

MUNICIPAL YEAR 2015/2016

MEETING TITLE AND DATE
Health and Wellbeing Board
15 October 2015

Agenda - Part: 1	Item: 8
Subject: Health Improvement Partnership Board Update	

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1. EXECUTIVE SUMMARY

This report summarises the work of the Health Improvement Partnership Board.

2. RECOMMENDATIONS

The Health and Wellbeing Board is asked to note the contents of this report.

The Health Improvement Partnership met on Tuesday, 22nd September 2015 and was attended by representatives from:

Health, Housing Adult Social Care
Schools and Children's Services
Regeneration and Environment
Finance, Resources and Customer
Services

London Borough of Enfield
London Borough of Enfield
London Borough of Enfield
London Borough of Enfield

Over 50s Forum

Voluntary Sector

Greek and Greek Cypriot Community
of Enfield

Voluntary Sector

Enfield Clinical Commissioning Group
Healthwatch

The Royal Free Hospital NHS Trust

North Middlesex University Hospital Trust

1.0 STROKE, HEART DISEASE AND HIGH BLOOD PRESSURE

Our local Know your numbers campaign took place in September 2015 where information was given out via GPs and two local newspapers. Phone booth advertisements were installed in the five priority wards. This

is to support local GPs in helping their patients recognising the presence of high blood pressure and its management by improving lifestyle and medical treatment. As well as increasing the risk of stroke and heart attack, hypertension also increases the risk of developing dementia.

A newsletter on cardiovascular risk reduction in Enfield was sent to GPs just before World Health Day on September 29 to celebrate the progress in the cardiovascular disease management and outcomes in Enfield and to facilitate further progress.

We are actively supporting the PHE Blood Pressure System Leadership Board at a national level and regionally we are helping PHE to organise a London workshop on 16th December for 250 people chaired by Professor Huon Gray, the National Clinical Director for Heart Disease.

We have been contacted by the Health Inequalities Team at the Department of Health to share with them the story of how we have been tackling health inequalities over the past half-decade.

2.0 DIABETES

Public Health England published a report on 26th August about the prevalence of individuals who are at risk of diabetes, also known as pre-diabetes or impaired glucose tolerance. Enfield is one of the top 5 boroughs with highest prevalence of people with high risk from diabetes; 30,010 persons (11.7%). "Prediabetes" is where the blood sugar level is abnormally high, but lower than the threshold for diagnosing diabetes. It is estimated that around 5-10% of people with prediabetes will go on to progress to "full-blown" type 2 diabetes in any given year.

<https://www.gov.uk/government/publications/nhs-diabetes-prevention-programme-non-diabetic-hyperglycaemia>

NHS England called for expressions of interest to CCG and Local Authority partnerships to be first wave implementers of the national diabetes prevention programme. Randomised control trials have shown 30-60 per cent reductions in incidence of Type 2 diabetes, over three years, in adults at high risk who received intensive behavioural interventions (compared to control groups). The NHS Diabetes Prevention Programme will deliver at scale provision of evidence based lifestyle change programmes, based on proven UK and international models focused on lowering weight, increasing physical activity and improving diet in those individuals who are identified at high risk of developing Type 2 diabetes. Therefore the programme will improve the health outcomes of Enfield because the Enfield population has a bigger burden from obesity and prediabetes than many London boroughs. The Public Health team worked closely with the CCG and Strategic Clinical Network for Cardiovascular Disease in London in drafting the bid.

The Public Health team worked with the CCG to arrange a Ramadan Diabetes education campaign. The mosques include : Mevlana Rumi Mosque (Edmonton Green), Al Masjid (Edmonton), and Jalalia Masjeed (Ponders End).

3.0 HEALTH INEQUALITIES IN THE FIVE PRIORITY WARDS

The 2014 Annual Public Health Report showed improvements in Life Expectancy, but there remained significant challenges to life expectancy across the borough. It was determined that 5 wards should now be prioritized in order to tackle this. The needs of the 5 wards have been assessed.

We have worked with GPs and produced 2 newsletters in the Spring and Summer on the topic of health inequalities (the first was on hypertension and the second was on smoking) and support NHS colleagues to deliver excellent clinical care. The newsletters are popular and well received by GPs.

