental health crisis care:
update on progress

Tackling excess weight: what's happening in Nottinghamshire

The Board recognised the progress that had been made since the local action plan was developed. Members also asked that the training for frontline staff is widely circulated to encourage staff from GP practices & other services to attend. The Board welcomed the partnership approach to mental health crisis care & the strengthening of relationships between partners including statutory services & the voluntary sector.

Members asked for an evaluation of the whole action plan to date including showing 'where we started' against 'where we are now'. Members were keen to encourage crisis support for the over 65's as part of the mental health pathways.

Tackling excess weight

Anne Pridgeon & Paul Hillier gave the Board an update on what is happening in Nottinghamshire to [tackle excess weight, poor diets and physical inactivity](#) – Anne as Public Health lead & Paul as a lead for travel planning.

Anne explained that people are eating more calories than they need each day which is leading to gradual weight gain causing health problems. This has a knock on effect on health & social care services as well as to employers & to the quality of life for those people affected. There are lots of different factors which affect people's weight & activity levels like the local environment, access to healthy food, education and the media. In Nottinghamshire almost 7 out of 10 adults are overweight or obese. Anne stressed how important it was to avoid excess weight in children – 21% of reception children & 30% of 10-11 year old in Nottinghamshire are currently overweight or obese.

There are a number of national campaigns running to help including [Change4Life](#), [One You](#) & [Start 4 Life](#). Locally there is [HOT \(Healthier Options Takeaway\)](#) scheme which is helping to make take away food healthier. There is also work with planning professionals to ensure that healthier environments are built as well as the weight management service ChangePoint delivered by Everyone Health to support individuals to lose weight, eat more healthily & be more active.

Locally there has been a change of focus for transport teams from dealing with congestion to increasing active transport. Paul outlined a number of local projects to improve walking & cycling routes.

Both Paul & Anne stressed that a whole system approach was essential to tackling obesity so the support of the partners on the Health & Wellbeing Board & beyond is essential.

The Board were concerned about the National Childhood Measurement Programme participation rates in Nottinghamshire, particularly year 6 as well as the types of food and drinks provided in secondary schools. Members asked for a review of the effectiveness of the weight management service commissioned by Public Health but accepted that this service only reaches a very small proportion of those people who are overweight or obese. They also asked that the messages to the public give a full picture of the risks of being overweight linking obesity to heart problems, cancer, diabetes, liver disease, fertility, asthma, back pain & osteoporosis.

The Board agreed to accept the recommendations in the paper & asked for a review of food and catering provision particularly in vending machines at all partners premises.

If you have any comments or questions about this summary please contact Nicola Lane
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