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HEALTH AND WELLBEING BOARD

Tuesday, 5 December 2017 at 6.15 pm
Room 1, Civic Centre, Silver Street, Enfield,
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Dear All

To Follow Papers

Please find attached the “to follow” papers mentioned on the agenda for the next meeting of the Health and Wellbeing Board.

AGENDA – PART 1

4. HEALTH AND WELLBEING BOARD ACTIONS FOR THE PRIORITY, MENTAL HEALTH RESILIENCE (Pages 1 - 6)

To receive a report proposing actions by the Board to improve Mental Health Resilience in Enfield.

(TO FOLLOW)

5. HEALTH AND WELLBEING BOARD ACTIONS FOR THE PRIORITY, HEALTHY WEIGHT (Pages 7 - 12)

To receive a report proposing actions by the Board to promote Healthy Weight in Enfield.

(TO FOLLOW)

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MUNICIPAL YEAR 2017/18

Meeting Title:
HEALTH & WELLBEING BOARD
 Date: 5th December 2017

Agenda Item: 4 Subject: Health & wellbeing Board Actions for the Priority Mental Health Resilience

Contact officer: Mark Tickner
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Report approved by: Tessa Lindfield Director of Public Health
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1. EXECUTIVE SUMMARY

As previously reported the Enfield Health & Wellbeing Board has identified mental health resilience as a priority. Thrive London is a programme which launched in the summer with the support of the Mayor of London and the London Health Board which presents opportunities for Enfield.

The Board requested the LBE Public Health team engage with Thrive LDN in July 2017.

The LBE Public Health team has undertaken this activity and this was reported on and discussed at the HWB Development session on 21st November 2017.

This report summarises that event and proposes further actions in partnership with Thrive LDN.

2. RECOMMENDATIONS

That the HWB Development Board Considers:

Progress with Thrive LDN engagement thus far and proposals for additional involvement moving forward. Specifically, this will involve an additional engagement event focussed on younger people and working towards the establishment of a Thrive LDN “Hub” within Enfield.

3. BACKGROUND

- 3.1. In April 2017 the Enfield Health & Wellbeing Board selected improving mental health resilience as one of their focus areas for action planning for the final 2 years of the current Joint Health and Wellbeing Strategy. The Board particularly wanted to focus action on keeping residents well and preventing common mental illnesses such as depression and anxiety.
- 3.2. This coincided with a London Health Board programme of work on mental health, which developed into the Mayor's "Thrive LDN" initiative.
- 3.3. Thrive LDN is a programme sponsored by the Mayor of London under the auspices of the London Health Board. It aims to make London a place to thrive in terms of mental wellbeing. The work is driven by a partnership of public, private and voluntary sector partners. The programme is summarised in Appendix 1.
- 3.4. In July the HWB asked that Public Health engaged Thrive LDN to investigate the potential for joint activity in Enfield to enhance mental health resilience as the method for delivering its work on mental health resilience.
- 3.5. Following a visit to a Thrive LDN engagement event in Barking in August, Thrive LDN conducted an engagement and dialogue event in Enfield and this took place on the 8th November 2017.

4. REPORT

- 4.1 Thrive LDN ran a workshop in Enfield on 8th November in conjunction with the Mental Health Foundation. Around 45 people attended the workshop, including residents, councillors, council officers, NHS providers and commissioners and representatives from community and voluntary sector organisations.
- 4.2 The event included reflections on the evidence from the Mental Health Foundation, Public Health and the Healthy London Partnership. Workshop discussions on the 6 Thrive LDN aspirations then took place to discuss how they may be achieved.
- 4.3 This workshop was reported on and discussed at the HWB Development session on 21st November 2017.
- 4.4 The potential to undertake a second engagement event with Thrive LDN with focus upon younger people was suggested.

- 4.5 LB Enfield has a statutory responsibility to develop local suicide action plansⁱ through the Health and Wellbeing Board. Activity in this area is in conjunction with partner organisations at a local, NCL, and National level. This includes ongoing suicide audit work with the North London Coroner's Court.
- 4.6 Suicide prevention is a principle component of Thrive LDN. LBE Public Health staff, including the DPH, has met with Thrive LDN representatives including their Suicide Prevention Lead to discuss the potential additional value of a "Pan London" approach to this issue. An additional workshop took place on 14th November in Central London at which Thrive LDN representatives initiated activities to develop pan-London intelligence gathering around this subject.
- 4.7 A Thrive LDN aspiration is for London is to become a city "free from mental health stigma and discrimination". They intend to facilitate and develop programmes across London to work towards this end as stigma prevents people from seeking help when they need it. This has the potential add value to our planned initiatives within Enfield. PH is working with Thrive LDN to scope a mental wellbeing "hub" in Enfield.
- 4.8 It is noted that the recent CQC Enfield CAMHS Thematic Review emphasised the importance of making de-stigmatisation a high-priority.
- 4.9 Thrive LDN's activities for children and young people are at an earlier stage of planning, but again there is potential for these to provide additional value to our work around ensuring the best start to life for our younger residents.