In addition to the General Practitioner engagement undertaken across the borough as part of Public Health activity, the team is undertaking direct contact with the practices in the 5 wards as a separate measure. This is intended to address a number of issues in primary care. A draft standard operating procedure was produced by the Public Health team for practice visits. The Public Health Consultant visited Carlton House Surgery in July.

Information reviewed / discussed at the meeting:

- Highlighted health issues of the Chase residents and discussed how Public Health and Carlton House Surgery can work together to help improve Chase residents' health status.
- Public Health services currently delivered in Enfield were promoted. These include NHS Smoking Cessation, NHS Healthcheck, and lifestyle services.
- The importance of reducing the variation in primary care performance including screening and immunisation was highlighted.
- Exchanged information and ideas on how to improve health of the population and reduce inequality.

The visit was well received. The CCG Board member who is a partner at Carlton House has written in the latest newsletter of his positive experience of the visit.

Public Health team will be visiting Dean House Surgery in October. We are also arranging to engage with GP Practice Managers on a regular basis.

4.0 JOINT STRATEGIC NEEDS ASSESSMENT (JSNA) UPDATE

The Enfield JSNA is available on the Enfield Health and Wellbeing website at <http://www.enfield.gov.uk/healthandwellbeing/jsna>. Its contents are reviewed and updated to ensure it remains relevant and a useful tool and resource for commissioners, policy makers, local people and other key stakeholders.

The maintenance of the Enfield JSNA is led by the Public Health team, and the maintenance process is overseen by the JSNA steering group whose membership includes Local Authority departments , CCG, Healthwatch and Community and Voluntary sector colleagues and is chaired by the DPH. The JSNA steering group meets quarterly.

The data and content update is progressing well with support from various stakeholders at LBE and the Enfield CCG. Since April 2015 the following sections have been updated on the JSNA website:

- Coronary Heart Disease (CHD) (Health and Wellbeing of Adults Chapter)
- Vulnerable Children (Health and Wellbeing of Children, Young People and their Families)
- Obesity (Health and Wellbeing of Adults Chapter)
- Excess Winter Deaths (Health and Wellbeing of Older People Chapter)
- Stroke (Health and Wellbeing of Adults Chapter)
- Demographics (Health and Wellbeing of Children, Young People and their Families)
- Chronic Obstructive Pulmonary Disease (COPD) (Health and Wellbeing of Adults Chapter)
- Falls and Fractures (Health and Wellbeing of Older People Chapter)

There are several chapters which are either being reviewed by leads or at the final stage of being uploaded to the JSNA website. These include:

- Child Poverty (Health and Wellbeing of Children, Young People and their Families Chapter)
- HIV and Sexual Health (Health and Wellbeing of Adults Chapter)
- Infant Mortality (Health and Wellbeing of Children, Young People and their Families Chapter)
- Oral health of Children (Health and Wellbeing of Children, Young People and their Families Chapter)
- Circulatory Disease (Health and Wellbeing of Adults Chapter)
- Cancer (Health and Wellbeing of Adults Chapter)
- Learning Disability and Autism (Health and Wellbeing of Adults Chapter)

5.0 INFANT MORTALITY

The Infant Mortality Action Plan has been revised and updated. Various work is now taking place in an effort to reduce infant mortality in Enfield as described below.

5.1 Breastfeeding

A mobile application, BreastStart, is now fully operating in Enfield. The App allows the users to find the nearest premises which is breastfeeding friendly and promotes breastfeeding by highlighting the benefits of doing so.

Eleven breastfeeding peer supporters who graduated training (commissioned by Enfield Public Health) in February 2015 are now placed in children's centres where they support mothers with breastfeeding and weaning issues. Volunteers recruited as part of PEP Antenatal Project have now received the full training. Three volunteers have been placed in North Middlesex University Hospital maternity department and a further two have been placed in the Hazelwood Children's Centre. They support breastfeeding and signpost users to other services where necessary.

5.2 Edmonton Roadshow

A one week road show was held in Edmonton Shopping Centre in July where a commissioned commercial on early access to maternity and breastfeeding was shown to the public. The commercial was received well and its DVD will be sent to GP surgeries, Children's Centres and community groups for training and health promotion purposes.

