

MUNICIPAL YEAR 2017/18

Meeting Title:
HEALTH AND WELLBEING BOARD
Date: 19th April 2017

Agenda Item:
Subject: Health and Wellbeing Board Priorities for 2017-19

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1. EXECUTIVE SUMMARY

The Health and Wellbeing Board (HWB) has reviewed progress to date on the Joint Health and Wellbeing Strategy and discussed where they could most effectively focus for the remaining term of the strategy (until 2019). 12 initial topics suggested were evaluated for their size of burden in Enfield and the added value HWB could bring to that topic. From this three priority areas are recommended as the focus of the HWB for the next two years:

- Better Start in Life
- Obesity
- Mental Health Resilience

2. RECOMMENDATIONS

- The Board is asked to endorse the four levels of engagement in monitoring the progress of JHWS in 2017-2019.
- The Board is asked to endorse the priority areas as recommended herein this report.

3. BACKGROUND

3.1 In 2014 Enfield Health and Wellbeing Board (HWB) developed a 5 year Joint Health and Wellbeing Strategy (JHWS) with the aim of promoting and supporting wellbeing in our local community and enabling local people to live happy and fulfilling lives.

3.2 The strategy sets out five priorities. These are:

- Ensuring the best start in life

- Enabling people to be safe, independent and well and delivering high quality health and care services
- Creating stronger, healthier communities
- Reducing health inequalities – narrowing the gap in life expectancy
- Promoting healthy lifestyles and making healthy choices

3.3 At Health and Wellbeing Board development session in December 2016, the board reviewed progress to date on the strategy and discussed which areas it would be most effective to focus on in the next two years.

4. REPORT

4.1 There are a number of actions the HWB could take in order to improve health and wellbeing in Enfield. These include:

- Strategic oversight
- Deep dive
- Partnership working
- Joint commissioning
- Unblocking system working
- Support across the system
- Constructive challenge
- Referral to scrutiny

4.2 At the Health and Wellbeing Board development session in December 2016, the board reviewed progress on the strategy and discussed which areas they would like to place particular focus on in the next two years. This exercise was repeated separately with board members who were not able to attend the development session. From these discussions, around ten issues were suggested for HWB oversight.

4.3 At the last HWB meeting, the Board requested to Public Health team to evaluate these issues and recommend priorities for the HWB. Following the evaluation at Public Health Senior Management Team, their recommendation was circulated for comment via email.

4.4 Responses indicated general support although some individuals suggested other priorities, including;

- End of life care
- Diabetes prevention
- Cancer
- Flu vaccination for healthcare workers

4.5 The group reviewed these options but felt that the three recommendations reattached the areas most amenable to HWB actions. Some concerns were expressed as to how and what the likely HWB impact. These issues are addressed.

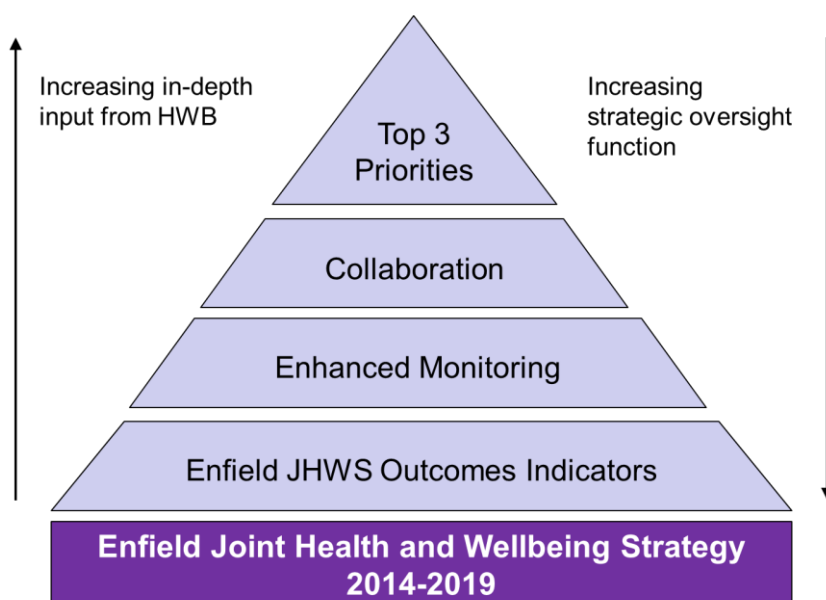
4.3 As the board is responsible for coordinating actions to improve health and wellbeing across the borough, there is a duty on the HWB to focus its

attention on those areas where it will have the most effect. This decision would be best based on the current needs (local demography and epidemiology), evidence of effectiveness and professional judgement of what might be most effective within Enfield. Accordingly, the principles for the selection of priorities are:

- Size of burden on the health and wellbeing in Enfield residents i.e. what impact is the topic area having on the population in Enfield
- What added value the HWB will have on this area i.e. where the focus of the HWB might bring significant additionality

In this context additionality is likely to derive from where the HWB is able to focus and coordinate the actions of a number of agencies on a condition, where that condition is pervasive across the population and where it is not the focus of major programmes of work.

4.4 Implementing four levels of engagement can maximise the impact of HWB in improving health and wellbeing of the Enfield community (see below).



4.4 The four levels of engagement are:

- **Top 3 Priorities** – there will be deep-dive exercises to enhance the knowledge and problem solving around the topic area. The HWB will be a catalyst for change including commitment for actions as well as facilitating better partnership working to tackle these issues.
- **Collaboration** – There are areas that improved collaboration with other partnership board would make the most impact in delivering better outcomes for Enfield. There may also be an opportunity of a development session to furthering the understanding of the topic area.
- **Enhanced Monitoring** – HWB to review quarterly progress report on these areas and receive updates on successes and challenges.
- **JHWS Outcomes Indicators** – HWB to review the full outcomes report annually. The report will be also developed as online

resource to allow the board members accessing the latest data at any time.