5. PROPOSAL

That the HWB Board Development Board endorses:-

- 5.1 Ongoing contact with the Thrive LDN organisation so developing partnerships focusing particularly on the HWB priorities of Mental Health Wellbeing and Resilience and The Best Start in Life.
- 5.2 The Thrive LDN "Hub Offer" is scoped in order for the Board to consider signing up to.
- 5.3 Continued work with Thrive LDN and our local partners to undertake an additional engagement event in Enfield with focus upon the aspirations, needs and ideas of our younger people in the area of emotional health, wellbeing and resilience.

5.4 That PH continues to engage with Thrive LDN in the area of suicide prevention and resilience.

Tessa Lindfield
Director of Public Health

Appendix 1

Thrive LDN's Six Aspirations



A city where individuals and communities take the lead



A city free from mental health stigma and discrimination



A city that maximises the potential of children and young people



A city with a happy, healthy and productive workforce



A city with services that are there when, and where needed



A zero suicide city



ⁱ <https://www.local.gov.uk/suicide-prevention-guide-local-authorities>

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MUNICIPAL YEAR 2017/18

Meeting Title:

HEALTH & WELLBEING BOARD

Date: 5th December 2017

Contact officer and telephone number

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Agenda Item: 5

Subject: HWB priority action: Healthy Weight

Report approved by:

Tessa Lindfield

Director of Public Health

1. EXECUTIVE SUMMARY

Addressing obesity and promoting healthy weight has been identified as a priority for the Health & Wellbeing Board for 2017 - 2019. This paper proposes four actions for the Board in order to support efforts to tackle obesity in Enfield.

2. RECOMMENDATIONS

It is recommended that the Board:

- Considers implementation of the Local Government Action on Sugar Reduction and Healthy Food
- Encourages the development of a care pathway for obesity management
- HWB members will report regularly on progress as a system and within their own organisations.

3. BACKGROUND

- 3.1. Prevalence of obesity and overweight is high in Enfield and presents formidable health and social care problems. In 2015/16, more than two in five Year 6 pupils were either obese or overweight in Enfield (41.0%). This was statistically significantly higher than both London (38.1%) and England (34.2%) averages.
- 3.2. Obesity and overweight lead to serious health complications later in life, such as diabetes, heart disease and cancers. Enfield has one of the highest prevalence of Type 2 diabetes in London. Nationwide diabetes costs the NHS £25,000 per minute.
- 3.3. In April the HWB identified healthy weight as a top priority for Board action over the last 2 years of the current Joint Health & Wellbeing Strategy. The Board asked that officers consider what actions might be most useful in combatting obesity and healthy weight across the health and social care system.
- 3.4. Following consultation with organisations across the system, a development session with the HWB in November 2017. The Board considered national programmes and good practice. Taking this discussion into account, the following actions are recommended to the board as likely to promote healthy weight in Enfield.
- 3.5. Implement the Government Declaration on Sugar reduction and Healthier Food
- 3.6. Sponsor the development of a pathway for obesity management.

4. REPORT

- 4.1. The [Local Government Declaration on Sugar Reduction and Healthier Food](#) offers a useful framework for the Board to incorporate promoting healthy food within local policies and practices.
- 4.2. The declaration describes six areas to improve healthy food choices and avoid promoting unhealthy food and drink. These are:
 - **Area 1** Tackle advertising and sponsorship
 - **Area 2** Improve the food controlled or influenced by Board members
 - **Area 3** Reduce prominence of sugary drinks and actively promote free drinking water
 - **Area 4** Support businesses and organisations to improve their food offer

- **Area 5** Public events catering
- **Area 6** Raise public awareness

4.3 Sustain has conducted extensive consultation on the content of the Declaration with local authorities across London, London Councils, Greater London Authority and also expert groups including Public Health England, British Dietetic Association, London Food Board, Food Foundation, Queen Mary University, Action on Sugar and Health Equalities Group.

4.4 From 2017 the Sugar declaration will feature as a measure in the Good Food for London report, encouraging organisations to sign up and implement an annual evaluation programme. The Good Food for London looks at how London Borough areas compare on their support for good food through a league table and a series of good food maps. Enfield is currently ranked 9th on this table.

4.5 The arrangements for managing obesity in Enfield do not take NICE guidance fully into consideration and need further development. The responsibility for services from prevention to specialist care is split between several organisations.

5. PROPOSAL

5.1 That the HWB Board Development Board members considers adoption of the actions in the table below as a means of increasing healthy weight in the borough and to report progress regularly through the JHWS progress report.