5.3 Parenting Programmes

The Consultant in Public Health (CPH) is working with colleagues in SCS and the BEH Mental Health Trust to co-design parenting programmes to be delivered in the borough, including in the borough's children's centres.

Considerable work has been done, including an agreement to allow the identification of new parents, to facilitate their invitation to a 12-week Parenting Programme.

6.0 HEALTH VISITOR TRANSITION/SCHOOL NURSING

As of 1st October 2015, the commissioning responsibility for Health Visitors and Family Nurse Partnership has been transferred to the Local Authority from NHS England.

A traded service for school nursing is being developed for the Academies, Free Schools and Independent Schools in the borough.

7.0 FEMALE GENITAL MUTILATION

An Action Plan to tackle FGM is being drafted. A Public Health Consultant and a CCG named safeguarding nurse are visiting local private providers to discuss FGM and safeguarding.

School nurses and health visitors have developed a protocol for dealing with FGM which will be discussed at the next Enfield FGM meeting.

8.0 CHILDREN'S CENTRES

Children's centres in Enfield now operate from five hubs and their sites. These include:-

- De Bohn

- Eldon
- Hazelbury North
- Hazelbury South
- Raynham

A new parenting programme is being developed in partnership with the Consultant in Public Health and the BEH-Mental Health Trust, to be delivered throughout the borough.

9.0 ORAL HEALTH UPDATE

Twenty schools in the area have been identified to carry out the Fluoride Varnish Programme, which is an increase of ten schools from last year's Programme. A letter is being translated to send to Parents/Carers regarding the programme in English, Turkish, Somalian, Polish and Bengali.

A training programme for the year has been designed of which two sessions have been carried out for care agency staff and health visitors. The four remaining sessions will be carried out in the last quarter.

The Programme provided differing support for different groups, including:

- For under 5s, training is provided to children's centre staff, and health and social care professionals; oral health initiatives the are integrated into existing children and young people's programmes (for example health visitors and other family learning programmes); families are signposted to general dental practitioners and community dental services; work is undertaken within childhood settings to review food and drink policies (for example healthy eating policies) and 'Brushing for Life' packs are distributed.
- The well-evidenced Fluoride Varnish Programme targets selected schools
- For special needs children, support is provided to staff, parents/carers and pupils; 'Brushing for Life' packs are distributed; pupils are signposted to dental services and open evenings are provided to discuss oral health messages including tooth brushing
- For adults with disabilities, behavioural and mental health difficulties, training and support is provided to staff, parents/carers and service users; planned contact/visits to all homes and day care centres in Enfield are arranged and work is undertaken with care homes to review food and drink policies, including healthy eating policies.
- For vulnerable elderly residents, training and support is provided to health and social care professionals in residential settings and day care centres and visits/contact are arranged with all residential/nursing care homes in Enfield.

10.0 CHANGE AND CHALLENGE – TROUBLED FAMILY INITIATIVES PHASE 2

The Change and Challenge Programme Phase 2 aims to support and turn around the lives of troubled families. The programme provides holistic support based on respective families' needs.

A Specialist Nurse also offers a health needs assessment with the families to identify their health needs and to develop an action plan based on the interventions agreed with them.

11.0 HEALTH PROTECTION

11.1 Immunisation

The Consultant in Public Health is liaising with NHS England and Enfield CCG colleagues to improve the data flows for immunisation performance data. IT issues have resulted in the appearance of poor immunisation performance, but there is confidence that this is inaccurate. Work to promote immunisation in the borough is being developed in partnership with the Enfield CCG and the Council's Communications team. The new parenting programme developed for children's centres will also assist promoting childhood immunisation.

11.2 Tuberculosis (TB)

Community development work has been commissioned from a voluntary sector organisation to improve TB awareness and reduce the stigma associated with TB. A recent review of the performance assured that the community development work is progressing well.

11.3 Communicable Disease

The pandemic flu plan has been circulated to the Enfield Borough Resilience Forum. The planning for an emergency planning exercise around pandemic flu, which is likely to take place next year, is in its early stages.

11.4 Health Protection Forum

The Enfield Health Protection Forum meets quarterly to improve partnership working between the NHS, Public Health England, Council teams and other partners on matters of health protection. At the most recent meeting the commissioning of an Enfield Immunisation team (for school-aged immunisations) for the coming school year was discussed.