4.6 Areas proposed for **Top 3 priorities** are:

- Best start in life
- Obesity
- Mental health resilience

The following outlines why these areas were selected as priorities:

Best start in life – Health in pregnancy and early childhood impacts on physical and mental health all the way from conception through to adulthood. In Enfield, there are around 5,000 births each year; the breastfeeding rate is decreasing; and, although improving, the latest data indicated that only one in three children were ready for school education (reception). A wide range of partners are already working to improve nutrition, parenting and development and getting children ready to learn. HWB can add significant value by focusing on this as a work programme and facilitating partnership working across the system. There is potential for actions across the system to ensure a positive policy environment to support best start in life.

Healthy Weight – Carrying too much weight may be seen as an outcome of unhealthy lifestyles and can lead to a number of serious conditions, such as Type 2 diabetes, coronary heart disease and some types of cancers. Obesity can also have impact on mental wellbeing, including depression and low self-esteem. These will result in increasing demand for health and social care. In Enfield, almost one in four children (10-11 year olds) and two thirds of adult are overweight or obese. The rate of obesity in Enfield is one of the worst in London. Creating an environment that makes healthy eating and physical activity easier to achieve would be a key in tackling this trend and HWB could add significant value by leading this change. In addition, improving lifestyle will positively impact on most long-term conditions. There is no silver bullet to solve this complex population health issue, but there is potential for HWB to unblock the system working to promote healthy weight in Enfield.

Mental Health Resilience – One in four people will experience mental health problems at some point in their lives. Improving mental health resilience and wellbeing is associated with a range of better outcomes including improvement in physical health, better educational achievement, reduced risky behaviours such as smoking and alcohol misuse. At present, there is little focus in the borough around improving mental health resilience at a population level and HWB could add significant value in improving this area. There is potential to join the London Health Board's work in this area.

4.6 Area proposed for **Collaboration** is:

Domestic Violence – Domestic Violence and abuse has significant impact on victim's physical and mental health. It is a priority area for Enfield Safer Stronger Community Board (SSCB). HWB is likely to add the most value in reducing DV by working closely with SSCB. There is a need to explore how the HWB can add further value.

4.7 Areas proposed for **Enhanced Monitoring** are:

- Cancer
- Flu vaccination amongst Health Care Workers
- Housing
- Hospital admissions caused by unintentional and deliberate injuries in children (0-4 year olds)
- Diabetes prevention
- Living well with people with multiple chronic illness
- End of life care
- Tipping point into need for health and care services

The following outlines the rationale behind these selections:

Cancer with particular focus on early diagnosis and prevention - An estimated 42% of cancer cases each year in the UK are linked to a combination of 14 major lifestyle factors such as smoking, obesity and physical inactivity. These risk factors are already addressed through existing work streams including obesity. Early diagnosis is a key to better outcome of cancer. Improving early diagnosis is a priority in NHS nationally, as seen in 2-weeks referral target. There is extensive work developing around improving cancer care and treatment pathways in London through vanguard work. Therefore the added value of HWB locally is likely to be limited.

Flu vaccination amongst Health Care Workers – It is important that frontline healthcare workers are vaccinated against seasonal flu to maintain a healthy workforce as well as to protect vulnerable patients from the infection. The seasonal flu vaccination is available between September and February each year to those who are at higher risk including healthcare workers for free. During this period, there is a large presence of national campaign; uptake is closely monitored at each organisation and at NHS England. Therefore, additional value from HWB is likely to be limited.

Housing – The quality and level of availability, in particular housing for vulnerable adults has been a challenge in Enfield. Demand is driven from within as well as surrounding areas therefore limited evidence of effectiveness of locally implemented programmes.

Hospital admissions caused by unintentional and deliberate injuries in children (aged 0-4 years) – this is a new measure and shows concerning results for Enfield. This indicator includes injuries happened at

any places, but could also have an element of housing quality (safe housing) and safeguarding issues. Though rate is higher than some other areas in London, the number of admissions relates to only 1% of the population, therefore low impact in terms of the size of population affected. Further monitoring at HWB will be beneficial.

Diabetes prevention – The number of people with diabetes is increasing. With rising obesity prevalence in adults and children, diabetes is a particular concern for Enfield. It is a largely preventable disease. Enfield secured funding for NHS England and Public Health England’s National Diabetes Prevention Programme and it is currently being implemented. Improving lifestyles and maintaining healthy weight will also help reducing diabetes. The review group felt that works around Healthy Weight and Diabetes Prevention overlapped and that the current gap was around healthy lifestyles rather than diabetes prevention per se.

Living well with multiple and chronic illness (e.g. dementia and Parkinson’s disease) – Supporting people managing their conditions through appropriate care pathway as well as improving lifestyles is key to independent and fulfilling life. There is limited added value by HWB around care pathways as it is largely led by regional and national NHS, and lifestyles issues are best addressed through focus on obesity and other existing works such as stop smoking. Therefore, monitoring this topic under enhanced monitoring would be beneficial.

End of Life Care – Nationally, various measures are already put in place to improve palliative and end of life care, which are currently being actioned locally. It would be beneficial for HWB to monitor the progress, but it is unclear whether HWB action would add value.

Tipping Point into need for health and care services - Evidence shows that it is not just physical health that determines the need for health and social care. There are preventative actions possible within a joined up system to enable people living well and independent longer. It will be of HWB’s interest to monitor the progress in this area.

Recommendations

- 5.1 The Board is asked to endorse the four levels of engagement in monitoring the progress of JHWS in 2017-2019.
- 5.2 The Board is asked to endorse the recommended priority areas for 2017-2019.