No	ACTION
Area 1 – Tackle advertising and sponsorship	
1.	Develop a policy on future corporate partnerships, sponsorships and marketing and advertising that avoids promotion of unhealthy foods and drinks and promotes breastfeeding.
Area 2 – Improve the food controlled or influenced by the council and support the public and voluntary sectors to improve their food offer	
2.1	Improve catering by delivering the Healthier Catering Commitment (HCC) scheme and build these standards into contracts as they come up for re-tender
2.2	Remove vending machines from run premises, and ensure all vending machines from commissioned services, including leisure centres, display a minimum of 40% healthy food/drink.
2.3	Develop a Workplace Food Policy
2.4	Discontinue promotions including ‘meal deals’ on foods high in sugar, fat and salt at the Civic restaurant and other council run/influenced outlets. Also, promote Healthy Meal deals, such as fruit and vegetables, and water at these outlets.

2.5	Restrict ice-cream vans from trading outside schools and nurseries
2.6	In the past year, the school catering team has reduced the sugar content of desserts by 15%, reducing sugar from 13.29g/d to 11.28g/d. Moving forward, the sugar content will not rise higher than 11.28g/d.
2.7	Carry out research of the Enfield Catering Services to understand parents' perceptions of the current provision and understand what factors influence a parent's decision to opt for school meals.
Area 3 – Reduce prominence of sugary drinks and actively promote free drinking water	
3.1	Make sure that bottled water is most prominent in vending and retail, and encourage local venues to list their venue on tapwater.org
3.2	Make sure health warning information on sugary drinks is displayed using the <i>Reduce Sugary Drinks</i> posters
3.3	Promote voluntary 'sugary-drinks duty' to local businesses to help dissuade people from drinking high-sugar drinks and raise vital funds for children's health promotion (e.g. Children's Health Fund)
Area 4 – Support businesses and organisations to improve their food offer	
4.1	Restrict the proliferation of hot food take-aways in areas around schools
4.2	Ensure that Public Health is consulted on planning applications, including at pre-application stage or that the local plan includes clear health criteria, agreed with public health that will apply to all planning applications
4.3	Work towards adopting a Breastfeeding Friendly/Welcome scheme which encourages and supports businesses to welcome breastfeeding mothers
4.4	Work with takeaway businesses, public facing establishments, iconic businesses e.g. museums, park cafes, and the food industry to make food healthier by working towards the Government Buying Standards by running the Healthier Catering Commitment accreditation programmes or similar
4.5	Encourage local fruit and vegetable businesses to accept Healthy Start Vouchers
Area 5 – Deliver healthier public events	
5.1	Ensure that the majority of food and drink provided at public events organised by the council are healthy choices, supporting food retailers to deliver this offer
5.2	Ensure that at least 40% of food and drink provided at Park events organised by the council are healthy choices, supporting food retailers to deliver this offer
5.3	Work with event organisers to aim towards ensuring that at least 40% of food and drink provided at Park events on council premises and property are healthy choices, supporting food retailers to deliver this offer
5.4	Ensure that mothers are aware that breastfeeding is welcome at Park events.

Area 6 – Raise public awareness	
6.1	Sign up to the Sugar Smart Campaign and use the campaign as a vehicle to engage community and businesses to take their own action on sugar reduction.
6.2	Develop a network of local champions from various backgrounds to advocate the healthier food and sugar reduction agenda, including Cllr for Public Health, workplace health champions, community health champions, health trainers, schools, children's centres, 50+ ambassadors at Fusion Leisure, health visiting, school nursing and catering
6.3	Encourage local businesses to register for the GLA's Healthy Workplace Charter As part of the excellence award, continue to offer staff a programme of activities to increase their knowledge around healthy eating.
6.4	Use the council's publicity team to help promote simple steps individuals can take to reduce the amount of excess sugar, fat and salt they consume through national campaigns such as Change4Life and One You
6.5	Support mothers to start and maintain breastfeeding by promoting the health and wellbeing benefits of breastfeeding along with creating a supportive environment for women to breastfeed in. Ensure maternity and health visiting services are working towards achieving UNICEF Baby Friendly accreditation
6.6	Develop healthy eating programmes targeting residents in areas of high deprivation and those at risk of diabetes and cardiovascular disease
6.7	Support and influence the London Mayor and national government in taking action at London-wide and national level to help local authorities reduce obesity prevalence and health inequalities in our communities e.g. by taking part in national consultations
6.8	Support and promote local voluntary and community food partnerships and projects that encourage a healthy food culture by becoming a member of Sustainable Food Cities

5.2 The Health & Wellbeing Board encourages the development of an obesity management care pathway and receives regular reports on progress.

Tessa Lindfield
Director of Public Health

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