12.0 SEXUAL HEALTH

Enfield's Integrated Sexual Health Community services currently provide Level 1- 3 contraception and sexual infection testing and management services to meet the diverse needs of the population of Enfield. The service is currently being delivered from two locations – St Michael's, Gator Drive (Hub) and Evergreen Surgery, Edmonton (Spoke). The Hub is not easily accessible without transport and the hours are not compatible with those that are in employment.

The new contract commencing 1st November 2015 will change the way of working by providing a service with extended opening hours and accessible locations.

The current location of the main site - St Michael's - is not easily accessible for the public using public transport and the Council is addressing this under new contractual arrangements by relocating the services to more appropriate areas. This includes the Town, Enfield Highway and the Bowes area.

13.0 DRUG AND ALCOHOL ACTION TEAM (DAAT)

DAAT services for Enfield include:

- Young People's drug and alcohol recovery service (targeted early intervention for prevention, education and treatment services);
- Adult substance misuse recovery services (specialist treatment that includes comprehensive assessments, care planning, prescribing, BBV screening and vaccinations, detoxification, referral for in-patient treatment, counselling and reintegration services to maximise employment opportunities);
- Crime reduction recovery services (assessments for drug or alcohol offenders released on a bail agreement in partnership with the Metropolitan Police Service, treatment for Offenders in receipt of an Alcohol Treatment Requirement or Drug Treatment Requirement Order in collaboration with the National Probation Service, and drug and alcohol offender reduction programmes);
- Aftercare and reintegration services (support to remain drug and alcohol free, access education and help with employment);
- Dual diagnosis service (specialist treatment for drug or alcohol users who have complex and enduring mental health needs);
- Alcohol liaison provision (Barnet Hospital and includes screening, assessments, brief interventions and referral to the relevant treatment service commissioned by the DAAT).

These services work seamlessly together to ensure that local need are met to best effect. The outcomes of Drug and Alcohol treatment in Enfield are well above the National and London averages however the demand pressures in Enfield are considerable.

14.0 HEALTH TRAINERS

The Royal Society Of Public Health held a national conference called Health Trainers , Changing Lives on 22 September. Speakers included Shirley Cramer CBE Chief Executive of RSPH, Graham Rushbrook and Shahed Ahmad. The event was attended by over 100 people and hosted by Enfield's health trainers in Edmonton. Formal evaluation is awaited, but initial feedback is highly positive.

15.0 AIR QUALITY

Preparation of a bid for the Mayor's Air Quality Fund has been prepared with the ambition of making Enfield idle-free by 2020. There are several strands to this project which include engagement with schools, the community and local businesses. Specific campaign/target areas include level crossings, outside schools, air quality hot spots, taxi ranks, stations and at key junctions where people are likely to be waiting for over a minute for the lights to change.

A recent report by King's College for Transport for London and the GLA estimated that 4,943 years of life are lost annually in Enfield to either Nitrous Oxide or PM2.5 particles; approximately 18% of deaths.

16.0 CYCLE ENFIELD

The funding received from the Mayors Fund will enable us to start making the cycling environment much more attractive, enabling more people to choose cycling for local journeys. This will take cars off our congested roads, help keep people in Enfield healthy through reduced air pollution and increased physical activity and open up easier journeys for the whole of the community. A dedicated website <http://cycleenfield.co.uk/> contains information on the four main schemes planned for Enfield.

The consultation on the first scheme of the Cycle Enfield programme, the A105 from Palmers Green to Enfield Town is currently open at: <http://cycleenfield.co.uk/have-your-say/>

17.0 HEALTHY WEIGHT STRATEGY

The Healthy Weight Strategy and Action Plan is being developed. Currently proposed work for coming year includes:

- Delivering the Change 4 Life programme in children's centres;
- Supporting the Healthy Schools London Programme;
- Ensuring all school playgrounds are designed to encourage varied and active play;
- Addressing parental concern around the perceived safety of walking and cycling.

An in-house healthy eating and nutrition package is being put together with the community dietitian in the borough.

18.0 SOCIAL SUPERMARKET

The Council's Regeneration and Environment Department is bidding for money from the GLA for capital monies to open a Social Supermarket in the Edmonton area.

The GLA will announce which boroughs have been successful at the beginning of November.

19.0 NHS HEALTHCHECKS

1,510 healthchecks were delivered in Enfield in Q1 (April – June) 2015, of which 1,289 were carried out in a GP setting and 213 were community healthchecks.

20.0 SMOKING AND TOBACCO CONTROL

We have been actively promoting Stoptober and have been promoting the ban on smoking in cars with children.

The 'What about YOUth?' survey just published by the Health and Social Care Information Centre showed that just 3% of 15 year olds in Enfield currently smoke compared to the national average of 8%. This is indicative of the work of the Tobacco Control Alliance in that:

- We have consistently achieved our four-week smoking quitter target for the past 8 years
- We have raised awareness through a number of events highlighting issues of smoking and developing a good relationship with the public.
- Introduction of Smoke-free children's play areas
- Continued work on enforcement to deal with illegal and illicit tobacco.
- Introduction of no smoking outside school gates.

21.0 ENFIELD JOBSNET

JOBSnet works in partnership with Public Health to provide a health promotion service to clients alongside their core employability work. Staff will assist with the completion of health questionnaires with clients and can make referrals and provide resources. All the advisers are trained as Health Champions (Royal Society of Public Health level 2). Leaflets on health and wellbeing including smoking, diabetes and exercise are made available in the office for clients. Additionally, a monthly 'Health Check' clinic is hosted at the JOBSnet offices, where clients and members of the public can book an NHS health check.

22.0 COMMUNITY DEVELOPMENT

To further strengthen the development of healthy communities in Enfield we have created a new post of Public Health & Community Resilience Outreach Officer and a Community Wellbeing Fund within the Chief Executive's department but funded by Public Health.

23.0 LEISURE AND SPORT UPDATE

The Enfield Leisure and Sport service delivers a range of sport and physical activity opportunities for Enfield residents. The key aim is to increase participation in sport and physical activity in the Borough using a variety of methods and initiatives. The service is split into two sections:

- Leisure facilities development
- Community sports development

Both leisure facilities and community sports programmes are being utilised by many local residents.

24.0 ROYAL FREE HOSPITAL UPDATE

Several public health programmes are being developed at Chase Farm Hospital site, including stop smoking services, domestic violence support for patients and staff, and healthier food programme across the site.

Since March 2015, 107 Enfield patients have been referred for stop smoking support and through changes to the food provision on the Chase Farm site there has been an increase in the sale of fresh fruit by 61% since May 2015. Chase Farm is now one of the four hospitals taking part in a national pilot conducted by Public Health England and the Department of Health looking into providing healthier hospital food.

25.0 NORTH MIDDLESEX UNIVERSITY HOSPITAL UPDATE

Services currently being provided at North Middlesex University Hospital (NMUH) for adult, paediatric and maternity were introduced to the board. An FGM clinic was opened in September 2015 and is available one day per week.

Early access to maternity services is a challenge in some population groups, particularly as pregnant women from certain cultures do not present until after 12 weeks.

NMUH are keen to participate in the GROW programme in order to further reduce infant mortality. The trust is looking at how this can be resourced. As part of the 12 weeks assessment, pregnant women are screened for drug and alcohol. Those with positive results are referred to drug and alcohol services.

26.0 SUPPORTING THE LONDON AND NATIONAL PUBLIC HEALTH SYSTEMS

As we saw from the Ebola outbreak in Africa, Public Health issues outside Enfield can potentially pose a threat to Enfield residents. Enfield therefore plays its full part in the national system. We have acted as professional appraisers for Public Health England; supported national and regional work on blood pressure, and supported London work on Cancer, Cardiovascular Disease, Primary Care Transformation and Public Health Workforce Development.

27.0 MENTAL HEALTH PROJECT

An evidence review has been conducted by Public Health into the relationship between mental health and employment in the borough. It

found that periods of unemployment can cause mental health issues and that people with mental health issues find it harder than both the healthy and physically disabled populations to gain and sustain employment. The review considers interventions which have helped people with mental health issues gain employment. It also looks at local provision and benchmarks local mental health and employment data against comparator areas.

The review highlighted that Enfield has worse employment outcomes for residents with mental health issues than the regional average. Employment outcomes are also low for 18-24 year olds, an age group in which mental health issues often arise for the first time.

Following recommendations made in the report, Public Health ran a pilot project in September. Three participants - with serious and enduring mental health conditions - aged 18-25 undertook work experience placements of 2-5 weeks at the Council. They also received benefits advice, mentoring from Assistant Directors, a session on how to cope with nerves and employability sessions hosted by the Council's job brokerage service JOBSnet.

The pilot will now be evaluated and participants followed up to see if they found work within three months. One participant has completed a test for the Council's apprenticeship scheme and another is planning to apply to an adult social care role which is about to be advertised externally. All participants have reported an increase in confidence and shift in career aspirations. Following the evaluation, the Council could consider offering more work placements to residents with mental health issues and perhaps ring fence a number of apprenticeship places for this population. The scheme could also be marketed to local employers, with recommendations about how they might implement something similar.

Discussions are now underway with Councillors, commissioners and senior managers, using the report to shape future provision in this area.

28.0 HEALTHY SCHOOLS

Healthy Schools is a whole school approach that goes beyond the teaching and learning in the classroom to pervade all aspects of school life. A healthy school translates the whole school approach into practice to enhance health and educational outcomes. (Public Health England - The link between pupil health and wellbeing and attainment. NAHT November 2014).

Enfield Schools can help children lead a healthy lifestyle, to make healthy food choices at lunchtime and to be active on their way to School. More widely, schools can help children learn about their health and develop motivation and respect for others. The benefits go beyond health as participating schools have also reported reduced incidence of bullying, improved behaviour and attendance.

There are three levels of awards. The bronze award is awarded to schools that complete the Healthy Schools London review. The silver award is in addition to and builds on the bronze award when a school undertakes an analysis of pupils needs and identifies actions that will help pupils achieve and maintain good health and wellbeing. The gold award demonstrates the impact of the changes and how the school have made these sustainable.

Enfield Schools are proactive and have successfully achieved 41 bronze awards, 17 silver awards and one gold award achieved by Worcesters school a real achievement . In addition we have two more silver awards and two gold awards in the assessment process at present.

In Enfield going forward, the Physical Education Team has joined forces with The Healthy Schools Team to support schools going for The Healthy Schools London Silver Award. We have devised a range of objectives, some centered on 'The Road to Rio' and other physically related ones. It is a successful partnership approach and we look forward to achieving many more awards.

There is an annual Healthy Schools London Celebration Event that takes place the Chamber at City Hall. Enfield is consistently well represented with Schools collecting their awards.

29.0 HEALTHY WORKPLACES

Next Steps

Promote the London Healthy Workplace Charter to other organisations and companies in the London Borough of Enfield. This will start with a communication programme and we will allocate some dedicated resource to promote the benefits to other employers. We believe that achieving the Excellence accreditation will provide motivation for other organisations and our knowledge of the framework can be used to support them through the process.

To achieve this we will provide dedicated resource tasked with the following projects:

- Prepare and write promotional material that will be published on the Council's website and local Enfield publications such as Our Enfield to promote healthy workplace initiatives and the benefits of the Healthy Workplace Charter among local employers.
- Attend various local meetings to present the Healthy Workplace agenda to local employer groups, i.e. Health Improvement Partnership Board and local employer groups
- Meet with individual local employers to present and promote the Healthy Workplace agenda.
- Liaise with the GLA Healthy Workplace Charter team to promote the initiative with local employers

30.0 TEENAGE PREGNANCY

Teenage pregnancy rates continue to fall in the borough. In quarter 2, 2014, the Enfield rate was 23.2 conceptions per 1000 females aged 15-17 years. This was lower than the England average of 23.4, but higher than the London average of 21.3 per 1000. Enfield's rate is now 50% lower than the 1998 baseline rate and 58% below the 2006 rate.

The change in the under-18 conception rate has not been uniform across the borough. It ranges from an 84% decrease in under-18 conceptions between 2001-03 and 2011-13 in Bowes ward, to just a 15% change over the same time period in Town Ward.

Work is continuing on reducing teenage pregnancies in the borough, using websites such as Youth Enfield and social media.